



THE KEEN AGE CENTER

NEWS YOU CAN USE


BOONE COUNTY COUNCIL ON AGING


SEPTEMBER 2022




HAPPY SENIOR CENTER MONTH!


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



We're Closed Labor Day

©LPI

Monday September 5th

Happy LABOR DAY



NEWSLETTER HIGHLIGHTS

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PHOTOGRAPHY POLICY



It is the policy of the Executive Board of the Boone County Council on Aging that staff can take pictures of participants who attend BCCA sponsored events. These pictures will be used for a variety of marketing materials such as newsletters, posters, other printed marketing materials, as well as online images, including social media. Images may be posted on any social media site including: Facebook, Instagram, Linked-In, Twitter, Snapchat, Pinterest or any other social media outlet. If a participant does not want his/her picture taken, they should notify the photographer before the photo is taken. Individuals under the age of 18 years old must have their parent's or legal guardian's written permission before their photograph can be used in all marketing material produced by the BCCA

BCCA STAFF RECOGNITION



Kelly Hillan – 3 years of service – Executive Director



Linda Sharp – 24 years of service – Home Care



Maradith Hada – 15 years of service – Home Care



Anita Ralston – 4 years of service – Home Care



Joe Vendemia – 6 years of service – Bus Operator

Keen Age Center Wishlist

- 10-12oz Cups
- Coffee
- Decaf coffee
- Powdered coffee creamer
- Paper towels
- Packages of cookies
- Paper plates

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

www.keenage.org

Donate Supplies
from our
 **wishlist**

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



Cecilia
 Phone: 779-552-7240
 Text: 779-256-1477
 Email: chernandez@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, September 12th

POPLAR GROVE TOWNSHIP

Village Hall
 200 Hill St
 Poplar Grove
 Monday, September 19th

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

SHEFFIELD MEADOWS

Tuesday, September 6th

SHADLEY APARTMENTS

Tuesday, September 13th

BOONE COUNTY RESIDENTS APPLY FOR LIHEAP

During these difficult times, we would like to reach out to all our Boone County Residents. We are now accepting LIHEAP applications for all residents of Boone County who qualify.

Monthly Income Guidelines as follows:

- 1 person: \$2,147**
- 2 people: \$2,903**
- 3 people: \$3,660**



You will need the following documents, no exceptions.

COPIES ONLY

- Social Security cards
- Photo I.D.
- Current monthly income
- Most recent utility bills, 2 sided
- Written, signed statement giving the Boone County Council on Aging permission to file your application.

Call your I&A specialist or leave a message with our receptionist. Someone will call you back as soon as possible.



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.

FAREWELL

Hello Friends,

Information & Assistance has some exciting news to share! We would like to welcome Cece Hernandez to the I&A team. You might recognize Cece from the Keen Age Center activities area. Cece has already been a huge asset to I&A as she has assisted with our Hispanic population. Her familiarity with the programs will make it an easy transition for her to take my place, as of August 10th.

I would like to say a warm farewell to all of you that I have worked with these past 10 years. I have had the joy of working with so many wonderful people, Senior and younger. You and the staff here at the Keen Age Center are what makes it hard to leave this job that I love. You will be missed. Please take care of yourselves and each other. Many blessings to all of you!

WE'RE ROOTING FOR YOU!



Farewell,
Susan Bileto

<p>GROW YOUR BUSINESS BY PLACING AN AD HERE!</p> <p>CONTACT US!</p> <p>Contact Teresa Perkins to place an ad today! tperkins@lpicommunities.com or (800) 950-9952 x2611</p>		<p>DOORMASTER Garage Door Co., LLC.</p> <p>RESIDENTIAL & COMMERCIAL FIRE DOORS • HOLLOW METAL DOORS DOCK EQUIPMENT • RESIDENTIAL DOORS</p> <p>Serving the IL Area for over 30 Years</p> <p>Steve Getzin, Owner (847) 683-0333</p> <p>"WE TREAT YOUR DOOR LIKE OUR OWN."</p>
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<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>For more information, please call (815) 547-5441.</p>	<p><i>Close.</i> LIKE FAMILY.</p> <p>SWEDISHAMERICAN A DIVISION OF UW HEALTH</p> <p> Medical Center/Belvidere</p> <p>  </p>
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From the Director

Dear Friends,

My recent fall and ongoing recovery have me obviously thinking about how to prevent this in the future! We can't avert all accidents but there are steps, literally, that we can take to stay active and safe.

In the 2019 article, "Striking a Balance to Avoid Dangerous Falls" at <https://www.aarp.org/politics-society/advocacy/info-2019/tips-preventing-falls.html> the author, Catherine Alicia Georges, states that, "Falls are the leading cause of both fatal and nonfatal injuries to older Americans. Every 11 seconds, an older adult goes to an emergency department to treat an injury from a fall, according to the National Council on Aging. The Centers for Disease Control and Prevention found that death rates from falls among adults 65 and older increased more than 30 percent between 2007 and 2016."

Georges, in her article, goes on to provide the following tips:

Activities to help maintain balance and stay active:

- Work on strength and resistance training. Consider lifting weights and doing Pilates and exercises such as push-ups, which build muscle.
 - Walk and use stairs if you can. Join or start a walking club if it will help motivate you.
 - Improve your balance. Yoga can help older people. So can martial arts training such as tai chi.
- Reach out to your Primary Care Provider:
- Have your vision and hearing checked regularly. Clouded vision or impaired hearing can greatly boost your chances of falling.
 - Talk with your doctor. Or ask your pharmacist about medication side effects that could increase fall risk.

Immediate changes to make:

- Wear the right shoes. Find a pair that won't make you slip.
- Remove tripping hazards. Check your home for what can cause a fall. Use slip resistant mats instead of throw rugs and keep electrical cords out to the way. Check out AARP's website www.aarp.org for more information on preventing falls.

The Keen Age Center has several options to help you stay active and maintain your balance:

Yoga – 8:30 a.m. and Chair Yoga 10:15 a.m. Monday, Wednesday and Friday

Bingocize 10 a.m. Mondays and Wednesdays

Lifescape is offering a new, unique program at the Keen Age Center called Bingocize® that mixes exercise, health education, and bingo to help overcome health problems. Bingocize® is beneficial for all ranges of abilities. It's a fun way to win prizes and stay active.



Bingo + Exercise = Bingocize®

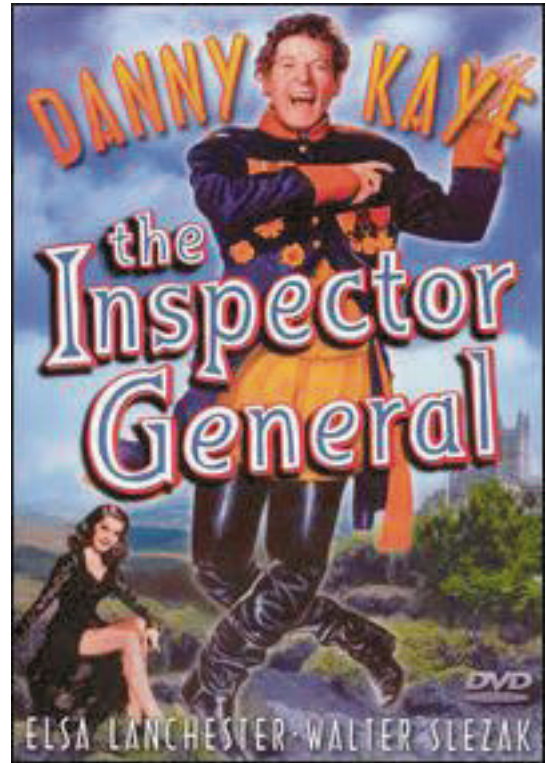
Contact Robbie Freedman at (815) 544-9893 for more information on any of our activities.

Stay active and safe!
Kelly



INSPECTOR GENERAL

In this farcical Technicolor musical, snake oil salesman Georgi (Danny Kaye) is too honest for his own good. After his partner (Walter Slezak) fires him, the simple-minded Georgi wanders into a corrupt town where he is mistaken for a diplomat. As Georgi unknowingly enjoys his false identity, the townspeople make several botched attempts to assassinate him, believing he is a powerful politician. Matters get even more tangled, and amusing, when the real inspector general shows up.



Movie date showing: September 23rd and September 30th

Time: 1:00pm

Movies will be played in conference room.

You must register as there is limited seating.

Please call 779-552-7238 to register.

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8 CALENDAR OF ACTIVITIES SEPTEMBER

MORNINGS

MON	TUE	WED	THU	FRI
	Open Pool Monday, Thursday and Friday		01 9:00 Bobbin Lace Diamond Art FKAC Planning Meeting 10:30 Grief Support 11:00 Train your Brain	02 8:45 Yoga 9:30 Bunco 10:15 Chair Yoga
05	06	07	08	09
<u>CLOSED</u>	9:00 Ladies Pool Social Painting 10:00 Skipbo	8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:00 Bingocize 10:15 Chair Yoga	9:00 Bobbin Lace Diamond Art 11:00 Train your Brain	8:45 Yoga 9:00 Reflexology 9:30 Bunco 10:15 Chair Yoga
12	13	14	15	16
8:45 Yoga 10:00 Bingocize 10:15 Chair Yoga	9:00 Ladies Pool Social Painting 10:00 Low Vision Skipbo	8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:00 Office B Bingocize 10:15 Chair Yoga	9:00 Bobbin Lace Diamond Art 10:30 Grief Support 11:00 Train your Brain	8:45 Yoga 9:30 Uno 10:15 Chair Yoga
19	20	21	22	23
8:45 Yoga 9:00 Newsletter Folding 10:00 Bingocize 10:15 Chair Yoga	9:00 Ladies Pool Social Painting 10:00 Skipbo	8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:00 Bingocize 10:15 Chair Yoga	9:00 Bobbin Lace Diamond Art 11:00 Train your Brain	8:45 Yoga 9:30 Uno 10:15 Chair Yoga
26	27	28	29	30
8:45 Yoga 10:00 Bingocize 10:15 Chair Yoga	9:00 Ladies Pool Social Painting 10:00 Skipbo	8:30 Woodcarvers 8:45 Yoga 9:00 Men's Pool 10:00 Bingocize 10:15 Chair Yoga	9:00 Bobbin Lace Diamond Art 11:00 Train your Brain	8:45 Yoga 9:30 Uno 10:15 Chair Yoga

SIGN UP BY CALLING 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
02		03	01	02
Open Pool Monday, Thursday and Friday			<u>12:30</u> Pinochle Dominos	<u>12:30</u> Euchre Afternoon Quilters 1:00 Bingo- Sponsored by 2sisters Health
05	06	07	08	09
<u>Closed</u>	<u>12:30</u> Karaoke Hand Knee & Foot 1:00 FYOP	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
12	16	14	15	19
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle	<u>12:30</u> Karaoke Hand Knee & Foot	12:30 Hand & Foot 1:00 Moving on Support 2:30 Vets Pool	12:00 FKAC Social Paint with Susan <u>12:30</u> Pinochle Dominos	<u>12:30</u> Euchre Afternoon Quilters
22	23	24	25	26
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle 1:00 Knit & Crochet	<u>12:30</u> Karaoke Hand Knee & Foot Kish Quilt Group	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- Inspector General
29	31		29	30
<u>12:30</u> Bridge Progressive Hand & Foot Pinochle	<u>12:30</u> Karaoke Hand Knee & Foot <u>1:00</u> Nutrition Bingo- Humana FYOP	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- Inspector General

SIGN UP BY CALLING 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.



Cecilia

Telefono: 779-552-7240

Texto: 779-256-1477

Email: chernandez@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.

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.

BONUS TOWNSHIP

9015 Marengo Rd. Garden Prairie
lunes, 12 de septiembre

SHEFFIELD MEADOWS

martes, 6 de septiembre

APARTAMENTOS SHADLEY

martes, 13 de septiembre

POPLAR GROVE TOWNSHIP

Village Hall
200 Hill St Poplar Grove
lunes, 19 de septiembre



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.

BIENVENIDA CECILIA

Hola amigos,

¡Información y asistencia tiene noticias emocionantes para compartir! Nos gustaría dar la bienvenida a Ceci Hernandez al equipo de I&A. Es posible que reconozca a Ceci del área de actividades del Keen Age Center. Ceci ya ha sido un gran activo para I&A ya que ha ayudado a nuestra población hispana. Su familiaridad con los programas le facilitará la transición para ocupar mi lugar a partir del 10 de agosto.

Me gustaría despedirme calurosamente de todos ustedes con los que he trabajado estos últimos 10 años. He tenido el placer de trabajar con tanta gente maravillosa, mayores y más jóvenes. Usted y el personal de Keen Age Center son los que hacen que sea difícil dejar este trabajo que amo. Se te extrañará. Por favor, cuidense a ustedes mismos y a los demás. ¡Muchas bendiciones para todos ustedes!

Despedida,
Susan Bileto





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.

SEPTEMBER LUNCH MENU

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

**RESIDENTES DEL CONDADO DE BOONE
APLICAR PARA LIHEAP**

Durante estos tiempos difíciles, nos gustaría comunicarnos con todos nuestros residentes del condado de Boone. Ahora estamos aceptando solicitudes de LIHEAP para todos los residentes del condado de Boone que califiquen.

Pautas de ingresos mensuales de la siguiente manera:

- 1 persona: \$2,147
- 2 personas: \$2,903
- 3 personas: \$3,660

Necesitará los siguientes documentos, sin excepciones

COPIAS SOLAMENTE

- Tarjetas de la Seguridad Social
- Identificación fotográfica.
- Ingresos mensuales actuales
- Biles de servicios publico más recientes,
- Declaración escrita y firmada en la que se dando permiso al Consejo de Envejecimiento del Condado de Boone para presentar su solicitud.



Llame a su especialista en I&A o deje un mensaje con nuestra recepcionista. Alguien le devolverá la llamada lo antes posible.

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Thank You

Thank you for all the beautiful donations of handcrafted items for this years quilt raffle. A special thank you to our Afternoon Quilting group at the Keen Age Center for donating the grand prize quilt! We are grateful to have a group of talented people at our center who share their special talents for all to share and admire!

**** If we missed your name down below we apologize is advance**
(please call with your name and item you donated)**

- Joan Fidler – KAC’s Knit & Crochet Group
- KAC’s Friday Afternoon Quilters
- Barbara Hammond
- Elaine Terrell – KAC’s Woodcarvers
- Karen Bernotas
- Kathy Smith
- Marge Crossman
- Nancy Gustafson
- Sue Buthe
- Betty Jean Spatz – Kish. Quilters
- Joan Buchanan
- Sandra Zahurones
- Marge Monahan
- Cecila Lang
- Barbara Dycus
- Debbie Fieleke
- Barbara Boncler & Jackie Biskcup
- Paula Arroyo



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Happy Labor Day

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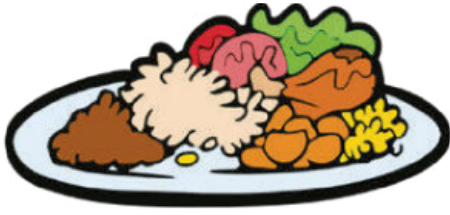
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- Respite care

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www.northwoodscare.com

With a little help from our friends . . .



The July Summer Potluck Lunch was enjoyed by all! We were so engaged in seeing everyone and serving the food that we forgot to take photos. Thank you all for participating and bringing a dish to pass. Thank you to JoAnn and Debbie from Lifescape for their help with set up and serving. Thank you to Pacemaker for preparing tasty broasted chicken. Thank you to Kate and Suzanne for planning the event and their helpers Linda, Janet, and Otis for serving and cleaning up.

At your suggestion, we want to have another potluck in the near future, so stay tuned for details. (Hint- maybe November)



Starting in September, the planning meetings for Friends of the Keen Age Center will change to the **first Thursday of every month** and will have an **earlier start time which is 9am**. This change was necessary to mesh better with other programming.



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 Robbie. Pay the instructor on painting day.

Another event in the works that is being planned for October is centered on the beautiful Mexican custom of honoring deceased family and friends. A date has not been set yet because this article is being written in early August and we've just begun our planning.

JOINS US AT OUR NEXT PLANNING MEETING !

Our next planning meeting is on Thursday, September 1st @ 9 a.m. You are most welcome to attend and join Friends of the KAC!

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Medical Escort Van

We also have a medical escort van to help with medical rides to Winnebago county. We require at least one week's advance notice. We are limited on availability, so call early. The escort drives you to your appointment, stays with you, and when you are ready, returns you to your home. The medical car is billed by mileage, which is 50 cents per mile.

Fares

Riders ages 12-59 \$2.00 per trip
Children (under 12 years) \$1.00 per trip
Adults 60 years and over donations gratefully accepted.

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(815) 971-3030
Monday-Friday, 8 am-5 pm
Saturday, 8 am-12 pm

mercyhealthsystem.org





*Thank you to all who helped and visited at
the Boone County Fair, BCCA Gazebo.
Until next year!*



KODAK PORTA 400

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!

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

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Renewal

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MOVING ON SUPPORT GROUP

A self led support group for seniors suffering the loss of a spouse/partner. Group members meet every Wednesday at 1:00pm. New members are always welcomed!



OFFICER BLAKENSHIP

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 computer lab mentor Paul. He will teach you basic computer skills and more! You must call first to inquire about individual appointments. Get started today and sign up! Call 779-552-7238 to register.



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!



YOGA

Yoga and Chair Yoga: Classes range from extra gentle chair classes with no floor work to advanced levels and are open to all ages for both beginning students and those with experience in yoga. Each student is encouraged to work at their own pace. Each class utilizes basic postures to build strength, increase flexibility and stamina while improving balance and concentration. The class explores the relationship of mind, breath, and body. There is a \$7.00 charge for Chair Yoga and \$10.00 charge for Regular Yoga. For more information, call 779-552-7238. Classes are every Monday, Wednesday and Friday. Regular Yoga begins at 8:45am and Chair Yoga begins at 10:15am.

**BCCA SUPPORTING
MEMBERSHIP CAMPAIGN &
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\$5.00-\$99.00**

**Sue Holtfreter
Linda Lammersfield**

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

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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.

THANK YOU
for your generosity

HEALTH & WELLNESS

THE ART OF MEAL PLANNING

Meal or menu planning can be a hot ticket to easy homecooked meals, stress free grocery shopping, and peaceful evenings — but who has the time? The secret to peace of mind and menu success is finding what works for you. A quick poll of families around you will reveal that you probably know someone who plans meals a month at a time, someone who has never planned a menu, and someone who works on a week-by-week plan. You too can be a meal planning guru, and there's no right way to do it. Follow these tips for easy-peasy menu making.

MAKE TIME COUNT

One of the easiest ways to start a meal planning project is to make some time assessments. Look at your week to see where you have nights with extra time to cook something new or more elaborate, which nights you'll just have to get take-out, which nights might benefit from a crock-pot style meal, when the weather is perfect for the grill, and when something quick like pasta is key.

SPREADSHEETS FOR THE WIN

Consider your core recipes and start by plugging those into a table (Pro-tip: Include the recipe book and the page number so that your spouse or an older child could start the meal for you!). Add the main entrée protein to the table for each recipe. Maybe add a column for a note about how much time you need to prepare each meal. Add in any “odd” ingredients that you might not

normally have in your pantry — this way if you decide on that recipe, you'll be able to make sure those are on your shopping list. You could also add a note about any side dishes that would go well to help round out the meal.

THE PANTRY TRICK

Stock your pantry with non-perishable staples that will work in several recipes, so you always have them on hand. For example, boxes of chicken broth for pan sauces or soups, cans of crushed tomatoes for making quick red sauces, pasta and rice for easy sides or entrées. Keep your refrigerator full of basics like celery, carrots, onions, and potatoes, milk, eggs, butter, and leafy greens. Choose to freeze some of your proteins so you can grab those out the day you need them. Keep a list of your frozen items, and anything that may need using up, and build your menus from there.

SHOP LIKE A PRO

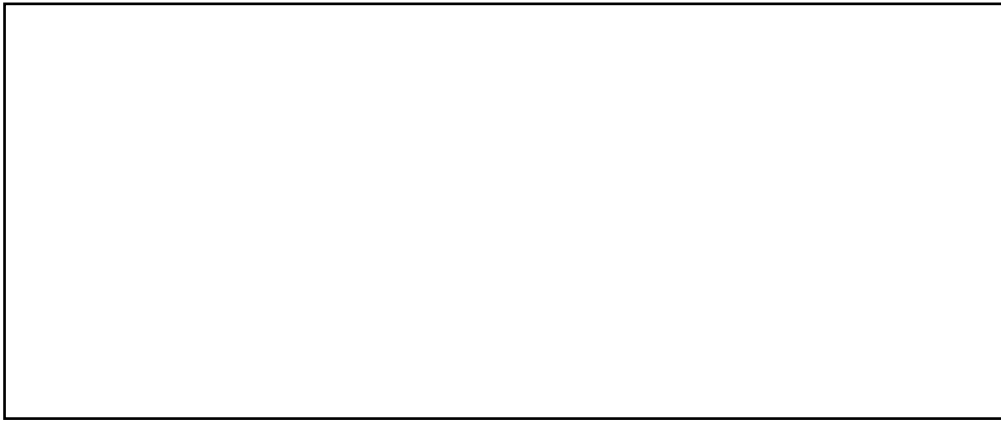
Just a little bit of prep can make grocery shopping for meal planning a snap. Don't forget to take advantage of things like ordering online for store pick-up to get your pantry stocked. Spend your grocery time on choosing fresh produce, bakery, and meats, and let someone else pick out the cans of tomatoes, bags of chocolate chips, and frozen items. Looking to save a few extra dollars? Take a few minutes to read your local store ads to see what's on sale — you might choose to put chicken, ground beef or pork on the weekly menu based on the current offerings.





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