# NIAAA'S

# Senior Newsletter

1111 S. Alpine Rd
Suite 600
Rockford IL 61108

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



# *A Little Gratitude Goes a Long Way*



*November is a time to slow down and appreciate the people and moments that make life special. Gratitude doesn't have to come from big things. Sometimes, it's a phone call from a loved one, a kind gesture from a friend, a warm meal, or simply another day to enjoy.*

*Life isn't always easy, but taking a moment to recognize the good around us can bring comfort, hope, and happiness. This month, try reaching out to someone you appreciate, sharing a kind word, or reflecting on the little things that bring you joy. Remember, gratitude isn't about having a perfect life; it's about appreciating the moments, people, and blessings that make life meaningful.*

# CAREGIVER APPRECIATION FAIR



Enjoy a welcoming atmosphere, helpful resources, a guest speaker and a chance to relax and connect with other caregivers. This is a special time to celebrate you and all that you do!

**NOVEMBER 7TH**

**11AM-2PM**

**ROCKFORD PUBLIC LIBRARY**

**215 N WYMAN ST, ROCKFORD IL 61101**

## MEET THE VENDORS

- CORNERSTONE CAREGIVING
- ALL CARE HEALTH
- GOLDEN TOUCH
- CASTOR
- SENIOR CONNECTIONS
- WINNEBAGO COUNTY HEALTH DEPARTMENT
- ILLINOIS STATE TREASURER
- ILLINOIS DEPARTMENT OF VETERANS AFFAIRS
- OMBUDSMAN
- ILLINOIS TOLLWAY
- NIAAA
- MOLINA HEALTH CARE
- UI HEALTH MILE SQUARE HEALTH CENTER
- PRAIRIE STATE LEGAL SERVICES
- HELP AT HOME
- SAHARA HOME CARE
- COMPASSIONATE CHOICES
- LIFESCAPE COMMUNITY SERVICES
- THE LIVING WELL CENTER
- ABCOR

# The Living Well Center
Of Northern Illinois

A Welcoming Space for *Older Adults*

CONNECT | LEARN | STAY ACTIVE | BUILD COMMUNITY

The Living Well Center of Northern Illinois (LWCNI) will be participating in NIAAA's

# Caregiver Pop-Up Fair

**Saturday, November 7, 2026**
11:00 AM – 2:00 PM

**Rockford Public Library**
215 N. Wyman St.
Rockford, IL 61101

Stop by our table to learn more about The Living Well Center of Northern Illinois, a new community space coming to Rockford in 2027!

**CONNECT**
Meet new people and build friendships.

**LEARN**
Discover new interests and educational opportunities.

**STAY ACTIVE**
Participate in activities that support health and well-being.

**BUILD COMMUNITY**
Enjoy a welcoming space for older adults, caregivers, and community members.

*Be sure to stop by the Living Well Center table at the Caregiver Pop-Up Fair!*

# Don't Forget to...

# FALL BACK

## Clocks Change in November!



**WHEN?**
Sunday,
November 1, 2026
at 2:00 AM.

**WHAT TO DO?**
Turn your clocks **back** one hour before going to bed Saturday night.

**GOOD NEWS!**
You get an extra hour of sleep!

**WHAT CHANGES?**
It will get darker earlier in the evening.

**Fall Back, Spring Forward!**




# JoinOurTeam

## Volunteer in Your Community

**Weare lookingforfriendly andservice-oriented people to join our volunteer team for this upcoming tax season.**

The program has several types of volunteer opportunities. You'll receive training and support, learn new skills, and feel great while helping others.

**AARP Foundation Tax-Aide provides free tax-filing help to those who need it most.**

Apply at
aarpfoundation.org/TaxaideVolunteer
or call 1-888-AARP-NOW (1-888-227-7669).

Local Contact Information
Phone: 123-456-789
Email: LocalContact@aarp.org
extra line
extra line

AARP Foundation®
Tax-Aide

D18157 (6/24)



## Medicare Open Enrollment Reminder

Don’t forget to review your Medicare coverage! Medicare Open Enrollment runs from October 15 through December 7 each year. This is a good time to review your current coverage and make sure your plan still meets your needs for the upcoming year.

During Open Enrollment, you can:

- Review your Medicare Advantage or prescription drug plan
- Compare plans and costs
- Check that your doctors and medications are covered
- Make changes to your coverage for the new year

**Open Enrollment ends December 7!**

Need help reviewing your options? Call our office to set up an appointment- 815-226-4901



# CAREGIVERS NEED A BREAK TOO

CARING FOR A LOVED ONE CAN BE REWARDING, BUT IT CAN ALSO BE EXHAUSTING. CAREGIVERS NEED TIME TO REST AND RECHARGE, TOO!

FEELING OVERWHELMED OR NEED SOME TIME FOR YOURSELF? YOU DON'T HAVE TO DO IT ALONE.

OUR RESPITE GRANT HELPS PROVIDE CAREGIVERS WITH A MUCH-NEEDED BREAK TO REST, RUN ERRANDS, ATTEND APPOINTMENTS, OR SIMPLY TAKE TIME FOR THEMSELVES.

TAKING A BREAK ISN'T GIVING UP—IT'S TAKING CARE OF YOURSELF.

**CONTACT US** 815-226-4901

**Recipe Spotlight :**

# Sweet Potato Casserole

Warm, comforting, and perfect for the Thanksgiving table, this sweet potato casserole is a delicious fall favorite

Ingredients:

- 4 large sweet potatoes, peeled and cubed
- ½ cup brown sugar
- ¼ cup melted butter
- ½ cup milk
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- 2 eggs
- ½ cup chopped pecans (optional)
- 1 cup mini marshmallows (optional)



Directions:

- Preheat oven to 350°F.
- Boil sweet potatoes until tender, then drain and mash.
- Mix in brown sugar, melted butter, milk, vanilla, cinnamon, and eggs.
- Spread the mixture into a greased baking dish.
- Top with pecans and/or mini marshmallows.
- Bake for 25–30 minutes, until warm and lightly golden.

Tip: You can prepare the sweet potato mixture ahead of time and refrigerate it until you're ready to bake!

# WOULD YOU RATHER THANKSGIVING EDITION

🥧 PUMPKIN PIE OR APPLE PIE?

🦃 TURKEY OR HAM?

🥔 MASHED POTATOES OR SWEET POTATO CASSEROLE?

🍽️ COOK THE THANKSGIVING MEAL OR CLEAN UP AFTERWARD?

🏈 WATCH FOOTBALL OR WATCH A MOVIE?

🍂 HOST THANKSGIVING OR BE A GUEST?

🥖 STUFFING OR MAC AND CHEESE?

☕ HOT CHOCOLATE OR APPLE CIDER?

🎶 LISTEN TO MUSIC OR PLAY GAMES AFTER DINNER?

🥧 HAVE DESSERT FIRST OR SAVE IT FOR LAST?

# VETERANS DAY

HONORING ALL WHO SERVED



OUR OFFICE WILL BE CLOSED ON TUESDAY, NOVEMBER 11, IN OBSERVANCE OF VETERANS DAY.

WE WILL RESUME REGULAR OFFICE HOURS ON WEDNESDAY, NOVEMBER 12.

NIAAA

# Caregiver Support Group

## You Are Not Alone

Connect with others who understand.
Share experiences. Find support.
Because caregivers matter.

**Thursday, November 12, 2026**
**1:30 pm – 3:00 pm**

**NIAAA**
**1111 S Alpine Rd**
**Rockford, IL 61108**

## Celebrating National Family Caregivers Month

This November, we recognize and honor the dedication, strength and compassion of family caregivers across our communities.

*Support* • *Resources* • *Connection*

Please RSVP to Suellen at
**815-226-4901** or **sanderson@nwilaaa.org.**

NORTHWESTERN ILLINOIS
AREA AGENCY ON AGING

A welcoming space for **LGBTQI+** older adults and allies to connect, enjoy good company, and have fun!

# LGBTQI+ OLDER ADULT SOCIAL GROUP

## *Lunch Together*




**THURSDAY, NOVEMBER 19**

**11:30 AM – 1:00 PM**

**Wired Café**
414 E. State St.
Rockford, IL 61104

Join friends old and new for a relaxed lunch and an opportunity to build friendships, share experiences, and enjoy a welcoming and supportive community.

Space is limited!
Call or text Jeff at
**779-221-3702**

*All are welcome!*

**NIAAA is coordinating this gathering to help LGBTQI+ older adults connect and build community.**
Each attendee is responsible for the cost of their own meal and beverages.

# LIHEAP



The Low Income Home Energy Assistance Program (LIHEAP) helps eligible households pay for their heating and utility costs.

## 📞 HOW TO SET UP AN APPOINTMENT WITH US:

**CALL 779-221-3704 EVERY FIRST BUSINESS DAY OF THE MONTH AT 8:00 AM TO SCHEDULE AN APPOINTMENT!**

**NOVEMBER 2ND, DECEMBER 1ST, JANUARY 4TH, FEBRUARY 1ST , MARCH 1ST, APRIL 1ST**

**APPOINTMENTS ARE REQUIRED AND FILL UP QUICKLY, SO BE SURE TO CALL EARLY!**

**STAY WARM. STAY SAFE. WE'RE HERE TO HELP!**

# OSF HealthCare

# Hospice

# VOLUNTEERS NEEDED

*Make a meaningful difference in someone's final journey.*



## OUR MISSION

*In the spirit of Christ and the example of Francis of Assisi, the Mission of OSF HealthCare is to serve persons with the greatest care and love in a community that celebrates the Gift of Life.*

*Compassion.*
*Dignity.*
*Hope.*

## JOIN OUR HOSPICE TEAM

Volunteers provide comfort, companionship and support to patients and their families during life's most tender moments.

### DIRECT VOLUNTEERS

*Be Present. Make a Difference.*

- Visit patients in their homes, assisted living facilities or hospice centers
- Provide companionship and a listening ear
- Read, share stories, or provide a comforting presence (when appropriate)
- Offer emotional and spiritual support
- Help with special requests and meaningful activities

### INDIRECT VOLUNTEERS

*Support Behind the Scenes.*

Help our hospice team with important tasks that keep our program running smoothly.

**Examples of indirect volunteer opportunities:**

- Make phone calls or send cards
- Assist with fundraising or awareness events
- Provide administrative support (e.g., answering phones, organizing supplies)

### WE WELCOME

*All Who Want to Help*

- Individuals who would like to give their time
- Individuals with therapy dogs (approved and trained)
- College students looking for volunteer or service hours

*Interested in Volunteering?*

**Jordyn Hermanson**
Hospice Volunteer Coordinator
815-381-6326
jordyn.r.hermanson@osfhealthcare.org

## A Tribute to Veterans



Over the years, Veterans Day has evolved into adaynotjustforremembering those who served in wartime but also for recognizing all veterans, including those who served in peacetime.

**Things to Know About Veterans Day**

It's "Veterans Day," not "Veteran's Day," for a good reason. The lack of the apostrophe might seem like a semantic choice, but it has a definite and deliberate meaning. According to the U.S. Department of Veteran Affairs, Veterans Day is a day for honoring veterans directly in front of us right now.

President **Dwight D. Eisenhower is responsible for the name change** from Armistice Day to Veterans Day. He did this in 1954, reasoning that the day should be about recognizing veterans who served in any war instead of focusing on the end of one war.

Honored veterans do not only encompass the soldiers who went to war. **Veterans Day also recognizes** those who served their country during peacetime.

At 11:00 in the morning on Veterans Day each year, **the same time that the World War I armistice was originally signed,** an observance is held at Arlington National Cemetery. Guards **remember the "Unknown Soldier" by laying a wreath on his tomb,** followed by a parade of colors conducted by veteran organization.

**As of March 31, 2026, there are about 1,349,597 active-duty U.S. military members serving worldwide and about 17,300,000 Veterans that raised their right hand to take an oath to defend the Constitution of the United States!**

**Oath of Enlistment**

I, _____, do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; and that I will obey the orders of the President of the United States and the orders of the officers appointed over me, according to regulations and the Uniform Code of Military Justice. So help me God.

**Oath of Commissioned Officers**

I ___, do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I take this obligation freely, without any mental reservation or purpose of evasion; and that I will well and faithfully discharge the duties of the office on which I am about to enter. So help me God.

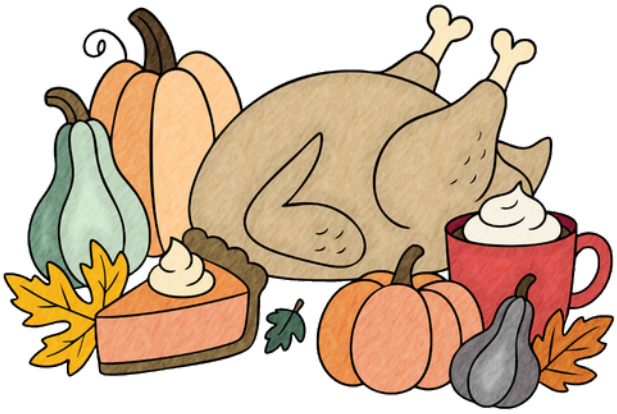
**To all Veterans, thank you for taking the oath to defend our country!**


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

WE WISH YOU A WARM AND JOYFUL THANKSGIVING!



Our office will be closed on Thursday, November 26th , ***and*** Friday, November 27th, in observance of the Thanksgiving holiday.
We will reopen on Monday, November 30th



# FREE! Turkey Dinner

## THURSDAY, NOVEMBER 26, 2026
## 11:00 a.m. – 1:00 p.m.

**SERVED WITH**

**MASHED POTATOES** & **GRAVY, DRESSING,**
**VEGETABLES, ROLL** w/ **BUTTER, CRANBERRY SAUCE,**
**APPLESAUCE, SLICE** of **PIE, MILK** and/or **WATER**
**CARRYOUT** or **DRIVE-THRU ONLY**
**LIMIT** of **2 MEALS PER PERSON**

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## HOW CAN YOU HELP?

**VOLUNTEER FOR SHIFTS**
CONTACT JEANINE WANG @ (815) 218-1700

**DONATE WINTER CLOTHING**
HATS , GLOVES, MITTENS,SCARVES, EARMUFFS, WARM SOCKS,
NEW OR GENTLY-USED SWEATPANTS, SWEATSHIRTS, and COATS

**DONATE PERSONAL HYGIENE ITEMS**
LIP BALM,SM.BOTTLESOFHANDLOTION,ETC.

**DONATE BOTTLES OF WATER**

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Court Street united MethodiSt ChurCh
215NorthCourt Street | Rockford,IL61103
815.962.6061 | www.courtstreetumc.org

# Beat the Holiday Blues



The holiday season can be a joyful time, but it can also bring feelings of loneliness, sadness, or stress. If you're missing a loved one or feeling overwhelmed, remember that you're not alone. It's okay to take things one day at a time and make time for yourself.

Here are a few ways to brighten your season:

- ❤️ Stay connected: Call a friend, visit family, or reach out to someone you trust.
- 🎄 Enjoy the little things: Listen to your favorite music, watch a holiday movie, or enjoy a warm cup of tea.
- 🤝 Get involved: Participate in community activities or spend time with others.
- 🧡 Take care of yourself: Get plenty of rest and give yourself permission to slow down.
- 💬 Talk about your feelings: Share how you're feeling with someone you trust. You don't have to go through it alone.

Remember: You deserve care, comfort, and happiness during the holiday season and all year long. Even small moments of connection can make a big difference!

***Come see the possibilities.***

# You're Invited!

## An Evening at

# The Hub@1701

*Discover a new place forconnection.*

Elder Care Services welcomes youto The Hub @1701,

a new gathering place for older adults in DeKalb.
Enjoy refreshments and conversation, explore the space,

and hear our vision for bringing people together.

Share your ideas, discover ways to be part of the Hub's

future, or simply stop by to get to know us.

Thursday, November 19,
2026 4:30-6:30 p.m.
The Hub @1701 at Elder
Care Services

1701East Lincoln Highway

DeKalb, IL 60115

**RSVPby November 16th by calling**
**815 758-6550 or emailing**
**erogers@ecsdek.org**



# WHY DID THE TURKEY CROSS THE ROAD TWICE?

*Because it wanted to prove it wasn't chicken!*

