



# THE KEEN AGE CENTER

## NEWS YOU CAN USE

BOONE COUNTY COUNCIL ON AGING


APRIL 2022





VOLUNTEERS DON'T  
NECESSARILY HAVE TIME ...  
THEY JUST HAVE  
*Heart.*




### 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](http://www.keenage.org)

 Facebook - KeenAgeCenter

**THANK YOU FOR VOLUNTEERING YOUR TIME!**



### NEWSLETTER HIGHLIGHTS

- pg. 6 Note from Kelly
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## 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

## BCCA STAFF RECOGNITION



**Rachel Vinciguerra**  
I&A – 9 Yrs



**George Smetters**  
Bus Operator – 5 Yrs



**Randy Stensven**  
Bus Operator – 12 Yrs



## KEEN AGE CENTER WISHLIST

- Coffee
- Decaf coffee
- Packages of cookies
- Kleenex tissues
- New first aid kits
- Packaged snacks for movie
- Colored ink pads

**Thank you for always  
donating cookies  
Beverly & Tom Lockinger !**



Follow us on Facebook!  
@KeenAgeCenter1





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



**Rachel**

Phone: 779-552-7252  
Text: 779-256-1049  
Email: rachelv@keenage.org

**MEDICAID MEMBERS!**

During the pandemic, the Medicaid office stopped sending out redetermination forms and temporarily did not have people send in spenddown information. In April, they will once again start sending out redetermination letters. If your address has changed, you will need to update the address with DHS. Don't take a chance on losing your benefits! The Information & Assistance staff can help you update your information. Please call us if you need assistance.

**OUTREACH IN YOUR COMMUNITY**

An Information & Assistance Specialist will be at the following Township Offices from 9:00-10:00 am to help anyone who would like to stop by.

**BONUS TOWNSHIP**

9015 Marengo Rd.  
Garden Prairie  
Monday, April 4th

**POPLAR GROVE TOWNSHIP**

Village Hall  
200 Hill St  
Poplar Grove  
Monday, April 11th

An Information & Assistance Specialist will be at the following locations from 2:00-3:00 pm to help residents who live in the building.

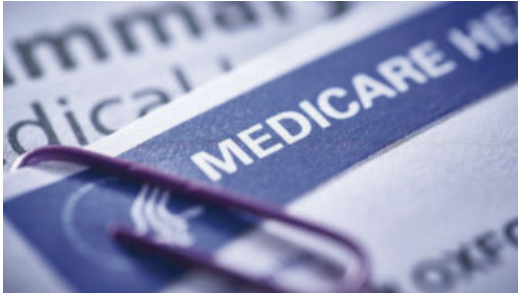
**SHEFFIELD MEADOWS**

Tuesday, April 5th

**SHADLEY APARTMENTS**

Tuesday, April 12th





## 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.

**65 Years old, or 16 or older and disabled**  
**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 until April 18th, and beginning April 19th, we will file using 2021 income.

If you did not qualify based on 2020 income, you can reapply using 2021 income.

## 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.

## 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

**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><b>GROW YOUR BUSINESS BY PLACING AN AD HERE!</b></p> <p><b>CONTACT US!</b></p> <p>Contact Jeff Parkinson to place an ad today!                  jparkinson@lpicommunities.com                  or (800) 950-9952 x5887</p>		<p><b>DOORMASTER</b>  <b>Garage Door Co., LLC.</b></p> <p>RESIDENTIAL &amp; COMMERCIAL                  FIRE DOORS • HOLLOW METAL DOORS                  DOCK EQUIPMENT • RESIDENTIAL DOORS</p> <p>Serving the IL Area for over 30 Years</p> <p><b>Steve Getzin, Owner</b>  <b>(847) 683-0333</b></p> <p><i>"WE TREAT YOUR DOOR LIKE OUR OWN."</i></p>
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	<p><i>Close.</i>  <b>LIKE FAMILY.</b></p> <p><b>SWEDISHAMERICAN</b>                  A DIVISION OF UW HEALTH</p> <p> <b>Medical Center/Belvidere</b></p> <p>  </p>
<p>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.</p> <p><b>For more information, please call (815) 547-5441.</b></p>	



Dear Friends,

I don't know about you, but once I get a song in my head, it can become hard to shake it. So being naturally curious I Googled the reason why songs get stuck in your head and as you might expect, there is a name and an explanation. In 2016, CBS news reported that, "psychologists believe they have figured out exactly why certain songs tend to stick in our heads more than others. The phenomenon is called involuntary musical imagery (INMI) – more commonly known as "earworms." Earworms sounds like something that you might want to contact your doctor about! Recently, my "earworms" have included "Hello, Dolly!" by Louis Armstrong, "A Man Without Love," made popular by Engelbert Humperdinck. Additionally, "Thank You for Being a Friend," a song written by Andrew Gold, has been stuck on loop in my head.

The version most of us are probably familiar with is the cover by Cynthia Fee that was the theme song for the NBC sitcom *The Golden Girls*. The play list in my head may be random for the most part, but I imagine my "involuntary musical imagery" of Thank You for Being a Friend might be Betty White's recent death, but more likely my recent contacts with the Friends of Keen Age Center (KAC), our former Auxiliary.

I have the pleasure of working with the Friends of KAC co-chairs, Marion Thornberry and Otis Morgan, closely as they have taken steps with their group members to restructure the group and get it up and rolling again. Congratulations for the fine work and progress, and a sincere thank you for being our friends!

The Friends of KAC had their first Social Time in January, followed up by a lovely Valentine's Gathering in February. The Valentine's Day event was such a hit, and I am looking forward to seeing what else the Friends of KAC has in store.



You are also invited to learn more about Friends of KAC on April 6, 2022, at 10:30am. The group is coming together to plan for future events, trips and fundraisers. I hope many can take advantage of the chance to become more aware of the opportunities at KAC to get out, relax, have fun and learn more about what is offered.

*Thank you for being a friend  
Traveled down a road and back again  
Your heart is true, you're a pal and a confidant*

Here's to traveling down the road with you,

Kelly

## SINGING IN THE RAIN

Taking place during the rise of the "talkies", we meet Don Lockwood and Lina Lamont who have risen to stardom during the silent-film era of Hollywood. Beautiful, charismatic and influential, the two combine to make a great on-screen pair. The introduction of talking pictures poses a threat to the powerful duo, however, when it is discovered by audiences that Lina has an excruciatingly shrill voice. Enter young studio singer Kathy Selden, a woman who lacks the stardom of Ms. Lamont but possesses the beautiful voice of which Lina is in dire need. Can Don and Lina find a solution to Lina's laughably annoying voice to salvage their careers?  
 —Kyle Perez



**GROW YOUR BUSINESS  
 BY PLACING AN AD HERE!**

**CONTACT US!**

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

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## MORNINGS

MON	TUE	WED	THU	FRI
Wednesdays or Thursdays morning tech computer lab help available. Schedule your time slot. Call 779-552-7238				01
				8:45 Yoga 9:30 Bunco 10:15 Chair Yoga
04	05	06	07	08
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 12:30 Oak St. Health Presentation	8:30 Let's Get Moving <u>9:00</u> Bobbin Lace Diamond Art 10:30 Grief Support 11:00 Train your Brain	8:45 Yoga 9:00 Reflexology 9:30 Bunco 10:15 Chair Yoga
11	12	13	14	15
8:45 Yoga 10:15 Chair Yoga	8:30 Let's Get Moving 9:00 Ladies Pool <u>10:00</u> Low Vision Skipbo	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 <u>9:00</u> Bobbin Lace Diamond Art 11:00 Train your Brain	8:45 Yoga 9:30 Uno 10:15 Chair Yoga 10:30 Reader's Theatre
18	19	20	21	22
8:45 Yoga 9:00 Newsletter Folding 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 <u>9:00</u> Bobbin Lace Diamond Art 10:30 Grief Support 11:00 Train your Brain	8:45 Yoga 10:15 Chair Yoga 9:30 Uno
25	26	27	28	29
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 <u>9:00</u> Bobbin Lace Diamond Art 11:00 Train your Brain	

**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
				<b>01</b>
				<u>12:30</u> Euchre Afternoon Quilters 1:00 Bingo- Sponsored by Heritage Woods
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle	<u>12:30</u> Karaoke Hand Knee & Foot 1:00 FYOP	12:30 Hand & Foot 1:00 Moving on Support	<u>12:30</u> Pinochle Dominos	<u>12:30</u> Euchre Afternoon Quilters
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle	12:30 Karaoke Hand Knee & Foot 1:00 FYOP	12:30 Hand & Foot 1:00 Moving on Support	12:30 Pinochle Dominos	<u>12:30</u> Euchre Afternoon Quilters 1:00 Movie- Singing in the Rain
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle	<u>12:30</u> Karaoke Hand Knee & Foot Kish Quilt Group	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 Health Presentation - Humana
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle	<u>12:30</u> Karaoke Hand Knee & Foot <u>1:00</u> Nutrition Bingo FYOP	12:30 Hand & Foot 1:00 Moving on Support	<u>12:30</u> Pinochle Dominos 1:00 Puzzle Group	<u>12:30</u> Euchre Afternoon Quilters

**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



**Rachel**

Telefono: 779-552-7252  
 Texto: 779-256-1049  
 Email: rachelv@keenage.org

## ¡MIEMBROS DE MEDICAID!

Durante la pandemia, la oficina de Medicaid dejó de enviar formularios de redeterminación y temporalmente no hizo que las personas enviaran información de reducción de gastos. En abril, volverán a comenzar a enviar cartas de redeterminación. Si su dirección ha cambiado, deberá actualizar la dirección con DHS. ¡No se arriesgue a perder sus beneficios! El personal de Información y Asistencia puede ayudarle a actualizar su información. Por favor llámenos si necesita ayuda.

## ¿NECESITAS AYUDA Y QUIERES ESTAR CERCA DE CASA?

Un especialista en información y asistencia estará en las siguientes oficinas municipales de 9:00 a. m. a 10:00 a. m. para ayudar a cualquier persona que desee pasar por allí.

### **BONUS TOWNSHIP**

9015 Marengo Rd. Garden Prairie  
 lunes, 4 de abril

### **POPLAR GROVE TOWNSHIP**

Village Hall  
 200 Hill St Poplar Grove  
 lunes, 11 de abril

Un especialista en información y asistencia estará en los siguientes lugares de 2:00 p. m. a 3:00 p. m. para ayudar a los residentes que viven en el edificio.

### **SHEFFIELD MEADOWS**

martes, 5 de abril

### **APARTAMENTOS SHADLEY**

martes, 12 de abril



## 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 hasta el 18 de abril y, a partir del 19 de abril, presentaremos los ingresos de 2021. Si no calificó según los ingresos de 2020, puede volver a presentar una solicitud utilizando los ingresos de 2021.

## 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

Si usted o alguien que conoce cree que puede calificar, llame a I&A.





MON	TUE	WED	THU	FRI
				01
<b>CHOICE A. ONLY SENT TO MEALS ON WHEELS PARTICIPANTS</b>				BLACK BEAN BURGER WGR BUN BUTTERNUT SQUASH POTATO WEDGES MANDARIN ORANGES
04	05	06	07	08
GRILLED CHX BREAST BUTTERED POTATOES GREEN BEANS WGR DINNER ROLL DICED PEARS	BAKED ZITI W\ MEATSAUCE ITALIAN BLEND VEG. WGR GARLIC BREAD HOT APPLESauce	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL FRUITED JELL-O B.) LIVER & ONIONS	CHICKEN ALA KING W\ WGR BUTTERMILK BISCUIT BROCCOLI MANDARIN ORANGES	TILAPIA & GARLIC BUTTER WILD RICE PEAS FRUIT COCKTAIL
11	12	13	14	15
BAKED CHIX BREAST WGR DINNER ROLL CHEESY POTATOES GREEN BEANS PINEAPPLE TIDBITS	A.) SLOPPY JOE WGR WHEAT BUN TATOR TOTS BRUSSEL SPROUTS DICED PEARS B.) HAM\VEGETABLE	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 TARTAR SAUCE
18	19	20	21	22
COUNTRY MEATBALLS MASHED POT/GRAVY MIXED VEGETABLES WGR DINNER ROLL PEACHES	CHICKEN PATTY WGR WHEAT BUN PEAS & CARROTS POTATO WEDGES PINEAPPLE	RAVIOLI W \ MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY WINTER BLEND VEGG WGR WHEAT BREAD CHERRY CRISP B.)HAM/CHIX NOODLE	CHEESY BEEF TACO WGR FLOUR TORTILLA LETTUCE\TOMATO SPANISH RICE BEANS FRESH FRUIT
25	26	27	28	29
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	A.) PEPPER STEAK MASHED POT/GRAVY GLZAED CARROTS WGR WHEAT BREAD MANDARIN ORANGES B.)TURKEY/VEGTABLE



## 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. Lunch is held at 11:30am.

**WE ALL WIN WHEN YOU SCAN IN!**

I would like to thank everyone who has stuck by us through the learning curve of our activity check in kiosk. We appreciate everyone giving it a try as I know at times it has tested our patience! We are happy to announce that we are now transitioning to a new system called MySeniorCenter. The check in process will look similar but has many new features that we are excited to share. Soon you will have the ability to sign yourself up at home for classes. However don't worry, if you would rather call in and register we are happy to help. We can now also add a picture to your profile, so stop in and see us in the programs department to get your picture taken. Thank you for continuing to sign in, as this helps us keep

track of attendance and records. This is an important process in helping us secure grants at the center. As always our team is always here to help with any questions or concerns!



[www.visitingangels.com/rockford](http://www.visitingangels.com/rockford)

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- Laundry
- Meal Preparation
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- Flexible Hourly Care

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 Rockford, IL 61108










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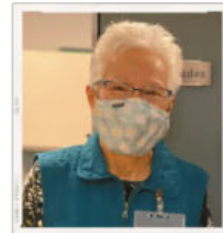
1701 W. 5th Ave. Belvidere, IL 61008  
[www.parkplaceofbelvidere.com](http://www.parkplaceofbelvidere.com)



When we say volunteers are the heart of our organization, we mean it! Thank you to all our volunteers that have stuck with us through this transition period during Covid, as well as all of our new volunteers. We truly couldn't do this without you! Our volunteers are always eager to lend a helping hand, to share a laugh or share some knowledge. From serving as board members to delivering services in the center, volunteers keep our nonprofit organization strong.

**Here are a few examples of what our volunteers do.**

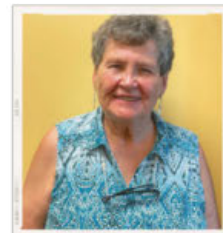
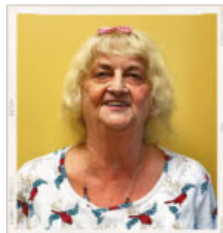
- Preparation of newsletters and delivery
- Greeting
- Med car and Meals on Wheels drivers
- Class & Activity Instructors
- Social Call Volunteers
- Friends of KAC
- Board Members
- Computer Mentor
- AARP Tax Preparers
- Covid Clinics
- Event Planning
- AmeriCorps Seniors RSVP
- And so much in between!



CELEBRATING

**VOLUNTEERS**

**"VOLUNTEERS ARE THE HEART OF OUR ORGANIZATION!"**





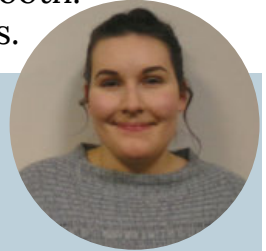

STAFF CHANGES

Hello,


As of March 1, 2022 I am proud to announce that Amber Swanson will be the new CCP Supervisor. I have chosen to go part time and my new title will be Assistant Supervisor. My new hours will be 8:00 am to 1:00 pm Monday thru Thursday. Please report to Amber at 779-552-7256, in her absence you can contact me at 779-552-7237. Amber and I have worked together for several months to insure that this transition will go smooth. Thank you for your patience, kindness and understanding through the years.

Respectfully,  
Cindy Mathison

Amber Swanson- CCP  
Supervisor  
P: 779-552-7256

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## FILL YOUR LIFE WITH FRIENDS

**Friends** are volunteers who serve in an advisory capacity to develop and enhance activities, events, and fundraisers for the Boone County Council on Aging. We invite you to meet with us on the first Wednesday of every month at 10:30 am.

**Our April 21st Social, at 1 pm, is Laughter is the Best Medicine.**

Come with your favorite jokes, riddles, puns, (that are appropriate for family sharing.) You can check out Reader's Digest, WGN's Speed Jokes, Orange Peel Gazette, etc. for ideas.

**May 19th \* Favorite Childhood Memories**

**June 16th \* 2 Liar, Liar, Pants on Fire!**

Watch for details. Socials are a fun way to enjoy old friends and make new friends.

We look forward to seeing you at our next planning meeting on April 6, at 10:30. Meet a group of volunteers who enjoy helping the Keenage Center.

If you have any questions please reach out to Cecilia, 779-552-7251. We look forward to seeing you!

**P.S.-** Why aren't koalas real bears? (They don't have koalafications!)



Otis Morgan  
Co-Chair



Marion Thornberry  
Co-Chair



Happy Easter!



# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



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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

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Adults 60 years and over Donations gratefully accepted

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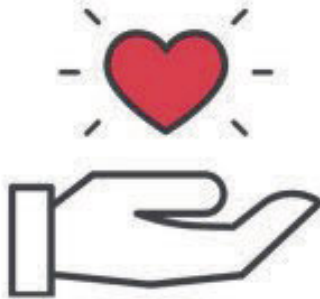
At **Mercyhealth Belvidere**, passion drives everything we do to help you and your family live healthier lives. Our Family Medicine physicians deliver the very best care to create outstanding patient experiences.

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[mercyhealthsystem.org](http://mercyhealthsystem.org)





# COMMUNITY HEALTH AND SERVICES FAIR

Calling local healthcare and service organizations to join us for a **FREE** community health and services fair.

**WEDNESDAY, MAY 11**

**11 AM - 1 PM**

**BELVIDERE COMMUNITY BUILDING**

111 West 1st Street- Belvidere

This will be an outdoor fair, weather permitting, we will move indoors. Participants will need to supply own table, chairs, and/or tent. Setup time starts at 10 AM.

Register by 5/5 to [marc.bright@symphonynetwork.com](mailto:marc.bright@symphonynetwork.com).

## Event Sponsors:



## 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](http://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!

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# THANK YOU FOR SUBSCRIBING!

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## NEWSLETTER SUBSCRIPTION FORM

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:

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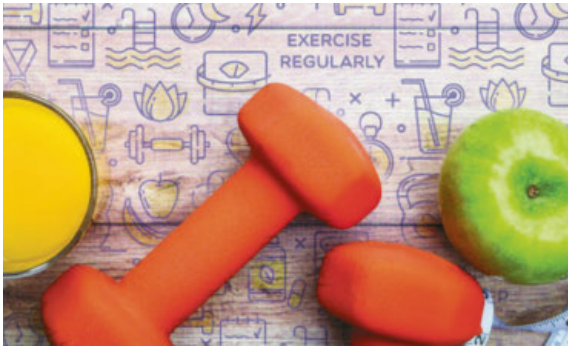
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## LET'S GET MOVING

Join our Let's Get Moving class in person with Athletico trainer. 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 Tuesdays and Thursdays at 8:30am.



## HEALTH PRESENTATION

Join speaker Maria from Humana as she discusses tips on how to boost your energy. Find ways to energize with spring around the corner! The presentation will be April, 22nd at 1:00 pm.



## LOW VISION SUPPORT GROUP

The low vision and hearing support group meets the second Tuesday of the month. There is information for individuals with low vision and their significant others. Join low vision for support and friendship! Sponsored by the Center for Sight and Hearing

## PREVENTIVE SENIOR HEALTH AND WELLNESS

Interested in learning more about how to take charge of your health and wellness? Oak St. Health will be hosting a presentation on "Preventive Senior Health and Wellness". Registration is required for this event. Please register by calling 779-552-7251 or 779-552-7238. The presentation will take place on Wednesday, April 6th at 12:30 p.m.



OAK  
STREET  
HEALTH

## FINISH YOUR OWN PROJECT

Need a space to work on your latest project or craft? Come join other crafters on the 1st, 2nd and 4th Tuesday of every month at 1:00pm. All craft groups are welcome to join! Share ideas, show off your work and have fun!



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MEMBERSHIP CAMPAIGN**

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

**Mail to: Boone County Council on Aging  
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### 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),

## BUILDING BRIDGES ACROSS THE GENERATION GAPS

The good news is that people are living longer and living longer well, but there is a challenge that comes with this good news. There are more generations than ever living and thriving in all aspects of American life. In many cases, each generation comes with its own perspective.

Sometimes these perspectives are quite different and clash with one another. Learning to cope with the misunderstandings that can result from intergenerational relationships at home, at work, and in the community is very valuable. This program discusses what perspectives today's generations share and how they differ. Participants will also learn how to communicate effectively to build bridges across the generation gaps.

**Date: Thursday, May 12 at 10:30am  
(one hour class)**

**Call to register: 779-552-7251**



## AARP SMART DRIVERS TWO-DAY COURSE:

Will be held on Thursday and Friday, May 26th and 27th from 8:30 a.m. until 12:30 p.m.

You must pre-register for the course by calling the Keen Age Center at 779-552-7238 or 779-552-7251.

The course fee is \$25 for non-AARP Members and \$20 for AARP Members who show their AARP Card. Course fee is paid to the instructor. Though geared for drivers age 50 and older, the course is open to people of any age and AARP membership is not required. There is no final test to pass.

Attendees will be required to sign a liability waiver which will be provided and collected by the instructor to attend the class.

Interested? Call to sign up!

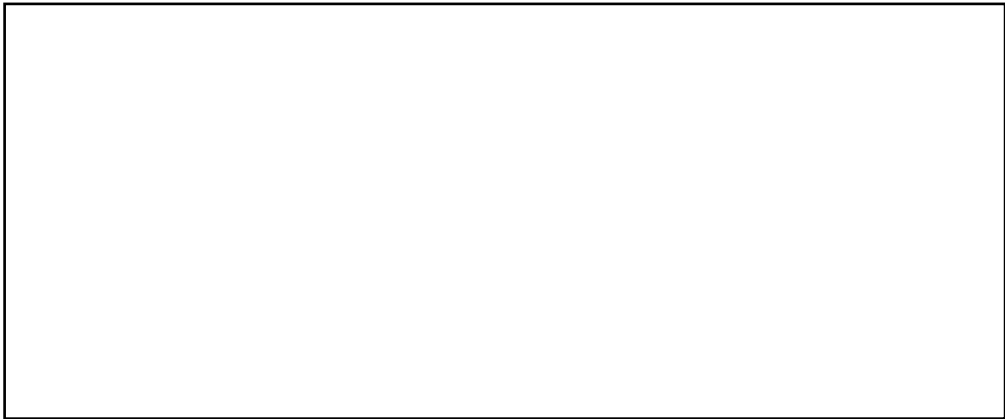






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**GOLF OUTING**

PRESENTED BY KUNES GMC CADILLAC  
- BELVIDERE

Timber Point Golf Club

May 23  
2022  
1:30 TEE TIME

Proceeds will benefit Boone County Council on Aging at the Keen Age Center

The graphic features a golfer in a red shirt and yellow pants swinging a club on a green golf course. A large golf ball is positioned to the right of the golfer. The background is a teal sky with stylized clouds. The Boone County Council on Aging logo is visible in the bottom left corner.