




THE KEEN AGE CENTER


NEWS YOU CAN USE
BOONE COUNTY COUNCIL ON AGING


JANUARY 2022




CONTACT INFORMATION

 2141 Henry Luckow Lane
Belvidere IL, 61008

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

 815-544-9893

 www.keenage.org

 Facebook - KeenAgeCenter



INCLEMENT WEATHER STATEMENT

NEWSLETTER HIGHLIGHTS

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In case of inclement, dangerous weather, PLEASE check the Rockford weather stations: WIFR , WREX and WTVO for information about closings. If we are closed due to bad weather, your homemaker WILL NOT come to your home for service, there will be NO public transportation, and there will NOT be Meals on Wheels delivery.

2 WELCOME

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

CHALLENGE YOURSELF

This New Year's the Keen Age Center challenges you to try new things! Many of us get comfortable with our day to day routines and activities however this month we challenge you to try a new activity that you haven't done in awhile or at all! This gives you a chance to meet new people or even start a new hobby. If you can challenge a friend that has never been to the center to come in and try something as well. The point is to experience something new and have fun. If you are up for the challenge and want to learn more about an activity call our programs department at 779-552-7251. If you join a new activity give us your name and we will enter you for a surprise raffle prize! Just see Robbie or Cecilia to enter!

CENTER WISHLIST

Paper Towels

- Coffee
- Packaged Cookies
- Wrapped Hard Candies
- Kleenex Tissues
- Paper Plates
- Disposable Cups
- Coffee Creamers



BCCA STAFF RECOGNITION

Follow us on Facebook!
@KeenAgeCenter1



Melaney
Transportation
Supervisor
22 Years



Brad
Maintenance
2 years

Contact Us



There are several ways you can contact your Information & Assistance Specialist, listed below. A secure drop box is also available on the East side of the building by the staff entrance, for those who need to drop off copies of documents. You can also fax us at 815-547-7373



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

OUTREACH AT YOUR LOCAL TOWNSHIP OFFICE

An Information & Assistance Specialist will be at the following Townships in January from 9 a.m. to 10 a.m. to assist you with your needs. You may drop in or call ahead to reserve an appointment time.

Monday, January 3rd,
 Bonus Township
 9015 Marengo Rd.
 Garden Prairie

Monday, January 10th,
 Poplar Grove Village Hall
 200 Hill St., Poplar Grove

SHEFFIELD MEADOWS APARTMENTS

An Information & Assistance Specialist will be in the community room on Tuesday, January 4th from 2:00-3:00 p.m. to help you with your Medicare and other needs.

LIHEAP GUIDELINES

Income Guidelines are based on the past 30-day income and are as follows:

- 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 current 30-day income such as SS benefit letter, bank statement or check stubs

Most recent Gas bill

Most recent Electricity bill (front and back)

Universal Signature Page, available at the Keen Age Center

NEW MEDICARE SUPPLEMENT POLICY UPDATE FOR ILLINOIS

As of January 1, 2022, persons ages 65-75 years old will be able to switch their Medicare supplement to a policy with equal or lesser benefits, under the same insurance provider, with no questions asked. This is known as the Murphy Law, Senate Bill 147. The enrollment period will begin on the birthday and last 45 days. Call your I&A Specialist if you would like to investigate the changes that could be made.



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.

FORMS YOU WILL RECEIVE AT TAX TIME



Toward the end of January or beginning of February you may receive many documents for tax purposes.

Even if you do not file taxes you still need to keep these important documents.

Some of the forms may be 1099's from Social Security or any other source of income, Bank Statements, Interest & Dividends.

Please keep all information that states it is for tax purposes, even if you do not file taxes as they may be used to apply for programs and services.

ADVANTAGE PLAN OPEN ENROLLMENT SEASON JANUARY 1-MARCH 2022

If you currently have a Medicare Advantage Plan, take advantage of the time to investigate all the plans you have to choose from, up to 42 plans, and see if you are on the one that best suits you. Many of these plans cover some dental and vision 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.

PROPERTY TAX ASSESSMENT FREEZE 2022

This program allows a qualified senior citizen to have your home’s assessed value “frozen” at a base year value to prevent increases due to inflation. This does not mean that your property taxes will not increase because other factors affect your tax bill.

To qualify you must:

- Be 65
- Have household income of less than \$65,000
- Have lived in your home for 2 January 1st's
- Own the property
- Have the property tax bill in your name



You must reapply every year with proof of your household’s annual income. The deadline for filing is November 1st, 2022. The Keen Age Center will have forms available and will also be processing applications for 2022.

AVAILABLE FOR A LIMITED TIME!

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(800) 950-9952 x2511

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Medical Center/Belvidere



6 EXECUTIVE DIRECTOR

Dear Friends,

The holidays are a time for connecting. I had not gathered for a holiday with my entire extended family since Christmas of 2019, giving more meaning to our recent gatherings. At the Boone County Council on Aging, we are concerned about connections all throughout the year. We focus our attention on helping people connect, because research shows the amazing benefits of social connection for older adults and their communities.

There are numerous ways we help older adults stay connected. We arrange regular friendly calls through our Social Call program, offer activities at the Keen Age Center, provide connections through Public Transportation, deliver loving In-home care, give knowledgeable Information & Assistance, as well as share donated mobility equipment from our Lending Closet.

Recently, Otis Morgan and Marion Thornberry were elected to the position of Co-chairs for the newly formed Friends of Keen Age Center (KAC). This group is a re-birth of the former KAC Auxiliary and helps support the Center. The Friends have begun meeting regularly and the Co-chairs had their first meeting with the Board's Executive Committee. We are excited about the plans that the Friends are putting together. We are looking forward to more people joining their efforts. The group's next meeting is January 5th at 10:30 a.m. Contact Cecilia at (779) 552-7251 for more information.

As the pandemic continues, we remain challenged to hold the special events that we have done in the past to help us raise funds. Plans are under way to hold a new event in the Spring. Stay tuned as details for that unfold. We are thankful to all of you that responded to our annual holiday appeal! If you have not had a chance to respond, you can still help us with a donation to continue to meet the needs of older adults in Boone County.

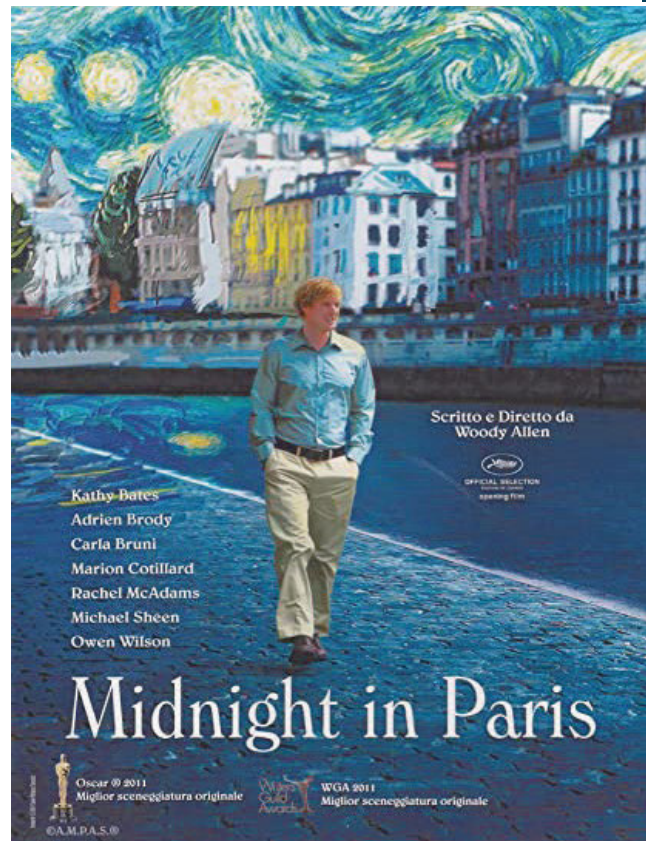
Entering 2022, we wish you days that are filled with meaningful connections!
Kelly



Happy New Year

MIDNIGHT IN PARIS

Midnight in Paris is a 2011 fantasy comedy film written and directed by Woody Allen. Set in Paris, the film follows Gil Pender, a screenwriter, who is forced to confront the shortcomings of his relationship with his materialistic fiancée and their divergent goals, which become increasingly exaggerated as he travels back in time each night at midnight. Please call 779-552-7251 to register for the movie. Movie will be shown on Friday January 21st at 1:00 p.m.



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8 CALENDAR OF ACTIVITIES JANUARY

MORNINGS

MON	TUE	WED	THU	FRI
03	04	05	06	07
8:45 Yoga 10:15 Chair Yoga	8:30 Let's Get Moving 9:00 Ladies Pool 10:00 Skipbo	8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:15 Chair Yoga 10:30 Friends of KAC	8:30 Let's Get Moving 9:00 Bobbin Lace 9:00 Diamond Art 10:30 Grief Support 11:00 Train your Brain	8:45 Yoga 10:15 Chair Yoga 9:30 Bunco 10:00 Reader's Theatre
10	11	12	13	14
8:45 Yoga 10:15 Chair Yoga	8:30 Let's Get Moving 9:00 Ladies Pool <u>10:00</u> Skipbo Low Vision	8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:00 Officer B 10:15 Chair Yoga	8:30 Let's Get Moving 9:00 Bobbin Lace 9:00 Diamond Art 11:00 Train your Brain	8:45 Yoga 10:15 Chair Yoga 9:30 Bunco
17	18	19	20	21
8:45 Yoga 10:00 Coloring 10:15 Chair Yoga	8:30 Let's Get Moving 9:00 Ladies Pool 10:00 Skipbo	8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:15 Chair Yoga	8:30 Let's Get Moving 9:00 Bobbin Lace 9:00 Diamond Art 10:30 Grief Support 11:00 Train your Brain	8:45 Yoga 10:15 Chair Yoga 9:30 Uno
24	21	26	27	28
8:45 Yoga 10:15 Chair Yoga	8:30 Let's Get Moving 9:00 Ladies Pool 10:00 Skipbo	8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:15 Chair Yoga	8:30 Let's Get Moving 9:00 Bobbin Lace 9:00 Diamond Art 11:00 Train your Brain	8:45 Yoga 10:15 Chair Yoga 9:30 Uno
31	Wednesdays or Thursdays morning tech and computer lab help available. Schedule your time slot. Call 779-552-7238			
8:45 Yoga 10:15 Chair Yoga	Reflexology cancelled until further notice.			

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 you're attending. This helps us know how many seats to set up for activities and who to call if a class is cancelled.

AFTERNOONS

MON	TUE	WED	THU	FRI
03	04	05	06	07
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle	<u>12:30</u> Karaoke Hand Knee & Foot	12:30 Hand & Foot 1:00 Moving on Support 2:30 Vets Coffee	<u>12:30</u> Pinochle Dominos	<u>12:30</u> Euchre Afternoon Quilters 1:00 Bingo- Sponsored by Two Sisters Health
10	11	12	13	14
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle 1:00 Knit & Crochet	<u>12:30</u> Karaoke Hand Knee & Foot 1:00 Matter of Balance	12:30 Hand & Foot 1:00 Moving on Support	<u>12:30</u> Pinochle Dominos	<u>12:30</u> Euchre Afternoon Quilters
17	18	19	20	21
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle	<u>12:30</u> Karaoke Hand Knee & Foot Kish Quilt Group <u>1:00</u> Matter of Balance	12:30 Hand & Foot 1:00 Moving on Support	12:00 Zoom Watch Party <u>12:30</u> Pinochle Dominos 1:00 FKAC Social	<u>12:30</u> Euchre Afternoon Quilters 1:00 Movie- Midnight in Paris
24	21	26	27	28
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle 1:00 Knit & Crochet	<u>12:30</u> Karaoke <u>1:00</u> Nutrition Bingo Matter of Balance	12:30 Hand & Foot 1:00 Moving on Support	<u>12:30</u> Pinochle Dominos 1:00 Oak St. Craft	<u>12:30</u> Euchre Afternoon Quilters
31				
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle	<p>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 you're attending. This helps us know how many seats to set up for activities and who to call if a class is cancelled.</p>			

COMUNÍQUESE CON SU ESPECIALISTA DE I&A

Hay varias formas de comunicarse con su especialista en información y asistencia, que se enumeran a continuación. También hay disponible un buzón seguro, en el lado este del edificio, junto a la entrada del personal, para aquellos que necesiten entregar copias de documentos. O puede enviarnos un fax al 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 en los siguientes municipios en diciembre de 9 a.m. a 10 a.m. para ayudarle con sus necesidades. Puede pasar o llamar con anticipación para reservar una cita.

Lunes 3de enero

Bonus Township
9015 Marengo Rd. Garden Prairie

Lunes 10 de enero

Poplar Grove Village Hall 200 Hill St., Poplar Grove

SHEFFIELD MEADOWS APARTMENTS

Un especialista en información y asistencia estará en la sala comunitaria el martes 4 de enero de 2: 00-3: 00 p.m. para ayudarle con su Medicare y otras necesidades.

DIRECTRICES DE LIHEAP

Las pautas de ingresos se basan en los ingresos de los últimos 30 días y son las siguientes:

Hogar de 1 persona: \$ 2,127

Hogar de 2 personas: \$ 2,873

Hogar de 3 personas: \$ 3,620

Hogar de 4 personas: \$ 4,637

Las siguientes copias de los artículos son necesarias para todos en el hogar.

Identificación fotográfica.

Tarjeta de seguro Social

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

-Factura de gas más reciente

-Factura de luz más reciente

-Página de firma universal, disponible en el Keen Age Center

NUEVA ACTUALIZACIÓN DE LA POLÍTICA SUPLEMENTARIA DE MEDICARE PARA ILLINOIS

A partir del 1 de enero de 2022, las personas de 65 a 75 años podrán cambiar su suplemento de Medicare a una póliza con beneficios iguales o menores, bajo el mismo proveedor de seguros, sin hacer preguntas. Esto se conoce como la Ley Murphy, Proyecto de Ley del Senado 147. El período de inscripción comenzará en el cumpleaños y durará 45 días. Llame a su especialista en I&A si desea investigar los cambios que podrían realizarse.

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 individuo

\$ 1,939 por pareja y

Activos inferiores a:

\$ 7,730 por individuo

\$ 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 inferiores a

\$1,595 por individual
\$2,155 por pareja

y activos inferiores a

\$12,890 por individual
\$25,720 por pareja

PROGRAMA DE ACCESO A BENEFICIOS

Ya no enviaremos recordatorios de tarjetas postales para el programa de acceso a beneficios.

Llame a su especialista en I&A para averiguar si necesita renovar su solicitud para obtener el descuento.

Las pautas del programa de acceso a beneficios que le permite obtener un descuento en la etiqueta de su placa de matrícula son las siguientes.

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

Esto se basa en los ingresos de 2020. El costo de la calcomanía podría ser tan bajo como \$ 24.00. Si usted o alguien que conoce cree que puede calificar, llame a I&A.

FORMULARIOS QUE RECIBIRÁ EN EL TIEMPO DE IMPUESTOS

Hacia fines de enero o principios de febrero, es posible que reciba muchos documentos a efectos fiscales.

Incluso si no declara impuestos, debe conservar estos documentos importantes.

Algunos de los formularios pueden ser 1099 del Seguro Social o de cualquier otra fuente de ingresos, estados de cuenta bancarios, intereses y dividendos.

Conserve toda la información que indique que es para fines fiscales, incluso si no presenta impuestos, ya que pueden utilizarse para solicitar programas y servicios.



PLAN VENTAJA TEMPORADA DE INSCRIPCIONES ABIERTAS

1 DE ENERO-31 DE MARZO DE 2022

Si actualmente tiene un Plan Medicare Advantage, aproveche el tiempo para investigar todos los planes que tiene para elegir, hasta 42 planes, y vea si está en el que más le convenga. 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.

MON	TUE	WED	THU	FRI
03	04	05	06	07
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG WGR DINNER ROLL DICED PEARS	SAUSAGE GRAVY W/ WGR BISCUIT HASH BROWN POTATO 2 SAUSAGE PATTIES ORANGE JUICE	POLISH SAUSAGE SAUERKRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE WGR HOT DOG BUN	BEEFARONI GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS	TURKEY/ VEGETABLE MASHED POT. GRAVY GLAZED CARROTS WGR WHEAT BREAD-1 MANDARIN ORANGES
10	11	12	13	14
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-1 APRICOTS	SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES WGR DINNER ROLL DICED PEARS	CHIX SALAD/ MINESTRONE MAC & CHEESE PEAS DICED PEACHES
17	18	19	20	21
BAKED CHIX BREAST MASHED POT/ GRAVY STEAMED PEAS WGR DINNER ROLL STRAWBERRY APPLESAUCE	MEATLOAF CHEESY POTATOES BRUSSEL SPROUTS WGR WHEAT BREAD-1 DICED PEARS	BAKED PORK CHOP MASHED POT/GRAVY GREEN BEANS WGR DINNER ROLL CHERRY CRISP	ITALIAN SAUSAGE W/ PEPPERS ON WGR BUN ITALIAN BLEND VEGGIES APRICOTS RED POTATO WEDGES	TURKEY MINESTRONE MAC & CHEESE PEAS DICED PEACHES
24	25	26	27	28
SALISBURY STEAK MASHED POT/GRAVY GREEN BEANS WGR DINNER ROLL MANDARIN ORANGES	SWEET/SOUR CHIX FLUFFY RICE STIR FRY VEGGIES WGR DINNER ROLL APRICOTS	MEATBALL SUB ON WGR ROLL PEAS & CARROTS SEASON POT. WEDGES DICED PEACHES	TUNA SAL/ CHIX RICE BROCCOLI APPLE CRISP SWEET POTATO FRIES	HOT HAM & CHEESE WGR WHEAT BUN TATOR TOTS BAKED BEANS CHILLED APPLESAUCE
31				
BBQ RIBLET WGR WHEAT BUN CHEESY POTATOES COUNTRY MIXED VEG DICED PEARS				



FOR 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



LET US MAKE YOUR HEART FLUTTER!

HOSTED BY THE
FRIENDS OF KAC

Valentines Day Event
Friday, February 11th

Time: To be Determined
More details to come in February!



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Hatha Yoga is an ancient practice of physical well-being which promotes optimum health. Through the use of gentle stretching and deep breathing techniques, yoga tones muscles, organs, joints and the nervous system. Yoga increases strength, stamina and flexibility, reduces stress, improves concentration resulting in a sense of balance and peace.



One of the most interesting aspects of yoga is that it is so adaptable for students of all ages and degrees of flexibility. Each posture has a number of variations which can accommodate almost any physical restriction.

Students are encouraged to work at their own pace. Regardless of capabilities; each participant receives the same benefits. Having released physical and mental tensions, students feel relaxed and energized.

Jeff Leach has studied yoga since 1970. He was a long time student of an Iyengar-style master, Behram Guard. Jeff was certified as a yoga instructor in 1978 and has taught in Northern Illinois for over 30 years. Jeff combines a gentle style of teaching with an emphasis of precise alignment, adjustments and breathing techniques which enables students to experience a full range of benefits, harmonizing body, mind and spirit. The atmosphere of the class is quiet, relaxed, non-competitive and soothing. The classes are gentle in nature, deeply relaxing yet invigorating at the same time. Our approach is adapted to individual needs.

The only preparation needed is to wear loose fitting clothing and bring a blanket or mat. It is not recommended to eat prior to class. As with any form of exercise, consult your physician.

Yoga classes on site offer a great opportunity to de-stress without having to travel to another location or wait for a later time. I welcome the opportunity to bring my services to a variety of locations and venues that are convenient to those who wouldn't ordinarily take time to nurture their health.

Classes are held Mondays, Wednesdays and Fridays
Regular yoga begins at 8:45
and Chair Yoga begins at 10:15

For more information call
Call Jeff at (815) 544-4169




Try Yoga Today!

A TIME TO CONNECT WITH OTHERS

Friends of the Keen Age Center social time where you can enjoy the companionship of others. You can meet new people and make new friends. Share life experiences and tell interesting stories play board games, table games, group games plus arts and crafts. There will also be future outings and field trips and so much more. The first social time will be on January 20th 3rd Thursday of the month at 1:00 p.m. Call 779-552-7251 to sign up!




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Happy New Year



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- Neuromuscular therapy
- Skilled nursing care
- Long term care
- Short term care
- Respite care



Symphony
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Winter Wonderland

E F R B Y R E P P I L S C H I L L Y
 P R E R S F F U M R A E F W D L O C
 S O T T I N S Y B S L E Y Y D N I W
 T Z N R O N L E C A L P E R I F O I
 O E I B E C L H P S H O V E L V J E
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 E T A J T V O P K E A W A R L H R T
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 C A O I G B N T R Z A O I C Y E F L
 I R N A A S A Y G R R Y T S O R F J
 M G A C N L R A D F T A O C O C Z Q

Word List:

BELOWZERO
 BOOTS
 COCOA
 FIREPLACE
 FROZEN
 HIBERNATE
 JACKFROST
 SHIVER
 SLED
 SNOWSTORM

BLANKET
 CABINFEVER
 COLD
 FLURRIES
 GLOVES
 ICICLE
 MITTENS
 SHOVEL
 SLIPPERY
 SNOWSUIT

BLIZZARD
 CHILLY
 EARMUFFS
 FROSTY
 HAT
 ICY
 PLOW
 SKATING
 SNOW
 WINDY

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 COATS
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 FROSTY
 HEATER
 JANUARY
 SCARF
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 SNOWMAN
 WINTER

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4 HELPFUL TIPS FOR STICKING TO YOUR NEW YEARS RESOLUTIONS

On average, two-thirds of Americans set New Year's resolutions to begin the new year with a fresh outlook. Whether it's changing your diet, saving money or starting a new hobby, it seems almost everyone is trying to accomplish something when January rolls around.

With the new year well underway and spring just around the corner, many people are still working hard on their New Year's resolutions. While it might have been easy for so many to start working on these resolutions, few are able to stick to them throughout the year. To stay on track, here are four helpful tips to keep in mind.



SET DAILY GOALS

Keep your eyes on the prize and focus on what your goals are for each day. By having a clear idea of what you're working toward, and the steps needed to get there, you can track your progress as you strive to achieve your ultimate goal.

MAKE IT FUN

A resolution is often a big goal that can take some hard work to reach, so why not make it fun? Attend mixers and other events when looking for a new job or grab a friend and go exercise together when you are working on your fitness.

BOUNCE BACK

No one is perfect, so don't consider your resolution a loss if you have a bad day once in a while. Use any setbacks as motivation. Then, refocus and determine your next steps to get back on track toward your goals.

CELEBRATE THE VICTORIES

Whether you are simply working toward some closer targets or halfway to realizing your main goal, celebrate all the steps in between. Doing so will motivate you to work even harder to accomplish what's next, and you'll make each resolution a reality before you know it.



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OAK STREET CRAFT

Looking to get crafty? Join Oak Street Health for a fun craft this month. You will designing and painting your own coffee mugs! Enjoy a cup of coffee or tea in your personalized mug.



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.



LETS GET MOVING

Join our Let's Get Moving class in person with Athletico trainers. as they walk through fun exercises to keep you active! These are intended for those who may not feel comfortable doing standing exercises and can help improve your seated mobility, stability of the arms, legs, and core as well as aerobic endurance. Classes are \$1.00 Tuesdays and Thursdays at 8:30am.



Healthy Living for Your Brain & Body
& The State of the Planet with Mission Wildlife

HEALTHY LIVING WATCH PARTY

Learn about science that is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join at a zoom watch party at the center on Jan 20th at 12:00 p.m. to learn about research in the areas of diet and nutrition, exercise, cognitive activity. Followed by Mission Wildlife and Guest Speaker, Julie Scardina talk about the State of Planet and what Mission Wildlife is doing to help.



FKAC SOCIAL

Friends of the Keen Age Center social time where you can enjoy the companionship of others. You can meet new people and make new friends. Share life experiences and tell interesting stories play board games, table games, group games plus arts and crafts. There will also be future outings and field trips and so much more. The first social time will be on January 20th at 1:00 p.m.

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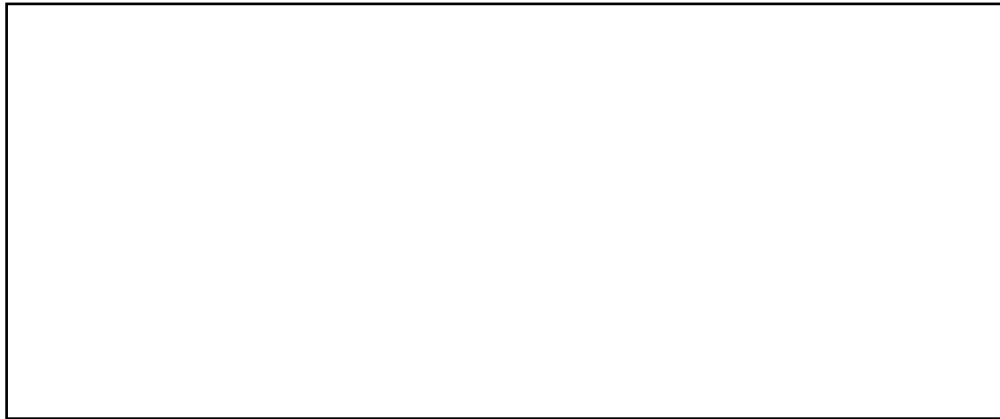
Do you need a wheelchair, commode, walker, toilet riser, shower chair, or a bathtub transfer seat? We've got you covered! Call 815-544-9893 and leave your name and what item you are looking for and we will check our inventory. You must call in advance before picking up any item. We want to help you save 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.





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THE INFORMATION & ASSISTANCE STAFF AT THE KEEN AGE CENTER SAVED OVER \$118,000 IN JUST 7 SHORT WEEKS FOR PEOPLE COMING IN TO CHECK ON THEIR PRESCRIPTION DRUG PLANS FOR 2022. BE SURE TO MAKE YOUR APPOINTMENT AHEAD OF TIME FOR THE 2022 SEASON. YOU COULD BE PART OF THAT SAVINGS NEXT YEAR!

HERE'S TO ANOTHER SUCCESSFUL YEAR!