

NIAAA'S SENIOR NEWSLETTER



WWW.NWILAAA.ORG
INFO@NWILAAA.ORG

815-226-4901

1111 S. ALPINE RD, SUITE 600
ROCKFORD IL 61108



We will be closed early

July 2nd at 3pm

&

be closed Friday July 3rd

For 4th of July

Have a safe and happy holiday!



SALFORD & CO. PRESENTS

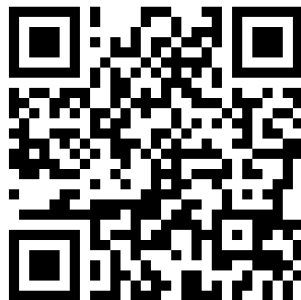


ROCKFORD 4TH OF JULY CELEBRATION

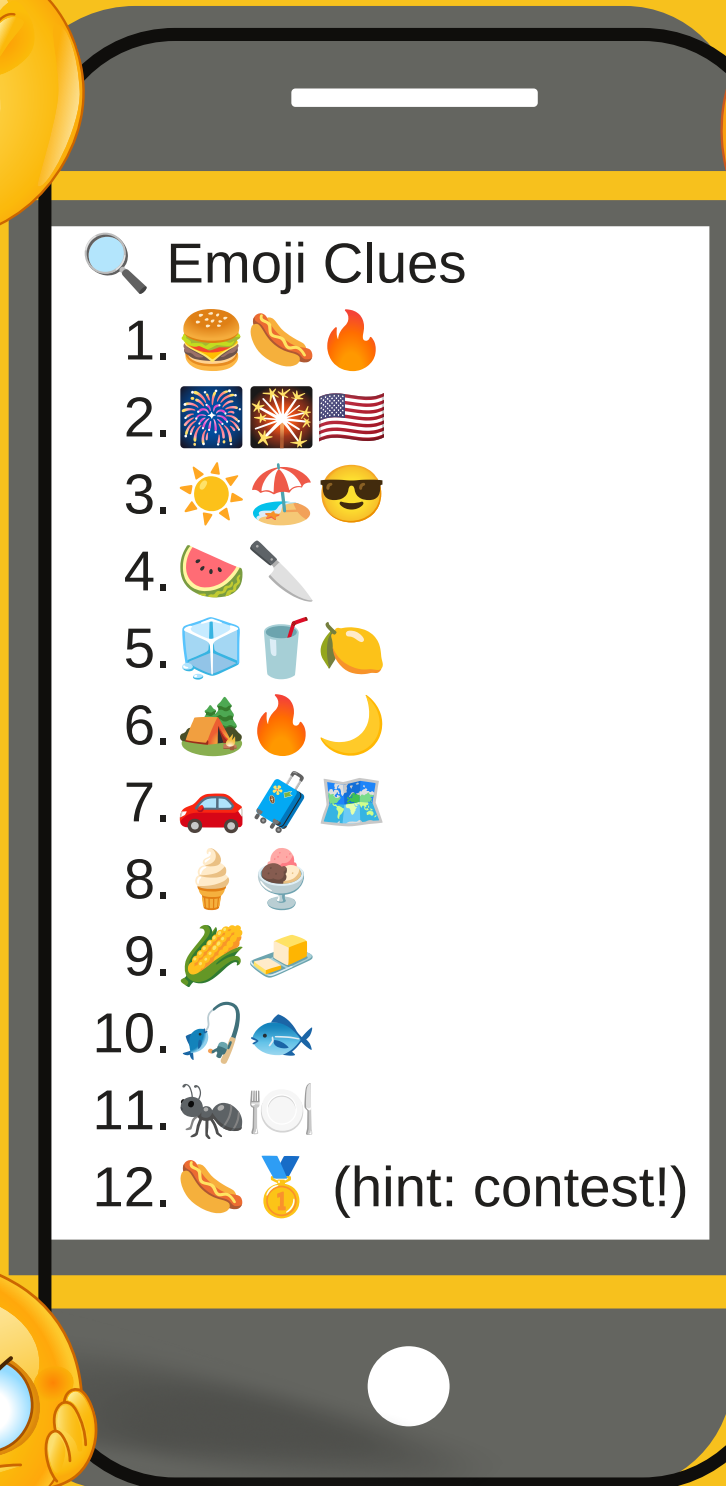
**FOOD & DRINKS, MUSIC,
FIREWORKS SHOW**



**SCAN QR CODE TO FIND SCHEDULE
OF EVENTS & TIMES**



JULY EMOJI CHALLENGE: CAN YOU DECODE THESE?



🔍 Emoji Clues

1. 🍔 🌮 🔥
2. 🎆 🎇 🇺🇸
3. ☀️ 🏖️ 😎
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8. 🍦 🍧
9. 🌽 🧀
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11. 🐜 🍴 🍽️
12. 🌮 🏆 (hint: contest!)



(Answers on last page)

FARMERS MARKET COUPONS ARE BACK!



Distribution Begins July 10th



Early Pick-Up Starts July 8th!



What Are These Coupons For?

Use your coupons to purchase fresh fruits, vegetables, and more from local farmers markets!

**Shop local. Eat fresh.
Protect the planet.**



Important Details:

- Coupons are **FIRST COME, FIRST SERVED**
- Limited supply available – don't wait!



Eligibility Requirements:

To qualify, you must:

- Be 60 years of age or older
- Meet income eligibility guidelines



Where to Pick Up:
1111 S. Alpine Rd Suite 600
Rockford IL 61108



Questions? Contact Us:
815-226-4901



Take advantage of this great opportunity to enjoy fresh, healthy foods this season!

HAPPY BIRTHDAY MEDICARE

In July 1965, President Lyndon B. Johnson signed Medicare into law to ensure seniors had access to medical care. Medicare officially began in July 1966

Did You Know?
Former President Harry S. Truman was one of the first people to receive a Medicare card!



MAY 1 - SEPTEMBER 1

SMALL MUSEUMS SUMMER PASS



Explore local history all summer long with the
SMALL MUSEUMS SUMMER PASS!

Your guide to seven unique historic museums filled with stories, artifacts, and discoveries awaits. Visit each location, collect all seven stamps, and experience the rich heritage our community has to offer at your own pace. Complete your pass by summer's end to be entered for a chance to win exciting prizes!

EACH MUSEUM HAS ITS OWN PRICING AND EVENTS. PLEASE CHECK OUT EACH LOCATION'S WEBSITE FOR MORE INFORMATION ABOUT YOUR VISITS.

**VISIT ALL 7 PARTICIPATING MUSEUMS FOR
YOUR CHANCE TO WIN PRIZES!**

**TINKER SWISS COTTAGE MUSEUM
HISTORIC ATTRACTIONS
MACKTOWN LIVING HISTORY
ERLANDER HOME MUSEUM
ETHNIC HERITAGE MUSEUM
GRAHAM-GINESTRA HOUSE
VETERANS MEMORIAL HALL**

Celebrate America's 250th with your local history!



SUMMER SAFETY TIPS

Stay Hydrated

Drink water regularly
Aim for 6–8 glasses a day
Add fruits like lemon or berries for flavor
Avoid too much caffeine or alcohol



Keep Your Living Space Cool

Use fans or air conditioning when possible
Close curtains or blinds during the hottest part of the day

Dress for the Weather

Wear light-colored, loose-fitting clothing
Choose breathable fabrics like cotton
Use a wide-brim hat and sunglasses when outside



Eat Light & Refreshing Foods

Choose foods with high water content
(watermelon, cucumbers, oranges)
Eat smaller, lighter meals

Avoid Peak Heat Hours

Stay indoors between 10 AM – 4 PM when the sun is strongest
Plan outdoor activities in the early morning or evening



Farm Families Coping with Dementia (FFCD)

A Caregiver Support Research Project



Concerned about someone in a farming community showing signs of dementia?

*You may be eligible for **Farm Families Coping with Dementia (FFCD)***

FFCD is a **free, online** educational series created to support caregivers of individuals living or working on or near farms who are showing signs of memory loss or confusion.

Over **four weekly sessions (1 hr)**, learn about:

- Dementia Basics
- Farm Safety and Dementia
- Improving Safety with Dementia
- Caregiving and Communication

When:

- **10 am Wednesdays**
 - Dates: June 24, July 1, 8, 15
- **6 pm Tuesdays**
 - Dates: June 23, 30, July 7, 14

Where: Online

Interested?

To register, call
(319)-384-3817
to complete a brief
eligibility survey

Contact

Kanika Arora

kanika-arora@uiowa.edu

Julie Bobitt

jbobitt@uic.edu

**Get up to \$50 for
surveys!**
(eligibility-based)

Visit our website to learn more!

<https://gpc.h.pu.lic-hea.lth.uiowa.edu/dementia-education/>

GRANDPARENTS RAISING GRANDCHILDREN

ILLINOIS SUPPORT GROUP

Strength. Love. Dedication.



★ IN ILLINOIS, THERE ARE MORE THAN

200,000+

GRANDPARENTS RAISING GRANDCHILDREN



SUPPORT

We are here for you.



EDUCATION

Knowledge empowers us to make the best choices.



RESOURCES

Finding resources so you don't have to do it alone.



ADVOCACY

Speaking up for our families and fighting for change.



YOU ARE NOT ALONE.



SCAN ME

Join our Facebook Group!

www.facebook.com/groups/grgil/

WE CAN SHARE RESOURCES:

- Guardianship & custody information
- School enrollment & educational resources
- Financial assistance & benefits information
- Healthcare & insurance support
- Support groups & peer connections
- Referrals to local services
- Advocacy & legislative updates



JOIN OUR COMMUNITY

Connect with other grandparents and kinship caregivers, share experiences, learn about available programs, and help strengthen support for grandfamilies across Illinois.



**TOGETHER
WE CAN
MAKE A
DIFFERENCE**

By sharing information, supporting one another, and advocating for grandfamilies, we can help ensure every child has the opportunity to thrive.



EMAIL

GRGIL0626@gmail.com



FACEBOOK

Grandparents Raising Grandchildren Illinois

www.facebook.com/groups/grgil/



OLDER ADULTS WITH DEPRESSION NEEDED FOR RESEARCH STUDY

Dr. Olusola Ajilore at the University of Illinois Chicago is examining if short term usage of clemastine, an antihistamine, can improve connections in the brain and improve depression symptoms.

You may be eligible to participate if you:

- Are 60 years old or older
- Are currently depressed
- Have no other mental health problems, other than anxiety
- Not currently on antidepressants
- Are able to have an MRI scan

For more information contact Dr. Olusola Ajilore at 312-996-0711 or climbstudy@uic.edu

This study lasts about 12 weeks and involves:

3 Trips to The University of Illinois Chicago

Clinical Evaluations

A Standardized Depression Treatment Plan

Participants Will Be Compensated For Their Time



(SCAN QR CODE WITH PHONE CAMERA)

CLIMB Study
31 2-99 6-07 11
climbstudy@uic.edu

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climbstudy@uic.edu

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JULY SAFETY TOPICS



FROM THE
OFFICE OF THE ILLINOIS STATE FIRE MARSHAL
AND
ILLINOIS COMMUNITY RISK REDUCTION



FIREWORKS SAFETY

- Leave fireworks to the professionals.
- Never allow children to play with or ignite fireworks.
- Keep a bucket of water or garden hose nearby.
- Obey local laws—many fireworks are illegal in Illinois.



GRILLING SAFETY

JULY IS THE LEADING MONTH FOR FIRES STARTED BY GRILLS

- Place grills at least 10 feet away from your home and anything that can burn.
- Keep children and pets away from the grilling area.
- Clean your grill regularly to prevent grease buildup.
- Never leave a grill unattended.



POOL SAFETY

- Always supervise children around water.
- Use approved fencing and self-closing, self-latching gates.
- Keep rescue equipment and a charged phone nearby.
- Learn CPR—every second counts.



HEAT STRESS AND HYDRATION

- Drink plenty of water throughout the day.
- Take breaks in the shade or air conditioning.
- Wear lightweight, light-colored clothing.
- Know the signs of heat exhaustion and heat stroke.



OUTDOOR RECREATION SAFETY

- Plan ahead—check weather and trail conditions.
- Tell someone your plans and expected return time.
- Bring a first aid kit, water, and essential supplies.
- Stay on marked trails and respect nature.



SLIP, TRIPS AND FALL PREVENTION

- Keep walkways clear of clutter, cords, and debris.
- Clean up spills immediately.
- Use proper footwear and take your time.
- Ensure adequate lighting everywhere.



SAFETY IS EVERYONE'S RESPONSIBILITY.
BE PREPARED. BE AWARE. STAY SAFE.

*Together, we can build
a safer Illinois.*

Shirley Temple

SIMPLE RECIPE

Ingredients

- ginger ale
- grenadine (pomegranate syrup)
- fresh lime juice
- Maraschino cherries to garnish, optional
- mint sprig, optional



Directions

- 1. PREPARE THE GLASS: Fill a highball glass with ice, then add the ginger ale.
- 2. ADD GRENADINE (POMEGRANATE SYRUP): Add in the pomegranate syrup and fresh lime juice, then stir the mixture.
- 3. GARNISH AND SERVE: Garnish with a lime slice, the cherries, and mint leaves to give it a beautiful and delicious finish. Enjoy!





PINA COLADA LUSH

YIELD: 15 SERVINGS

PREP: 20 MIN

COOK 3 HOURS

Ingredients

- 2 cups graham cracker crumbs
- 1/2 cup butter, melted
- 1/2 cup packed brown sugar
- 1 package (8 ounces) cream cheese, softened
- 1 can (8 ounces) crushed pineapple, drained
- 1/2 cup confectioners' sugar
- 1 teaspoon vanilla extract
- 2 cups whole milk
- 1 package (3.4 ounces) instant coconut cream pudding mix
- 1 carton (8 ounces) frozen whipped topping, thawed, divided
- 1/2 cup sweetened shredded coconut, toasted
- Maraschino cherries, optional

Instructions

1. Combine the graham cracker crumbs, butter and brown sugar in a large bowl. Press onto the bottom and up sides of a greased 13x9-in. baking dish.
2. In a second bowl, beat together cream cheese, pineapple and confectioners' sugar. Stir in vanilla extract; spread into crust.
3. In same bowl, whisk together milk and pudding mix until thickened, about 2 minutes. Fold in 1 cup whipped topping; spread pudding mixture over the cream cheese mixture. Top with remaining whipped topping.
4. Sprinkle with toasted coconut. Refrigerate, covered, until set, about 3 hours. If desired, garnish with cherries.

JULY EMOJI CHALLENGE ANSWERS



ANSWERS

- 1. BBQ / COOKOUT**
- 2. FOURTH OF JULY FIREWORKS**
- 3. BEACH DAY / SUMMER FUN**
- 4. WATERMELON**
- 5. LEMONADE**
- 6. CAMPING**
- 7. ROAD TRIP**
- 8. ICE CREAM**
- 9. CORN ON THE COB**
- 10. FISHING**
- 11. PICNIC**
- 12. HOT DOG EATING CONTEST**

