



Hello
April

NIAAAA'S Senior Newsletter



1111 S. Alpine Rd. Rkfd
Suite 600
815-226-4901
www.nwilaaa.org



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

Wishing Everyone a
Happy
Easter!

Have a Wonderful & Joyous Holiday!



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"



PUBLIC HEARING NOTICE

2027 AREA PLAN

HAVE YOUR VOICE HEARD

NIAAA is conducting **Two (2) Public Hearings** on the proposed 2027 Area Plan.

Older adults, caregivers, grandparents and relatives raising grandchildren, aging service providers, public officials, and all interested community members are invited to attend and provide input on:

- **Proposed Programs**
- **Budget Priorities**
- **Community Needs & Services**

HEARING DETAILS



In-Person Location:

1111 S. Alpine Road, Suite 600
Rockford, IL 61108



Virtual Option:

Attend via **Zoom**

The hearing times are as follows:



April 6, 2026 at

• **2:00 p.m.**



April 7, 2026 at

• **10:00 a.m.**

HOW TO PARTICIPATE

To receive the **Zoom link**, contact:



jbarnes@nwilaaa.org

Your input helps shape services for **older adults** across **Northwestern Illinois**.



Northwestern Illinois Area Agency on Aging

Join our Board of Directors

NIAAAA is seeking dedicated leaders to serve on its **Board of Directors** and **help guide programs**, funding decisions, and strategic initiatives that **support older adults** and caregivers throughout Northwestern Illinois.

WE ARE SEEKING EXPERTISE IN:



Finance / Accounting



Legal / Governance



Fundraising /
Philanthropy



Marketing &
Communications

Why Serve on the NIAAAA Board?

- Make a meaningful impact in your community
- Shape the future of aging services in Northern Illinois
- Collaborate with respected community leaders
- Strengthen systems that advance independence and dignity.

**Help Us Build a Stronger Future
for Aging in Northwestern Illinois**

✉ Email: jbarnes@nwilaaa.org | 🌐 Website: www.nwilaaa.org

Rockford, Illinois



WOODLAND WANDERERS



walking group

Severson Dells Nature Center is hosting a free monthly walking group for those looking for gentle activity, community, and time in nature.

We will stroll on a paved path with some mild grades, stopping for breaks near benches, for around an hour. Mobility aids welcome.

Join us the 3rd Tuesday of each month from 10:00- 11:30 am.

Mar 17



Apr 21



May 19



Contact Us
815-335-2915



Visit Our Website
seversondells.org



Find us on Facebook
Severson Dells Nature Center

CARING FOR PEOPLE AND THE PLANET

BROUGHT TO YOU BY NIAAA

April is National Stress Awareness Month, a time to recognize the importance of managing stress for our overall well-being. It's also the month we celebrate Earth Day, reminding us how meaningful our connection to nature can be.

This month's caregiver tips focus on reducing stress, spending meaningful time outdoors, and choosing small actions that support the planet. Connecting with nature can be calming and restorative not only for caregivers, but also for the individuals they care for—offering opportunities to relax, engage the senses, and share simple moments of peace together. By caring for ourselves and caring for the Earth, we create a more balanced and nurturing environment for everyone.

1 BACKYARD STRETCHING OR LIGHT YOGA



Practice simple neck rolls, shoulder rolls, or gentle yoga in the sun to lower cortisol and ease muscle stiffness from caregiving tasks.

2 ACCESSIBLE GARDENING



Use raised garden beds or tabletop planters so your loved one can participate without bending or kneeling. Tasks like watering plants, sorting seeds, or even touching damp soil can provide sensory stimulation and reduce agitation.

3 READING ON THE PATIO OR BALCONY



Grab a book and a cup of tea or your favorite beverage and read in natural light. Avoid screens and enjoy the calm atmosphere.

4 SENSORY RELAXATION



Sit near a local fountain, lake, or stream. The sound and sight of moving water are naturally soothing for the nervous system.

5 UPCYCLED EARTH DAY CRAFTS



Transform an empty plastic bottle into a bird feeder, turn old paper rolls into seed starters, or paint rocks to place in a local park or garden.

6 WINDOWSIDE BIRD WATCHING



Set up a bird feeder or a window-mounted suction-cup feeder. Use a guidebook or app to identify visitors together, which provides cognitive stimulation and a sense of connection to nature.

7 INDOOR NATURE BOX



Collect items like smooth stones, pinecones, or dried flowers during your own walks and bring them in for your loved one to touch and explore.



NIAAA

Northwestern Illinois
Area Agency on Aging

NIAAA Presents

LGBTQ+ Older Adult Social Group

A welcoming space to connect, share, and build community.

April 22 | 11:00 AM

Wired Café

414 E State St
Rockford, IL 61104

Join us for a relaxed and friendly gathering where LGBTQ+ older adults can connect and build community in an inclusive environment.

What to Expect

- Casual atmosphere • Meet new people • Build community • Shape future gatherings

LGBTQ+ adults age 60+ and allies welcome.

RSVP: Patrick Gates | 815-329-3328

You Belong Here. Join Us.



IL HOUSING BLUEPRINT

THE FUTURE OF HOUSING IN ILLINOIS

The 2027 Illinois Housing Blueprint, lead by the Illinois Housing Development Authority (IHDA), will provide an analysis of the state of housing in Illinois, with a particular emphasis on the ways in which Illinois can improve the **resiliency and equity** of housing markets across the state.



The Illinois Housing Blueprint will align diverse data sets with community input to determine how various factors interact across community types, including:

- affordability and preservation
- development costs
- housing and aging
- local implementation capacity
- supportive housing

The Blueprint will provide a tool for municipalities, state agencies, nonprofits, and local leaders across the state to better understand how housing fits into the economic fabric of their region and to support targeted, community-specific policy and investment decisions.

We need your help to learn more about the housing needs and goals of your community. **Please help us by filling out this survey and distributing it throughout your network.** We will use this important information to guide our planning process.

Take and help distribute
our Blueprint Survey



Sign up for updates on our
community listening sessions



Lifescape's Senior Mental Health Program
and Rockford Public Library Present:

Book Club

Looking to connect with others and enjoy meaningful conversation? Join our small-group Book Club for adults 60+! This welcoming group offers a chance to build social connections, reduce feelings of isolation, and engage in a meaningful, enjoyable activity. Book copies will be provided by the library.

Space is limited to 10 participants—first come, first served.

Ongoing monthly gatherings
First Tuesdays at RPL
starting on May 5th
· 11:30 AM-12:30 PM


60YRS & OLDER
SIGN-UP NOW:



ROCKFORD PUBLIC LIBRARY

 215 N Wyman St. Rockford, IL 61101

 (815) 966-0178

 First Tuesday of Each Month,
11:30 AM-12:30 PM

 asuddarth@lifescapeservices.org



WCCMHB
Winnebago County
Community Mental
Health Board



PEARLS
Program to Encourage Active, Rewarding Lives



STRANGULATION: The Last Warning Shot- 2 Day Training

Identifying, Investigating, and Prosecuting Domestic Violence Strangulation Cases

Presented by:

The Mayor's Office of Domestic and Community Violence Prevention
&

UWHealth

UW Health SwedishAmerican



APRIL 22 & 23, 2026

7:30 AM - 8:30 am- Registration

8:30 am - 4:30 pm- Training

Cost: \$20.00 includes the cost of a box lunch for both days

UW Health Women and Children's Hospital - Rockford
1350 Charles St. Rockford, IL 61104
Schwartz Auditorium, 1st Floor

More information about parking and complimentary shuttle service is included on the registration website.



Gael Strack



Casey Gwinn

COURSE DESCRIPTION

Gael Strack & Casey Gwinn, leading specialized experts in the identification, investigation, and documentation of strangulation in intimate partner violence cases, will cover the following:

- FINDINGS FROM A STUDY OF 300 MISDEMEANOR STRANGULATION CASES
- UNDERSTANDING THE LETHALITY OF STRANGULATION
- IDENTIFYING THE SIGNS AND SYMPTOMS OF STRANGULATION CASES
- ANATOMY AND MEDICAL ASPECTS IN SURVIVING AND NON-SURVIVING VICTIMS
- INVESTIGATING AND DOCUMENTING A DOMESTIC VIOLENCE AND SEXUAL ASSAULT STRANGULATION CASE FOR PROSECUTION
- LEGAL ASPECTS OF STRANGULATION CASES WITH SURVIVING VICTIMS
- TOOLS AND RESOURCES FOR ADVOCATES
- RESOURCES AND HANDOUTS DEVELOPED BY THE INSTITUTE
- USE OF EXPERTS IN COURT

[Register Here](#) or using the QR by April 13th

If you require a reasonable accommodation or have questions, please contact:

Anna.Grzelak@rockfordil.gov or 779-696-1232.



Who Should Attend:

Law Enforcement, Prosecutors, Attorneys, Medical Professionals, First Responders, Victim Advocates, Policymakers, and Other Professionals who encounter Domestic Violence or Sexual Assault cases in the course of their work.

Accreditation Statement:

In support of improving patient care, the University of Wisconsin-Madison ICEP jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

EMS Continuing Education Credit:

This CE activity is accredited by the Commission on Accreditation for Pre-Hospital Continuing Education for 8.0 F1 CEH (Basic and Advanced).

EMS Credit Reporting:

EMS participants must provide their National EMS ID during registration in order to receive continuing education credit. Credit will be awarded based on verified attendance and completion of the required course evaluation. Continuing education hours will be reported electronically to the National EMS Certification database following the activity.

CEUs for Licensed Social Workers and Counselors will be provided
Pending approval, Law Enforcement CEUs will be awarded by NITAB
Pending approval, ICDVP CEUs will be awarded by Remedies Renewing Lives





Join us for our Grandparents Raising Grandchildren Lunch and Learn event

When:

April 15th, 2026 -
11:30am -12:30pm



RSVP By:
4/3/26
Call 815-490-
1136

Where:

Ken-Rock Community
Center - 625 Adams St.
RKFD, 61107

Are you a grandparent who is raising a grandchild on a full time basis? If so, please join us on April 15th for a free lunch and learn event to learn more about Lifescape's Grandparents Raising Grandchildren program. Find out what the program is all about and how to join. We will also include more information on Lifescape services. A FREE light lunch will be provided. Limited seats are available, please RVSP by **4/3/26** at **815-490-1136**.



Call us if you
have any
questions.



BEE

The Difference

AmeriCorps Seniors RSVP

Annual Volunteer Fair

THURSDAY APRIL 2ND 2026 9:00 AM-1:00 PM

BURPEE STUDENT CENTER, ROCKFORD UNIVERSITY

5050 E STATE ST, ROCKFORD, IL 61108

**Come find your hive! Meet
local organizations, discover
meaningful opportunities, and
create change together.**



Questions Contact: Holly DePuy 815-490-1107

LIFESCAPE



**AmeriCorps
Seniors**



FREE HEALTH CLINIC

Staffed by licensed physicians, Shifa Clinic provides basic medical care to the community at no cost. Services include basic health screenings, blood pressure/sugar checks, referrals, and more.

Every Saturday 11:00am – 1:00pm



FREE HOT LUNCH

Committed to supporting members of the community, ICNA Rockford offers complimentary lunch every week to individuals and families in need.

Every Saturday 11:30am – 12:30pm



MASJID-E-TAJ

Established as a welcoming place of worship, Masjid-E-Taj is open 24/7, providing Muslims a space to perform their five daily prayers, including Friday Jummah prayer.

Jummah Prayer Every Friday at 1:30pm



ABOUT US

ICNA Rockford is dedicated to serving the west side of Rockford by offering essential support and care with compassion, dignity, and respect. Everyone is welcome, no questions asked.



ICNA Rockford: icnarockford@gmail.com
Shifa Clinic: rockfordshifaclinic@gmail.com



DONATE



815-991-8082

icnarockford.org

1110 Arthur Ave. Rockford, IL 61101



Community HEALTH FAIR



Sunday, Apr 5 2026

Umar Farooq Center at
Muslim Community Center of
Greater Rockford

[5921 Darlene Dr Rockford, IL 61109]

11 - 3 PM

Get Free Screenings & Health Information

*Diabetes, Blood Pressure,
Women's Health, Dental Health,
Cholesterol, Weight loss*

Speaker Panels

*Dedicated Womens' Health
Session by Female Professionals*



Blood Pressure
Checks



Lung Health
Screening



Vaccine
Information



Brown Bag
Counseling



Many more FREE
Resources

CONTACT



Dr. Khalid Siddiqui
(815) 222- 7257



ICNA
Rockford