



THE KEEN AGE CENTER


NEWS YOU CAN USE


BOONE COUNTY COUNCIL ON AGING


JUNE 2022




CONTACT INFORMATION

 2141 Henry Luckow Lane
Belvidere IL, 61008

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

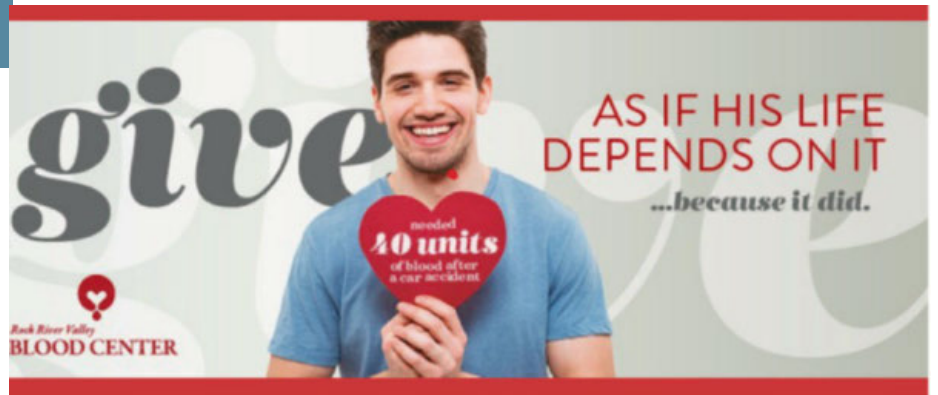
 815-544-9893

 www.keenage.org

 Facebook - KeenAgeCenter

NEWSLETTER HIGHLIGHTS

- pg. 6 Note from Kelly
- pg. 14 Annual Quilt Raffle
- pg. 15 Craft Class
- pg. 16 Friends of KAC
- pg. 19 Golf Outing



**Keen Age Center
Blood Drive**

**Wednesday, July 27th
9:00 AM to 12:00 PM**

**2141 Henry Luckow Lane,
Belvidere, IL**

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



KEEN AGE CENTER WISHLIST

- Coffee
- Decaf coffee
- Packages of cookies
- Packaged snacks for movie
- Handcrafted Items for Quilt Raffle



BCCA STAFF RECOGNITION



Cindy Mathison - 16 Years
Home Care



Kathryn Bileto - 1 Year
Home Care



Jessica Kellems - 1 Year
Bus Operator

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.

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, June 6th

POPLAR GROVE TOWNSHIP

Village Hall
200 Hill St
Poplar Grove
Monday, June 13th

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, June 7th

SHADLEY APARTMENTS

Tuesday, June 14th



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 filing for 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 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.

POP-UP SHOP



Need affordable technology? Eligible customers* can shop with PCs for People to receive a free or low-cost computer or internet service. *Pre-registration is highly recommended at the link below.*

Friday, June. 24 | 1 p.m.–3 p.m.
Boone County Council on Aging
2141 Henry Luckow Lane, Belvidere, IL 61008

PRICING

Windows Computer: \$0
Laptops: \$20

WHO IS ELIGIBLE?

If you receive SNAP, Medicaid, SSI, Federal Public Housing Assistance, Veterans Pension Benefit Program, or have a household income that is less than 135% of federal poverty guidelines (for example, below \$35,000 per year for a family of 4), you can sign up for a discounted Windows computer.

*More information about eligibility for Chrome desktops and other computers can be found at www.pcsforpeople.org/eligibility.

**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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Medical Center/Belvidere



Welcome Summer



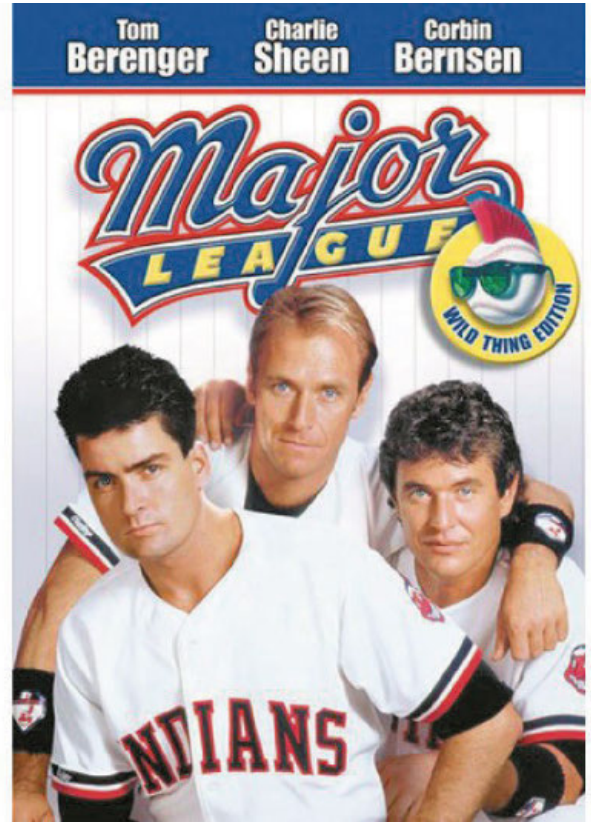
I am taking a short break from the newsletter.
I will return in July as I am recuperating from Covid.

-Kelly



MAJOR LEAGUE

She's beautiful, smart, goal-oriented, and she just inherited the Cleveland Indians. Unfortunately, she wants to move the franchise to Miami, and a losing season is her only ticket to Florida. So she signs the wildest gang of screwballs that ever spit tobacco. They're handsome, but they're hopeless! Her catcher (Tom Berenger) is a washed-up womanizer who struck out in life. Her ace pitcher (Charlie Sheen) is a punked-out crazy who struck out with the law. And her third baseman (Corbin Bernsen) is more concerned about fielding endorsements than grounders. Throw in a busload of other misfits and you've got yourself a hilarious line-up that's destined for disaster. Or is it?



Movie date showings: 17th and 24th

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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LPi

MORNINGS

MON	TUE	WED	THU	FRI
		01	02	03
		8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:15 Chair Yoga 10:30 FKAC Meeting 11:00 Train your Brain	<u>9:00</u> Bobbin Lace Diamond Art 10:30 Grief Support	8:45 Yoga 9:30 Bunco 10:15 Chair Yoga
06	07	08	09	10
8:45 Yoga 10:15 Chair Yoga	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 11:00 Train your Brain	<u>9:00</u> Bobbin Lace Diamond Art	8:45 Yoga 9:00 Reflexology 9:30 Bunco 10:15 Chair Yoga
13	14	15	16	17
8:45 Yoga 10:15 Chair Yoga	9:00 Ladies Pool 10:00 Skipbo	8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:15 Chair Yoga 11:00 Train your Brain	<u>9:00</u> Bobbin Lace Diamond Art 10:30 Grief Support	8:45 Yoga 9:30 Uno 10:15 Chair Yoga
20	21	22	23	24
8:45 Yoga 9:00 Newsletter Folding 10:15 Chair Yoga	9:00 Ladies Pool 10:00 Skipbo	8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:15 Chair Yoga 11:00 Train your Brain	<u>9:00</u> Bobbin Lace Diamond Art	8:45 Yoga 9:30 Uno 10:15 Chair Yoga
27	28	29	30	
8:45 Yoga 10:15 Chair Yoga	9:00 Ladies Pool 10:00 Skipbo 10:30 Looking for the Funny Side Class	8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:15 Chair Yoga 11:00 Train your Brain	<u>9:00</u> Bobbin Lace Diamond Art	

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
		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
06	07	08	09	10
<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 2:30 Vets Pool	12:30 Pinochle Dominos	<u>12:30</u> Euchre Afternoon Quilters
13	14	15	16	17
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle 1:00 Knit & Crochet	<u>12:30</u> Karaoke Hand Knee & Foot 1:00 FYOP	12:30 Hand & Foot 1:00 Moving on Support 2:30 Vets Pool	12:30 Pinochle Dominos 1:00 FKAC Social	<u>12:30</u> Euchre Afternoon Quilters 1:00 Movie- Major League
20	21	22	23	24
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle	<u>12:30</u> Karaoke Hand Knee & Foot Kish Quilt Group 2:00 Stressbusters	12:30 Hand & Foot 1:00 Moving on Support 2:30 Vets Pool	<u>12:30</u> Pinochle Dominos	<u>12:30</u> Euchre Afternoon Quilters 1:00 Movie- Major League
27	28	29	30	
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle 1:00 Knit & Crochet	<u>12:30</u> Karaoke Hand Knee & Foot <u>1:00</u> Nutrition Bingo FYOP 2:00 Stressbusters	12:30 Hand & Foot 1:00 Moving on Support 2:30 Vets Pool		

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, 6 de Junio

POPLAR GROVE TOWNSHIP

Village Hall
 200 Hill St Poplar Grove
 lunes, 13 de junio

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, 7 junio

APARTAMENTOS SHADLEY

martes, 14 de junio

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.

PCS PARA PERSONAS

¿Necesita tecnología asequible? Los clientes elegibles pueden comprar con PC para Personas para recibir un servicio de computadora o internet gratis o de bajo costo.

viernes, 24 de junio
1pm-3pm

Precio de la computadora con Windows: \$0
Computadoras portátiles: \$ 20

¿Quien es elegible?

Si recibe SNAP, Medicaid, SSI, vivienda pública federal, pensiones de veteranos o tiene un ingreso familiar inferior al 135 % de las pautas federales de pobreza. Puede registrarse para obtener una computadora con descuento.

Registrarse en <https://pcsrefurbished.com/vent/registration>

O mande un correo electrónico a cookcounty@pcsforpeople.org con preguntas.



MON	TUE	WED	THU	FRI
		01	02	03
CHOICE A. ONLY SENT TO MEALS ON WHEELS PARTICIPANTS		A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL PEACH COBBLER B.) LIVER & ONIONS	SLOPPY JOE WGR WHEAT BUN TATOR TOTS GREEN BEANS TROPICAL FRUIT CUP	LEMON TILAPIA WILD RICE PEAS WGR DINNER ROLL FRUIT COCKTAIL
06	07	08	09	10
B.B.Q. CHIX BREAST WGR WHEAT BREAD CHEESY POTATOES GREEN BEANS PINEAPPLE TIDBITS	ITAL. CHIX SALAD W\GREENS CARROTS, EGGS, CUKES TOMATOES, CHEESE WGR DINNER ROLL \ BUTTER FRUIT JUICE	A.) BAKED CHICKEN QTR MASHED POT/GRAVY BROCCOLI WGR DINNER ROLL PEACHES B.) R. BEEF/CR. MUSH.	MUSHROOM SWISS BURGER ON WGR BUN BUTTERED RED POT. BAKED BEANS TROPICAL FRUIT CUP	FISH PATTY MAC & CHEESE WGR BUN CALIF. BLEND VEGGIES CINN. APPLESAUCE TARTAR SAUCE
13	14	15	16	17
SALISBURY STEAK SCALLOPED POTATOES PEAS WGR DINNER ROLL MIXED FRUIT	CHICKEN CAESAR SALAD GREENS, TOMATOES CUKES, , PARM.CHEESE WGR DINNER ROLL BUTTER FRUIT JUICE	SPAGHETTI W \ MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD TROPICAL FRUIT CUP	A.) HOT TURKEY SAND. MASHED POT/GRAVY MIXED VEGETABLES WGR WHEAT BREAD CHERRY CRISP B.)HAM/CHIX NOODLE	JUMBO HOT DOG WGR BUN POTATO WEDGES BAKED BEANS PEACHES KETCHUP/MUSTARD
20	21	22	23	24
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG COUNTRY MIX VEG. WGR DINNER ROLL DICED PEARS	CHEF SALAD W\GREENS TURKEY & HAM CUKES,EGGS,TOMATO CHEESE WGR DINNER ROLL/BUTTER MANDARIN ORANGES	POLISH SAUSAGE SAUERKRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE WGR HOT DOG BUN	CHEESE OMELETT SAUSAGE PATTIES WGR BLUEBERRY MUFFIN HOT PEACHES	A.) PEPPER STEAK MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL PINEAPPLE TIDBITS B.)TURKEY /VEGETABLE
27	28	29	30	
HAMBURGER PATTY WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS	BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS WGR DINNER ROLL FRUIT COCKTAIL	BAKED PORK CHOP MASHED POT/GRAVY CALIF. BLEND VEG. WGR WHEAT BREAD APPLESAUCE	SWEET AND SOUR MEATBALLS FLUFFY RICE 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. Lunch is held at 11:30am.

HEALTH HINTS WITH HEIDI

Heidi, from the UIC College of Pharmacy, will be available on Tuesday afternoons for one-on-one sessions. This is a great opportunity to get questions answered about your medications. This month Heidi will be here every Friday beginning at 12:30pm. Call 779-552-7251 to schedule an appointment to speak with pharmacist Heidi for any of the following reasons:

- Learn more about your medications
- Ask questions about your medications
- Learn about medical conditions
- Get a full review of your medications
- Talk about how to remember to take your medications
- Discuss medication side effects
- Learn about vitamins & supplements



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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




THANK YOU

TO OUR SPONSORS

Thank you to Kunes Auto Group of Belvidere and all who made our Jack Wolf Memorial Golf Outing a huge success! More details, pictures, and recognition of all supporters will be shared next month.




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



Symphony
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815.544.0358
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THE GIFT OF FRIENDS

A big thank you goes out to our Friends members who have volunteered to take leadership roles.

Otis & Marion – serve as Co-chairs
 Louisa – served as Scribe from the beginning of the year
 Jean – will serve as Scribe for the remainder of the year
 Kate – Membership Committee
 Suzanne – Logistics Committee
 Suzanne, Louisa, Otis, Janet, Kate, Mary – Team Leaders for Socials and Events

We are all dedicated to serving the Boone County Council on Aging by enhancing activities and helping with fundraisers to benefit all of the KAC's participants. Since "many hands make light work," we wholeheartedly welcome you to join our group. You do not have to be a member to participate in the fun.

Happy Fathers' Day to all living and deceased, fathers, grandpas, uncles, and anyone else who fulfilled this role. Know that you are valued and appreciated.

What is A Dad?

A dad is someone who wants to catch you before you fall
 But instead picks you up,
 Brushes you off,
 And lets you try again.
 A dad is someone who
 Wants to keep you from making mistakes
 But instead lets you find your own way,
 Even though his heart breaks in silence
 When you get hurt.
 A dad is someone who
 Holds you when you cry,
 Scolds you when you break the rules,
 Shines with pride when you succeed,
 And has faith in you even when you fail.

(Author Unknown)

UPCOMING SOCIAL TIMES (ALWAYS @ 1 P.M.)

June 16-- Liar, Liar, Pants on Fire (lead by Mary)

Write 3 statements about yourself, 2 should be the truth and 1 should be a Lie. Everyone will try to guess the lie. Feel free to write about more than one topic. For example, jobs you've had, places you've been, fish you've caught -etc.

July 21 – Summer Lunch & Fun (lead by Kate & Suzanne)

Thursday, July 21 at 12 noon outside at the Keen Age Center
 Broasted chicken will be provided . . . \$2/person. Bring a dish to pass and your own non-alcoholic beverage. Limit 50 people. You MUST sign up in advance with Cece or Robbie. More details to come!



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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
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





COMMUNITY HEALTH AND WELLNESS EDUCATIONAL SERIES

Seven Dimensions of Wellness – What are they and why are they important

Join Maria Pearson from Heritage Woods of Belvidere, for a deeper look into the Seven Dimensions of Wellness. Evolving research shows that physical, intellectual, social, vocational, emotional, and spiritual activity- wellness- is key to aging people and keeping their health, their mental skill, and their quality of life.

THURSDAY, JUNE 23 AT 12:00 PM
AT THE BOONE COUNTY COUNCIL ON AGING- KEEN AGE CENTER
LUNCH PROVIDED, RSVP REQUIRED BY JUNE 17.
TO RESERVE YOUR SPOT, PLEASE CALL 779.552.7251.

FUTURE PRESENTATIONS:

September 22: What You Need to Know About Medicare

December 1: Gift of Hospice



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!

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

Change of Address

Name

Address



LET'S GET MOVING

Let's Get Moving is taking a short summer break! Classes will resume in August. We apologize for any inconvenience. We will try to find a substitute instructor for July classes.



KNIT & CROCHET

If you love knitting or crocheting this may be the group for you! Get together with a group of like-minded fiber friends and get started on new projects or stop in to watch. Knit & Crochet meets the 2nd and 4th Monday of every month at 1:00pm.



SKIPBO

Skipbo is the ultimate card game. It takes strategy and a skillful mindset to create sequential stacks of cards. The objective of Skipbo is that the players in the game look to discard all the cards in their stack as quickly as possible. The first player to do so wins! Join the fun every Tuesday at 10:00am.



HAND & FOOT

A fun twist to the game canasta. Come out and play this card game every Wednesday at 12:30 p.m. New players are welcome, they will teach you how to play!



REFLEXOLOGY

Reflexology is a special pressure technique therapy using the thumbs and fingers to stimulate the reflex points on the feet. This helps to restore the body's balance health. Reflexology helps with stress reduction, tension headaches, digestive disorders, arthritis, insomnia, back pain and much more! Each appointment is individual and private you must sign up head of time. The sessions are on the second Friday of the month and are 30 minutes long. Please note you must be flexible enough to get into a zero gravity chair that holds up to 250 lbs.

**BCCA SUPPORTING
MEMBERSHIP CAMPAIGN**

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

Marco Lenis

**John Wendell in memory
of Maxine Wendell**

**Maria Miyakawa in
memory of Fred
Countryman**

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

Patricia Houpt

Elizabeth Carson

**Joyce Schmidt in memory
of Floyd Schmidt**

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.**



LOOKING FOR THE FUNNY SIDE: THE VALUE OF HUMOR

When was the last time you laughed really hard – a hearty sidesplitting belly laugh? Humor can be good for you. Bringing humor into your life can provide both physical and psychological benefits. Do you look for humor in your everyday life? You don't have to be a comedian to have a sense of humor. This program will help participants look at ways humor can help them deal with stress and change in their lives. Benefits of humor will be identified.

Tuesday, June 28th 10:30am please register at 779-552-7251



CAREGIVER STRESS-BUSTING D E M E N T I A P R O G R A M



****FREE PROGRAM****

LEARN FROM NEW TOPICS EVERY WEEK AND TAKE HOME A GIFT!

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 June 21 at 2pm

Where: 2141 Henry Luckow Lane

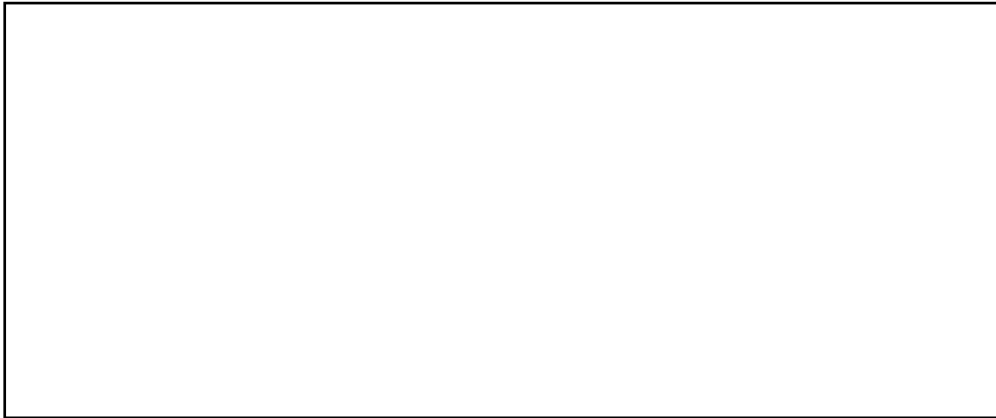


Register by calling 779-552-7251



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Belvidere IL 61008-1700
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Join Belvidere
Theatre Company
and the Keen Age
Center for a day
of fun for
Grandparents and
grandchildren!

- Events include:
- Bingo, corn hole, ring toss
 - faceprinting and crafts
 - ice cream and snow-cones
 - Live performance
 - Contests with prizes

July 1st
12-3pm

Please RSVP
by June 20th

A stylized yellow tree with a brown trunk and branches, located on the right side of the green box.