

NIAAA'S SENIOR NEWSLETTER



815-226-4901

www.nwilaaa.org

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600

Rockford IL 61108



NORTHWESTERN ILLINOIS
AREA AGENCY ON AGING

*Proud
to Serve
Our Community!*

We're Honored!

NIAAA has been recognized as the

Best Non-Profit Organization

— in Rockford, 61108 for 2026 —

based on Google reviews.

This recognition reflects the confidence, respect, and praise of the people we serve and the community we are proud to be a part of.

Thank You!

To everyone who has shared their experience, left a review, or supported our mission — this achievement belongs to you!



PEOPLE

Stronger together.



SUPPORT

For today and tomorrow.



COMMUNITY

A better tomorrow for all.



Dignity. ♥ Independence. ♥ Connection.

Empowering older adults and caregivers
across Northwestern Illinois.



RESEARCH PARTICIPANTS NEEDED!

TOPIC

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



SHARE YOUR...

- Thoughts
- Experiences
- Ideas



REQUIREMENTS TO PARTICIPATE

- 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!



WHAT YOU WILL DO?

Scan the QR code to complete a 15–20 minute online survey sharing your experiences and perspectives on communication challenges encountered during primary healthcare appointments.

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!

Hosted by NIAAA



CAREGIVER FAIR

Supporting those who
care for others

7 NOVEMBER 2026

11AM-2PM

ROCKFORD PUBLIC LIBRARY

215 N WYMAN ST, ROCKFORD
IL 61101



Connect
Learn
Discover



Resources
Support
Community

STOP BY & LEARN MORE

BECOME A

Dementia Friends Champion



Through a one-time online training, a Dementia Champion helps spread the word about Dementia Friends. Champions learn to give their own Dementia Friends talks or encouraging others to become a Dementia Friend online.

Why Become a Dementia Champion?

- **You are a leader**
- **Enjoy teaching**
- **You are passionate about your community**
- **You enjoy helping others**

Skills you will learn from the training:

- **Why it's important to be a Dementia Friend**
- **The difference between dementia and Alzheimer's disease**
- **Common communication changes associated with dementia**
- **How dementia impacts activities of daily living**
- **Why it is important to stay connected to those living with dementia**



For more information on the next Dementia Champion training email:

Susan_Frick@rush.edu



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,
OCTOBER 29**



11:00 AM – 1:00 PM



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



Good food.
Great conversation.
Wonderful
company.



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.



MEDICARE OPEN ENROLLMENT IS COMING!

**OCTOBER 15 –
DECEMBER 7, 2026**

This is an important time for Medicare beneficiaries to review their current coverage and make sure their plan still meets their needs for the upcoming year.

During Open Enrollment, you may be able to:

-  **Change from Original Medicare to a Medicare Advantage Plan**
-  **Change from a Medicare Advantage Plan back to Original Medicare**
-  **Switch Medicare Advantage Plans**
-  **Change or join a Medicare Part D prescription drug plan**

 **Tip: Even if you are happy with your current plan, it's a good idea to review your coverage each year.**

Plan costs, benefits, provider networks, and prescription coverage can change.



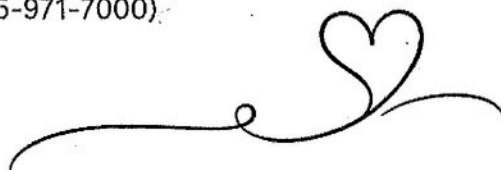


Want to **VOLUNTEER?**



- **Catholic Charities** (815-316-0040)
Serve as a Long-Term Care Ombudsman and advocate for the rights of older adults living in nursing homes.

- **Ken-Rock Community Center** (815-398-8864)
Volunteer with after-school tutoring, front desk assistance, or recreational activities.
- **Northwest Community Center** (815-964-6885)
Help with after-school tutoring, front desk assistance, or recreational activities.
- **Lifescape Community Services** (815-963-1609)
Pack meals for the Meals on Wheels program, assist with nutrition services, or train to lead health and wellness workshops for Winnebago County residents.
- **Local Libraries and Nursing Homes**
Contact your local library or nursing home to learn about volunteer opportunities in your community.
- **Local Park Districts and Forest Preserves**
 - Rockford Park District (815-987-8800)
 - Belvidere Park District (815-547-5711)
 - Winnebago County Forest Preserve District (815-877-6100)
 - Boone County Conservation District (815-547-7935)
- **Local Gardens**
 - Klehm Arboretum & Botanic Garden (815-965-8146)
 - Nicholas Conservatory & Gardens (815-987-8858)
 - Anderson Japanese Gardens (815-229-9390)
- **Local Hospitals**
 - SwedishAmerican Hospital (779-696-4400)
 - OSF Saint Anthony Medical Center (815-226-2000)
 - Javon Bea Hospital (815-971-7000)
- **Go Rockford** (800-521-0849)
Volunteer at community events and help promote tourism and local attractions.





BREAST CANCER

AWARENESS MONTH



Take time to prioritize your health, know your risk, and stay up to date with recommended screenings. Early detection can make a difference. 💖

Think Pink. Spread Awareness. Show Support. 🎀



OCTOBER TRIVIA

1. WHAT IS OCTOBER'S BIRTHSTONE?
2. WHAT HOLIDAY IS CELEBRATED ON OCTOBER 31ST?
3. WHAT IS THE TRADITIONAL FLOWER OF OCTOBER?
4. HOW MANY DAYS ARE IN OCTOBER?
5. WHAT FRUIT IS COMMONLY USED TO MAKE APPLE CIDER?
6. WHAT SEASON BEGINS IN SEPTEMBER AND CONTINUES THROUGH OCTOBER?
7. WHAT ANIMAL IS OFTEN ASSOCIATED WITH HALLOWEEN?
8. WHAT POPULAR FALL DRINK IS MADE WITH APPLES?
9. WHAT COLOR IS MOST COMMONLY ASSOCIATED WITH PUMPKINS?
10. WHAT FAMOUS SPOOKY HOLIDAY CHARACTER IS KNOWN FOR SAYING "TRICK OR TREAT"?



APPLE CRISP



Ingredients:

- 4–5 apples, peeled and sliced
- ½ cup oats
- ½ cup flour
- ⅓ cup brown sugar
- ½ teaspoon cinnamon
- ¼ cup butter, melted

Ingredients:

- Preheat oven to 350°F.
- Place sliced apples in a greased baking dish and sprinkle with cinnamon.
- Mix oats, flour, brown sugar, cinnamon, and melted butter until crumbly.
- Sprinkle the topping evenly over the apples.
- Bake for 35–40 minutes, until the apples are tender and the topping is golden brown.
- Let cool slightly and enjoy!

**SERVING TIP: DELICIOUS WARM WITH A
SCOOP OF VANILLA ICE CREAM!**

Weekly Computer Classes

MONDAYS

SPARK
cENTER

3106B N.
ROCKTON
AVE

1:00PM-
3:00PM

TUESDAYS

Brooke Road
United
Methodist
Church

1404 Brooke
Road

10:00AM-
12:00pm

TUESDAYS

Spark Center

3106b N.
Rockton Ave

3:00PM-
5:00PM

WEDNESDAYS

Spark Center

3106b N.
Rockton Ave

9:30AM-
11:30AM

WEDNESDAYS

NIAAA

1111 S.
Alpine Rd Ste
600

1:30PM-
3:30PM

FRIDAYS

Spring Creek
Church

4500 Spring
Creek Road

10:00AM-
12:00PM



WORLD *Mental* HEALTH DAY

October 10th



Take a moment to check in with yourself and someone you care about. Remember, it's okay to ask for help, talk about how you're feeling, and take care of your mental well-being. ♥

You are not alone.



LUNCH & BINGO FOR SENIORS



Hosted by Northern Illinois Care Coalition (NICC)

OCTOBER 16 | 11AM – 1PM
UW HEALTH RIVERFRONT Y

Enjoy a delicious lunch,
fun bingo, great prizes,
and wonderful company.

Free event. Registration Required

Limited Spots – Scan
the Code to Register





Stress-Busting Programs

Dementia Focus



When & Where

Wednesdays for 9 Weeks

October 7th - December 9th

No session November 25th Week of Thanksgiving.

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



Fall Home Safety Checklist



As the weather gets cooler, take a few minutes to make sure your home is safe and ready for fall and winter.



CHECK SMOKE & CARBON MONOXIDE DETECTORS

Replace batteries if needed.

☐

CLEAR WALKWAYS

Remove leaves, clutter, and anything that could cause a fall.

☐

CHECK OUTDOOR LIGHTING

Make sure steps and walkways are well lit.

☐

PREPARE YOUR HEATING SYSTEM

Have your furnace or heating system checked if needed.

☐

PREVENT SLIPS & FALLS

Use non-slip mats and handrails where needed.

☐

CHECK EMERGENCY SUPPLIES

Keep flashlights, batteries, medications, and important phone numbers handy.

☐

STAY WARM

Have blankets and warm clothing ready for colder weather.

☐

ASK FOR HELP WHEN NEEDED

Don't risk a fall trying to handle heavy or difficult tasks alone.

☐

Stay Safe. Stay Well. Enjoy the Season! ♥

A little preparation today can help you stay safe and comfortable all season long.

The Military Veteran's Advocate

Many Veterans and family members ask for the benefits their Veteran is eligible for. Unfortunately, I do not have immediate access to those types of inquiries. If the Veteran has not applied for a VA disability previously, then the unfortunate answer is that they do not have any. If the Veteran feels that they should have benefits based on injuries or conditions they have acquired because of military service, the first thing that will be needed for proof of service is the DD Form 214, Certificate of Release or Discharge from Active Duty. If one cannot be located, I can provide step-by-step instructions for requesting a copy from the VA. Contact me and we can get that ball rolling. **My goal is to help every injured/disabled Veteran receive disability compensation and VA medical care that they deserve.**

DISCLAIMER: I am a Military and Family Readiness Specialist and a Federal Employee. I am not a VA representative, or a Veteran Services Officer. As with the VA and VSO, my services for assisting you are free.

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

TASTE THE FLAVORS OF FALL

After a day of exploring fall colors and outdoor attractions, settle in for a meal at one of Rockford's local restaurants. From craft beer along the Rock River to comforting Italian favorites and cozy brunch spots, these local favorites offer plenty of ways to refuel during a fall getaway.



Enjoy locally crafted beer and a meal along the Rock River at Prairie Street Brewing Co. Set inside a historic brewery, Prairie Street offers riverfront views and a relaxed atmosphere that make it an inviting stop after a day of fall exploring. A longtime Rockford favorite, Lino's serves classic Italian dishes in a warm and welcoming setting. Settle in for pizza, pasta and other comforting favorites after a day out enjoying the season.

Start a crisp fall morning with breakfast at Stockholm Inn, known for its Swedish heritage and hearty breakfast favorites. It's a cozy local stop before heading out to explore orchards, trails and other fall attractions.

Stop by The Norwegian for breakfast, brunch or lunch in a cozy neighborhood setting. Its creative menu and welcoming atmosphere make it an easy addition to a day of fall exploring in Rockford.



Want to SOCIALIZE?

Stay active, meet new people,
and enjoy all our community has to offer!



SENIOR CENTERS

- LifeScape Community Services
(Rockford) 815-963-1609
- G-PAC Senior Center
(Loves Park) 815-633-7111
- Keen Age Center
(Belvidere) 815-544-9893



LIBRARIES

- Rockford Public Library
(Main Branch) 815-966-2748
- North Suburban Library District
(Loves Park) 815-633-4247
- Cherry Valley Public Library 815-332-5161
- Ida Public Library (Belvidere) 815-544-3838
- Talcott Free Library (Rockton) 815-624-7511



COMMUNITY ACTIVITIES

- | | |
|---|--|
| • Belvidere Park District 815-547-5711 | • Rockford Area Convention
and Visitors Bureau 800-521-0849 |
| • Boone County Museum of History 815-544-8391 | • Rockford Historical Society 815-969-1999 |
| • Center for Learning & Retirement @ RVC ... 815-921-3931 | • Rockford Art Museum 815-968-2787 |
| • Ken-Rock Community Center 815-398-8864 | • Rockford Park District 815-987-8800 |
| • Klehm Arboretum & Botanic Garden 815-965-8146 | • Rockford Symphony Orchestra 815-965-0049 |
| • Nicholas Conservatory 815-987-8858 | |

Ask about:



Exercise
Classes



Games
& Cards



Book
Clubs



Day Trips
& Outings



Arts &
Crafts



Educational
Programs



Volunteer
Opportunities



Special
Events



Staying connected can improve your health,
happiness, and overall well-being.



CALL TODAY AND ASK WHAT ACTIVITIES ARE AVAILABLE!





— — — — —

HAPPY HALLOWEEN

HAVE A SAFE, HAPPY, AND
SPOOKY HALLOWEEN!

— — — — —

OCTOBER TRIVIA ANSWERS

1. OPAL



2. HALLOWEEN



3. MARIGOLD



4. 31 DAYS



5. APPLES



6. FALL (AUTUMN)



7. BLACK CAT



8. APPLE CIDER



9. ORANGE



10. A TRICK-OR-TREATER

