



THE KEEN AGE CENTER


NEWS YOU CAN USE
BOONE COUNTY COUNCIL ON AGING


FEBRUARY 2022




FEBRUARY


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

- pg. 6 Note From Kelly
- pg. 13 Valentine's Day
- pg. 14 Social Call
- pg. 15 AARP Taxes
- pg. 23 Christmas Gathering Photos

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

GARDEN CLUB

Do you love to garden? Do you love to dig in the soil, plant and watch things pop up out of the ground and then reap the rewards of your hard labor? Then we would love to have you join our team. We are looking for a group of committed volunteers to help us man some new community gardens that we would like to build at the Keen Age Center.

If you are interested, please call Susan at your earliest convenience at 779-552-7240.



KEEN AGE 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



Michele Adams –
Home Care – 15 Years



Belva Camp –
Home Care – 6 Years



Penny Schiller –
Home Care –9 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 February 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, February 7th,
Bonus Township
9015 Marengo Rd.
Garden Prairie

Monday, February 14th,
Poplar Grove Village Hall
200 Hill St., Poplar Grove

SHEFFIELD MEADOWS APARTMENTS

An Information & Assistance Specialist will be in the community room on Tuesday, February 1st 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 two 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.


<p>AVAILABLE FOR A LIMITED TIME!</p> <p>ADVERTISE HERE NOW!</p> <p>Contact Jeff Parkinson to place an ad today! jparkinson@lpicommunities.com or (800) 950-9952 x5887</p>		<p>DOORMASTER Garage Door Co., LLC.</p> <p>RESIDENTIAL & COMMERCIAL FIRE DOORS • HOLLOW METAL DOORS DOCK EQUIPMENT • RESIDENTIAL DOORS</p> <p>Serving the IL Area for over 30 Years</p> <p>Steve Getzin, Owner (847) 683-0333</p> <p>"WE TREAT YOUR DOOR LIKE OUR OWN."</p>
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SwedishAmerican Medical Center/Belvidere is a modern, service-oriented healthcare facility that offers 24-hour emergency care, along with convenient accessibility to outpatient testing and surgery – all connected to a Top 100 health system.

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

Close.
LIKE FAMILY.

SWEDISHAMERICAN
A DIVISION OF UW HEALTH

 **Medical Center/Belvidere**

Dear Friends,

The New Year finds us with many continued concerns rising from the Omicron variant of Covid-19. Our local health department reminds us that prevention continues to be the most effective tool. You are encouraged to get vaccinated, get boosted, and wear a mask in public indoor settings.

Boone County Council on Aging continues to be your resource for matters related to older people. Keeping older people connected is a primary focus. We are happy to provide a Covid-safe program that connects area older adults through friendly phone calls. Featured below is our very own Joyce Hanson, as she reaches out to a caller through our Social Call program.

With great care, we connect older people and volunteers for one-on-one phone conversations. Your new friendship starts here.

If you are interested in connecting, see the ad for the Social Call program on page 14.

Here's something new to check out - Friends of Keen Age Center (FKAC) have been planning some additional opportunities for connections. Every third Thursday at 1 p.m. they will be offering a get together they are calling Social Time. It promises to be a new opportunity to make new friends while learning a craft and having a good time. FKAC are also hosting a Valentine's Day get together on February 11, 2022, at 1 p.m. You'll have another opportunity to celebrate with friends, play games, have a treat and enjoy making your own cards.

Let us help you stay connected!
Kelly



Stay
CONNECTED

SLEEPLESS IN SEATTLE

Tom Hanks and Meg Ryan star in an enchanting romance about a widower whose son convinces him to find new love and the woman who answers his call.

Please call 779-552-7251 to register for the movie. Movie will be shown on Friday February 18th at 1:00 p.m.



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Jeff Parkinson** to place an ad today! jparkinson@lpicommunities.com or **(800) 950-9952 x5887**

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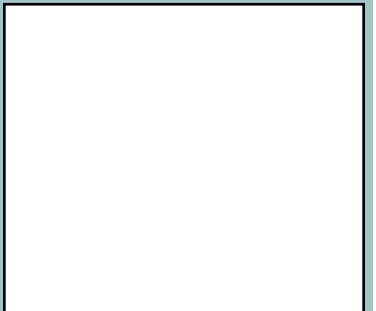
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- Carbon Monoxide

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OAK STREET HEALTH | Doctors for Adults on Medicare



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MORNINGS

MON	TUE	WED	THU	FRI
	01	02	03	04
	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
07	08	09	10	11
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
14	15	16	17	18
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 10:30 Grief Support 11:00 Train your Brain	8:45 Yoga 10:15 Chair Yoga 9:30 Uno
21	22	23	24	25
8:45 Yoga 9:00 Newsletter Folding 10:15 Chair Yoga	8:30 Let's Get Moving 9:00 Ladies Pool <u>10:00</u> Skipbo Rules of the Road	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
28				
8:45 Yoga 10:15 Chair Yoga	Wednesdays or Thursdays morning tech and computer lab help available. Limited availability due to tax preparations. Schedule your time slot. Call 779-552-7238			
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
	01	02	03	04
	<u>12:30</u> Karaoke Hand Knee & Foot 1:00 Matter of Balance	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 Heritage Woods
07	08	09	10	11
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle	<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 1:00 Valentines Day with Friends
14	15	16	17	18
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle	<u>12:30</u> Karaoke Hand Knee & Foot Kish Quilt Group 1:00 Matter of Balance	12:30 Hand & Foot 1:00 Moving on Support	12:30 Pinochle Dominos 1:00 FKAC Social	<u>12:30</u> Euchre Afternoon Quilters 1:00 Movie- Sleepless in Seattle
21	22	23	24	25
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle	<u>12:30</u> Karaoke Hand Knee & Foot 1:00 Nutrition Bingo 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 1:00 Oak St. Health Craft
28				
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle	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.			

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 febrero de 9 a.m. a 10 a.m. para ayudarle con sus necesidades. Puede pasar o llamar con anticipación para reservar una cita.

Lunes 7 de febrero

Bonus Township
9015 Marengo Rd. Garden Prairie

Lunes 14 de febrero

Poplar Grove Village Hall 200 Hill St., Poplar Grove

SHEFFIELD MEADOWS APARTMENTS

Un especialista en información y asistencia estará en la sala comunitaria 1 de febrero de 2: 00-3:00 am. 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
	01	02	03	04
	CREAMY CHX PASTA CARROTS STEAMED PEAS WGR WHEAT BREAD CHILLED PINEAPPLE	CHEESEBURGER ON WGR WHEAT BUN TATOR TOTS BAKED BEANS BAKED BEANS AMBROSIA FRUIT SALAD	HAM/VEGETABLE WILD RICE BROCCOLI WGR DINNER ROLL APPLESAUCE	CITRUS BAKED HAM SWEET POTATOES SCAND. BLEND VEGGIES WGR DINNER ROLL DICED PEACHES
07	08	09	10	11
GRILLED CHX BREAST BUTTERED POTATOES GREEN BEANS WGR DINNER ROLL DICED PEARS	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. WGR GARLIC BREAD HOT APPLESAUCE	LIVER & ONIONS MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL FRUITED JELL-O	CHICKEN A LA KING W\ WGR BUTTERMILK BISCUIT BROCCOLI MANDARIN ORANGES	TILAPIA & GARLIC WILD RICE PEAS WGR DINNER ROLL FRUIT COCKTAIL
14	15	16	17	18
B.B.Q. CHIX BREAST WGR DINNER ROLL CHEESY POTATOES GREEN BEANS PINEAPPLE TIDBITS	HAM\VEGETABLE WGR WHEAT BUN TATOR TOTS BROCCOLI DICED PEARS	BAKED CHICKEN QTR MASHED POT/GRAVY COIN CARROTS WGR DINNER ROLL PEACH COBBLER	MUSHROOM SWISS BURGER ON WGR BUN BUTTERED RED POT. BAKED BEANS DICED PEACHES	FISH PATTY W\TARTAR WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES STRAWBERRY APPLESAUCE
21	22	23	24	25
COUNTRY MEATBALLS MASHED POT \ GRAVY MIXED VEGETABLES WGR DINNER ROLL PEACHES	CHICKEN PATTY WGR WHEAT BUN PEAS & CARROTS POTATO WEDGES PINEAPPLE	SPAGHETTI W \ MEATSAUCE GREEN BEANS CAULIFLOWER DICED PEACHES WGR GARLIC BREAD APRICOTS	HAM/CHIX NOODLE MASHED POT/GRAVY WINTER BLEND VEGG. WGR WHEAT BREAD CHERRY CRISP	CHEESY BEEF TACO WGR FLOUR TORTILLA LETTUCE\TOMATO SPANISH RICE \ BEANS FRESH FRUIT TACO SAUCE
28				
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG WGR DINNER ROLL 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: 1:00pm

Join us for a day of fun with games, prizes, cardmaking
and treats!

Ticket Cost: \$1.00 per person

This is a limited event



www.visitingangels.com/rockford

Visiting Angels of Rockford is a non-medical home care agency offering compassionate and experienced caregivers to seniors and anyone else needing assistance in the home.

- Alzheimer's and Dementia Support
- Assistance with Personal Care and Hygiene
- Make and Accompany you to Appointments
- Assistance with Walking
- Companionship
- Light Housekeeping
- Laundry
- Meal Preparation
- Medication Reminders
- Flexible Hourly Care



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Rockford, IL 61108



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SOCIAL CALL

**JOIN OUR FUN, FRIENDLY TELEPHONE
CONNECTION PROGRAM!**



CONNECT

When you sign up you will receive regular social calls. This is a great opportunity to get to know someone in your community, share stories and enjoy a friendly chat.



THRIVE

Social connections make us stronger.

JOIN US!

Call 779-552-7251 for more
information.



AARP INCOME TAX INFORMATION

Free income tax assistance is being offered through AARP Foundation Tax-Aide Volunteers at the beginning of February 2022 by appointment only. Due to COVID-19, the number of appointments will be significantly limited and you are encouraged to seek tax preparation from another source.

You can make an appointment by calling (815) 544-9893 or visiting www.keenage.org. When you make your appointment, you will be given specific instructions on this year's procedures and required paperwork, which must be followed without exception. This service is free and donations to BCCA/Keen Age Center are encouraged. AARP in-take forms must be picked up from blue box outside of the front entrance and completed prior to your appointment.



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Happy Presidents Day




Veterans Assistance Commission of Boone County.



*We can help with
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VA Forms, Claims, IL War Bonus*

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130 S State St, Suite 212, Belvidere, IL 60008
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1121 N. Main St. - Belvidere
815-547-7642



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- Wound care
- Speech therapy and language pathology
- Cardiac rehabilitation
- Specialized orthopedic and stroke rehabilitation




Symphony
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815.547.6377
www.maplecrestcare.com

- Complex respiratory care
- Restorative nursing
- Pain management
- Dysphagia therapy
- Nutritional management
- Neuromuscular therapy
- Skilled nursing care
- Long term care
- Short term care
- Respite care



Symphony
NORTHWOODS

2250 Pearl Street
Belvidere, IL 61008
815.544.0358
www.northwoodscare.com

“FRIENDS NEED FRIENDS”

The Friends of the Keen Age Center (FKAC) need your help! We are seeking others who are looking for an opportunity to support the Keen Age Center with their time, talents and IDEAS! We meet the first Wednesday of each month at 10:30.

We are off to a good start, planning for a Social Time every month on the third Thursday at 1pm. “Social Time” is a great opportunity to meet and mingle, make new friends, learn a craft or just relax and have a good time!

On February 11th the FKAC will host a Valentine Day Gathering at 1pm. We will have a guest who will help us make our own unique Valentine cards and more!



As we transition through this pandemic, we are looking for your help in developing event opportunities, both inside and outside the Keen Age Center. Opportunities to relax, have fun and support all that the Keen Age Center has to offer!

We invite you to attend our next meeting on February 2nd at 10:30. If you have any questions, please contact Cecilia at 779-552-7251.



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



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our Community!*



18 TRANSPORTATION



It's not the destination,
it's the ride.

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Call to Schedule

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

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 Winnebago county. 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.

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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At **Mercyhealth Belvidere**, passion drives everything we do to help you and your family live healthier lives. Our Family Medicine physicians deliver the very best care to create outstanding patient experiences.

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PROTECTING YOURSELF FROM ONLINE SCAMS, HACKS & TAX FRAUD

The vast majority of seniors today are using the internet at least once a week to check email, pay bills online, and keep in touch via social media. But all that time online puts them at risk for scams and hacks, such as tax fraud.

In fact, a new survey by Home Instead, Inc., franchisor of the Home Instead Senior Care network, found that 67 percent of surveyed older adults have been the victim of an online scam or hack.



TAKE THE FOLLOWING STEPS NOW TO PROTECT YOURSELF FROM SCAMS ONLINE:

- **Password protect and secure devices, accounts.**

Lock all devices (including computers, tablets, and smartphones) with secure passwords in case devices are lost or stolen.

- **Think before clicking.**

When faced with an urgent request – like emails asking for money – think before clicking or get a second opinion. Clicking on links is often how scammers get personal information. When in doubt, trash an unusual message.

- **Share with care.**

More than half (51 percent) of seniors surveyed by Home Instead use social media to stay connected. Use care when sharing personal information, adjust privacy settings to limit who can see your information, and turn off location sharing.

- **Use security software.**

Install anti-virus and anti-spyware software and program it to run regularly. And be wary of pop-up ads or emails, many of which contain malware that can infect computers.

- **Log out.**

Log out of apps and websites when you are finished. Leaving apps and websites open on computer screens could make you vulnerable to security and privacy risks.

- **Recommend support.**

Older adults who live alone may need help from a trusted source – such as a family member, tech-savvy friend or professional caregiver – to serve as a second set of eyes.

THANK YOU FOR SUBSCRIBING!

To all who pay their subscription for the newsletter, we say “thank you”. Your support helps to subsidize the rising costs of mailing. This is an important way of getting information out to all our interested people. The date following your last name is the month and year that your subscription was received, not when it is to be paid. If a Supporting Member date notation appears on your mailing label, it notes when a supporting membership payment was received. Again, thank you for your continued support of the BCCA and the Keen Age Center.

READ THE NEWSLETTER ONLINE

You can get the Boone County Council on Aging / Keen Age Center’s “News You Can Use” online. Just simply go to your search engine and type in keenage.org Next, scroll down our main page until you see “newsletters”. You will then see our newest publications as well as options to view older ones. You can subscribe via email by clicking “subscribe to our publications”.

NEWSLETTER RENEWAL

If you are up for renewal you will notice a green sticker on your newsletter when it's shipped. Please fill out the renewal form down below so that you do not miss out on what is happening at the center!

THANK YOU FOR SUBSCRIBING!

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If you would like to continue receiving this newsletter, please complete this subscription notice and mail it with your annual \$10 suggested donation to assist in mailing costs to:

**Boone County Council on Aging,
2141 Henry Luckow Lane
Belvidere, IL 61008**

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OAK ST. HEALTH- AIR TERRARIUM WORKSHOP

Join Oak St. Health February 25th at 1:00pm, for a DIY project. Style and create your own unique air terrarium. Don't have a green thumb? No worries! Air plants are easy to care for. Terrariums are a fun way to add a bit of green to any space. Registration is required, spaces are limited. Please call 779-552-7251 to register.



AARP DRIVER'S COURSE

Cancelled until further notice.



RULES OF THE ROAD

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, February 22nd from 10:00 am—12:00 p.m. This is a FREE class. Call 779-552-7251 or 779-552-7238 to sign up.



KARAOKE

Have some fun and sing along to your favorite songs. If you prefer not to sing you are welcome to sit in and listen. Karaoke is every Tuesday at 12:30pm. The Keen Age Center Karaoke group also meets the 2nd and 4th Sunday at the Belvidere Moose Lodge from 3:00-7:00pm. Everyone is welcome! Free admission , refreshments are available for purchase.



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 next social time will be on February 17th at 1:00 p.m.

BCCA SUPPORTING
MEMBERSHIP CAMPAIGN

Supporting Members
Gifts of \$5.00-\$99.00

Joe Cartwright

Norma Utt

Jean & Dorothy Kenney

Muriel Breuer

Valerie Rill- In memory
of Donald Buck

Donor's Plaque &
Gifts of \$100 or More:

Randy Starnes

Carol and Larry Leveque

Patricia Houpt

Monday Bridge Group

George Wienrank-
In memory of Jo Ann
Wienrank



SUPPORTING MEMBERSHIP FORM

Name _____

Address _____

My contributions for Supporting Membership is for

_____ \$ _____

In Memory of, In Honor of _____

Please inform us if you DO NOT want your name printed in the newsletter

**Mail to: Boone County Council on Aging
2141 Henry Luckow Lane, Belvidere, IL 61008**

NON-DISCRIMINATION PUBLICATION STATEMENT

Boone County Council on Aging does not discriminate in admission to programs or activities in compliance with Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act; the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have the right to file a complaint with the Illinois Department on Aging. For more information, call 1-800-252-8966 (Voice or TTY) or contact Executive Director, Kelly Hillan at 2141 Henry Luckow Lane, Belvidere, IL 61008, 815-544-9893.

LENDING CLOSET

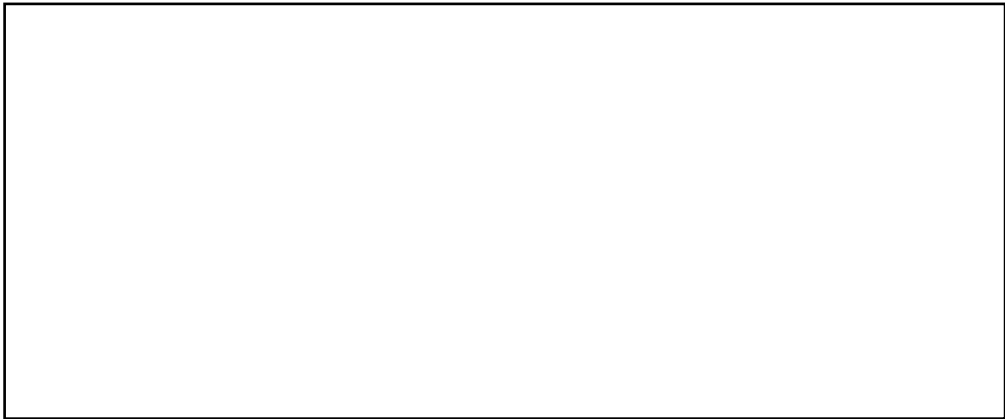
Do you need a wheelchair, commode, walker, toilet riser, shower chair, or a bathtub transfer seat? We've got you covered! Call 815-544-9893 and leave your name and what item you are looking for and we will check our inventory. You must call in advance before picking up any item. We want to help you save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





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Happy Valentine's Day

