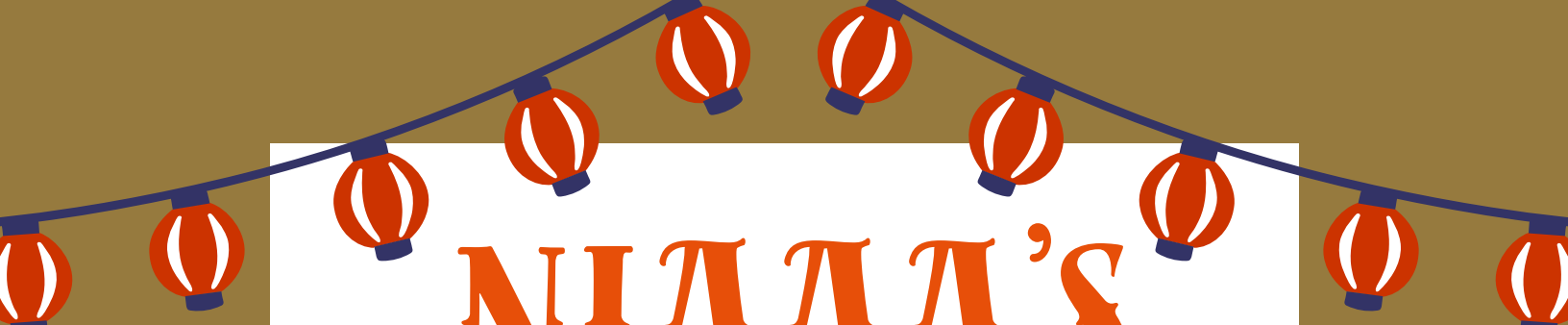




NIAAA'S SENIOR NEWSLETTER



1111 S. ALPINE RD SUITE
600, ROCKFORD IL 61108
815-226-4901

WWW.NWILAAA.ORG
INFO@NWILAAA.ORG



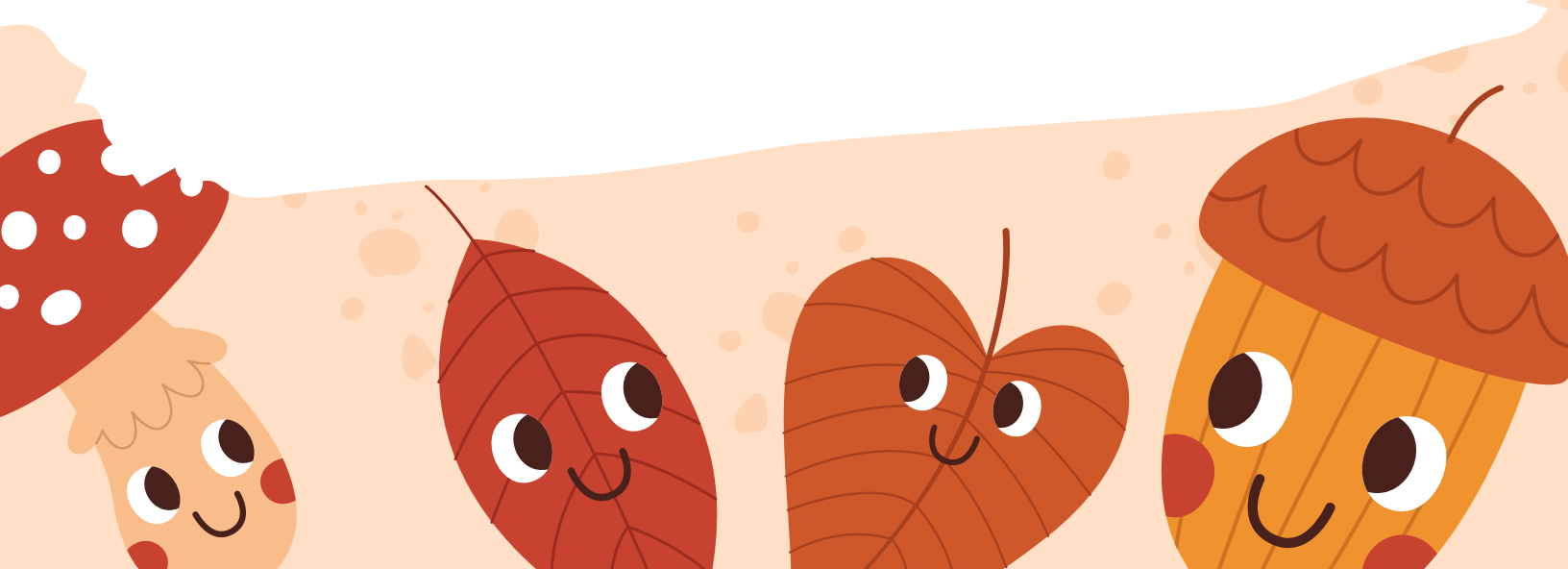


Welcome September

As summer begins to wind down and fall approaches, we hope you're enjoying the changing season. Whether you're spending time with family, visiting friends, or simply enjoying the cooler weather, we hope this month brings you comfort, good health, and plenty of reasons to smile.

In this month's newsletter, you'll find helpful community resources, wellness and safety tips, upcoming events, and information to help you stay informed and connected. We encourage you to take a few moments to explore what's inside—you may discover a new resource, activity, or opportunity that's just right for you.

WITH WARM WISHES,
NIAAA



We will be Closed For **LABOR** **DAY 2026**

In observance of Labor Day, our office will be closed on **Monday, September 7, 2026.**

We will reopen during our regular business hours on **Tuesday, September 8, 2026.**

We wish everyone a safe, relaxing, and enjoyable Labor Day! Thank you to all the hardworking individuals in our community for the many contributions you make each day.



SPOT THE DIFFERENCE!

Can you find 7 differences between the two pictures?



You Matter. You Are Not Alone.



September is Suicide Prevention Awareness Month

Every life matters, and help is always available. Suicide prevention starts with kindness, compassion, and checking in on one another.



Reach Out

If you or someone you know is struggling, don't wait. Talk to a trusted friend, family member, healthcare provider, or mental health professional.



Help Is Available 24/7

Call or Text 988

The 988 Suicide & Crisis Lifeline provides free, confidential support 24 hours a day, 7 days a week.

Together, we can create a community of hope, support, and understanding.

September is

NATIONAL PREPAREDNESS MONTH!

Emergencies can happen at any time.
A little preparation today can make
a big difference tomorrow.

Let's Get Ready, Together!

BE PREPARED.
BE INFORMED.
Be Safe.



Being prepared helps protect you, your loved ones,
and our community. Here are some simple steps
to help you get ready:



MAKE A PLAN

Talk with your family, friends, or caregivers about what to do in an emergency.



BUILD A KIT

Include water, non-perishable food, medications, flashlight, batteries, and first aid items.



KEEP IMPORTANT DOCUMENTS SAFE

Store identification, insurance information, medical records, and emergency contacts in a safe, easy-to-access place.



MAKE YOUR HOME SAFER

Check smoke and carbon monoxide detectors and replace batteries as needed.



PLAN FOR POWER OUTAGES

If you use medical equipment, have a backup plan in case of a power outage.



STAY INFORMED

Sign up for local alerts and stay aware of weather updates and emergency information.

Don't Forget!

- Check expiration dates on food and medications
- Replace batteries in flashlights and devices
- Review and update your emergency plan at least once a year



NEED HELP GETTING PREPARED?

We're here for you! Contact our office to learn about resources and support available in our community.



**We're stronger when we
prepare together.**

Take a few simple steps today for
A SAFER TOMORROW.



*Your Safety
Matters.*



NATIONAL FALLS PREVENTION

SEPTEMBER 21-25, 2026.

AWARENESS WEEK

AWARENESS. ACTION. PREVENTION.

reminder that falls are not a normal part of aging —and many can be prevented. By making a few simple changes at home and staying active, you can reduce your risk of falling and continue living safely and independently.

STAY STEADY. STAY STRONG. STAY SAFE.

SIMPLE WAYS TO PREVENT FALLS

KEEP WALKWAYS, STAIRS, AND ENTRYWAYS FREE OF CLUTTER.

REMOVE LOOSE RUGS OR SECURE THEM WITH NON-SLIP BACKING.

INSTALL GRAB BARS IN BATHROOMS AND HANDRAILS ON STAIRWAYS.

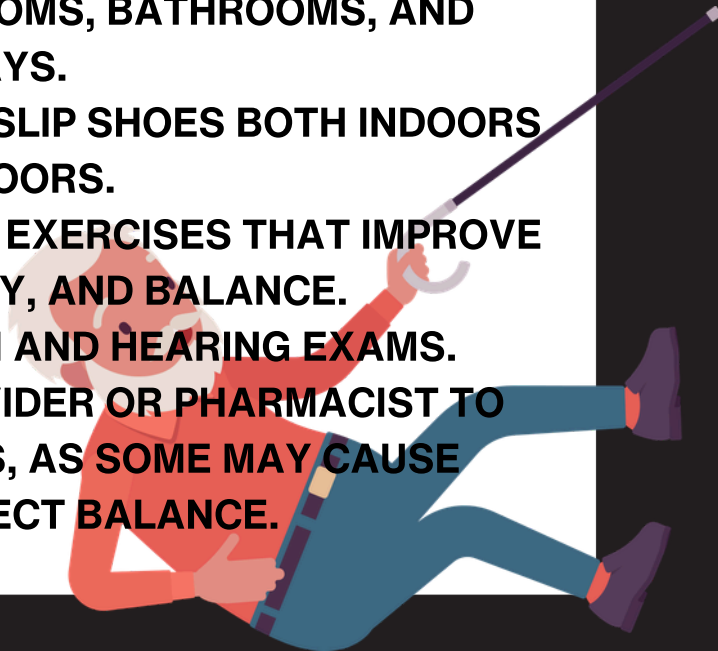
USE NIGHT LIGHTS IN BEDROOMS, BATHROOMS, AND HALLWAYS.

WEAR PROPERLY FITTING, NON-SLIP SHOES BOTH INDOORS AND OUTDOORS.

STAY PHYSICALLY ACTIVE WITH EXERCISES THAT IMPROVE STRENGTH, FLEXIBILITY, AND BALANCE.

SCHEDULE REGULAR VISION AND HEARING EXAMS.

ASK YOUR HEALTHCARE PROVIDER OR PHARMACIST TO REVIEW YOUR MEDICATIONS, AS SOME MAY CAUSE DIZZINESS OR AFFECT BALANCE.





**Lifescope is Proud to
Serve a Dementia
Friendly Community!**

MAKING A DIFFERENCE TOGETHER

Our mission is to promote independent living & enhance one's quality of life for the aging population in northern Illinois.

Lifescope's work with **Dementia Friendly America** is changing the way people think, act, and talk about dementia. By helping everyone in a community understand what dementia is and how it affects people, each of us can make a difference for people touched by dementia.



**Empowering Caregivers.
Enhancing Lives.**



Scan the QR Code to learn more about how to become a dementia friend.

**Dementia Friend Online Session –
Dementia Friendly America**



705 Kilburn Ave.
Rockford, IL



815-963-1609



lifescopeservices.org

Pumpkin

Cream Cheese Muffins

Moist, delicious, and perfect for fall!

These soft and flavorful muffins combine warm pumpkin spice with a creamy, sweet center. A perfect treat with your morning coffee or tea!



INGREDIENTS

MUFFINS:

- 1 3/4 cups all-purpose flour
- 1 cup granulated sugar
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp salt
- 1 cup canned pumpkin (not pumpkin pie filling)
- 1/2 cup vegetable oil
- 2 large eggs
- 1 tsp vanilla extract
- 1/4 cup milk

CREAM CHEESE FILLING:

- 8 oz cream cheese, softened
- 1/4 cup granulated sugar
- 1 large egg yolk
- 1/2 tsp vanilla extract



These muffins freeze well!

Store in an airtight container in the freezer for up to 3 months.



DIRECTIONS

- 1 PREPARE:** Preheat oven to 350°F (175°C). Line a 12-cup muffin tin with paper liners.
- 2 MAKE THE MUFFIN BATTER:** In a large bowl, whisk together flour, sugar, baking soda, baking powder, cinnamon, nutmeg, and salt. In another bowl, whisk together pumpkin, oil, eggs, vanilla, and milk. Add the wet ingredients to the dry ingredients and stir until just combined.
- 3 MAKE THE FILLING:** In a medium bowl, beat cream cheese and sugar until smooth. Add egg yolk and vanilla; beat until well combined.
- 4 ASSEMBLE:** Fill each muffin liner halfway with batter. Add about 1 teaspoon of cream cheese filling to the center of each, then spoon more batter on top to nearly fill the liner.
- 5 BAKE:** Bake for 18–22 minutes, or until a toothpick inserted near the edge comes out clean. Cool in the pan for 5 minutes, then transfer to a wire rack to cool completely.



HEALTHY TIP

Pumpkin is a good source of vitamin A, fiber, and antioxidants. Enjoy these muffins as part of a balanced diet and an active lifestyle!



Enjoy the flavors of fall!



SEPTEMBER IS HEALTHY AGING MONTH

HEALTHY AGING TIPS:

- 🚶 Stay active with regular walking, stretching, or light exercise.
- 🥗 Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.
- 💧 Drink plenty of water throughout the day.
- 🏥 Schedule regular checkups and keep up with recommended screenings.
- 🧩 Keep your mind active by reading, doing puzzles, or learning something new.
- 👨👩 Stay connected with family, friends, and your community to support emotional well-being.
- 😴 Get enough sleep each night to help your body and mind recharge.



REMEMBER:

It's never too late to make healthy choices. Every small step you take today can help you enjoy a healthier, happier tomorrow.

Healthy aging starts with healthy habits!

JOIN THE DEMENTIA FRIENDLY ILLINOIS MONTHLY MEETING



Hosted by the state leads of Dementia Friendly Illinois, the purpose of this meeting is for people and community members to hear about other programs, share ideas and discuss challenges faced to create and sustain Dementia Friendly communities. Anyone across the State of Illinois who is interested in Dementia Friendly efforts is welcome to attend.

WHEN: Every Third Wednesday of the Month

TIME: 1:00 - 2:00 PM

WHERE: Virtual

MEETING LINK: [Monthly Dementia Friendly Meeting](#)

PASSCODE: 787828

CALL IN: +1 312 626-6799 US (Chicago)

Email [Susan Frick](#), [Tarisha Washington](#), or [Darby Morhardt](#) for information.



SEPTEMBER WOULD YOU RATHER?



Go apple picking **or** Visit a pumpkin patch

Drink hot apple cider **or** Drink hot chocolate

Take a scenic fall drive **or** Have a cozy movie day



Have apple pie **or** Pumpkin pie

Visit a farmers market **or** A fall festival



one more week of summer **or** Fall arrive early

Carve a pumpkin **or** Paint a pumpkin

Have Fall **or** Spring

Go on a hayride **or** Have a bonfire

Eat candy corn **or** Candy pumpkin

Rake leaves **or** Jump in leaves

Pumpkin cookies **or** Apple cider donuts

Cinnamon scent **or** Fresh apple scent

Sunflowers **or** Mums



Fundraiser to benefit local United Way Agencies

7 Baskets for Silent Auction

Catholic Charities - Long Term Care Ombudsman Program is having a silent auction to benefit local United Way agencies. Bids can be submitted by:

Email to Julie Schuppner: jschuppner@rockforddiocese.org

Phone 1-779-210-8693

In person at: **431 S. Phelps Avenue #607, Rockford, IL61108**

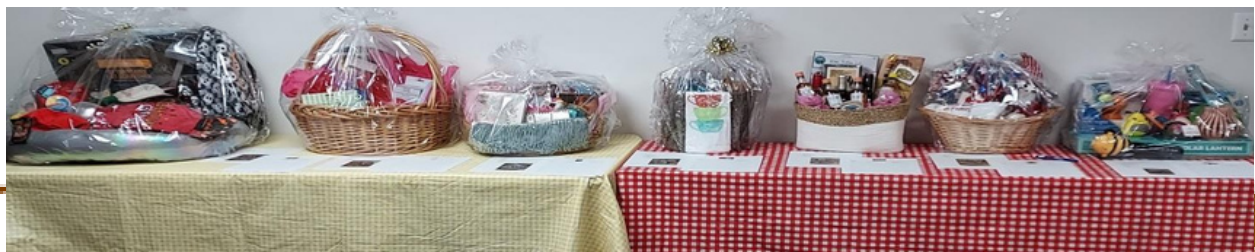
Bids accepted until noon Friday, September 18th

The winner to be announced on September 18th after drawing

Thank you for your support of the LTC Ombudsman Program and United Way!

7 Baskets up for silent auction are:

- | | |
|--------------------------------|-----------------------------------|
| 1) Pet Basket | 5) Wine & Meat Basket |
| 2) Salty Fun in the Sun Basket | 6) Red, White & Blue Gnome Basket |
| 3) Friendship Basket | 7) Summer Fun! Basket |
| 4) Coffee Basket | |



RESEARCH PARTICIPANTS NEEDED!

TOPIC

Understanding Experiences With Communication Barriers
Faced by d/Deaf and Hard-of-Hearing Patients in Primary
Healthcare Settings



SHARE YOUR... REQUIREMENTS TO PARTICIPATE

- Thoughts
- Experiences
- Ideas



- Identify as d/Deaf or hard of hearing
- Be 18 years or older
- Have used non-audiology healthcare services in the past 12–24 months
- Includes: physician, physician's assistant, or nurse practitioner
- Reside in the United States

SCAN THE QR CODE!



QUESTIONS? CONTACT US!

Stacey R. Lim, AuD, PhD, CCC-A
Lim3s@cmich.edu
Ridley N. Kemeny, B.S
Berth1kn@cmich.edu

The Central Michigan University Institutional
Review Board has approved this study

CENTRAL MICHIGAN UNIVERSITY

PARTICIPATE NOW!

The Military Veteran's Advocate

Taking care of Veterans is my mission. Whether you served for 1 month or 100 years, I will do my best to help you understand your VA benefits and assist you with applying for them. **My disclaimer: I am not a Veteran Services Officer.** I am a Military and Family Readiness Specialist and have access to many resources to meet your needs. One area that is fairly new consists of the PACT Act. The PACT Act is a law that expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and other toxic substances. Vietnam Veterans that served either in-country, in the air or sea in and around Vietnam and have acquired cancers, skin disorders, respiratory disorders or any other kind of medical condition can apply for benefits. I can help with the application process. Please feel free to contact me!



Bill Molosz
(Military Veteran)



Military and Family Readiness Specialist
Certified Personal Financial Counselor

Serving the Illinois Army National Guard, Veterans and Families.

10451 N. 2nd Street
Machesney Park, IL 61115

Phone: (217) 341-5495
Email: billy.molosz.civ@army.mil



ADULT DAY PROGRAM OPEN HOUSE

WED
SEPTEMBER
23,
2026

1330 S. ALPINE RD.
ROCKFORD, IL

4-6PM

THE ADULT DAY PROGRAM OFFERS A FRIENDLY, SUPPORTIVE ENVIRONMENT THAT MEETS CLIENT NEEDS WHILE PROMOTING INDEPENDENCE AND MAINTAINING DIGNITY. IT PROVIDES A PLACE TO BE AND PEOPLE TO SEE, BRINGING PURPOSE BACK TO MANY CLIENTS' LIVES

ADMISSIONS REPRESENT WHAT WE'RE ALL ABOUT



SENIOR FEST

Chicago's ultimate
outdoor festival.
SENIORS ONLY.

2026

**Thursday,
September 17, 2026**
9:00 AM to 2:00 PM

Millennium Park
Drop Off Location:
201 E Randolph St

**Open for Chicagoans
aged 60 and better**
Free - No Ticket Required

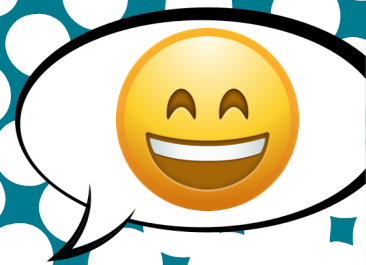
Contact a DFSS Senior Center or
seniorfest@cityofchicago.org
for more information and
sponsorship opportunities.

**Picnic-Style Lunch * Senior Resource Fair
* Dance Pavilion * Raffle Prizes *
Live Music * Fresh Popcorn * And More!**





LIFESCAPE Senior Expo



THE IMPORTANCE OF LAUGHTER

**SATURDAY,
SEPTEMBER 19, 2026
9:00AM - 2:00PM**

**ROCKVALLEY COLLEGE - PECENTER
3301 N. MULFORD RD.
ROCKFORD, IL 61114**

FEATURING

- INFORMATION AND SUPPORT FOR CAREGIVERS
- OVER 70 BUSINESSES AND ORGANIZATIONS THAT PROVIDE PRODUCTS AND SERVICES TO OLDER ADULTS
- THOUSANDS OF ATTENDEES WITH INTEREST IN THE WELL-BEING OF PEOPLE AGES 60 AND OVER
- SPECIAL PRESENTATION ON THE IMPORTANCE OF LAUGHTER AND SOCIALIZATION
- FREE FLU SHOTS PROVIDED BY WALGREENS



**HA!
HA!**

**CALL OR VISIT OUR WEBSITE
TO REGISTER FOR A VENDOR
BOOTH OR BECOME A
SPONSOR**

**GUEST SPEAKER
MARY KAY
MORRISON**

