

NIAAA'S Senior Newsletter

*Hello
March*

1111 S. Alpine Rd.
Rockford 61108
Suite 600

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

REMINDER:

IT'S THAT TIME OF YEAR AGAIN!

TIME TO RESET

**DAYLIGHT SAVING TIME BEGINS SUNDAY MARCH
8TH, 2026!**





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



Volunteer Appreciation Open House

FREE EVENT!

Join us for an evening of celebrating:
A Night to Honor Our Amazing
Supporters and Volunteers!



**March 12, 2026
4:30 - 6:30 PM**



**Remarks & Recognition
5:30 PM**



**Salem Lutheran Church
1145 DeKalb Ave, Sycamore**

**HELP US GET A HEADCOUNT!
RSVP BY THURSDAY, MARCH 5**

SCAN



What You Do

*Make a difference
in countless lives.*

*Inspire hope
through selfless dedication.*

*Strengthen community
with every effort.*



815-758-3932

VACDK.COM





**VOLUNTARY
ACTION
CENTER**



presents

S

T AND UP

for Seniors

COMEDY

Fundraiser

benefitting



SATURDAY

April 4, 2026

8:00 P.M.



EGYPTIAN THEATRE

Downtown DeKalb, IL

featuring

**Bad Mommy
OF COMEDY**

**READY TO PURCHASE TICKETS?
SCAN TO SUPPORT VAC'S
MEALS ON WHEELS PROGRAM!**



17th Annual
**TACO NIGHT
& BAKE SALE**

Fundraiser for Meals on Wheels



**THURSDAY, APRIL 23, 2026
4:00 - 7:00 P.M.
OGLESBY ELKS
800 E WALNUT ST**

Dinner Tickets \$12.00

Three fried tacos with beef, cheese, lettuce, tomato, sour cream, hot sauce, chips & salsa, dessert, and lemonade or coffee.



and
Door Prizes!

**50/50!
Raffle Baskets!**

LIVE ENTERTAINMENT!



**Dine-In or Carry Out
Call 815-883-3630 to purchase tickets**

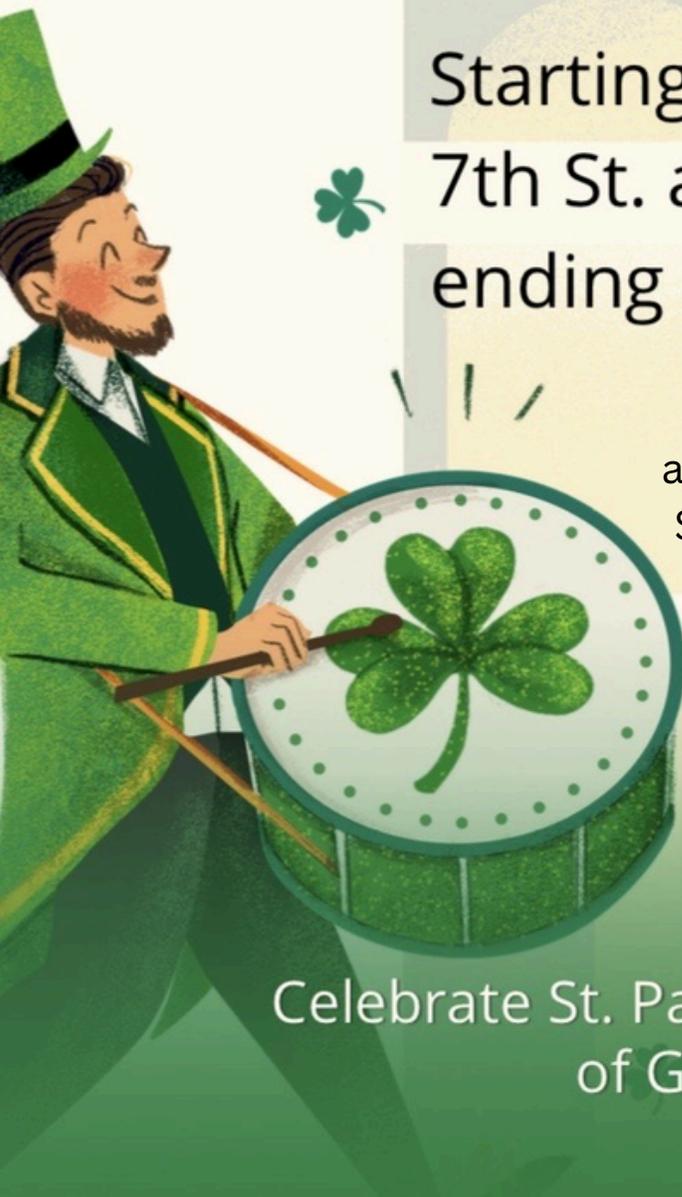


St. Patrick's Day Parade

March 14th, 2026
@3pm

Starting at the corner of
7th St. and 4th Ave. and
ending at 200 Prairie St.

celebrate the 50th
anniversary of Rockford's
St. Patrick's Day Parade.

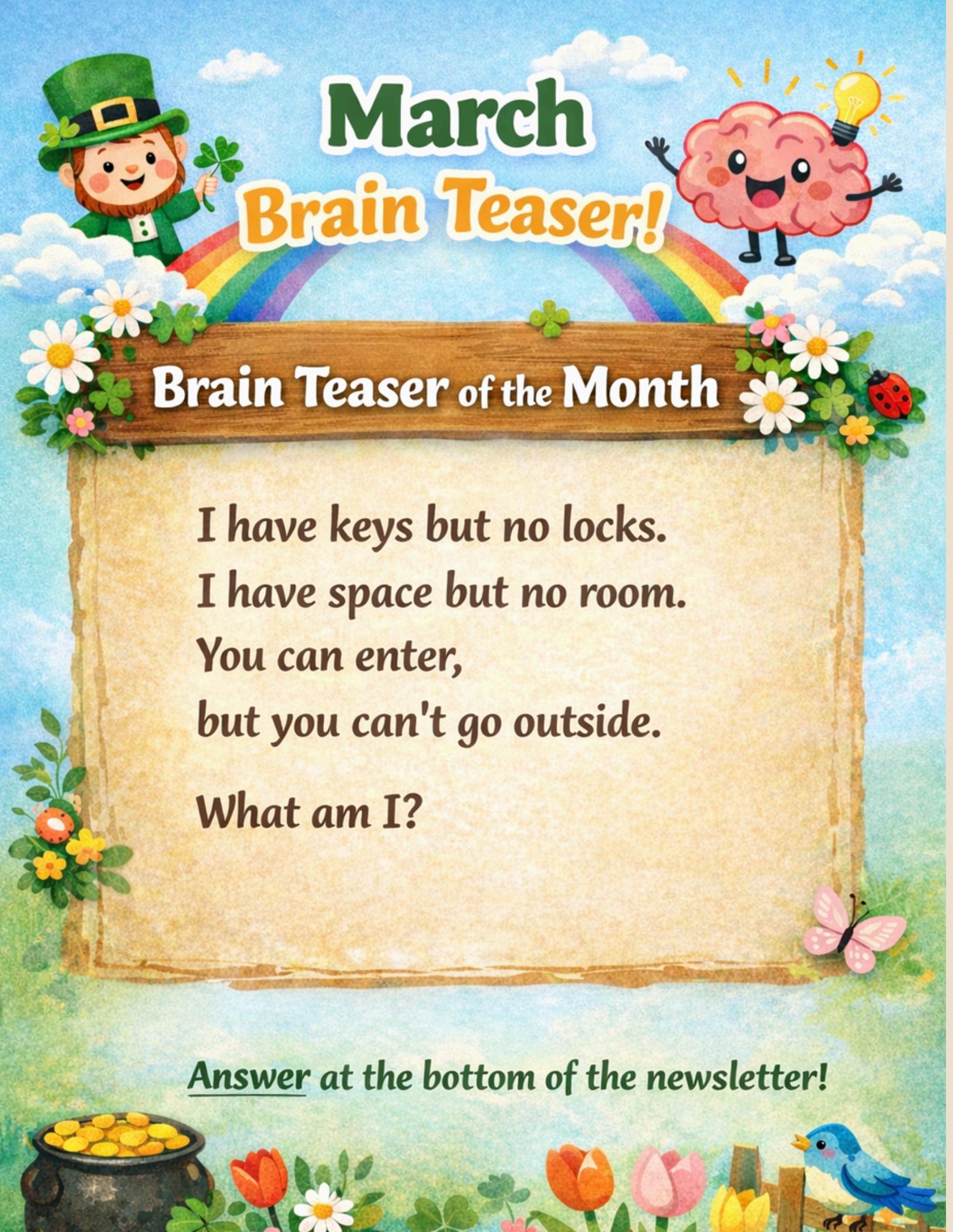


Celebrate St. Patrick's Day with a Heart Full
of Green and Cheer!



MARCH





March

Brain Teaser!

Brain Teaser of the Month

I have keys but no locks.
I have space but no room.
You can enter,
but you can't go outside.
What am I?

Answer at the bottom of the newsletter!

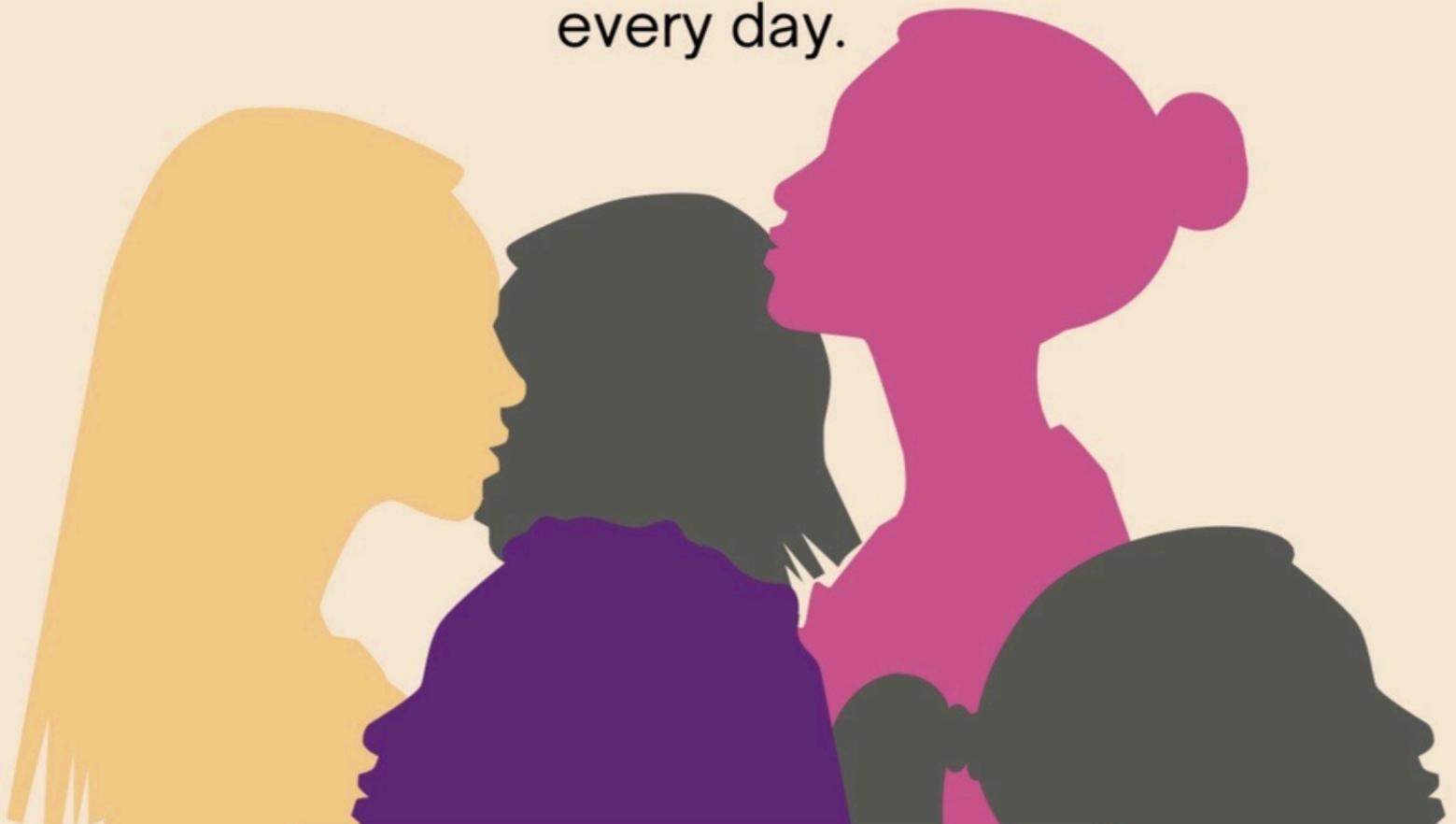




MARCH IS

WOMEN'S HISTORY MONTH

Celebrating the voices, victories, and
visions of women who make history
every day.



“There is no limit to what we, as women
can accomplish”
-Michelle Obama

NATIONAL BRAIN INJURY AWARENESS

March



Let's Keep Our Brains Safe & Healthy



ABOUT BRAIN INJURIES:

- Brain injury happens when a sudden blow or jolt to the head disrupts normal brain function.
- Falls, car accidents, and sports injuries are common causes.



DID YOU KNOW?

- Every **9 seconds**, someone in the U.S. sustains a brain injury.
- Traumatic Brain injury (TBI) affects at least **5 million** Americans each year.
- Brain injuries can cause problems with memory, thinking, and movement.



SYMPTOMS OF A BRAIN INJURY:

- Headache or dizziness
- Nausea or vomiting
- Trouble thinking clearly
- Memory problems
- Are age 65 or older
- Have had a previous brain injury
- Play contact sports or engage in high-risk activities
- Take blood thinners



TIPS FOR BRAIN HEALTH & INJURY PREVENTION

- ✓ Wear seatbelts & helmets
- ✓ Prevent falls at home (remove trip hazards, use handrails)
- ✓ Stay active & exercise your body and mind
- ✓ Manage blood pressure & avoid smoking
- ✓ Limit alcohol
- ✓ Get regular checkups



PROTECT YOUR BRAIN

Learn the signs of brain injury and take steps to prevent it. Early care is important for recovery.

NATIONAL KIDNEY MONTH

March



**Take Care of Your Kidneys —
They Take Care of You!**

Your kidneys work hard every day to:



Remove waste & extra fluid



Control blood pressure



Keep your bones healthy



Help make red blood cells



DID YOU KNOW?

- **1 in 7** adults has kidney disease
- Many people don't know they have it
- Early detection can help prevent serious problems



WHO IS AT RISK?

- ✓ Have diabetes
- ✓ Have high blood pressure
- ✓ Have heart disease
- ✓ Family history of kidney disease
- ✓ Age 60 or older



KEEP YOUR KIDNEYS HEALTHY

- ✓ Drink plenty of water
- ✓ Eat less salt
- ✓ Manage blood sugar & blood pressure
- ✓ Stay active
- ✓ Avoid smoking
- ✓ Get regular checkups



Corned Beef Hash

Ingredients:

- 2 to 3 tablespoons unsalted butter
- 1 medium onion, finely chopped (about 1 cup)
- 2 to 3 cups finely chopped, cooked corned beef
- 2 to 3 cups chopped cooked potatoes, preferably Yukon gold
- Kosher salt and freshly ground black pepper
- Chopped fresh parsley

Directions:

- Heat butter in a large skillet (preferably cast iron) on medium heat. Add the onion and cook a few minutes, until translucent.
- Mix in the chopped corned beef and potatoes. Spread out evenly over the pan. Increase the heat to high or medium high and press down on the mixture with a metal spatula.
- Do not stir the potatoes and corned beef, but let them brown. If you hear them sizzling, this is good.. Use a metal spatula to peek underneath and see if they are browning. If nicely browned, use the spatula to flip sections over in the pan so that they brown on the other side. Press down again with the spatula., If there is too much sticking, you can add a little more butter to the pan. Continue to cook in this manner until the potatoes and the corned beef are nicely browned.
- Remove from heat, stir in chopped parsley. Add plenty of freshly ground black pepper, and add salt to taste., Serve with fried or poached eggs for breakfast.



HELLO SPRING

SPRING IS NEAR, BRINGING LONGER DAYS, WARMER WEATHER, AND FRESH BEGINNINGS. LET'S EMBRACE THE SEASON WITH POSITIVITY AND GROWTH IN LIFE!

FUN TIPS FOR SPRING:

DECLUTTER YOUR AREA 🌿

ENJOY A BRISK WALK OUTSIDE ☀️

TRY SOMETHING NEW THIS SEASON 🌸

LET'S WELCOME SPRING WITH ENERGY, OPTIMISM,
AND A FRESH PERSPECTIVE!



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"

NATIONAL

Nutrition Month

Healthy eating can be simple and joyful. Enjoy fresh fruits and vegetables, savor your meals, and listen to what your body needs. Small, everyday choices can make a big difference in how you feel.



Eat Right, Live Bright



Lifescape Senior Mental Health Program

The Senior Mental Health Program is here to assist with building resilience and increasing mental health well-being among older adults.

Explore Proven
Strategies with the
PEARLS
Program!

**PEARLS: Program to Encourage
Active, Rewarding Lives**

Depression is NOT a
normal part of aging!

Please make referrals to:

Senior Mental Health Advocate:

Direct Ph: (815) 968-0522

Fax: (815) 963-1627

Email: SeniorMentalHealth@lifescapeservices.org

Our trained staff provides:

- Mental Health related screenings
- Education and awareness
- Home visits
- Case management and advocacy
- Problem-solving techniques
- Referrals to other support services, including referrals to mental health and health care providers

LIFESCAPE

Partners:



PEARLS

Program to Encourage Active, Rewarding Lives



WCCMHB
Winnebago County
Community Mental
Health Board

We are enrolling individuals ages 100 and older into our research study.

**Why
volunteer for this study on
diverse aging?**

When people from all backgrounds are included in research, doctors know how to better treat or prevent diseases and help everyone age well.

Your participation may help researchers find the next big medical breakthroughs for all of us.

Opportunity to receive up to \$100!

**How
does it work?**



Participants
share
information



Information
is
protected



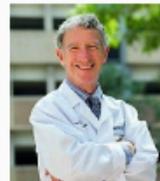
Researchers
study
information



Communities
benefit
from findings



Stacy L. Andersen, PhD
Thomas T. Perls, MD, MPH
Principal Investigators
Boston University field site
stacy@bu.edu; thperls@bu.edu



Our participant,
Herlda Senhouse, was the
oldest African-American in
Massachusetts at age 113.

**Black &
African-American people:**

- Have a greater chance than White people of living to 100 years old after the age of 85.
- Represent 12% of the U.S. population but only 5% of research volunteers.



John Betharte, at age 106,
was one of our Latin-Caribbean
participants.

**Latinx &
Hispanic people:**

- Have the second highest life expectancy compared to other ethnicities.
- Make up 19% of the population, but only 1% of research volunteers.

Visit Longevityomics.org/humans, call us toll-free at (888)-333-6327, or email us at agewell@bu.edu



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

Answer:



A Keyboard!



Now you're thinking! Great job!

