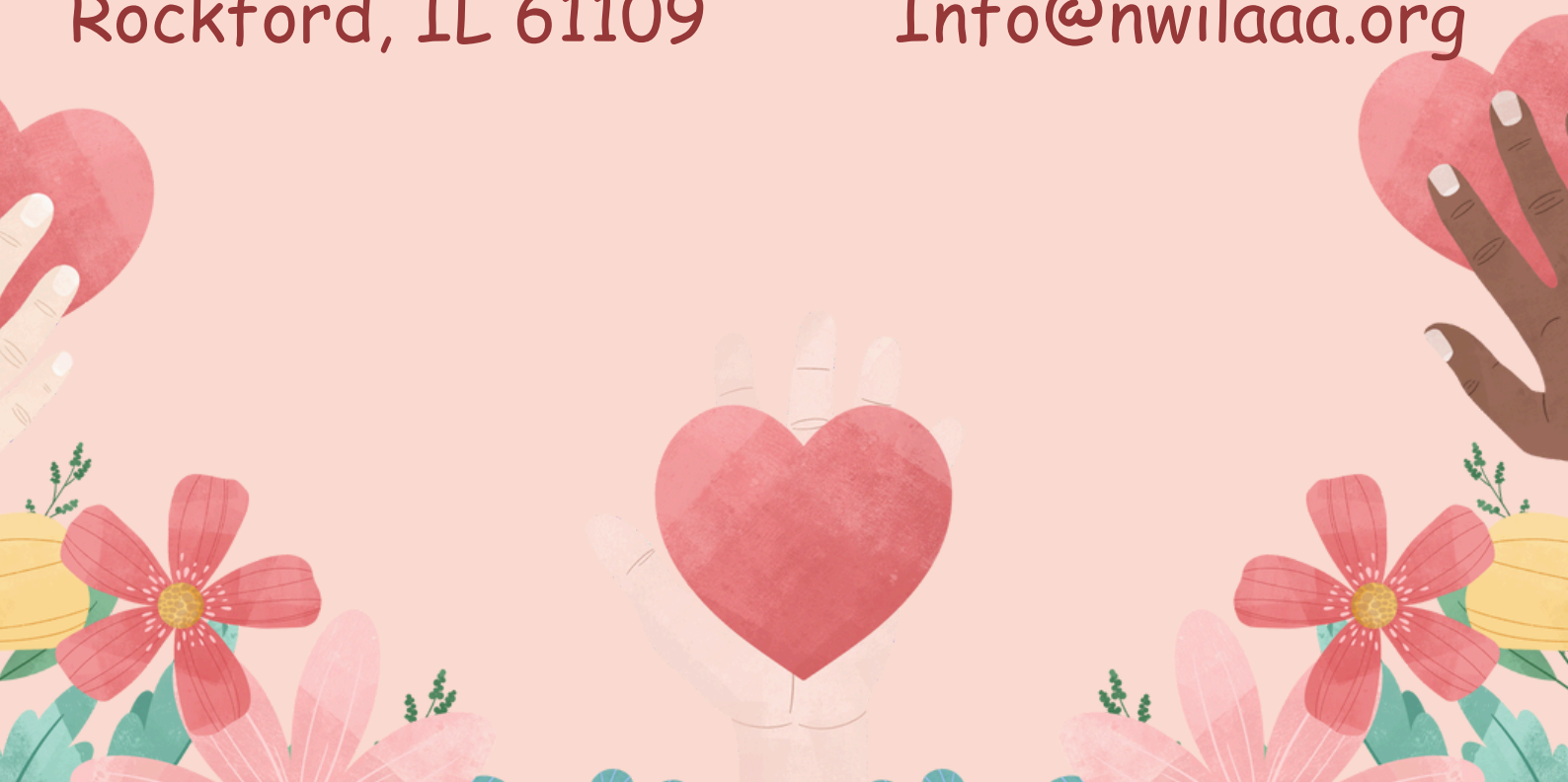


NIAAA'S SENIOR NEWSLETTER

HELLO *February*

1111 S. Alpine Rd.
Suite 600
Rockford, IL 61109

815-226-4901
www.nwilaaa.org
Info@nwilaaa.org





FREE TAX PREPARATION FOR SENIORS


AARP is offering **FREE** income tax assistance for seniors at our office.

Trained, IRS-certified volunteers are here to help you file your taxes accurately and securely.

- ✓ No cost
- ✓ Trusted AARP volunteers

APPOINTMENTS REQUIRED

CALL TODAY

 815-226-4901

Location:
NIAAA'S Office
1111 S. Alpine Rd,
Suite 600
Rockford, IL 61108



Are you a grandparent raising a teenage grandchild?

You might be eligible for a research study if you are:

- Primary caregiver for a grandchild
- Primary caregiver is 40 or older
- Grandchild is 12 years of age or older
- Grandchild resides in the home with you at least 3 days per week
- Living anywhere within the United States
- Willing to talk by telephone, virtual, or in person

Activities: Interview, short survey, follow up phone review

Total time involved: Up to 2 hours

Compensation: \$40 gift card

For more information contact:

Principal Investigator: Tina L. Dothard Peterson, PhD, MPH, CSW, FGSA
Associate Professor

University of Cincinnati School of Social Work

Phone: 513-556-3517; Email: dothartl@ucmail.uc.edu

Facebook: @DrTinaLPeterson IRB#: 2024-0735

"University of Cincinnati is an Equal Opportunity Institution"

🐾 Groundhog Day Celebration! 🐾

Will He See His Shadow?



February 2nd, 2026

What do you predict?

My Prediction:



Early Spring



6 More Weeks
of Winter

Adult Protective Services



What is Elder Abuse

Elder abuse or abuse of an older adult is the intentional harming of a vulnerable person over the age of 60. Types of abuse include inflicting pain, neglect or financial exploitation. If you notice signs of abuse, like unexplained injuries, isolation or sudden changes to a person's financial situation, report them to local authorities immediately.

Types of Elder Abuse in Illinois:

- **Physical Abuse:** Inflicting physical pain or injury, including hitting, slapping, kicking, or restraining.
- **Sexual Abuse:** Touching, fondling, or any other sexual activity with an older adult when they are unable to understand, unwilling to consent, or are threatened or forced.
- **Emotional Abuse:** Verbal assaults, threats, harassment, or intimidation.
- **Financial Exploitation:** Misusing or withholding a person's resources, including their money or property, or making financial decisions without permission.
- **Neglect:** Failing to provide for essential needs like food, shelter, medical care, or safety. This can be active (deliberately withholding care) or passive (failing to provide needed care).
- **Abandonment:** Desertion of an elder by someone who has assumed responsibility for their care.
- **Self-Neglect:** Failing to perform essential self-care tasks that threaten their own health or safety.

What to Look For: signs of elder abuse can include unexplained injuries, neglected hygiene, financial exploitation, and emotional/behavioral changes.

Anyone can report a case of abuse.

To report suspected abuse, neglect, exploitation and self-neglect of an adult age 60 or older or a person with disabilities age 18-59 call the statewide, 24-hour Adult Protective Services Hotline: **1-866-800-1409**.

New England Centenarian Study

Study volunteers NEEDED!

Are you 100 years old or older, or do you know someone who is? Our participants receive **\$100** for completing our core study components!

Research Study Goals

We are interested in examining why people over the age of 100 are able to live so long, and in many cases, avoid Alzheimer's, cancer, and other diseases.

To enroll in our study, you must:

- be **over the age of 100** (some family members may also be eligible)
- live anywhere in the lower 48 states of the US

What is the process like?



Prospective participants contact us



We confirm eligibility and enroll



Participants share data



Data is protected

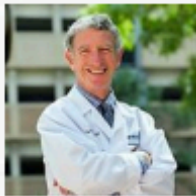


Researchers study data



Communities benefit from findings

How do you contact us?



Dr. Tom Perls

Principal Investigator at Boston University

thperls@bu.edu



72 E Concord St, Robinson B-7
 Boston, MA 02118



(888) 333-6327 (toll-free)



agewell@bu.edu



Visit our website at: www.bumc.bu.edu/centenarian

Recipe of the Month!

Easy, Comforting, Delicious

Classic Tuna Noodle Casserole



Great for Two
People or One
with Leftovers!

Ingredients:

- 6 ounces egg noodles
- 1 can (10 ½ oz) cream of mushroom soup
- 1 can (5 oz) tuna, drained & flaked
- ½ cup frozen peas (*optional*)
- Bread crumbs or crushed crackers

Directions:

- 1 Preheat oven to 350°F. Cook noodles according to package directions.
- 2 In a bowl, mix soup, tuna, and peas. Gently stir in the noodles.
- 3 Spoon into a greased 8x8-inch (or similar) baking dish. Sprinkle with bread crumbs or crushed crackers.
- 4 Bake for 20 minutes, until bubbly and golden brown.

TIP:

ADD SLICED MUSHROOMS, SHREDDED CHEESE, OR WHATEVER YOU HAVE ON HAND!



Honoring the Past. Celebrating the Present. Shaping the Future.

Black History Month: More Than a Month — A Movement

Black History Month is a time to honor the strength, brilliance, and resilience of Black people — past, present, and future. It's a moment to celebrate the innovators, leaders, artists, educators, and everyday changemakers who have shaped history and continue to influence the world we live in today.

From groundbreaking achievements to untold stories, Black history is American history. This month, we reflect, learn, and uplift voices that deserve recognition not just in February, but every day.

Let this be a reminder to support Black-owned businesses, engage with Black literature and art, have meaningful conversations, and pass these stories on to the next generation. Progress is built by remembering where we come from and pushing forward together.

We honor the legacy. We celebrate the culture. We continue the work.





THEN & NOW

A look back at local landmarks, businesses, and favorite hangouts.

IN THE 1960s ★★



Campana Sausage

Old School: CAMPANA SAUSAGE made Italian sausage on Charles St.



Remember **THE DOME?**

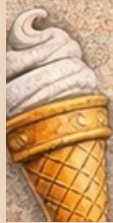
Ice skating, bowling, and banquets all under one roof!

The **DOME**

Opened in 1968, **Alpine Park MALL** was Rockford's first indoor mall. Carson Pirie Scott was the anchor store.

Iconic Ice Cream Stand:

WILLY'S DRIVE-IN is still at Wagon Wheel on Charles St, serving un soft serve.



★★ — TODAY —



UW Health Sports Factory

Homegrown burgers, cheese fries into; and cheese fries, with multiple locations in the area.



New Hotspot: **UW HEALTH SPORTS FACTORY**

welcomes basketball, volleyball, and events in a Frank Lloyd Wright-inspired design by the river.



Indoor Mall: **CHERRYVALE MALL**

first opened in 1973 and still serves Rockford today.



Dementia Friendly
ILLINOIS



**BECOME A
DEMENTIA
FRIEND!**

Rockford is now a recognized Dementia Friendly Community!

As of November 2023, the City of Rockford, IL was officially recognized as the 28th Dementia Friendly Community in Illinois, as part of the Dementia Friendly America movement. A Dementia Friendly Community connects individuals in health care, social services, education, government, law enforcement, senior living, memory care, and other sectors in an effort to assist people with dementia and their caregivers.

The goal of a Dementia Friendly Community is to increase awareness of, and educate the community about, dementia; expand appropriate resources and experiences for those with dementia and their caregivers; and develop a stronger system of support and inclusion within the community.

For more information and ways to participate as a community member, visit www.dfamerica.org or call Lifescape Community Services at 815-963-1609.

A Dementia Friend is someone who, through viewing a series of online videos, learns about what it's like to live with dementia and then turns that understanding into action. It takes approximate 30 minutes to become a Dementia Friend. Anyone of any age can be a Dementia Friend - we all have a part to play in creating dementia friendly communities! Join the number of growing communities in Illinois and support Rockford's Dementia Friendly Community!

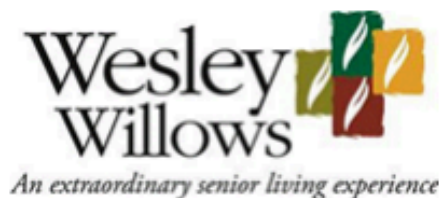


Visit



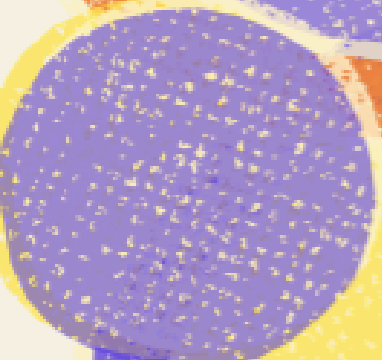
dementiafriends.org
& become a Dementia
Friend Today!

PARTNERS





SENIOR RESOURCE POP-UP FAIR



**Friday, March 27th, 2026
2:00pm-5:00PM
Muslim Community Center
and Mosque
5921 Darlene Dr, Rockford, IL**

**THIS EVENT IS FREE &
OPEN TO ALL SENIORS
AND CAREGIVERS**

**QUESTIONS?
CALL: 815-226-4901**

HOSTED BY NIAAA



FEBRUARY

FUN FACTS



February is the **shortest month of the year.**

It's the only month with fewer than 30 days—usually 28 days, and 29 days in a leap year.



February starts on different days of the week more than any other month.



Amethyst is February's birthstone.

The purple gem is a symbol of inner strength and calm.



The name **February** comes from the Latin word "**Februarius**."

It refers to 'Februa,' an ancient Roman festival of purification.



Groundhog Day is on **February 2nd.**

Tradition says if a groundhog sees its shadow on this day, we will have six more weeks of winter.



It's Black History Month!

February is a time to honor and celebrate the achievements, history, and culture of Black people.



Fun bonus fact:

People born on **Leap Day** (February 29) are called "**leaplings**" or "**leapers**".

Fun bonus fact: People born on Leap Day (February 29) are called "**leaplings**" or "**leapers**".

  **World Cancer Day**  

**Together
We Can Make a
Difference**



**Join us in raising awareness
and honoring survivors.**

• Awareness • Support • Action •

**Over 18 million people are survivors today—
hope is real!**

Learn, support, and stand together.

Share your story. Spread awareness.

Remember When?

Let's take a trip down memory lane...

Take a stroll back in time as we remember the music, movies, trends, and everyday life of the 1950s, 60s, or 70s. It's fun to reminisce!

● **Remember rotary phones?**



● **Gas was 39¢ a gallon in 1965.**



● **Leave It to Beaver, The Andy Griffith Show...**



Share your memories!

What sights, sounds, and moments from the past stand out to you?

This photo could be 1950s, 1960s, or 1970s



ROCKFORD RESTAURANT WEEK JAN 29 - FEB 8

✨ DINE LOCAL. TRY SOMETHING NEW. ✨
40+ restaurants • One delicious week



Scan to view participating restaurants & menus

What to Expect:

- Prix fixe menus
- Special meal deals
- Limited-time offers



Jan 29 - Feb 8, 2026

Support local. Eat well. Rockford strong.

A close-up, slightly blurred image of the American flag, showing the red and white stripes on the left and the blue field with white stars on the right. The flag is set against a dark blue background.

PRESIDENTS

★ ★ ★ DAY ★ ★ ★

Please note that our office will be closed on Monday, February 16th, in honor of Presidents Day. We will return to normal business hours on Tuesday, February 17th

Thank you

