



NIAAA'S Newsletter

Welcome

June

1111 S. Alpine Rd. Suite
600
Rockford IL 61108

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



1st Sundays - Each Month **Elders Brunch**

Join us for our monthly brunch gathering dedicated to LGBTQ+ community members aged 45 and over.

This is a welcoming space to connect, share stories, and enjoy some great company!

**First Sunday of each month
1pm-3pm**



Coffee and refreshments will be provided; feel free to bring a dish to share, though it's not required.



Hosted at: The LIAM Foundation
1005 5th Ave., Rockford, IL 61104

SAFETY STARTS HERE



MEDICARE FRAUD PREVENTION WEEK is June 1st-5th
Protect Yourself. Protect Your Benefits.

⚠️ Common Warning Signs:

- You are billed for services you never received
- Someone offers you "free" services in exchange for your Medicare number
- You receive medical equipment you did not order
- Your Medicare statement shows unfamiliar charges

**☎️ REPORT SUSPECTED FRAUD:
IF YOU NOTICE ANYTHING
SUSPICIOUS, REPORT IT
IMMEDIATELY:
CALL 1-800-MEDICARE (1-800-
633-4227)
OR CONTACT YOUR LOCAL
SENIOR MEDICARE PATROL
(SMP)**

🔒 HOW TO PROTECT YOURSELF:

- ✓ **NEVER SHARE YOUR MEDICARE NUMBER WITH STRANGERS**
- ✓ **REVIEW YOUR MEDICARE SUMMARY NOTICES REGULARLY**
- ✓ **BE CAUTIOUS OF PHONE CALLS ASKING FOR PERSONAL INFORMATION**
- ✓ **ONLY ACCEPT SERVICES FROM TRUSTED PROVIDERS**

SPECIAL RESTORATION DAY

JUNE 13, 2026
9 AM - 12 PM

888 S. LYFORD RD.



Join us at Prairie's Edge to
continue restoration efforts.

We will be planting 1,000
native plant plugs, and we
need your help!

For more information: SeversonDells.org/volunteer
or contact liz@seversondells.org

**WILD
ROOTS**
NATURE CENTER
Prairie's Edge

5 Things Everyone Can Do to Prevent Elder Abuse



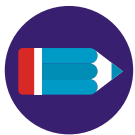
1. **Learn the signs** of elder abuse and how we can solve the



2. **Prevent isolation.** Call and visit our loved ones and encourage them to strengthen their circles of connection.



3. **Talk to friends and family members** about how we can age well and reduce abuse in our communities by engaging in activities that help us connect, learn, give, and grow as we age.



4. **Sign up** to be a friendly visitor to an older person in our communities.



5. **Send a letter** to a local paper, radio or TV station suggesting that they cover World Elder Abuse Awareness Day (June 15) or Grandparents Day in September.

It is up to all of us to prevent and address elder abuse!

For more information on elder abuse prevention, please visit us online or call:

To report abuse: 24/7 Call 1-866-800-1409

IDoA Website: <https://ilaging.illinois.gov/>

For specialized training email: Ageing.apstraining@illinois.gov





4th annual

Senior EXPO

Tuesday, June 9th 2026

12pm-2pm

1005 S. Court Street



AETNA MEDICARE FIDE

To be a vendor or questions contact
Caprisha Perteete

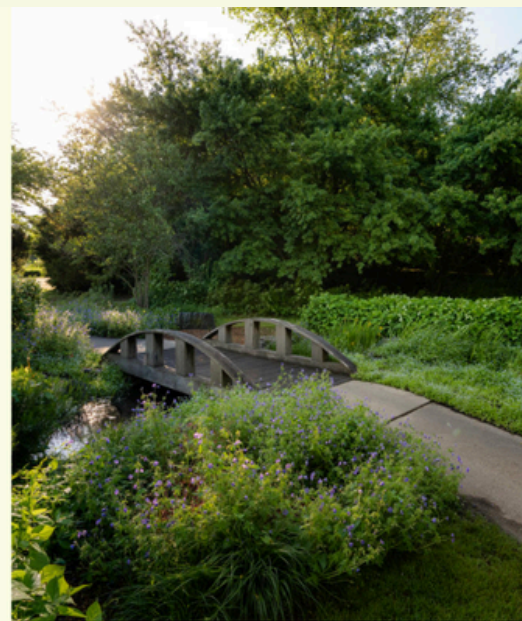


779-256-9856



perteetec@aetna.com

www.aarcbooker.com



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



CAREGIVER CONNECTION

PRIDE EDITION:

CARING FOR LGBTQIA+ OLDER ADULTS

Everyone deserves to feel safe, respected, and known—especially when receiving care. For caregivers of LGBTQIA+ older adults, it can be hard to know whether you're saying and doing the "right" things. Respecting and supporting LGBTQIA+ older adults doesn't have to feel complicated, scary, or awkward; It's about showing the same care and respect you always have—while being mindful of what matters most to them.

REMEMBER THE SIMPLE STUFF

Respect your loved one's preferences and choices as most important. They may use neutral terms like "partner" or "spouse" to describe relationships, or have specific pronouns that describe their identity. If you aren't sure, just ask! And remember, it's okay if you mess up - correcting yourself and showing willingness to learn is more important than being perfect.



LISTEN, DON'T ASSUME

Knowing someone is LGBTQIA+ doesn't tell you everything about them. Every person will still have their own experiences, comfort level, and preferences that makes them unique. Avoiding assumptions gives your loved one the space to be themselves and helps you support them in the way they actually want.



SHOW YOU'VE GOT THEIR BACK

Support your loved one by being there consistently—especially in situations where they might feel uncomfortable or unheard. You don't have to have all the answers; just being someone they can count on makes a big difference. Whether it's everyday moments or tougher situations, showing up and supporting your loved one helps them feel safe, respected, and not alone.



This Pride Month and every month, let's work together to create care that is respectful, inclusive, and supportive—so every older adult can feel safe, valued, and truly themselves.



LIFESCAPE

Stress-Busting Programs

Dementia Focus



When & Where

Wednesdays for 9 Weeks

June 10th-August 5th

10:00 AM-11:30 AM

Visiting Angels

3600 E State St, Rockford, IL 61108

Contact

Registration Required!
Call 815-490-1119

Limited to the first 10 participants.



FREE FOR CAREGIVERS!
Take-home gifts are provided each week to help with stress management

Program Details

The Stress-Busting Program (SBP) for Family Caregivers™ is an evidence-based program that provides support to family caregivers of persons with dementia. It has been proven to improve the quality of life for family caregivers who provide care to an older loved one, helping them manage their stress and cope better with their lives.

During the Stress Busting Program for Family Caregivers™, caregivers will:

- Learn about stress and its effects
- Practice stress management techniques
- Develop problem-solving skills

9-Week Stress Management Evidence-Based Program

Week 1: Getting Started

Week 2: Stress: Effects on Mind, Body and Spirit

Week 3: Caregiver Stress and Relaxation

Week 4: Challenging Behaviors of People with Dementia

Week 5: Loss, Grief, and Depression

Week 6: Family Relationships and Coping

Week 7: Positive Thinking

Week 8: Taking Care of Yourself

Week 9: Choosing a Path of Wellness





**THURSDAY,
JUNE 4
9AM-NOON**
Galena Elementary &

JO DAVIESS COUNTY

SENIOR EXPO

**Showcase Your Services.
Connect with Seniors.
Make an Impact.**

Join us for a high-visibility community event where you can engage directly with older adults, caregivers, and families seeking valuable resources and services.

Featuring:

- 40+ Vendors
- Live radio broadcast
- Lion's Club Mobile Screening Unit

Free estate planning presentation sponsored by Plager, Krug, Bauer, Rudolph & Stodden, Ltd



Brought to you by:





WORLD ELDER ABUSE AWARENESS DAY

Join Lifescape Community Services and communities around the world to learn more, raise awareness and increase understanding on abuse and neglect of older persons



Scooter's Coffee
405 1st Ave
Rock Falls, IL 61071



June 15, 2026
11 AM - 2 PM

Outdoor Information
Giveaways
Scooter's Coupons
Snacks



Lifescape Community Services is here to help!
Adult Protective Services and Care Coordination Office:
Carroll, Lee, Ogle, and Whiteside counties
206 Dixon Ave. Suite 1 Rock Falls, IL 61071



Call Us
(815) 490-1125

Visit Our Website

www.lifescapeservices.org



YOU'RE INVITED!



3RD LGBTQI+ EVENT

Tuesday Evening in the Gardens – *Summertime Music Series*



We invite LGBTQI+ older adults to join us for an evening of music, connection, and community.

All are welcome just as you are!



TUESDAY, JUNE 23

5:30 – 7:30 PM



ANDERSON GARDENS

318 Spring Creek Road
Rockford, IL 61107



**ALL LGBTQI+
OLDER ADULTS WELCOME!**

Come as you are. All are valued here.



THIS EVENT IS IN THE COMMUNITY FOR OUR COMMUNITY.

NIAAA is not hosting this event, but we're happy to help spread the word and encourage our LGBTQI+ older adults to attend and enjoy an evening together.



RSVP

to Patrick Gates

815-329-3328



Let Patrick know you're coming so we can plan for a great evening!

Friendship. Belonging. Community.

WE LOOK FORWARD TO SEEING YOU THERE!



NORTHWEST ILLINOIS
AREA AGENCY ON AGING
Answers on Aging

For more information about
LGBTQI+ resources for older adults,
visit <https://www.nwilaaa.org/>



*Heritage
Woods*



GRAND
victorian

INDEPENDENT & ASSISTED LIVING

Young at Heart Day

Senior EXPO at the Ballpark

Join us for a day filled with fun and valuable information!

Event Details:

- Date: June 18th
- Game Time: 1:05 PM
- Location: Rockford Rivets Stadium
4503 Interstate Blvd, Loves Park, IL



Experience a thrilling Rockford Rivets ballgame while exploring a Senior Resource Expo!

Ticket Information:

- To claim your free "senior" ticket, please visit the Rivets Tickets office on game day ONLY.
- Tickets are available for anyone aged 55 and older. Additional tickets can be purchased for just \$5.

Thank you to our senior care partners
MoCara Hospice OSF/OSF Mobile /
Symphony Care Centers / Americorps
Community Physicians / Intergrated Home Care

**During the event don't miss the Senior
"Homerun Derby game"
where you can play for a chance to win prizes.**

JUNE 19TH

JUNE TEENTH

F R E E D O M D A Y

**PLEASE BE ADVISED THAT OUR OFFICE WILL BE CLOSED ON FRIDAY,
JUNE 19TH IN OBSERVANCE OF THE HOLIDAY.
WE WILL RESUME NORMAL BUSINESS HOURS ON MONDAY JUNE 22ND.
WE HOPE YOU HAVE A SAFE AND ENJOYABLE HOLIDAY!
-NIAAA STAFF**