



THE KEEN AGE CENTER

NEWS YOU CAN USE

BOONE COUNTY COUNCIL ON AGING

November 2021



CONTACT INFORMATION



2141 Henry Luckow Lane
Belvidere IL, 61008



Monday - Friday
8:00 a.m. to 4:30 p.m.



815-544-9893



Facebook - KeenAgeCenter



www.keenage.org

NEWSLETTER HIGHLIGHTS

pg.9 Note from Kelly
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Sorry We Are
**Closed on the
following dates:**

**Thursday, November 11th for Veteran's Day
& Thursday, November 25th and Friday,
November 26th for Thanksgiving.**



Photography Policy



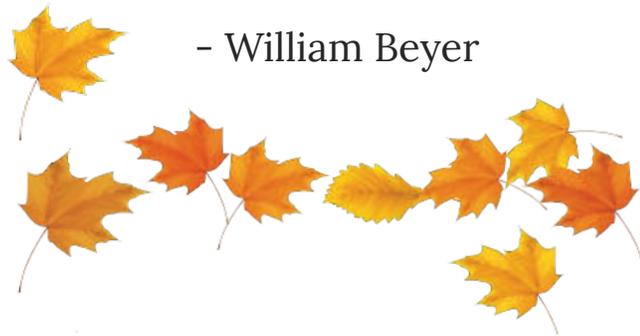
It is the policy of the Executive Board of the Boone County Council on Aging that staff can take pictures of participants who attend BCCA sponsored events. These pictures will be used for a variety of marketing materials such as newsletters, posters, other printed marketing materials, as well as online images, including social media. Images may be posted on any social media site including: Facebook, Instagram, Linked-In, Twitter, Snapchat, Pinterest or any other social media outlet. If a participant does not want his/her picture taken, they should notify the photographer before the photo is taken. Individuals under the age of 18 years old must have their parent's or legal guardian's written permission before their photograph can be used in all marketing material produced by the BCCA.

POEM FOR AUTUMN

Now the moving crimson branches,
 Rising smoke from burning leaves,
 Orange pumpkin faces, carved with care -
 Extended heat of summer flees.

The woods are bright and silent,
 Scent of apples, cornfields turning brown,
 A lingering scene of quiet celebration
 Slowly descends upon late Autumn town.

- William Beyer



BCCA Staff Recognition

Follow us on Facebook!
@KeenAgeCenter1



Amber
Home Care 1 yr.



Wayne
Bus Operator
4yrs.



Brenda
Home Care 3 yrs.



Michelle
Bus Operator
3 yrs.



THE KEEN AGE CENTER

NEWS YOU CAN USE
BOONE COUNTY COUNCIL ON AGING



Contact Us



There are several ways you can contact your Information & Assistance Specialist. Please see the list below to call, text, email, or fax your Information & Assistance Specialist. The fax number is 815-547-7373. Phone numbers and emails are as follows:



Susan
 Phone: 779-552-7240
 Text: 779-256-1477
 Email: sbileto@keenage.org



Marisol
 Phone: 779-552-7258
 Text: 779-207-1139
 Email: mrivera@keenage.org

Do you need help and want to stay close to home?

An information and Assistance Specialist will be back at the following locations in November from 9am to 10am to assist you with your needs. You may drop in or call ahead to reserve an appointment.

Monday, November 1st
 Bonus Township 9015
 Marengo Rd. Garden Prairie

Monday, November 8th
 Poplar Grove Village Hall
 200 Hill St., Poplar Grove

Your Ship Counselors will be at the following high rises from 9:00-10:00 a.m. on the following dates to help those who live in the building with their needs

Sheffield Meadows
 Tuesday, November 2nd
Shadley Apartments
 Tuesday, November 9th

LIHEAP GUIDELINES

- 1 person household: \$2,127
- 2 person household: \$2,873
- 3 person household: \$3,620
- 4 person household: \$4,637

The following copies of items are needed for everyone in the household.

Photo I.D.

Social Security Card

Proof of 30 day income such as SS benefit letter, bank statement or check stubs

Most recent Electricity bill

Most recent Gas bill

Call your Information & Assistance Specialist today to start your application.

Help is here

RULES OF THE ROAD REVIEW COURSE:

If your license is up for renewal and you would like a refresher course, we invite you to attend the next class which is offered by the Secretary of State's office at the Keen Age Center.

The next class will be Tuesday, December 28th from 10:00 am–12:00 pm This is a FREE class. Call 779-552-7251 or 779-552-7238 to sign up.



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Dan Morrissey** to place an ad today! dmorrissey@lpicommunities.com or **(800) 950-9952 x5862**

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For more information, please call **(815) 547-5441**.

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LIKE FAMILY.

SWEDISHAMERICAN
A DIVISION OF UW HEALTH



Medical Center/Belvidere





MEDICARE SAVINGS PROGRAM

Do you qualify to have your Medicare Part B premiums paid for? You might if you are within these guidelines.

Monthly income less than:

\$1,435 per individual
\$1,939 per couple and

Assets less than:
\$7,730 per individual
\$11,600 per couple

Extra Help

Do you qualify to get help with the cost of your Medicare medications? You might if you are within these guidelines.

Monthly income less than:

\$1,595 per individual
\$2,155 per couple and

Assets less than:
\$12,890 per individual
\$25,720 per couple

BENEFIT ACCESS PROCESS

We will no longer be mailing out post card reminders for the Benefit Access Program.

Please call your I&A Specialist to find out if you need to renew your application to get the discount.

The guidelines to the Benefit Access Program that allows you to get a discount on your license plate sticker are as follows.

Your income must be less than:
\$33,562 for a 1-person household
\$44,533 for a 2-person household
\$55,500 for a 3-person household

This is based on 2020 income. The cost of the sticker could be as low as \$24.00. If you or someone you know thinks they may qualify, give I&A a call.

OPEN ENROLLMENT EVENT FOR POPLAR GROVE VILLAGE

Do you live in the village of Poplar Grove and need help with your 2022 Medicare Drug Plan Comparison?

An I&A Specialist will be at the Village Hall on November 17th from 9:00 am-12:00 pm to help you sort through your choices.

Stop in or call to let us know you are coming. Our bus service is also available if you call 24 hours in advance.

Please bring a list of your current medications and your Red, White and Blue Medicare card.

Advantage Plan Open Enrollment Season January 1 - March 31, 2021

If you currently have a Medicare Advantage Plan, take advantage of the time to look into all the plans you have to choose from. There are up to 42 plans, see if you are on the best one that suits you. Many of these plans cover some dental and vision benefits or offer a gym membership. These are only a couple of the many benefits they can offer. Call your Information & Assistance Specialist to set up a time to go over your plan. We are looking forward to serving you.

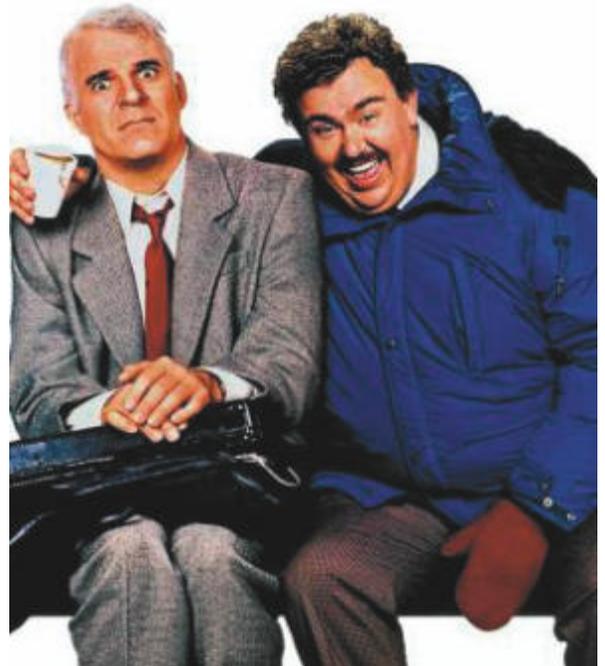
PLANES TRAINS & AUTOMOBILES

Neal Page is an advertising executive who just wants to fly home to Chicago to spend Thanksgiving with his family. But all Neal Page gets is misery. Misery named Del Griffith - a loud mouthed, but nevertheless loveable, salesman who leads Neal on a cross-country, wild goose chase that keeps Neal from tasting his turkey. Steve Martin (Neal) and John Candy (Del) are absolutely wonderful as two guys with a knack for making the worst of a bad situation. If it's painful, funny, or just plain crazy, it happens to Neal and Del in Planes, Trains and Automobiles. Every traveler's nightmare in a comedy-come-true!

Date: November 19th at 1:00 p.m.

Register by calling 779-552-7238 or 779-552-7251

PLANES, TRAINS AND AUTOMOBILES



AVAILABLE FOR A LIMITED TIME!

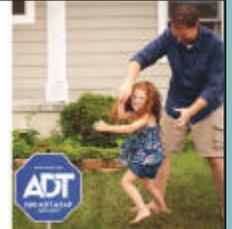
ADVERTISE HERE NOW!

Contact **Dan Morrissey** to place an ad today! dmorrissey@lpicommunities.com or **(800) 950-9952 x5862**

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Doctors for Adults on Medicare



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CALENDAR OF ACTIVITIES NOVEMBER

8

MON	TUE	WED	THU	FRI
01 8:45 Yoga 10:15 Chair Yoga <u>12:30</u> Bridge Progressive Hand & Foot Pinochle 1:00 Knit & Crochet	02 8:30 Let's Get Moving 9:00 Ladies Pool 10:00 Skipbo <u>12:30</u> Karaoke Hand Knee & Foot	03 8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:15 Chair Yoga 12:30 Musical Mvt. 1:00 Moving on Support 2:30 Vets Coffee	04 8:30 Let's Get Moving 9:00 Bobbin Lace 10:30 Grief Support <u>12:30</u> Pinochle Dominos 1:30 Train your Brain	05 9:00 Matter of Balance 9:30 Bunco 10:00 Reader's Theatre <u>12:30</u> Euchre Afternoon Quilters 1:00 Regular Bingo- Two Sisters Health
08 8:45 Yoga 9:00 Coloring 10:15 Chair Yoga <u>12:30</u> Bridge Progressive Hand & Foot Pinochle 1:00 Knit & Crochet	09 8:30 Let's Get Moving 9:00 Ladies Pool 10:00 Skipbo 10:00 Low Vision 10:00 Coffee w/ Kelly <u>12:30</u> Karaoke Hand Knee & Foot	10 8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:00 Officer B 10:15 Chair Yoga 12:30 Christmas Carols 1:00 Moving on Support	11 8:30 Let's Get Moving 9:00 Bobbin Lace 9:00 Diamond Art <u>12:30</u> Pinochle Dominos 1:30 Train your Brain	12 9:00 Matter of Balance 9:30 Bunco <u>12:30</u> Euchre Afternoon Quilters
15 8:45 Yoga 10:15 Chair Yoga <u>12:30</u> Bridge Progressive Hand & Foot Pinochle 1:00 Knit & Crochet	16 8:30 Let's Get Moving 9:00 Ladies Pool 10:00 Skipbo <u>12:30</u> Karaoke Hand Knee & Foot Kish Quilting Group	17 8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:15 Chair Yoga 12:30 Christmas Carols 1:00 Moving on Support	18 8:30 Let's Get Moving 9:00 Bobbin Lace 10:30 Grief Support <u>12:30</u> Pinochle Dominos 1:30 Train your Brain	19 9:00 Matter of Balance 9:30 Uno 10:00 Reader's Theatre <u>12:30</u> Euchre Afternoon Quilters 1:00 Movie- Trains, Planes & Automobiles
22 8:45 Yoga 10:15 Chair Yoga <u>12:30</u> Bridge Progressive Hand & Foot Pinochle 1:00 Knit & Crochet	23 8:30 Let's Get Moving 9:00 Ladies Pool 10:00 Skipbo <u>12:30</u> Karaoke Hand Knee & Foot	24 8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:15 Chair Yoga 12:30 Christmas Carols 1:00 Moving on Support		
29 8:45 Yoga 10:15 Chair Yoga <u>12:30</u> Bridge Progressive Hand & Foot Pinochle 1:00 Knit & Crochet	30 8:30 Let's Get Moving 9:00 Ladies Pool 10:00 Skipbo <u>12:30</u> Karaoke Hand Knee & Foot 1:00pm Nutrition Bingo			

SIGN UP BY CALLING 779-552-7251 OR 779-552-7238

Please sign up ahead of time or let your group leader or instructor know your attending. This helps us know how many seats to set up for activities and who to call if a class is cancelled.

NOTE FROM KELLY

Dear Friends,

One of the programs we have at Boone County Council on Aging is Information and Assistance. This time of year, our Information and Assistance staff's focus turns to Medicare. Did you know that the Open Enrollment Period for Medicare runs October 15 through December 7 every fall?

During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing how you receive your Medicare benefits. You may not realize that even if you are happy with your current health and drug coverage, Medicare's Open Enrollment Period is the time to review your current coverage, compare it with other available options, and weigh whether it will remain the best choice for you in the coming year. You can make changes as many times as you want to during this Open Enrollment Period, but keep in mind that the last change you make will determine your coverage for the coming year, which will take effect on January 1st.

To enroll in a new plan, you can To call 1-800-MEDICARE, use the Plan Finder tool on www.medicare.gov, call the plan directly, or get objective, one-on-one assistance from a State Health Insurance Assistance Program (SHIP) counselor.

The national SHIP mission is to empower, educate, and assist Medicare-eligible individuals, their families, and caregivers through objective outreach, counseling, and training, to make informed health insurance decisions that optimize access to care and benefits. The Boone County Council on Aging has three staff members that are SHIP counselors available to provide you with information you need to make educated decisions about your insurance. In preparation for comparing your options, compile a list of health care professionals you see, drugs you take, and pharmacies where you get your drugs.



For some, the SHIP program's in-person help was essential for understanding the complexities of Medicare and making good choices. For others, SHIP education helped them save on their health care costs. In 2020, the people we worked with through the SHIP program that changed their plans saved on average \$1,420.

For information on Medicare Open Enrollment or to see if you are eligible for other programs that may be able to help you save money, contact us at (815) 544-9893.

Hope you enjoy a cozy Autumn!

Kelly



HAPPY VETERANS DAY

Many of you may know the face behind the Keen Age Center's newsletter however some of you may not. My name is Cecilia Hernandez, and I am the Programs and Outreach Coordinator. I am also a Navy Veteran. I swore in the United States Navy on July 2nd in 2014, right on time for Independence Day.

I was originally set on joining the Air Force but found my self wandering into the Navy recruiting office instead and began my journey as a recruit. Funny thing is I joined the Navy not even knowing how to swim, ironic huh? Nevertheless, I passed Navy bootcamp in Great Lakes and made my way to Texas for schooling to become a Master at Arms otherwise known as Military Police in the military. I got married shortly after my schooling on Veterans Day, November 11th. Afterwards, I went to my first duty station in Southeast Georgia, in a Submarine Naval base as a security sentry for the next four years.

I recall my first thanksgiving away from home as a newlywed. My husband and I spent our first Thanksgiving together in our empty apartment, cooking a giant feast for two and eating our dinner on the living room floor as we didn't have any furniture yet. We didn't have much to start off with, but we were grateful to have each other as we were away from home and our family for the first time.

Overall, I enjoyed my time in the Navy and its many adventures, however there is no place like home with my family. When I found out I was pregnant with my first child I made the decision to get out of the military to raise my son near our family in Illinois.

Then became my next adventure. I came home and was reminded of all the things I missed the most, such as my mothers cooking, the fall crisp nights, the first snowfall in December and much more. Once I was settled in, I enrolled into Northern Illinois University as a full-time student and began searching for a part time job. One day while searching I came upon an opening at the Keen Age Center, as a Latino Outreach Coordinator. I filled out an application and sent it on its way! I only intended to work here for a summer while on school break but immediately became attached to the center and the mission that we serve. I have been with the Keen Age Center now for a little over 2 years and have been grateful for this journey and everyone I have met along the way. I am grateful for all of you as I celebrate our veterans and Thanksgiving this month.

Sincerely,
Cecilia



COMUNÍQUESE CON SU ESPECIALISTA DE I&A

Ahora hay varias formas de comunicarse con su especialista en información y asistencia. Consulte la lista a continuación para llamar, enviar un correo electrónico, un mensaje de texto o un fax a su especialista en información y asistencia. El número de fax es 815-547-7373.



Susan

Telefono: 779-552-7240
 Texto: 779-256-1477
 Email: sbileto@keenage.org



Marisol

Telefono: 779-552-7258
 Texto: 779-207-1139
 Email: mrivera@keenage.org

¿NECESITAS AYUDA Y QUIERES ESTAR CERCA DE CASA?

Un especialista en información y asistencia estará de regreso en los siguientes lugares en septiembre de 9 a.m. a 10 a.m. para ayudarle con sus necesidades. Puede pasar o llamar con anticipación para reservar una cita.

Lunes 1 de noviembre
 Bonus Township 9015
 Marengo Rd. Garden Prairie

Lunes 8 de noviembre
 Poplar Grove Village Hall
 200 Hill St., Poplar Grove

Sus consejeras de SHIP estarán en los siguientes lugares de 9:00-10:00 am en las siguientes fechas para ayudar.

Sheffield Meadows

2 de noviembre

Apartamentos en Shadley

9 de noviembre



DIRECTRICES DE LIHEAP

Hogar de 1 persona: \$ 2,127

Hogar de persona: \$ 2,873

Hogar de persona: \$ 3,620

Hogar de 4 personas: \$ 4,637

Las siguientes copias de los artículos son necesarias para todos los miembros del hogar.

Identificación fotográfica.

Tarjeta de seguro Social

Comprobante de ingresos de 30 días, como una carta de beneficios de SS, un extracto bancario o talones de cheques

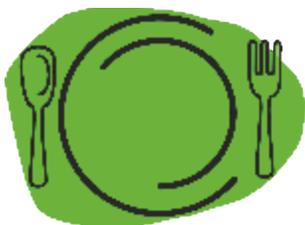
Factura de luz más reciente
 Factura de gas más reciente

llame a su especialista en información y asistencia hoy para comenzar su solicitud

LAS PAUTAS DEL PROGRAMA DE ACCESO A BENEFICIOS

Le permiten Obtener un descuento en la etiqueta de su placa de matrícula. Para calificar. Sus ingresos deben ser menores a:
 \$ 33,562 para un hogar de 1 persona
 \$44,533 para un hogar de 2 personas
 \$55,500 para un hogar de 3 personas

MON	TUE	WED	THU	FRI
01	02	03	04	05
Country Meatballs Mashed Pot/Gravy Mixed Vegetables Wgr Dinner Roll Peaches	Chicken Patty Wgr Wheat Bun Peas & Carrots Potato Wedges Pineapple	Spaghetti Meat Sauce Green Beans Cauliflower Wgr Garlic Bread	Turkey/Minestrone Wgr Wheat Bun/ Tartar Mac & Cheese Peas Diced Pears	Cheesy Beef Taco Wgr Flour Tortilla Lettuce/Tomato Spanish Rice/ Beans Fresh Fruit Taco Sauce
08	09	10	11	12
Chicken Parmesan Pasta w/ Meat Sauce Sicilian Blend Veg Wgr Dinner Roll Diced Pears	Sausage Gravy w/ Wgr Biscuit Hash Brown Potato 2 Sausage Patties OJ	Polish Sausage Sauerkraut Potato Wedges Baked Beans Chilled Applesauce Wgr Hot Dog Bun	Keen Age Center Closed	Turkey/ Vegetables Mashed Pot./Gravy Glazed Carrots Wgr Wheat Bread-1 Mandarin Oranges
15	16	17	18	19
Hamburger Patty Wgr Wheat Bun Mac & Cheese Calif. Blend Veggies Diced Peaches	BBQ Chix Breast Augratin Potatoes Seas. Green Beans Wgr Dinner Roll Fruit Cocktail	Salisbury Steak Mashed Pot/Gravy Calif. Blend Veggies Wgr Wheat Bread Apricots	Sweet & Sour Meatballs Fluffy Rice Blended Veggies Wgr Dinner Roll Diced Pears	Chix Sal. Tomato Broccoli/Carrots Pineapple Tidbits Wgr Dinner Roll
22	23	24	25	26
Baked Chix Breast Mashed Pot/ Gravy Steamed Peas Wgr Dinner Roll Strawberry Applesauce	Meatloaf Cheesy Potatoes Brussel Sprouts Wgr Wheat Bread Diced Pears	Hot Turkey Sand. Mashed Pot/Gravy Winter Blend Vegg. Wgr Wheat Bread Pumpkin Dessert Bread		
29	30	31	01	02
Salisbury Steak Mashed Pot/ Gravy Green Beans Wgr Dinner Roll Mandarin Oranges	Sweet/ Sour Chicken Fluffy Rice Stir Fry Veggies Wgr Dinner Roll Apricots			



MORE INFORMATION

Menus are provided on a donation basis. Suggested donation for a meal is \$3.00. For reservation call 815-963-1609 before 10 a.m. the day before you want lunch. No qualified participant will be denied service because of inability to donate. We are still delivering meals. Menu is subject to change without notice.

WISH LIST

Below are Items we are currently taking:

- *Cookies
- *Coffee
- *Napkins
- *Paper Towels
- *Paper Plates all sizes
- *Knives & Forks
- *Hard Candy



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www.parkplaceofbelvidere.com



PROGRAMA DE AHORROS DE MEDICARE

¿Califica para que le paguen las primas de la Parte B de Medicare?

Podrías hacerlo si estás dentro de estas pautas.

Ingresos mensuales inferiores a:

\$1,435 por persona

\$1,939 por pareja

Activos menores de:

\$7,730 por persona

\$11,600 por pareja

AYUDA EXTRA

¿Califica para recibir ayuda con el costo de sus medicamentos de Medicare?

Podrías hacerlo si estás dentro de estas pautas.

Ingresos mensuales Ingresos mensuales inferiores a

\$1,595 por individual

\$2,155 por pareja

y activos inferiores a

\$12,890 por individual

\$25,720 por pareja

EVENTO DE INSCRIPCIÓN ABIERTA PARA POPLAR GROVE VILLAGE

¿Vive en el pueblo de Poplar Grove y necesita ayuda con su Comparación de planes de medicamentos de Medicare 2022?

Un especialista de I&A estará en el Village Hall el 17 de noviembre de 9:00 am a 12:00 pm para ayudarlo a clasificar sus opciones.

Visítanos o llámanos para informarnos que vas a venir. Nuestro servicio de autobús también está disponible si llama con 24 horas de anticipación.

Traiga una lista de sus medicamentos actuales y su tarjeta roja, blanca y azul de Medicare.

PLAN VENTAJA TEMPORADA DE INSCRIPCIONES ABIERTAS 1 DE ENERO - 31 DE MARZO DE 2021

Si actualmente tiene un plan Medicare Advantage, aproveche el tiempo para examinar todos los planes que tiene para elegir, hasta 42 planes, y ver si está en el mejor que se adapte a sus necesidades.

Muchos de estos planes cubren algunos servicios dentales y de la vista u ofrecen una membresía en un gimnasio. Estos son solo algunos de los muchos beneficios que pueden ofrecer.

Llame a su especialista en información y asistencia para programar una hora para revisar su plan. Esperamos poder servirle.

Siempre
AGRADECIDOS ^{©LPI}



DAYLIGHT SAVING TIME ENDS

Remember to move your clocks back one hour!

Daylight Saving Time ends on Sunday, November 7, 2021, at 2:00 A.M. On Saturday night, clocks are set back one hour (i.e., gaining one hour) to “fall back.”




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Happy Veterans Day



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We can help with Financial Assistance, Transportation to Medical Appt. and Burial Assistance, VA Forms, Claims, IL War Bonus



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Chapel on Cemetery Grounds
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- Dysphagia therapy
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- Neuromuscular therapy
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- Long term care
- Short term care
- Respite care



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CAST YOUR VOTE

There are so many classic favorites for Christmas Movies. Help us decide the movie for December by casting your vote. You can leave your vote in the suggestion box outside of Multi-1.

Below are the Christmas movies

- 1. White Christmas**
- 2. Miracle on 34th**
- 3. Holiday Inn**
- 4. Bells of St. Mary's**
- 5. Babes in Toyland**
- 6. Elf**



CHRISTMAS SPIRIT

Bring out your holiday spirit for a week of Christmas spirit! We will be announcing more details in the December newsletter. If you have any ideas for this spirit week stop by the Programs department or leave a suggestion in the suggestion box outside of Multi-1 room.

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RIDE WITH US!

We pick clients up at their home address and drop them off at their destination. ANYONE can ride our buses. Door to Door Bus Service within Boone County with a one-day notice. Call our Transportation number at 815-975-9059.

Medical Escort Van

We also have a medical escort van to help with medical rides to adjoining counties. We require at least one week's advance notice. We are limited on availability, so call early. The escort drives you to your appointment, stays with you, and when you are ready, returns you to your home. The medical car is billed by mileage, which is 50 cents per mile.

Ride Service Hours

Monday-Friday between
8:00 AM - 4:30 PM.

Call to Schedule

Please call 815-975-9059.
As the service is in great
demand, it's best to call in
advance.

Fares

Riders ages 12-59

\$2.00 per trip

Children (under 12 years) \$1.00 per trip

Adults 60 years and over Donations gratefully accepted

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815.544.2616 / AndersonFCS.com

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Mercyhealth Belvidere

1747 Henry Luckow Lane
Belvidere, IL 61008
(815) 971-3030
Monday-Friday, 8 am-5 pm
Saturday, 8 am-12 pm

mercyhealthsystem.org

 **Mercyhealth**
A passion for
making lives better.

GRATITUDE IS ABOUT ATTITUDE

Taking time to smell the flowers may seem cliché, but being grateful while rushing through the daily grind or disappointments in life may be a good way to begin the day.

It isn't easy to be grateful all the time, especially when navigating through life's challenges, but learning to be grateful for even the smallest things in our lives — and living in the moment and noticing all the reasons to be thankful — can do wonders for mental health and make it more bearable to get through the tough times.

Many studies demonstrate that gratitude has a distinctively influential connection between health and happiness, and for many, it can be a means to cope with dark days. Practicing gratitude is easy to do once the individual begins to make a habit of it — and the benefits can be enormous such as increased happiness, better sleep and increased energy.

DEVELOP AN ATTITUDE FOR GRATITUDE

While encouraging people to be grateful is great, being grateful together is much more powerful and effective.

When we collaborate with loved ones or friends, it benefits everyone. Gratitude is a great tool that can make a difference in quality of life.

Think about developing a habit of practicing gratitude with a friend. The results may be surprising and life-changing!

- List three things you are grateful for each day. This quickly puts life into perspective.
- Send thank you cards to old friends, family, or acquaintances, thanking them for their care and friendship.
- Keep a gratitude journal to help focus on the wonderful aspect of the day and to provide a reference for those times when life is hard.
- Say thank you when you wake up. A new day is never promised, so being grateful every morning starts the day off on the right foot.
- Take a few minutes each day to focus on gratitude. It can be through prayer, meditation, or just thinking about who or what makes you grateful.
- Share your life by volunteering and giving your time and talent to benefit others. No matter our age, we all have talents we can share!

THE POWER OF PRACTICING GRATITUDE

At any age, life is challenging, so everyone can benefit from having a grateful heart. But being grateful every day for small things can make the pain easier to handle. Learning to appreciate all we have at any given time can help boost our mood and turn a bad day around.

How do you try to practice gratitude?



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CHRISTMAS CHORALS AND CAROLS

Enjoy singing with others in a fun and no pressure musical environment as we work on holiday classical and choral arrangements for the holidays. The group will also perform the pieces at the Keen Age Centers Christmas Party.

Rehearsals: Wednesdays from 12-1:45pm

November 10th, 17th, 24th, December 1st, 8th and *15th

*December 15th dress rehearsal

**NUTRITION
B I N G O**

NUTRITION BINGO

Nutrition Bingo is back! Come to the Keen Age Center for a game of Nutritional Bingo which is held the last Tuesday of the month at 1:00 p.m. This month it will be held on Tuesday, November 30th.



MUSICAL MOVEMENT

Explore the musical styles of Broadway classics while doing low impact dancing and movements to help improve mobility and decrease pressure in joint and muscle areas. We'll explore swing, tap and other forms of musical dances. Wednesday November 3rd from 12-1pm. Requirements: Comfortable clothing and sneakers.



MINDFULNESS-COLORING

Coloring has the ability to relax your brain. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest. Come and ease your mind by coloring, all materials will be provided. This activity will be the second Monday of every month at 10:00am beginning on Monday, November 8th.



A MATTER OF BALANCE

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This 8-week long program meets for 2 hours each week and teaches strategies to reduce the fear of falling. You learn that falls and the fear of falling are controllable. You will set realistic goals to increase activity, learn ways to change their environment to reduce factors that cause falls, and learn exercises that increase strength and improve balance.



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LENDING CLOSET

Do you need a wheelchair, commode, walker, toilet riser, shower chair, or a bathtub transfer seat? We've got you covered! Call 815-544-9893 and leave your name and what item you are looking for and we will check our inventory. You must call in advance before picking up any item. We want to help you save money so call us before you purchase anything new. It will save you and your insurance from paying out unnecessary dollars. We are currently ONLY accepting donations of Rollators (Cadillac Walkers), Incontinent pads, and small, medium, large, and X-large Depends—all sizes.

MINDFULNESS AND ITS PROVEN IMPACT ON LONELINESS:

WHAT YOU SHOULD KNOW

Maybe you know someone who stands by taking five minutes each morning to meditate or finds time after lunch to quiet his or her mind and focus on breathing. Whatever the method may be, incorporating “mindfulness” practices into your life can have a wide range of positive health benefits like improving your memory, sleep, and immune

system, reducing stress and feelings of loneliness, and increasing compassion toward others and yourself.

Mindfulness means taking time to pay attention to yourself and your thoughts and feelings. Read on to learn how you can put mindfulness into practice in your life to help improve your overall health.

How to make mindfulness a part of your day.

1. Find five to ten minutes each day to sit quietly and focus on your breath. (Helpful hint: Put your phone on silent or in another room so you can concentrate!) Take the time to notice where your mind goes and how your body is feeling. You just might find that this helps you focus and prioritize your day.
2. Before you go to bed take time to focus on the good things that happened that day. Write your thoughts down in a journal. Writing them down can help you deliberately recognize the positive, even on a tough day.
3. Search for “mindfulness apps” on your smartphone or tablet that lead you in a mindfulness exercise. For many people, using an app is an easy way to remain consistent with the practice.

more than half of adults age 65 and over regularly experience moderate to severe loneliness.

Loneliness is characterized by a marked difference between someone’s desired companionship and actual relationships. Through unique studies conducted by UnitedHealthcare and AARP, researchers are applying the techniques of mindfulness to help combat loneliness in older adults.

Loneliness poses a serious threat to the quality of life for older adults. It is linked to negative health outcomes such as higher risk of dementia, mortality and disability.

Researchers looked at whether mindfulness interventions, like breath awareness, self-compassion and kindness exercises, could positively impact a person’s optimism and quality of life — all factors that help reduce loneliness.

Conclusions were encouraging: Mindfulness activities were shown to decrease loneliness among older adults. The research demonstrated that mindfulness reduced stress, and improved memory, sleep, the immune system, resiliency, and compassion for self and others.

Although loneliness is complex and challenging to address, a mindfulness practice may help you live your best life.

(Courtesy of BPT)

Feeling lonely? Mindfulness can help.

Mindfulness has been shown to help older adults overcome a silent but urgent health issue: loneliness. It is estimated that





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