



# THE KEEN AGE CENTER

## NEWS YOU CAN USE

BOONE COUNTY COUNCIL ON AGING

AUGUST 2022

**THANK YOU!**



For visiting the Keen Age Center and putting on a wonderful performance!



### 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

### NEWSLETTER HIGHLIGHTS

- pg. 6 Note from Kelly
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- pg. 19 Gazebo Schedule-Fair
- pg. 23 Flower Bin Demo

### Keen Age Center Wishlist

- 10-12oz Cups
- Coffee
- Decaf coffee
- Powdered coffee creamer
- Paper towels
- Packages of cookies
- Handcrafted Items for Quilt Raffle

You can also buy directly from Amazon using our link on our website.

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



## 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

**Suzanne Dovey** – 9  
Years of Service – Bus  
Operator



**Dawn Stuhr** – 5 Years  
of Service –  
Administrative  
Assistant/Reception  
Supervisor



## Volunteer for MEALS ON WHEELS



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VOLUNTEERING  
CALL 779-552-7238



Millions of volunteers enable **221 MILLION MEALS**  
to be delivered to **2.4 MILLION SENIORS** each year

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



**Rachel**

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



**Mark**

Phone: 779-552-7258  
Text: 779-207-1139  
Email: mschuth@keenage.org

## 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, August 8th

### POPLAR GROVE TOWNSHIP

Village Hall  
200 Hill St  
Poplar Grove  
Monday, 15th

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, August 2nd

### SHADLEY APARTMENTS

Tuesday, August 9th

## WELCOME MARK

I&A would like to welcome Mark Schuth to the team. Some of you may recognize Mark as the bus driver that took you to one or more of your destinations. Mark wasn't a driver for long before he moved to the Information & Assistance department. With a background in Medicaid and other Social Services, Mark will be a true asset to the team. He will replace Marisol, who retired at the end of June. So, if you used to work with Marisol, you will now reach out to Mark for help. Contact information is listed in this newsletter.







## 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

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. Based on 2021 income.

**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

## 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 completed 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.**

## 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.

## ATTENTION 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.



<p><b>GROW YOUR BUSINESS BY PLACING AN AD HERE!</b></p> <p><b>CONTACT US!</b></p> <p>Contact Teresa Perkins to place an ad today! tperkins@lpicommunities.com or (800) 950-9952 x2611</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>"WE TREAT YOUR DOOR LIKE OUR OWN."</p>
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 <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> <b>LIKE FAMILY.</b></p> <p><b>SWEDISHAMERICAN</b> <b>A DIVISION OF UW HEALTH</b></p> <p> <b>Medical Center/Belvidere</b></p> <p>  </p>
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# *From the Director* ©L

Dear Friends,

How often in life our plans go awry! The unexpected happens and we have no choice but to adjust as best we can. As some of you may know I took a fall, and it is taking me some time to recuperate. I know there are many of you that can commiserate! Falls are really scary, and I can now certainly relate! Robert Burns, Scottish poet most for Auld Lang Syne, also wrote a poem called To a Mouse that aptly describes my current situation -- "The best laid schemes o' mice an' men / Gang aft a-gley." More commonly stated as the best laid plans of mice and men often go awry.

My husband and I planned to visit his family in Scotland this summer, so the irony is not lost on me! My current limitations will prevent me from going with him on this trip we already rescheduled due to Covid travel restrictions.

As I am on the mend, counting my blessings and adjusting my plans, I am doing a combination of work from home and the office. If all goes well, I hope to be able to spend more time at the Keen Age Center and return to my monthly letter in the September issue.

Looking forward to seeing you soon,  
Kelly





## TEXAS CARNIVAL

Debbie Telford (Esther Williams) and Cornie Quinell (Red Skelton) work at a carnival, where they meet wealthy Texan Dan (Keenan Wynn). Dan enters a drinking marathon with Cornie and asks him to deliver his car to his hotel, due to his own inebriation. When Debbie and Cornie deliver the car, people assume that they are Dan and his sister Marilla. The pair enjoy the trappings of a more luxurious lifestyle until Cornie realizes he has racked up a hefty debt, and Debbie falls for Dan's foreman.



**Movie date showing: August 19th**

**Time: 1:00pm**

Movie will be played in conference room.

**There will only be one showing this month for the movie. You must register as there is limited seating.** 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!  
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 or (800) 950-9952 x2611

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## MORNINGS

MON	TUE	WED	THU	FRI
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>
8:45 Yoga 10:00 Bingoize 10:15 Chair Yoga	8:30 Let's Get Moving <u>9:00</u> Ladies Pool Social Painting 10:00 Skipbo	8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:00 Bingoize 10:15 Chair Yoga 10:30 FKAC Meeting	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 9:30 Bunco 10:15 Chair Yoga
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>
8:45 Yoga 10:00 Bingoize 10:15 Chair Yoga	8:30 Lets Get Moving <u>9:00</u> Ladies Pool Social Painting <u>10:00</u> Low Vision Skipbo	8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:00 Bingoize 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 9:00 Reflexology 9:30 Bunco 10:15 Chair Yoga
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
8:45 Yoga 10:00 Braveheart's Presentation 10:00 Bingoize 10:15 Chair Yoga	8:30 Lets Get Moving <u>9:00</u> Ladies Pool Social Painting 10:00 Skipbo	8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:00 Bingoize 10:15 Chair Yoga	<del>8:30</del> Let's Get Moving <u>9:00</u> Bobbin Lace Diamond Art <u>10:30</u> Grief Support 11:00 Train your Brain	8:45 Yoga 9:30 Uno 10:15 Chair Yoga
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
8:45 Yoga 9:00 Newsletter Folding 10:00 Bingoize 10:15 Chair Yoga	8:30 Lets Get Moving <u>9:00</u> Ladies Pool Social Painting <u>10:00</u> Skipbo Rules of the Road	8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:00 Bingoize 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
<b>29</b>	<b>30</b>	<b>31</b>		
8:45 Yoga 10:00 Bingoize 10:15 Chair Yoga	8:30 Lets Get Moving <u>9:00</u> Ladies Pool Social Painting 10:00 Skipbo	8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:00 Bingoize 10:15 Chair Yoga	<b>Open Pool Monday, Thursday and Friday</b>	
				

**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>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>
12:30 Bridge Progressive Hand & Foot Pinochle	12:30 Karaoke Hand Knee & Foot 1:00 FYOP 2:00 Stressbusters	12:30 Hand & Foot 1:00 Moving on Support 2:30 Vets Coffee	12:30 Pinochle Dominos	12:30 Euchre Afternoon Quilters 1:00 Bingo and Root Beers-Sponsored by Heritage Woods and Medicare 411
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>
12:30 Bridge Progressive Hand & Foot Pinochle 1:00 Knit & Crochet	12:30 Karaoke Hand Knee & Foot 1:00 FYOP 2:00 Stressbusters	12:30 Hand & Foot 1:00 Moving on Support 2:30 Vets Pool	12:30 Pinochle Dominos	12:30 Euchre Afternoon Quilters
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
12:30 Bridge Progressive Hand & Foot Pinochle	12:30 Karaoke Hand Knee & Foot Kish Quilt Group 2:00 Stressbusters	12:30 Hand & Foot 1:00 Moving on Support 2:30 Vets Pool	12:30 Pinochle Dominos 1:00 FKAC Social: Flower Bin Presentation	12:30 Euchre Afternoon Quilters 1:00 Movie- Texas Carnival
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
12:30 Bridge Progressive Hand & Foot Pinochle 1:00 Knit & Crochet	12:30 Karaoke Hand Knee & Foot 1:00 FYOP 2:00 Stressbusters	12:30 Hand & Foot 1:00 Moving on Support 2:30 Vets Pool	12:30 Pinochle Dominos	12:30 Euchre Afternoon Quilters 1:30 Ice Cream Social/Quilt Raffle
<b>29</b>	<b>30</b>	<b>31</b>		
12:30 Bridge Progressive Hand & Foot Pinochle	12:30 Karaoke Hand Knee & Foot 1:00 Nutrition Bingo FYOP 2:00 Stressbusters	12:30 Hand & Foot 1:00 Moving on Support 2:30 Vets Pool	<b>Open Pool Monday, Thursday and Friday</b>	

**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



**Rachel**

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



**Mark**

Phone: 779-552-7258  
Text: 779-207-1139  
Email: mschuth@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, 8 de agosto

### **POPLAR GROVE TOWNSHIP**

Village Hall  
200 Hill St Poplar Grove  
lunes, 15 de agosto

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, 2 de agosto

### **APARTAMENTOS SHADLEY**

martes, 9 de agosto

## 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.



## BIENVENIDO MARK

I&A quisiera dar la bienvenida a Mark Schuth al equipo. Algunos de ustedes pueden reconocer a Mark como el conductor del autobús que los llevó a uno o más de sus destinos. Mark no fue conductor por mucho tiempo antes de pasar al departamento de Información y Asistencia. Con experiencia en Medicaid y otros Servicios Sociales, Mark será un verdadero activo para el equipo. Reemplazará a Marisol, quien se retiró a fines de junio. Entonces, si trabajo con Marisol, ahora se pondrá en contacto con Mark para que le ayude. La información de contacto se encuentra en este boletín. También tenemos asistencia en español.







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.

# AUGUST LUNCH MENU

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Please check for the August lunch menu at [www.keenage.org](http://www.keenage.org). Or stop by and pick up a copy of the menu with our programs department. We apologize for the inconvenience.



# Root Beer Floats & Bingo

## AUGUST 5TH JOIN US FOR A SPECIAL BINGO

12:30PM  
A SUMMERTIME  
FAVORITE  
BROUGHT TO  
YOU BY  
YVONNE OF MEDICARE 411  
AND YOUR USUAL HOST MARIA  
FROM HERITAGE WOODS



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# BCCA Annual Quilt & Craft Raffle

FRIDAY, AUGUST 26TH

TIME: 1:30PM

COST: FREE (DONATIONS WELCOMED)

SPOTS ARE LIMITED

MUST RSVP BY AUGUST 5TH

**\*\*REGISTRATION REQUIRED\*\***

779-552-7251 OR 779-5527238



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**PRICE FOR RAFFLE TICKETS:**

**6 TICKETS FOR \$5**

**OR 1 TICKET FOR \$1**

**RAFFLE TICKETS AVAILABLE  
WITH RECEPTION AT THE KEEN  
AGE CENTER**



*We are still accepting donations for the quilt raffle until August 15th.*



## SNAP Hotline Number

**844-600-7627**

For those of you experiencing issues with your LINK Card, the SNAP hotline has people directly affiliated with the Department of Human Services, who can help you with your SNAP needs. You can also apply for SNAP through this line. If they do not answer, please leave a message. Calls are generally returned within 24 hours.



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815-547-7642



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



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815.547.6377  
[www.maplecrestcare.com](http://www.maplecrestcare.com)

**Symphony**  
NORTHWOODS

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



## It's Fair Time! See You There!

We encourage you to join us in celebrating **First Responders' Day** at the fair. Come any time during the fair and add your name to the list of folks that are grateful for 911 services to all of Boone County. Donate \$1 per name for an announcement that will appear in the Boone County Shopper afterwards. It's our way of saying thank you to our first responders for keeping us safe, healthy, and alive! See page 19 for the full BCCA gazebo schedule.



**Painting with Susan** - September 15th @ noon Try your hand at painting a seasonal work of art in a fun group setting, right here at the KAC. Less than 10 participants will cost \$25, but if we have more than 10, it only costs \$20! All supplies are furnished by our instructor, Susan Hickman of Fine Arts. Class size is limited to the first 20 who sign up with Cece or Robbie. Pay the instructor on painting day.



**Stuff the Bus**- You still have time until **August 15th** to drop off new school supplies at the KeenAge Center for area schools. Help to put a smile on a student's face!

### SAVE THE DATE

**August 3rd @ 10:30** - Our next planning meeting Share your ideas with us!

**August 7th @ 1 p.m.** - Rivets Baseball game in Loves Park. See you there!

**August 9th - 14th** - Boone County Fair! Come visit us @ the gazebo!



# 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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## 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.**

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## 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)



# BCCA Gazebo Daily Events

## Boone County Fair 2022

Daily, free blood pressure screenings, stroke risk factor screening & stroke symptom education provided by the University of Illinois College of Pharmacy.

**Tuesday, Aug 10**

### First Responders Day



Meet representatives from each of the fire, police and EMS service groups that serve Boone County at our Gazebo! This is a great opportunity for you to ask questions or share your experience needing their services.

**9-10am Sheriff Dave Ernest Boone County**

**10-11am OSF Lifeline Ambulance**

**11-12pm Chief Shane Schadle, Belvidere Fire Dept.**

**12-1pm Officer Tim Blankenship, Belvidere Police Department**

**1-2pm Chief Gregory Holmes, Boone County Fire District 1**

**2-3pm Chief Brian Kunce, Boone County Fire District 2**

**3-4pm Chief Dan Zaccard, Boone County Fire District 3**

**Wednesday, Aug 11**

### Kids Day

- Punch a Cup
- Lollipop tree
- Coloring Station



**Thursday, Aug 12**

### Senior Day

- Punch a Cup
- Reflexology
- Boone County Supervisor of Assessments Office- (Information on Tax Freeze Exemptions )
- Meet Friends of KAC and learn more about them!



**Friday, Aug 13**

### Belvidere Theatre Company

- Stop by and watch the Belvidere Theatre Company perform! TBD



**Saturday, Aug 14**

**12:00-2:00 Karaoke, come sing along.**



**Sunday, Aug 15**

### Celebrating our History Day

Learn more about the history of the Center.



## 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

Change of Address

Name

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Address

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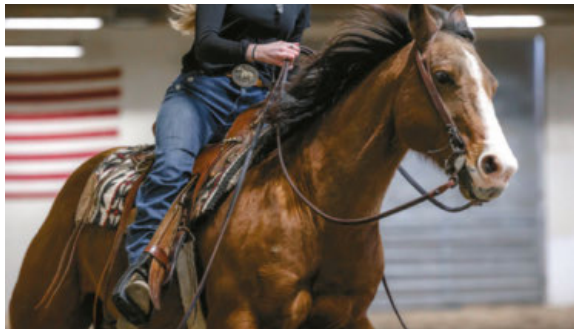
## SOCIAL PAINTING

Do you enjoy painting? This free group is for everyone who loves to create and paint. Group members are responsible for bringing their own painting materials. Enjoy socializing and sharing your paintings with the group. If you'd like to share your artwork with the center we will display them in the lobby for all to enjoy. The group will take place every Tuesday from 9:00-11:45am.



## LET'S GET MOVING

Join our Let's Get Moving class in person with Athletico trainers. as they walk through fun exercises to keep you active! These are intended for those who may not feel comfortable doing standing exercises and can help improve your seated mobility, stability of the arms, legs, and core as well as aerobic endurance. Suggested donation for this class is \$1. Classes are every Tuesday and Thursday at 8:30am. Please register for this class.



## BRAVEHEARTS THERAPEUTIC RIDING CENTER

Kermalene Ellsworth, Equine Assisted Services Manager for BraveHearts Therapeutic Riding Centre will discuss the recreational and therapeutic services they provide to the civilians and military community members August 15th from 10-10:30am.

## RULES OF THE ROAD

If your license is up for renewal and you would like a refresher course, we invite you to attend the next class which is offered by the Secretary of State's office August 23rd from 10am-12pm. This is a FREE class but you MUST register. Call 779-552-7251 to register.



## BINGOCIZE

Bingocize® offers a unique solution that mixes exercise, health education, and bingo to help overcome health problems in participants across the entire spectrum of care. It's beneficial for all ranges of physical and mental ability. Evidence shows social, cognitive, and physical improvements when Bingocize® is used regularly. This 10-week program meets twice a week for an hour each time. It is a fun way to play a popular game while winning prizes and staying active! Bingocize will begin starting Monday August 1st and Wednesday August 3rd at 10am.

**LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?**

**BINGOCIZE**

**LIFESCAPE**

**BCCA SUPPORTING  
MEMBERSHIP CAMPAIGN**

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

**Edward Shabez in  
memory of Helen Shabez**

**Jenny Keepers**

**Joe Cartwright**

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

**Patricia Houpt in memory  
of Shirley Purvis Cline**

**Araceli Collazo in memory  
of Elmae West**

**Sharon Gahlbeck in  
memory of Fern Draheim**

**Keen Age Center Bridge  
Group**

**Poplar Grove Township**

**Randy Starnes**

## 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.



Hi, I'm Denise Carlson. I am born and raised in Machesney Park and a graduate of Harlem High School. At sixteen I got a job at King's Flowers. I received hands on training by one of the most talented and creative designers around. From there I worked at B. Sanfield, Barr's Flowers and The Flower Bin.

After working for The Flower Bin for twelve years I had the opportunity to purchase the shop. I have owned The Flower Bin, for 19 years now. Forty-three years later I am still enjoying my career choice and proud of my business. We never know what our day will bring at the shop; along with all the "happy" occasions to send flowers we also deal with a lot of grief. I always take pride in giving your loved ones their final tribute.

Being creative in my designs is the best part of my job. I have been blessed with a great staff and customers that have become friends and family. I could not be more thankful for my own family's continued support for my customers choosing to shop local.



### **Flower Arranging Demonstration- August 18th @ 1 pm**

**Welcome Denise from the Flower Bin who will be here to show us the how-to of creating beautiful flower arrangements. There is no charge for this class!**

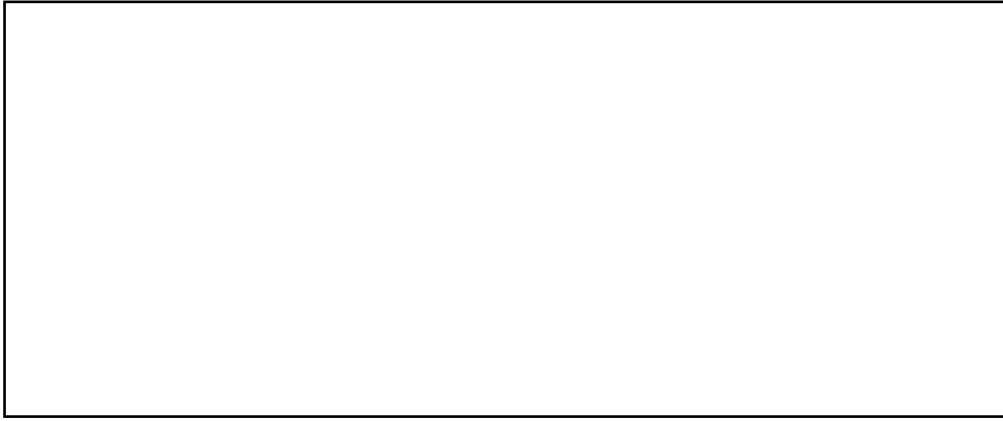
**Sign up with Cece at 779-552-7251 or Robbie at 779-552-7238.**





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AVAILABLE FOR THE FAIR.  
PLEASE CALL A DAY IN  
ADVANCE AT  
**815-975-9059**

*See you at the Boone  
County Fair!*

See page 19 for the BCCA  
Gazebo schedule

