

NIAAA'S Senior Newsletter

Welcome May

1111 S. Alpine Rd.
Rockford 61108
Suite 600

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



Introducing Our New Look



A Fresh Look, Same Commitment to Our Community

We're excited to unveil our new logo for the Northwestern Illinois Area Agency on Aging (NIAAAA)!

This new design reflects who we are today—a trusted resource, a strong support system, and a dedicated partner in helping older adults live with dignity and independence.

While our look has evolved, our mission remains the same: Serving, supporting, and advocating for older adults and their families across Northwestern Illinois.

This change represents growth, progress, and our continued commitment to the community we proudly serve.



Bingo!



Thursday, 05/07
2:00 PM - 3:00 PM



Rockford
301 E State St.
Rockford, IL 61104

Looking for fun? Join us for games and laughs with friends and neighbors. With special guest Northwestern Illinois Area on Aging. *

Call to save your spot (815) 580-5012

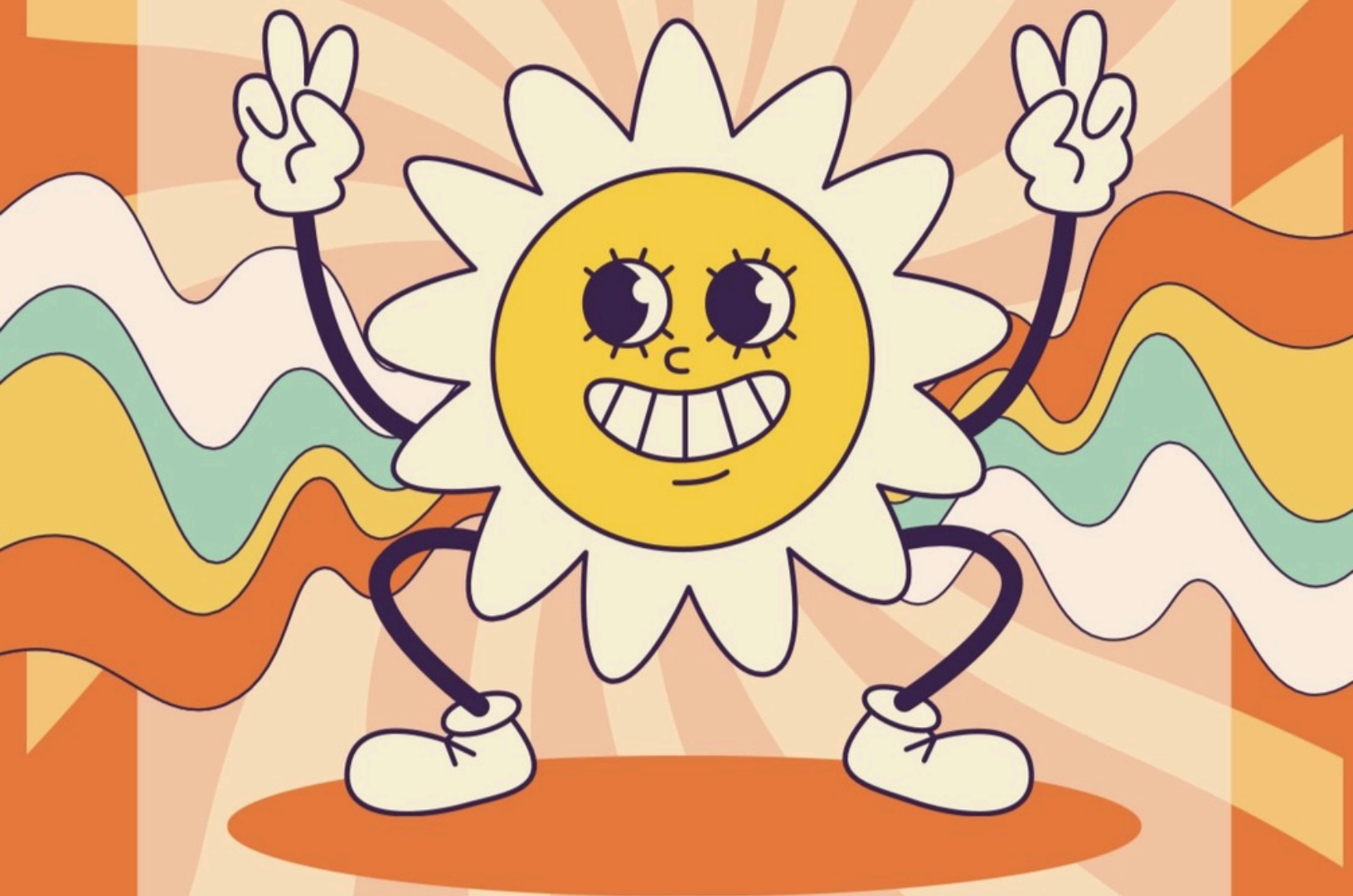


*Where applicable, Oak Street Health limits one (1) prize per person with the value not exceeding \$15, while supplies last, one-time use only. Doctor's authorization may be required to participate in select events. We are not affiliated with and do not endorse other parties' services or products. Sales agents may be present with plan-specific information and enrollment options. Oak Street Health provides a community service to help seniors understand Medicare facts. Please note that we are not insurance agents or Medicare employees nor does Medicare in any manner endorse our educational assistance. The assistance is provided as a service to the community by Oak Street Health.

Thrive & Connect: Senior Pop - Up Fair

**MAY 30TH, 2026
12:00 PM - 3:00 PM**

• **UNITY IN THE COMMUNITY
DEVELOPMENT CENTER
• 2400 N ROCKTON AVE
• ROCKFORD IL 61103**



HOSTED BY NIAAA

OUR SERVICES — HOW WE SUPPORT YOU



- INFORMATION & ASSISTANCE
- CAREGIVER SERVICES
- RESPITE SERVICES
- CAREGIVER SUPPORT GROUPS
- LIHEAP
- PHARMACEUTICAL ASSISTANCE

LEARN MORE

Get in Touch!
Call: 815-226-4901
Email: Info@nwilaaa.org
Visit Us: 1111 S Alpine Rd.
Rockford IL 61108

Adults

Coffee & Caregiving Respite Hour

Tuesdays, Mar 17, Apr 21, May 19 | 10:00-11:00A

WREX Classroom

RPL Main Library



Caregiving for a loved one is not easy, and it's important to take breaks when you can! Come to the WREX Classroom on the 2nd floor of the Main library for an hour of relaxing, de-stressing, and talking with other caregivers.

Print resources will be available for attendees. Coffee from Wired Cafe will be served.

RPL MAIN LIBRARY
215 N. WYMAN STREET
ROCKFORD, IL 61101



815-965-7606
www.rockfordpubliclibrary.org



Older Americans Month

May is Older Americans Month, a time to recognize and celebrate the valuable contributions of older adults in our community. Their wisdom, resilience, and life experiences enrich our lives in countless ways. We are proud to support older adults by providing resources, services, and opportunities to stay active, connected, and empowered.



MEDICARE FRUAD

Protect yourself & help protect Medicare



PROTECT

- Protect yourself against Medicare fraud.
- Treat your medicare and Social Security numbers like your credit card number



DETECT

- Detect possible fraud, errors and abuse
- Review medicare summaries and explanations for mistakes by comparing them to personal records



REPORT

- Report possible fraud, errors, and abuse.
- If you think you have been a target of fraud, report it.

Age Options
800-699-9043
www.illinoismo.org



CAREGIVER SUPPORT GROUP

Because caregivers need care too



**1111. S. ALPINE RD. STE 600
ROCKFORD IL 61108**



**RECURRING ON THE SECOND
THURSDAY OF EACH MONTH**

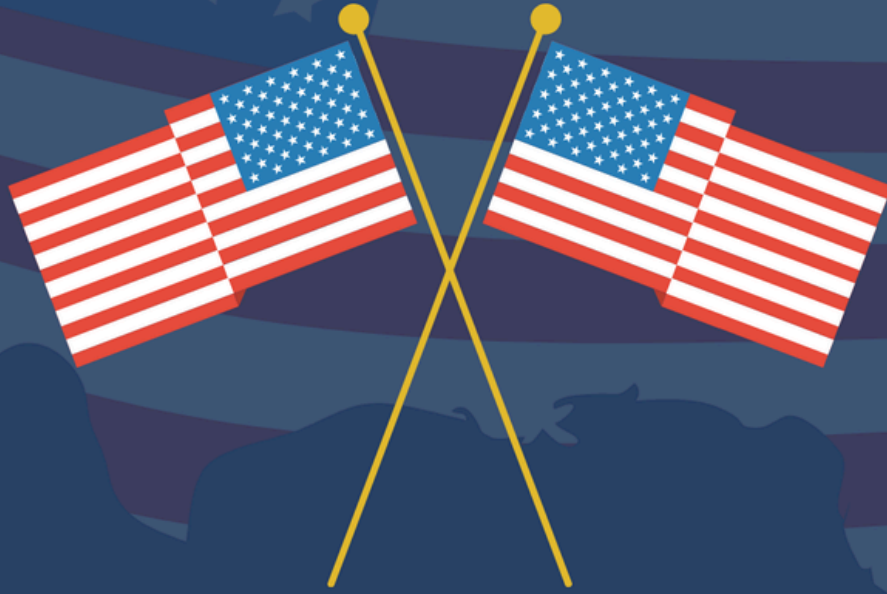


1:30PM-3:30PM



**LETS STAY CONNECTED!
FOLLOW US ON FACEBOOK FOR
NEWS,AND UPDATES!**





Memorial Day

REMEMBER AND HONOR

Our office will be closed on Memorial Day, May 25th 2026, We'll resume normal business hours May 26th , 2026. Wishing everyone a safe and reflective holiday!

NIAAA Staff

Thank You

We want to take a moment to sincerely thank our incredible tax preparers and receptionist for all the hard work, dedication, and care you've shown this tax season.

To our tax preparers—your expertise, attention to detail, and commitment to helping our clients succeed does not go unnoticed. You truly make a difference.

To our receptionist—you are the first impression of our office, and your professionalism, organization, and welcoming attitude keep everything running smoothly.

We appreciate each and every one of you for the role you play in making our team successful. Thank you for all that you do!





Trivia
QUESTION

What holiday is celebrated on the second Sunday of May in the United States?

- A. Memorial Day
- B. Mother's Day
- C. Labor Day
- D. Independence Day

(answer on last slide)

Computer Classes

The Rockford Public Library is excited to partner with NIAAA to offer **FREE** Computer Classes! The RPL's DigiLibrary Staff will offer instruction through online courses where you can work at your own pace to learn basic computer skills. There will also be time for participants to work on their own projects with assistance.



1111 S. Alpine Rd. Ste
600
Rockford IL 61108
(815) 966-2741

Price:FREE
Time:1:30 PM to 3:30 PM
Recurring weekly on
Wednesday

MENTAL HEALTH

Mental health affects how we think, feel, and handle life.
Caring for your mind matters as much as your body.

Talk to someone

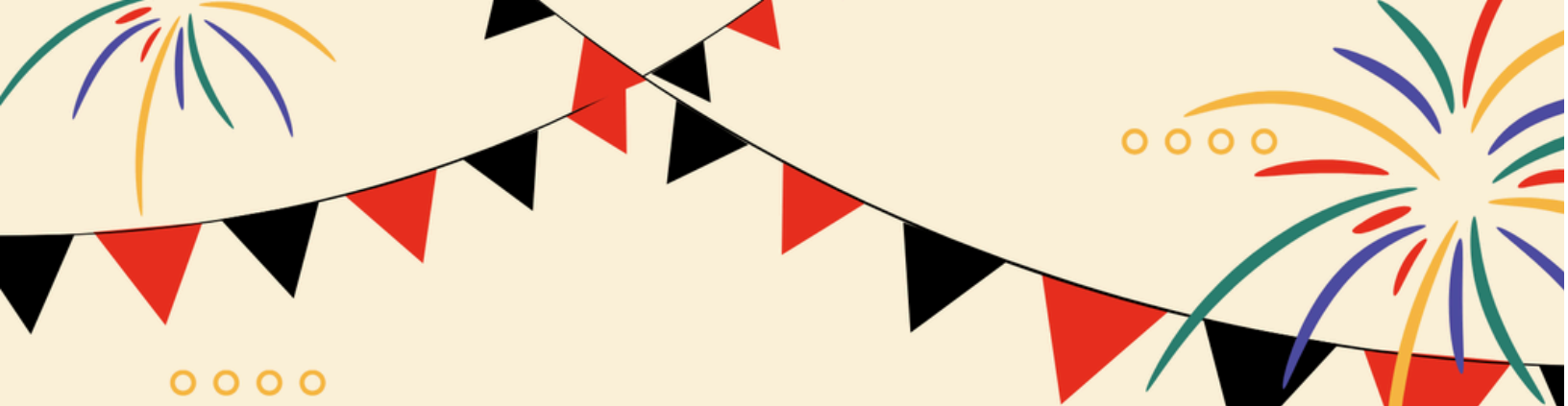
Take a break

Set boundaries

IT'S OKAY TO NOT BE OKAY


YOU ARE NOT ALONE

CALL 988 OR TEXT 988 OR CHAT [988LIFELINE.ORG/CHAT](https://988lifeline.org/chat)




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Food Truck Tuesday

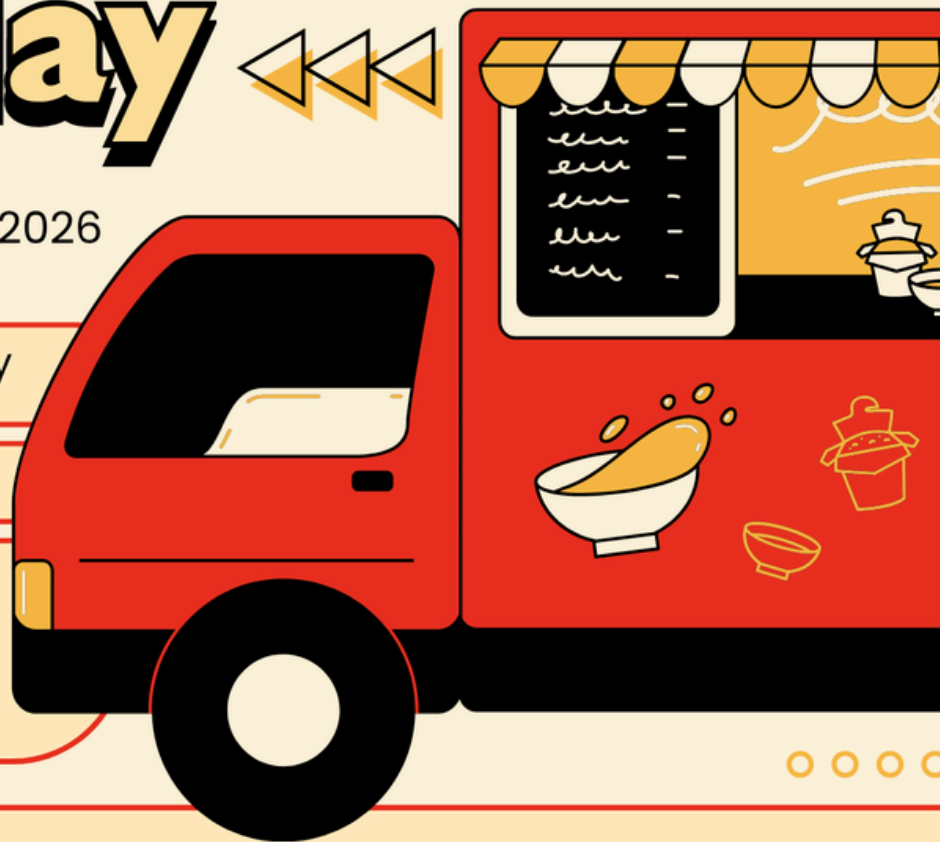


May 5, 2026 - September 29, 2026

 Recurring weekly on Tuesday

 Time: 4:00 PM

 Nicholas Conservatory & Gardens 1354 N. 2nd St. Rockford, IL 61107



○○○○

Enjoy tasty eats from as many as 15 local food trucks each week, while soaking in the beauty of the gardens! Events are weather permitting.





FARMER'S MARKET



Edgebrook Farmers Market

Wednesdays | May 6th | 9 am to 1pm

1639 N. Alpine Rd. Rockford, IL 61107

Forest City Farmers Market - Colonial Village

Fridays | May 1st | 9 a.m. to 1 p.m.

1280 S. Alpine Rd. Rockford, IL 61108

Rockford City Market

Fridays | May 15th | 4 to 8:30 p.m.

Water Street at East State Street Rockford, IL 61104

North End City Market

Saturdays | May 9th | 8:30 a.m. to 12:30 p.m.

Intersection of North Main and Auburn Streets Rockford, IL 61103

We all have a role

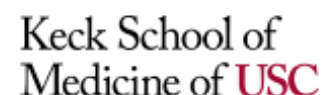
in identifying, preventing,
and reporting elder abuse.



Signs of elder abuse:

- ✓ Decisions about an older person's life are not in their best interest
- ✓ Sudden changes in behavior
- ✓ Unusual changes in spending or money management
- ✓ Unexplained physical injuries
- ✓ Unexplained sexually transmitted diseases
- ✓ Unhealthy or unsafe living conditions

Talk with a trusted professional to help make a report or access more information:



Stay Active, Stay Healthy, Stay Happy!

National Senior Health & Fitness Day is an annual event dedicated to promoting health and wellness among older adults. It is celebrated on the last Wednesday in May



BUILDING BRIDGES
TO UNDERSTANDING



A community event to promote
mental health

“How Are You, Really?”

NORA MCINERNY

Join us for the 4th annual Building Bridges event with Nora McInerny, a beloved podcast host and bestselling author. Known for her honest style, Nora dives into tough topics like death, loss, illness, trauma, and mental health, all with a touch of humor and warmth. We invite you to a place where you're always enough and all your feelings are welcome. Connect with a community that values real talk. Refreshments offered during the fair.

Signup now with the QR code or link!



bit.ly/m/bb2026

THURS, MAY 14

FREE ENTRY | DOORS OPEN 4PM

RESOURCE FAIR 4-6PM

LOCAL PANEL 6PM

KEYNOTE: NORA MCINERNY 7PM

EMBASSY SUITES, ROCKFORD, IL



National Alliance on Mental Illness

NAMI

Northern
Illinois



WCCMHB

Winnebago County
Community Mental
Health Board

Funded by WCCMHB with the 1/2 Cent Sales Tax

QUESTIONS OR ACCOMMODATION REQUESTS: 815-963-2470

SENIOR SPOTLIGHT



Older adults in our community are making a difference every day; Through sharing their time, wisdom, talents, and compassion, seniors continue to uplift others and strengthen the places we call home. NIAAA is proud to celebrate older adults whose contributions – big or small – create positive change. We encourage you to celebrate the seniors in your own life as well - by sharing their stories, lifting up their contributions, and helping shine a light on the everyday ways they make the world a better place.

“Irene is efficient, organized, thorough, and when given a job, she gets it done. She is friendly and so helpful and is a favorite here.”

-Pam Osborne, Director

MEET IRENE

RSUP SUPER STAR

Irene is one of our most active AmeriCorps Senior Volunteer Program (RSUP) participants. She is always ready to help out wherever needed, with a smile and a kind word for everyone she meets. She volunteers regularly with several local organizations, including the Northern Illinois Food Bank, Rockford Public Library, Nik’s Wish, Nicholas Conservatory, Midway Village, Kids Around the World and Keep Northern Illinois Beautiful. Irene also regularly helps out at local events, including Lifescape Community Services’ Fourth of July race, and the annual senior expo.

Northern Illinois Beautiful of Keep

“We are all Lucky to have her.”

-Lisa Johnson, Volunteer Coordinator at Lifescape Services

From all of us, thank you to Irene for giving her time, skills, and heart to support our community.



Engage Your Senses of the Season at Klehm Arboretum and Botanic Garden

Join us for a free Memory-Friendly Guided Nature Walk to welcome the Solstice! Our Rockford Dementia Friendly Community welcomes caregivers and their loved ones!



Guided path exploration

Environmental storytelling

Educational boards



Dementia Friendly Recourses

Garden checkpoints

Plant identification

**Klehm Arboretum
& Botanic Garden
2715 S Main Street
Rockford, IL 61102**

Join the Walk!

1:00PM to 3:00pm
Free Admission
Monday, June 22nd

RSVP to Carli @
815-490-1137

FREE COMMUNITY SHRED EVENT

**HOSTED BY STATE SENATOR
ANDREW
CHESNEY
& MACHESNEY PARK MAYOR
STEVE
JOHNSON**

SATURDAY, MAY 16 | 9 AM - 12 PM

**THE MACHESNEY TOWN CENTER
(FORMER MACHESNEY PARK MALL)**

8702 N. 2ND ST., MACHESNEY PARK, IL 61115

(LARGE PARKING LOT BEHIND STARBUCKS® IN FRONT OF THE FORMER JCPENNEY®)

DETAILS:

- **Two** banker boxes of paper documents per vehicle will be accepted for destruction.
 - **No electronics** will be accepted for recycling or disposal.
 - Documents will be shredded on-site.
 - The event will conclude at 12:00 p.m., or once the truck is at capacity.

Protect yourself from identity theft—safely and securely! Join us for a **FREE** community shredding event where you can dispose of sensitive documents, including old bank statements, tax returns, bills, receipts, credit card applications, and outdated medical records. Don't let your personal information fall into the wrong hands—bring your documents and shred the risk!



**STATE SENATOR
ANDREW CHESNEY**

50 West Douglas Street, Suite 1001
Freeport, IL 61032
815-232-0774
SenatorChesney.com



**MACHESNEY PARK
MAYOR STEVE JOHNSON**

300 Roosevelt Rd
Machesney Park, IL 61115
815-877-5432
MachesneyPark.org



Spotlight on Financial Exploitation



“The lady on the phone was saying that she was my granddaughter. She needs help. She hasn’t got the money and they’re going to take her to jail. We went to the bank, got the money. Then the girl came over, picked it up, and then she took off.”

—Grandparent Scam Victim

In 2025, the average victim of elder fraud lost \$38,500 due to scams.

Call 1-866-800-1409 to report suspected abuse, exploitation or neglect of an older person or person with disabilities age 18-59.

The Department on Aging’s 24-hour Adult Protective Services Hotline



[fbi.gov](https://www.fbi.gov)





Community Capacity Grant

The NIAAA Community Capacity Grant Program is now taking applications. This program is designed to strengthen the aging services network across the nine-county service area by supporting one-time investments in infrastructure, technology, and program capacity.



Funding is intended to:

- Enhance service delivery efficiency and reach
- Improve access to services for older adults and caregivers
- Address identified service gaps
- Build long-term organizational capacity—not ongoing operational costs



Maximum award per applicant is \$5,000; Each organization may receive no more than \$5,000 total within any consecutive three-year period.



Visit our website at nwilaaa.org for full grant criteria, or contact Jeff Barnes at: jbarnes@nwilaaa.org (779) 221-3702



Applicants must:

- Be a non-profit organization (501(c)(3)) or an entity that serves older adults
- Provide services that directly benefit older adults (60+) and/or caregivers within NIAAA's service area
- Demonstrate alignment with Older Americans Act (OAA) priorities and NIAAA Area Plan goals



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