



# THE KEEN AGE CENTER


## NEWS YOU CAN USE


BOONE COUNTY COUNCIL ON AGING


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

 Facebook - KeenAgeCenter

# Monday, May 30th



### 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

Follow us on Facebook!  
@KeenAgeCenter1



# OLDER AMERICANS MONTH



## AGE MY WAY: MAY 2022

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month." Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.  
[www.acl.gov](http://www.acl.gov)

### BCCA STAFF RECOGNITION



**Cecilia- Program Coordinator 3 yrs.**

### KEEN AGE CENTER WISHLIST

- Coffee
- Decaf coffee
- Packages of cookies
- Packaged snacks for movie

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. 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.

**MEDICAID MEMBER!**  
 Updating your address is *easy, fast and free*

CALL 877.805.5312 OR TTY: 877.204.1012  
 MON-FRI 7:45AM - 4:30PM

WWW2.ILLINOIS.GOV/HFS/ADDRESS

**DON'T RISK LOSING YOUR HEALTH INSURANCE**

HFS ILLINOIS DEPARTMENT OF Healthcare and Family Services

**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, May 2nd

**POPLAR GROVE TOWNSHIP**

Village Hall  
 200 Hill St  
 Poplar Grove  
 Monday, May 9th

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, May 3rd

**SHADLEY APARTMENTS**

Tuesday, May 10th



## 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:**  
\$1,529 per individual

\$2,060 per couple and

**Assets less than:**

\$8,400 per individual

\$12,600 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:**

\$1,699 per individual

\$2,289 per couple and

**Assets less than:**

\$14,010 per individual

\$27,950 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

On April 19th, we began to filing for 2021 income.

## LIHEAP GUIDELINES LAST MONTH TO APPLY!

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

1-person household: \$2,147  
2-person household: \$2,903  
3-person household: \$3,660  
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 your birthday and the last 45 days. Call your I&A Specialist if you would like to investigate the changes that could be made.

**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 have done the Senior Exemption at the Assessor's Office

**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 be processing applications for 2022.**



|   |   |   |
|---|---|---|
| <p><b>GROW YOUR BUSINESS</b><br/>BY PLACING AN AD HERE!</p> <p><b>CONTACT US!</b></p> <p>Contact Teresa Perkins to place an ad today!<br/>tperkins@lpicommunities.com<br/>or (800) 950-9952 x2611</p> |  | <p><b>DOORMASTER</b><br/><b>Garage Door Co., LLC.</b></p> <p>RESIDENTIAL &amp; COMMERCIAL<br/>FIRE DOORS • HOLLOW METAL DOORS<br/>DOCK EQUIPMENT • RESIDENTIAL DOORS</p> <p>Serving the IL Area for over 30 Years</p> <p><b>Steve Getzin, Owner</b><br/><b>(847) 683-0333</b></p> <p>"WE TREAT YOUR DOOR LIKE OUR OWN."</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> | <p><i>Close.</i><br/><b>LIKE FAMILY.</b></p> <p><b>SWEDISHAMERICAN</b><br/>A DIVISION OF UW HEALTH</p> <p> <b>Medical Center/Belvidere</b></p> <p>  </p> |
|--|---|

## 6 EXECUTIVE DIRECTOR

Dear Friends,  
I am pleased to see people are returning to the Keen Age Center to participate in the activities we offer. Attendance is up and our parking lot is filling up with cars. The Ida Public Library's Bookmobile has also started making stops in our parking lot. Increasing access to information, mobile libraries date back to the early 1900s, as an effective way to meet the needs of people where they are.

On Wednesday, April 6, libraries across the country celebrated National Library Outreach Day, a time to remind the public about the vital role that libraries continue to play in bringing library services to those in need. The Ida Public Library Bookmobile is at the Keen Age Center on Wednesdays from 10 a.m. to 11:30 a.m. On my recent visit to the Bookmobile, I had the opportunity to meet Tracy Rognstad, Bookmobile Driver/Specialist. She shared with me the variety of books, including large print and videos that are offered.

I was interested to learn of the increased access to resources that is afforded through the free Hoopla app that can be found at [hoopladigital.com](http://hoopladigital.com). Hoopla is a groundbreaking digital media service offered by your local public library that allows you to borrow movies, music, audiobooks, ebooks, comics and TV shows to enjoy on your computer, tablet, or phone – and even your TV!



Titles can be streamed immediately or downloaded to phones or tablets for offline enjoyment later. They have hundreds of thousands of titles to choose from, with more being added daily.



Being a family caregiver for someone with dementia or other chronic disease is stressful. We are pleased to introduce the Stress-Busting Program for Family Caregivers™. The program is an evidence-based curriculum that provides support to family caregivers of persons with dementia or a chronic illness. It is designed to help caregivers manage their stress and cope better with their lives. In the Stress-Busting Program for Family Caregivers™, caregivers will:

- Learn about stress and its effects
- Practice stress management techniques
- Develop problem solving skills

Our Program and Volunteer Coordinator, Cecilia Hernandez, along with Meghan Wilinski, Senior Community Liaison with ProMedica Hospice, will be leading the nine – week series held on Thursdays, beginning on May 12, 2022, at 9 a.m. at the Keen Age Center.

If you are a caregiver and are interested in learning ways to reduce your stress, contact Cecilia at 779.552.7251 for more information.

Hoping you're enjoying the first blooms of Spring,  
Kelly



## THE GOOD, THE BAD AND THE UGLY

The final chapter of the Man With No Name trilogy - director Sergio Leone's spaghetti western classic about a drifter, an outlaw and a sadistic gunman racing to claim a treasure buried during the Civil War.



**Movie date showings:** Friday May, 20th and Friday May 27th.  
**Time:** 1:00pm


Movies will be played in conference room.

Please Call 779-552-7251 or 779-552-7238 to register.

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

**CONTACT US!**

Contact Teresa Perkins to place an ad today!  
 tperkins@lpicommunities.com  
 or (800) 950-9952 x2611



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**OAK STREET HEALTH** | Doctors for Adults on Medicare



**SUPPORT OUR ADVERTISERS!**



## MORNINGS

| MON   | TUE   | WED  | THU  | FRI   |
|---|---|--|--|---|
| <b>02</b>   | <b>03</b>   | <b>04</b>  | <b>05</b>  | <b>06</b>   |
| 8:45 Yoga<br>10:15 Chair Yoga   | 8:30 Let's Get Moving<br>9:00 Ladies Pool<br>10:00 Skipbo                         | 8:30 Woodcarvers<br>8:45 Yoga<br>9:00 Men's Pool<br>10:15 Chair Yoga<br>10:30 FKAC Meeting | 8:30 Let's Get Moving<br><u>9:00</u><br>Bobbin Lace<br>Diamond Art<br>10:30 Grief Support<br>11:00 Train your Brain                            | 8:45 Yoga<br>9:30 Bunco<br>10:15 Chair Yoga                           |
| <b>09</b>   | <b>10</b>   | <b>11</b>  | <b>12</b>  | <b>13</b>   |
| 8:45 Yoga<br>10:15 Chair Yoga   | 8:30 Let's Get Moving<br>9:00 Ladies Pool<br><u>10:00</u><br>Low Vision<br>Skipbo | 8:30 Woodcarvers<br>8:45 Yoga<br>9:00 Men's Pool<br>10:00 Officer B<br>10:15 Chair Yoga    | 8:30 Let's Get Moving<br><u>9:00</u><br>Bobbin Lace<br>Diamond Art<br>Stressbusters<br>10:30 Generations Class<br>11:00 Train your Brain       | 8:45 Yoga<br>9:00 Reflexology<br>9:30 Bunco<br>10:15 Chair Yoga       |
| <b>16</b>   | <b>17</b>   | <b>18</b>  | <b>19</b>  | <b>20</b>   |
| 8:45 Yoga<br>10:15 Chair Yoga   | 8:30 Let's Get Moving<br>9:00 Ladies Pool<br>10:00 Skipbo                         | 8:30 Woodcarvers<br>8:45 Yoga<br>9:00 Men's Pool<br>10:15 Chair Yoga                       | 8:30 Let's Get Moving<br><u>9:00</u><br>Bobbin Lace<br>Diamond Art<br>Stressbusters<br>10:30 Grief Support<br>11:00 Train your Brain           | 8:45 Yoga<br>9:30 Uno<br>10:15 Chair Yoga                             |
| <b>23</b>   | <b>24</b>   | <b>25</b>  | <b>26</b>  | <b>27</b>   |
| 8:45 Yoga<br>9:00 Newsletter Folding<br>10:15 Chair Yoga  | 8:30 Let's Get Moving<br>9:00 Ladies Pool<br>10:00 Skipbo                         | 8:30 Woodcarvers<br>8:45 Yoga<br>9:00 Men's Pool<br>10:15 Chair Yoga                       | <u>8:30</u><br>AARP Drivers Course<br>Let's Get Moving<br><u>9:00</u><br>Bobbin Lace<br>Diamond Art<br>Stressbusters<br>11:00 Train your Brain | 8:30 AARP Drivers Course<br>8:45 Yoga<br>9:30 Uno<br>10:15 Chair Yoga |
| <b>30</b>   | <b>31</b>   |  |  |   |
| <br><b>CLOSED</b> | 8:30 Let's Get Moving<br>9:00 Ladies Pool<br>10:00 Skipbo                         |  |  |   |

**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>02</b>   | <b>03</b>   | <b>04</b>   | <b>05</b>  | <b>06</b>  |
| 12:30<br>Bridge<br>Progressive Hand & Foot<br>Pinochle  | 12:30<br>Karaoke<br>Hand Knee & Foot<br>1:00 FYOP                       | 12:30 Hand & Foot<br>1:00 Moving on Support<br>2:30 Vets Coffee                               | 12:30<br>Pinochle<br>Dominos                             | 12:30<br>Euchre<br>Afternoon Quilters<br>1:00 Bingo- Sponsored by 2 Sisters Health |
| <b>09</b>   | <b>10</b>   | <b>11</b>   | <b>12</b>  | <b>13</b>  |
| 12:30<br>Bridge<br>Progressive Hand & Foot<br>Pinochle<br>1:00 Knit & Crochet                       | 12:30<br>Karaoke<br>Hand Knee & Foot<br>1:00 FYOP                       | 12:30 Hand & Foot<br>1:00 Moving on Support<br>2:30 Vets Pool                                 | 12:30<br>Pinochle<br>Dominos<br>1:00 Crafting with Aunts | 12:30<br>Euchre<br>Afternoon Quilters  |
| <b>16</b>   | <b>17</b>   | <b>18</b>   | <b>19</b>  | <b>20</b>  |
| 12:30<br>Bridge<br>Progressive Hand & Foot<br>Pinochle  | 12:30<br>Karaoke<br>Hand Knee & Foot<br>Kish Quilt Group                | 12:30 Hand & Foot<br>1:00 Moving on Support<br>2:00 Social Call Orientation<br>2:30 Vets Pool | 12:30<br>Pinochle<br>Dominos<br>1:00 FKAC Social         | 12:30<br>Euchre<br>Afternoon Quilters<br>1:00 Movie- The Good the Bad and the Ugly |
| <b>23</b>   | <b>24</b>   | <b>25</b>   | <b>26</b>  | <b>27</b>  |
| 12:30<br>Bridge<br>Progressive Hand & Foot<br>Pinochle<br>1:00 Knit & Crochet                       | 12:30<br>Karaoke<br>Hand Knee & Foot<br>1:00 FYOP                       | 12:30 Hand & Foot<br>1:00 Moving on Support<br>2:30 Vets Pool                                 | 12:30<br>Pinochle<br>Dominos<br>1:00 Puzzle Group        | 12:30<br>Euchre<br>Afternoon Quilters<br>1:00 Movie- The Good the Bad and the Ugly |
| <b>30</b>   | <b>31</b>   |   |  |  |
| <br><b>CLOSED</b> | 12:30<br>Karaoke<br>Hand Knee & Foot<br>1:00<br>Nutrition Bingo<br>FYOP |   |  |  |

**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, 2 de mayo

### **POPLAR GROVE TOWNSHIP**

Village Hall  
 200 Hill St Poplar Grove  
 lunes, 9 de mayo

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, 3 mayo

### **APARTAMENTOS SHADLEY**

martes, 10 de mayo



## 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:

\$ 1,529 por individuo

\$ 2,060 por pareja y

### Activos inferiores a:

\$ 8,400 por individuo

\$ 12,600 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

\$1,699 por individual

\$2,289 por pareja

### y activos inferiores a

\$14,010 por individual

\$27,950 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

Empesando el 19 de abril, presentaremos los ingresos de 2021.

## DIRECTRICES DE LIHEAP ULTIMO MES PARA APLICAR

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

Hogar de 1 persona: \$\$2,147

Hogar de 2 personas: \$2,903

Hogar de 3 personas: \$3,660

Hogar de 4 personas: \$4,417

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.

FELIZ DÍA  
de las  
Madres



| MON  | TUE   | WED   | THU   | FRI   |
|--|---|---|---|---|
| <b>02</b><br>HAMBURGER PATTY<br>WGR WHEAT BUN<br>MAC & CHEESE<br>CALIF. BLEND<br>VEGGIES<br>DICED PEACHES                    | <b>03</b><br>BBQ CHIX BREAST<br>AUGRATIN POTATOES<br>SEAS. GREEN BEANS<br>WGR DINNER ROLL<br>FRUIT COCKTAIL                 | <b>04</b><br>SALISBURY STEAK<br>MASHED<br>POT/GRAVY<br>STEAMED CARROTS<br>WGR WHEAT BREAD<br>PAPAYA AND MANGO<br>FRUIT CUP          | <b>05</b><br>SWEET AND SOUR<br>MEATBALLS<br>FLUFFY RICE<br>BLENDED VEGGIES<br>WGR DINNER ROLL<br>DICED PEARS  | <b>06</b><br>A.) TROPICAL CHIX<br>SALAD<br>CUCUMBER SLICES<br>WGR CROISSANT<br>MANDARIN ORANGES<br>B.) CHIX<br>SAL./TOMATO      |
| <b>09</b><br>BAKED CHICKEN<br>BREAST<br>MASHED POT \ GRAVY<br>PEAS<br>WGR DINNER ROLL<br>APPLESAUCE                          | <b>10</b><br>MEATLOAF<br>AUGRATIN POTATOES<br>BROCCOLI<br>WGR WHEAT BREAD<br>DICED PEARS                                    | <b>11</b><br>ITAL. CHIX SALAD<br>W\GREENS<br>CARROTS, EGGS, CUKES<br>TOMATOES, CHEESE<br>WGR DINNER ROLL \<br>BUTTER<br>FRUIT JUICE | <b>12</b><br>ITALIAN SAUSAGE<br>W\PEPPERS ON WGR<br>BUN<br>RED POTATO WEDGES<br>ITALIAN BLEND<br>VEGGIES<br>FRUITED JELL-O                            | <b>13</b><br>A.)HOT HAM &<br>CHEESE<br>WGR WHEAT BUN<br>TATOR TOTS<br>CARROTS<br>PINEAPPLE TIDBITS<br>B.) TURKEY/<br>MINESTRONE |
| <b>16</b><br>JUMBO HOT DOG<br>WGR HOT DOG BUN<br>CREAMY COLESLAW<br>BAKED BEANS<br>HOT CINNAMON<br>APPLES<br>KETCHUP/MUSTARD | <b>17</b><br>SWEET/SOUR<br>CHICKEN<br>FLUFFY RICE<br>STIR FRY VEGGIES<br>WGR DINNER ROLL<br>PAPAYA AND MANGO<br>FRUIT CUP   | <b>18</b><br>SALISBURY STEAK<br>SCALLOPED<br>POTATOES<br>GREEN BEANS<br>WGR DINNER ROLL<br>SLICED PEACHES                           | <b>19</b><br>A)SOUTHWEST SALAD<br>BLK BEANS, CORN,<br>CHEESE, CHICKEN,<br>TOMATO,ONION<br>WGR DINNER ROLL<br>FRUIT JUICE<br>B.) TUNA SAL/CHIX<br>RICE | <b>20</b><br>CRISPY FISH SAND.<br>WGR WHEAT<br>BUN\TARTAR<br>POTATO PANCAKES<br>BROCCOLI<br>MIXED FRUIT                         |
| <b>23</b><br>TURKEY BURGER<br>WGR WHEAT BUN<br>AUGRATIN POTATOES<br>COUNTRY MIX VEG.<br>DICED PEARS                          | <b>24</b><br>CHEF SALAD W\GREENS<br>TURKEY & HAM<br>CUKES,EGGS,TOMATO<br>CHEESE<br>WGR DINNER<br>ROLL/BUTTER<br>FRUIT JUICE | <b>25</b><br>LEMON PEPPER CHIX<br>WILD RICE<br>BROCCOLI<br>WGR DINNER ROLL<br>APPLESAUCE  | <b>26</b><br>A.) CHEESEBURGER<br>WGR WHEAT BUN<br>TATOR TOTS<br>BAKED BEANS<br>AMBROSIA<br>B.) HAM/VEG  | <b>27</b><br>CITRUS BAKED HAM<br>SWEET POTATOES<br>SCAND. BLEND<br>VEGGIES<br>WGR DINNER ROLL<br>DICED PEACHES                  |
| <b>30</b><br><b>CLOSED</b>   | <b>31</b><br>TROPICAL CHIX<br>SALAD<br>CUCUMBER SLICES<br>WGR CROISSANT<br>PINEAPPLE JUICE                                  | <b>CHOICE A. ONLY<br/>SENT TO MEALS<br/>ON WHEELS<br/>PARTICIPANTS</b>  |   |   |



## 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.

# Happy Mother's Day



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



**Phone: (815) 977-3452**

3600 E. State Street, # 303  
Rockford, IL 61108



# PARK PLACE

— OF BELVIDERE —

24 Hour **Nursing Care**

Short Term **Rehab**

Long Term **Care**

*Schedule your tour!*  
**815-547-5451**

1701 W. 5th Ave. Belvidere, IL 61008

[www.parkplaceofbelvidere.com](http://www.parkplaceofbelvidere.com)





# **BCCA/KAC Annual Quilt Raffle & Ice cream Social**

**Keen age center on Friday, August 26th**

We are looking for new, handcrafted items for the raffle. Over the past years, talented members of the community have been very generous in donating items made especially for this raffle.

While we call it a "Quilt Raffle", it is much more than that. We have knitted and crocheted items, paintings, wood carvings, and so much more. You are welcome to bring in items now. Raffle tickets will go on sale in June. More details to come!

**We will accept donations until August 15th**



Enjoy an afternoon "Crafting with the Aunts" making a Divalicious Planter. It can be used indoor or outdoors this spring and summer.

**Class will be held Thursday, May 12th at 1:00pm.**

All supplies are included (except plants or flowers).


Material fee is \$7.00 payable on the day of the class.

**Please bring the following items from home:**


- Empty jar or can
- Newspaper
- Old shirt or apron for paint splatter

**Class is limited to 12 people.**

**Register please call 779-552-7251 or 779-552-7238.**

**Heritage Woods of Belvidere**  
Affordable Assisted Lifestyle Community for Adults 65 & Older of All Incomes



**Affordable Assisted Living Community for Adults 65 and Older**

- Private One-Bedroom Apartments
- Three Restaurant Meals Daily
- Housekeeping & Laundry Weekly
- 24-Hour Certified Nursing Assistants
- Long-Term Care Insurance Accepted
- Financial Assistance Available

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Belvidere, Illinois 61008  
815-544-9495 • www.hw-belvidere-slf.com

Managed by Gardant Management Solutions

## Happy Armed Forces Day



**Veterans Assistance Commission of Boone County.**

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



**Call for Appointment 815-544-6464**  
**130 S State St, Suite 212, Belvidere, IL 60008**  
( 2nd Floor PNC Bank Bldg)

**BELVIDERE CEMETERY ASSOCIATION**  
"Established 1847"



- Pre-Burial Arrangements
- Cremation Burials
- Columbarium Niches
- Memorial Markers
- Affordable Prices
- Park-like Setting

belviderecemetery@comcast.net  
Frank Lloyd Wright  
Pettit Memorial  
Chapel on Cemetery Grounds  
**1121 N. Main St. - Belvidere**  
**815-547-7642**



- Physical and occupational therapies provided up to three times a day seven days a week
- Wound care
- Speech therapy and language pathology
- Cardiac rehabilitation
- Specialized orthopedic and stroke rehabilitation




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



**Symphony**  
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2250 Pearl Street  
Belvidere, IL 61008  
815.544.0358  
[www.northwoodscare.com](http://www.northwoodscare.com)

## FRIENDS ARE LIKE SPRING FLOWERS, THEY GIVE PLEASURE JUST BY BEING.

### Is this you?

Do you appreciate the work the Keen Age Center does in meeting the needs of older adults?

Do you like interacting with people?

Do you get satisfaction from helping others?

Would you welcome an opportunity to freely share your time and labors for community service?

If you've answered **"YES"**, then join the Friends of the Keen Age Center today, as we plan activities and support the organization that does so much to help senior adults.



### Upcoming Social Times (always @ 1 p.m.)

#### May 19th

I Smile When I Remember My Childhood-  
Share your favorite childhood memories

#### June 16th

Liar, Liar, Pants on Fire-  
Write 3 statements about yourself, 2 should be lies and 1 should be true.  
Everyone else will try to guess your true statement.

## JOIN US!

YOU ARE WELCOME TO "CHECK US OUT"  
BY ATTENDING OUR NEXT PLANNING  
MEETING ON **MAY 4TH @ 10:30 A.M.**  
WHEN YOU DECIDE TO JOIN, DUES ARE \$5/  
YEAR OR \$25 FOR A LIFETIME AND CAN BE  
PAID AT THE RECEPTIONIST WINDOW.  
**WE'D LOVE TO HAVE YOU!**





# NEVER MISS A NEWSLETTER!

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



**SUPPORT THE  
ADVERTISERS**  
*that Support  
our Community!*





## 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

### Ride Service Hours

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

### Call to Schedule

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

# SUPPORT OUR ADVERTISERS!



## Family Medicine with Compassionate Care

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.

### **Mercyhealth Belvidere**

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

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



# Jack Wolf

## Memorial Golf Outing

**MONDAY, MAY 23, 1:30 TEE TIME**

### Timber Pointe Golf Club

All golfers receive:

- Round of Golf
- Cart Usage
- Drink Tokens
- Buffet Dinner
- Raffle Entry



Sponsor Options:

- **GOLD** \$1,500: 2 foursomes, 2 hole sponsor signs, premium promotional recognition
- **SILVER** \$750: 1 foursome, 1 hole sponsor sign, promotional recognition
- **BRONZE** \$400: 2 golfers, 1 hole sponsor sign, promotional recognition



All proceeds benefit Boone County Council on Aging  
Call for more info: 815-544-9893

## 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:

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

New

Renewal

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## GRIEF SUPPORT

In a safe, supportive, and confidential setting, Promedica offers a space for community members who have experienced the loss of a loved one to come together and explore the grief process. This group is open to the community and free of charge. Group meetings are at 10:30am on the 1st and 3rd Thursday of the month. Groups will not meet during holiday weeks.



## OFFICER BLANKENSHIP

On the second Wednesday of each month at 10:00 a.m. we have Officer Tim Blankenship from the Belvidere Police Department come to KAC to present information on a relevant topic followed by questions and answers .



## TECH HELP

Sign up for individual assistance with our tech help mentor Paul. He will help you with basic computer skills and more! Wednesdays or Thursdays morning tech computer lab help available. Schedule your time slot. Get started today and sign up! Call 779-552-7251 or 779-552-7238 to register.



## POOL

Need a game that inspires your competitive spirit and challenges you to refine your talents, well this is it! Spice up your billiards skills by playing this classic game of Pool. We have men's pool every Wednesday at 9:00am and ladies pool every Tuesday at 9:00am. Veterans play pool every Wednesday at 2:30pm except for the 1st Wed. of Month. Come on open days to practice!



## WOODCARVING

Make your own woodworking projects! The woodcarvers meet every Wednesday at 8:30am. Carvers work on projects of their choosing and with so much talent in the room it is a good place to ask for advice.

BCCA SUPPORTING  
MEMBERSHIP CAMPAIGN

**Supporting Members  
Gifts of \$5.00-\$99.00**

Joe Cartwright  
Debra Roselius  
Jan Newport  
Hazel Fulbright  
Beth Turner  
Darlene Johns  
Linda Graham  
Shirley Blauert in  
memory of Thelma Lee  
Lynn Nichols in memory  
of Thelma Lee  
Rev. Allen Buss in  
memory of Thelma Lee  
Dave & Karen Laabs in  
memory of Thelma Lee  
Christine Young in  
memory of Thelma Lee

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

Randy Starnes  
Patricia Houpt  
Honesty Gibson in memory  
of Robert L. Carter  
Lynette Carlson in memory  
of Irvin (Rusty) Carlson  
June Stroud in memory of  
Thelma Lee  
Vicky Buhl in memory of  
Thelma Lee  
Howard Lee & Sons in  
memory of Thelma Lee  
Kristi McCaskill in memory  
of Thelma Lee

## 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 **NOT accepting donations for the lending closet in the month of May.**



## 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**

**Live. Laugh. Love  
Reader's Theatre is taking a short break. We will be back in June!**

## 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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Belvidere IL 61008-1700  
Return Service Requested



# CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM



## Program for Family Caregivers of People with Alzheimer's Disease or Dementia

Do you provide care for a loved one with Alzheimer's disease or dementia?  
You Are Not Alone

- We know caregiving can be stressful
- This program will teach:
- Stress management techniques
- Relaxation and coping strategies
- Program available at no cost

**Who:** Family Caregivers of a loved one with dementia  
**What:** Multi-component program meets  
 -90 min/week for 9 weeks  
 -Group of up to 8  
**When:** Begins May 12th at 9am  
**Where:** 2141 Henry Luckow Lane



**Register by calling 779-552-7251**