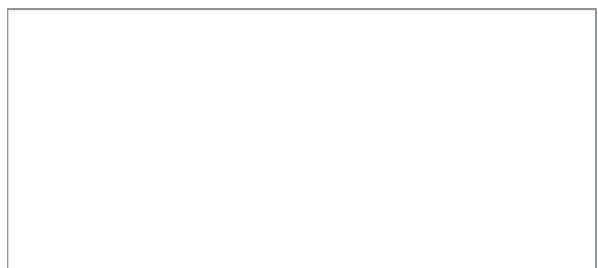




Boone County Council on Aging

2141 Henry Luckow Lane, Belvidere, IL 61008-1700



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www.keenage.org

Living Today
for a Better Tomorrow

AUGUST 2013 EDITION GOOD NEWS for Keen Ager

United Way A United Way Agency

Transportation Appreciation Month

Our Bus Operators and Dispatchers service all Boone County Residents.

Last year they serviced 978 unduplicated riders who took 27,256 trips. Our drivers drove 138,563 miles and assisted clients with groceries, medical appointments, hair appointments and a variety of other trips around the county as well as to doctor appointments in Rockford.

Please let them know how much we appreciate them for all they do.

Your 2013 Bus Operators



Leonard
14 Years Of Service



John
14 Years Of Service



Art
13 Years Of Service



Bob
6 Years Of Service



Randy
3 Years Of Service



Jerry
3 Years Of Service



Mike
3 Years Of Service



Steve
2 Years Of Service



Julie
1 Year Of Service



Ron
New Driver



Deidra
6 Years Of Service



Carol
6 Years Of Service



Mary
17 Years Of Service



Transportation Supervisor
Melaney
13 Years Of Service

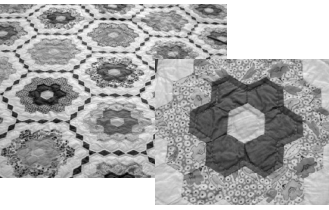


BOONE COUNTY COUNCIL ON AGING Keen Age Center ANNUAL QUILT RAFFLE

Drawing Friday, August 30th, 2:30 p.m. at the Keen Age Center
Following Ice Cream Social at 1:30 p.m. Courtesy of East Bank Center

Donation:
\$1 Per Ticket
or 6 for \$5

- 1st Prize: Queen Size "Grandmother's Flower Garden"
 - 2nd Prize: Full Size "Pretty in Pink"
 - 3rd Prize: Crib Size Quilt "Noah's Ark"
 - 4th Prize: Quilted Wall Hanging "Sun Bonnet Sue"
 - 5th Prize: Full Size Crocheted Afghan "Christmas"
 - 6th Prize: Black Commode Table
 - 7th Prize: Crocheted Blue Lap Blanket
 - 8th Prize: Two Crewel Accent Pillows
 - 9th Prize: Brown & Tan Patchwork Purse
 - 10th Prize: 41" x 61" Green & Tan Shell Stitch Afghan
- And Many More Handmade Prizes!



Tickets Printed Courtesy of:
Heritage Woods of Belvidere

SEE YOU AT THE BOONE COUNTY FAIR! AUGUST 6TH-11TH



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Our Booth At
The Boone County
Fair And Enjoy All
The Other Activities
& Food That The
Fair Has To Offer.



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2 Bedroom Apartments From \$625 to \$675

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**BOONE COUNTY COUNCIL ON AGING
THE KEEN AGE CENTER
SERVICES & PROGRAMS CALL: 815-544-9893**

Boone County Council on Aging is dedicated to all older adults and their caregivers by reaching out with programs to help enrich and improve their quality of life.

- ▶ PUBLIC TRANSPORTATION
- ▶ OUTREACH/INFORMATION & ASSISTANCE
- ▶ COMMUNITY CARE PROGRAM
- ▶ NUTRITION SITE & HOME DELIVERED MEALS
- ▶ LENDING CLOSET
- ▶ WELLNESS AND HEALTH SERVICES
- ▶ SUPPORT GROUPS
- ▶ CAREGIVING
- ▶ KEEN AGE CENTER
- ▶ COMPUTER LAB
- ▶ VOLUNTEER OPPORTUNITIES
- ▶ KEEN AGE AUXILIARY



For information regarding these and other services and programs offered by Boone County Council on Aging, please call **815-544-9893**.

Joe Fortmann- Executive Director

SNOOPY DOG

Did you see the Snoopy Dog donated for the Annual Quilt Raffle? Now you can make your own! Come for the Snoopy Class on Sept. 11th at 1 PM taught by Jean Boland at the Keen Age Center. Sign up for this, 815-544-9893




“COFFEE CHATS” IN AUGUST AT THE KEEN AGE CENTER

The next Energy Conservation Workshop/Coffee Chat at the Keen Age Center will be on Thursday, August 9 at 2 p.m. The topic on August 9th will be “LIHEAP/PIPP Assistance - What works best for you?”

Another Coffee Chat will be held on Monday, August 26 at 9:30. An AARP speaker will be here to present “Aging in Place”.

This is a time you can gather with others to learn more about what’s going on in our community. You won’t want to miss it. Snacks will be served. Sign-up is strongly advised for both of these presentations. It’s easy - just call 815-544-9893.



BCCA STAFF RECOGNIZED

Boone County Council on Aging recognizes staff members for their years of service and excellence as part of our service team.



**Joanne R.
Outreach
6 Years**



**Rosary A.
Home Care
5 Years**



**Nancy G.
Home Care
5 Years**

THINGS WE ARE LOOKING FOR

BOONE COUNTY COUNCIL ON AGING WISH LIST

If you would like to donate any of the following items, please contact Joe Fortmann, Executive Director, at 815-544-9893. New computers, Flat Screen monitors for Offices and Computer Lab (please contact Director for specifications), napkins, paper towels, copier paper, regular coffee for the Keen Age Center events, vacuum cleaners for Home Care Department, video surveillance, irrigation system, generator, more Wii games and fitness choices. Thank you!

PHOTOGRAPH POLICY

It is the policy of the Executive Board of the Boone County Council on Aging that the staff can take pictures of participants that attend BCCA sponsored events. These pictures will be used for a variety of marketing materials such as newsletters, newspapers, bulletin boards, posters and other printed marketing materials. If a participant does not want his/her picture taken they should notify the photographer before the photo is taken. Participants that do not notify the photographer give the Boone County Council on Aging permission to use their photograph in all marketing material produced by the BCCA. Individuals under the age of 18 years old must have their parents or legal guardians written permission before their photograph can be used in all marketing material produced by the BCCA.

The advertisers in this publication are helping defray the costs of printing this publication. The Boone County Council on Aging expresses its appreciation for their financial support.

NON-DISCRIMINATION PUBLICATION STATEMENT

Boone County Council on Aging does not discriminate in admission to programs or activities or in treatment of employment in 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 at 2141 Henry Luckow Lane, Belvidere, IL. 61008, 1-815-544-9893.

FUNDING STATEMENT

Services of the Boone County Council on Aging are made available, in part, with funds provided under Title III-B and Title III-E of the Older Americans Act, GAP Filling Funds, and the Illinois General Revenue Funds through Northwestern Illinois Area Agency on Aging. Funding for transportation is received through a Section 5311 grant with Boone County from the Illinois Department of Transportation and Downstate Operating Assistance Program funds through Rockford Mass Transit District. Funds for transportation are also provided by the State of Illinois Donated Funds Initiative from Title XX of the Social Security Act administered by the Illinois Department of Human Services and the Illinois Department on Aging. Reimbursement is received from the Illinois Department on Aging for services provided under the Community Care Program. Funding is additionally provided by Boone County, the City of Belvidere, Belvidere Township, Poplar Grove Township, Bonus Township, Flora Township, Boone Township, Spring Township, Caledonia Township Manchester Township and the United Way of Boone County. A significant portion of the BCCA budget is derived from contributions from individuals, groups, clients and users and fundraising projects.

NEWSLETTER SUBSCRIPTION FORM

If you would like to continue receiving this newsletter, please complete this subscription notice and mail it with your annual \$5 donation to assist in mailing costs to: Boone County Council On Aging, 2141 Henry Luckow Ln., Belvidere, IL 61008

New **Renewal** **Change Of Address**

Name: _____

Address: _____

Thank you for your subscription!

NEWSLETTER SUBSCRIPTION INFORMATION

For all that have paid their subscription to the newsletter, we say thank you. Your support helps to subsidize the rising costs of printing and mailing this 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 was received. Again, thank you for your continued support of the BCCA and the Keen Age Center.

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- Vestibular and dizziness disorders • Women’s health (Belvidere only)

Convenient transportation available through the Keen Age Center



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B.C.C.A. SUPPORTING MEMBERSHIP CAMPAIGN AUGUST 2013

Do you enjoy playing pool at the Keen Age Center? Have you learned a new skill in the computer lab? Have you enjoyed making new friends at a KAC social or enjoyed a trip to a new destination? Do you value the assistance received with prescription coverage and the help you receive from BCCA Outreach staff? Do you enjoy your independence as you travel by BCCA buses to your doctor's visit, local stores, and other community destinations?

If the answer is yes and you agree that programs and services provided by BCCA have made a difference for you or someone you know, please consider making a tax-free gift to the Supporting Membership Campaign. Your gift will be used for operating expenses and will help to provide vital services for older adults living in Boone County. These services include: public transportation, CCP in-home care, Keen Age Center activities, outreach, information and assistance, income tax, Medicare, lending closet, support groups, education, health and volunteer opportunities. Thank you for your continued generosity.

Donor's Plaque (Gifts of \$100 or More)

Anonymous; Carol Smith in honor of the Golden Gals dancers; Jo Ann Thomas in memory of Hazel Wesson.

Supporting Members

Anonymous; Dorthea Bowers in memory of Gertrude Dach; R. J. Daniels in memory of Gertrude Dach; Kim Reichling in memory of Gertrude Dach; Pamela Wade in memory of Gertrude Dach; Lorraine Hoelzel; Gerald Leonard; Agnes Meine in memory of Hazel Wesson.



THE KEEN AGE CENTER LENDING CLOSET

For those of you who don't know, we have a lending closet at the Keen Age Center. If you need a wheelchair, a commode, a walker, a riser, a shower chair, or a bathtub transfer seat, etc., this is the place to come. Some of the items are stored at an offsite facility, so please call first at 815-544-9893. Before you purchase anything new, check us out. It will save you and your insurance from paying out unnecessary dollars.

ANOTHER SING-A-LONG!

Because the Sing-a-long, held in May, was such a great success, we will be having another on Thursday, September 26th at 10 AM. Please sign up for this in advance. Song requests are permitted, welcomed, and encouraged. Think of your favorite old songs and call them in - 815-544-9893. Our receptionist is standing by! Watch your newsletter for more information.

BOONE COUNTY COUNCIL ON AGING & AMERICAN CLASSIC TOURS, INC. 2013 TOUR SCHEDULE, SEPT. - DEC.

Sept 8 - 14	California Trains & Lake Tahoe	6 days
Sept 9 - 16	Nova Scotia by the Sea	8 days
Sept 18 - 20	Oktoberfest in Bavarian Frankenmuth	3 days
Sept 29 - Oct 4	Lake Superior North Shore Autumn	6 days
Sept 30 - Oct 4	Agawa Canyon Autumn Train in Canada	5 days
Oct 4 - 11	New England in the Fall	8 days
Oct 7 - 11	New Mexico Hot Air Balloon Festival	5 days
Oct 7 - 9	Door County in the Fall	3 days
Oct 10 - 12	Cranberry Autumn Harvest in Wisconsin	3 days
Oct 20 - 24	Sedona Red Rock Country & Grand Canyon	5 days
Oct 22 - 24	Brown County & Covered Bridges	3 days
Nov 11 - 16	Smoky Mountain Christmas & Biltmore	6 days
Nov 14 - 18	Branson Christmas with Johnny Mathis	5 days
Nov 22 - 25	Nashville Country Christmas at the Opryland Hotel	4 days
Dec 2 - 6	Colonial Christmas in Williamsburg & Washington DC	5 days
Dec 2 - 7	Christmas in Connecticut, Newport & NYC	6 days
Dec 17 - 20	Christmas in NYC & 3 Broadway Shows	4 days

SUPPORTING MEMBERSHIP FORM

Name: _____

Address: _____

My contribution for Supporting Membership is \$ _____

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

Thank you for your support!

"The Colors of Fall"

Moose #295 Buffet Dinner

A Community Service Project Benefitting

the Boone County Council on Aging

Tuesday, Sept. 10, 2013

5 p.m. to 7 p.m.

Adults \$10, Children 4 to 12 yrs. \$7, 3 & under free

Prices \$2 more on September 10th

Roast Beef, Ham, Chicken, Mashed Potatoes & Gravy, Veggie, Salad, Beverage

Need a Ride? Call: 815-544-9893 ask for Transportation

Tickets
Go On
Sale
Beginning
Aug. 14th!



facebook

BE A FAN OF THE KEEN AGE CENTER
Become one of our fans on Facebook.
Yes, the Keen Age Center is on Facebook.

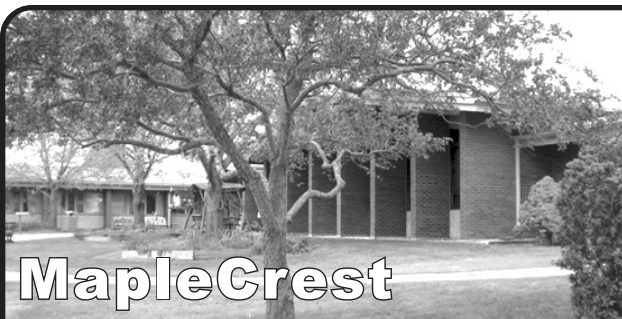
THE 5 WAYS TO HELP

THE BOONE COUNTY COUNCIL ON AGING

1. Give us a monetary gift through a Supporting Membership.
2. Volunteer your time, skills, and talents.
3. Donate requested items.
4. Participate in the programs, activities, and other services the BCCA offers.
5. Leave us in your will through the Endowment Fund.

The Boone County Council on Aging

is dedicated to all older adults and their caregivers by reaching out with programs to help enrich and improve their quality of life.



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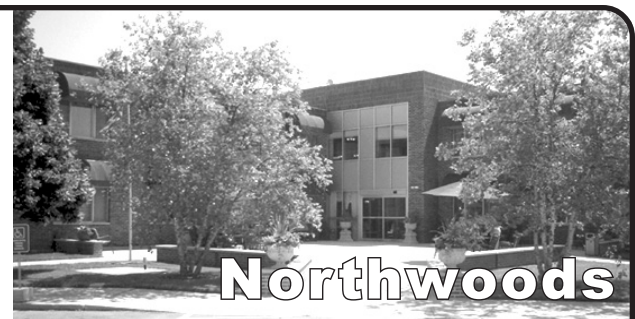
In addition to the highest quality care, we also strive to maintain the highest quality of life.

For A Private Tour Call Our Admissions Department Today

Rehabilitation Services

Our rehab services extend far beyond the physical - it is about serving every aspect of an individual with care, kindness and respect. Our goal is to provide the necessary approach to facilitate a complete return to health and successful return to home.

Serving Boone County Over 40 Years!



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Care Centre

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www.northwoodscare.com

THE OUTREACH STAFF



Joanne R.



Janet M.



Sue B.

OUTREACH POTLUCKS

Aug. 6th, Garden Prairie Church Potluck at Noon. Please bring a dish to pass.

Aug. 14th, Blaine Circle of Friends: At The United Methodist Church at Noon. Please bring a dish to pass.

The Elderberries of Capron Methodist Church are taking a well deserved vacation for June, July, and August. Potlucks will resume in September, watch for details. Have a safe and happy summer!

A WORD FROM YOUR S.H.I.P. COUNSELORS:



Senior Health Insurance Program (S.H.I.P.) assistance will be at the following locations:
Thursday, Aug. 15th - Sheffield Apts. 2 PM-3 PM
Tuesday, Aug. 20th - Shadley Apts. 2 PM-3 PM



VETERANS' BENEFITS BY APPOINTMENT:

Jim Elliot will be off in August, but will be back on September 4th to see Veterans on an individual basis from 12:30 PM until 2:00 PM. We suggest that you call ahead for an appointment. There are only four appointments available. Please come in to see Jim from the Vet Center and let him answer your important questions!

ALL VETERANS ARE INVITED TO A VETERAN'S COFFEE

Join fellow area veterans on the first Wednesday of the month at 2:30 p.m. for a time of sharing memories & experiences over some coffee and treats. We invite all veterans from any branch (they are all represented) and from all times of service from WWII to the present. Spouses are welcome.

TOWNSHIP INFO. & ASSISTANCE

Susan will be at the following locations in August from 9 AM - 10 AM to assist you with the new Benefit Access Application or Tax Assessment Freeze. If you have any questions call Susan at 815-544-9893.

Monday, Aug. 12th, Poplar Grove Village Hall, 200 Hill St., Poplar Grove

Monday, Aug. 19th, Bonus Township, 9015 Marengo Rd., Garden Prairie

JUST IN CASE YOU DON'T KNOW . . .

This is a wonderful, creative way to support the Keen Age Center. It's called the **Legacy Quilt II**. Legacy Quilt I was completed several years ago and has been displayed at the Center. By buying a block for only five dollars, your name or signature will be added to this beautiful quilt. The blocks are available for your signature or you can have your name written (beautifully) for you. Just let the receptionist know what you desire when you reserve your spot. You can prepay or pay at the time of signature. There are only a limited amount of blocks left, so don't wait. Sign up with the receptionist as soon as possible!



WHAT DO YOU NEED TO KNOW?

PROPERTY TAX ASSESSMENT FREEZE

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 less than \$55,000
- Have lived in your home for at least 1 year
- Own the property
- Have the property tax bill in your name

You must reapply every year with proof of your household's annual income. The deadline for filing is November 1, 2013. Please contact your Outreach Counselor, Janet, Susan, or Joanne for an appointment. 815-544-9893.

STATE ANNOUNCES NEW PROGRAM

The State of Illinois has replaced the old Circuit Breaker program with a new plan called the **Benefit Access Program**. The benefits now available are:

- Seniors Free Transit Ride and Persons with Disabilities Free Transit Ride
- Secretary of State License Plate Discount

To qualify you must:

- Be 65 or older by Dec. 31 of the current year or be 16 or older and totally disabled
- Be a resident of IL when you file the application
- Have 2012 income less than
 - \$27,610 for a 1 person household
 - \$36,635 for a 2 person household

Call your outreach worker- Janet, Joanne, or Susan to make an appointment, 815 544-9893.

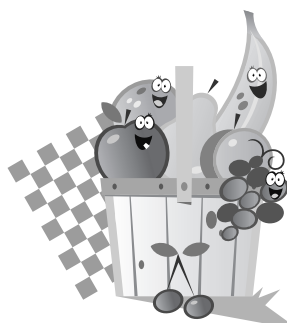
FARMERS' MARKET NUTRITION PROGRAM



The purpose of this program is to provide fresh fruits and vegetables to seniors, as well as, expand awareness and use of local farmers' markets.

To qualify you must:

- Be at least 60 years old
- Qualify according to your household's gross income
 - Less than \$1,722/month for 1 person
 - Less than \$2,332/month for 2 people



If you qualify, you will receive a coupon book worth \$21 that can only be used at the farmers' market. Our local market is located in the Dodge Lanes Bowling parking lot on Saturdays from 9 am to 1 pm. Your coupons may be used until October 31st. Contact Janet, Joanne, or Susan for details at 815 544-9893.

LIONS' CLUB COLLECTIONS AT THE KEEN AGE CENTER

The Lions Club not only collects glasses and hearing aids to recycle and use in other countries, but keys, cell phones, and ink cartridges are also collected for different uses to assist them in their projects. Drop off these items at the Keen Age Center.

**DON'T FORGET TO CHECK US OUT ON THE WEB AT
WWW.KEENAGE.ORG!**



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" BELVIDERE'S BANK "

SUPPORT GROUPS

Relatives As Parents Keen Age Center

Tuesday, August 20, 2013

At 5:30 pm

Krystle Carpenter, MA

Grief Counselor, Heartland Hospice

Relatives as Parents is a support group held at the Keenage Center for anyone raising a family member's child. Activities and a light supper are provided. Adults meet for information and sharing. Please RSVP 815-544-9893.



VOLUNTEERS NEEDED

The Relatives as Parents group is looking for volunteers to assist with toddler and youth enrichment activities during support group times. Meetings are held at the Keen Age center generally the third Tuesday of the month from 5:30 to 7:30 pm. Ages range from 12 months to 14 years of age with older youth sometimes needing homework assistance. Volunteers experienced in working with youth are strongly encouraged to apply for this very rewarding and worthwhile program. Please contact Joanne Roddewig at 815-544-9893 for information.

DO YOU WANT FREE BUS RIDES TO ROCKFORD

The Rockford Mass Transit District (RMTD) is offering a Bus Pass for individuals 65 years and older. The holder of this Pass will be able to ride FREE on any RMTD bus that operates in Belvidere and Rockford. These lifetime FREE Bus Passes can be purchased at the east side Transfer Station on Lyford Road across from the Rockford Cracker Barrel, Monday through Friday from 10:00 AM to 3:00 PM. The \$2 fee covers the cost of the picture and plastic ID card.

Fares for RMTD

- Senior Citizens** (with valid RMTD ID Age 65 or older).....Free
 - Adult** (12 years & Older).....\$1.50
 - Children** (under 5 with an adult).....Free
 - Children** (5 years – 11 years).....\$.75
 - Students** (Age 20 or under).....\$.75
- (Must have valid middle or high school ID or RMTD Student ID)
- Disabled Citizens** (with valid RMTD ID).....\$.75
 - Disabled Citizens Circuit Breaker** (valid RMTD ID).....Free
- Disabled ID's: "Red, White & Blue Medicare Card" will automatically qualify you for a reduced fare ID

DON'T FORGET TO CHECK US OUT ON THE WEB AT WWW.KEENAGE.ORG!

CAREGIVERS SUPPORT GROUP

Ellen Samuel from Prairie State Legal Services will be joining us this month to go over some of the legal services that are offered to seniors in Boone County. There will also be a time to ask specific questions and receive private counseling. We meet the fourth Tuesday of every month at 2:00. Please call Susan at 815-544-9893 if you have questions.

LOW VISION GROUP

Our next meeting is Tuesday, August 13th at 10 AM. There will be information for individuals with low vision and their significant others. Please join us for the festivities sponsored by the Center for Sight & Hearing. For more information or transportation, please call the Keen Age Center at 815-544-9893.

GRIEF SUPPORT GROUP

Sharing and talking about our feelings is so helpful in this healing journey we all take after the loss of someone we've loved. Not only will it help you through your loss but you'll make some wonderful friends as well. Come and join this friendly group of people.

Don't hesitate to call Kate at 815-544-9893 for more information.

DO YOU CELEBRATE A BIRTHDAY IN JULY OR AUGUST ?



If so, you'll want to join us on Friday, August 16th at 10 a.m. for coffee and donuts. VCP Home Health Care, Inc. will be sponsoring a Birthday Coffee every other month in 2013. VCP Home Health Care provides skilled nursing and specialized therapy in your home. Please join us and enjoy a "birthday treat" while learning more about this Health Care group. Sign up by calling 815-544-9893 or by stopping by our receptionist.

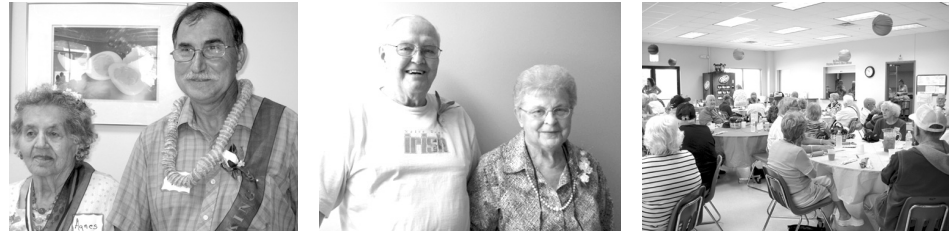
POWERFUL TOOLS FOR CAREGIVERS

This nationally recognized program is designed to help family and friends caring for older adults and anyone who cares for someone with chronic health concerns. The class will give caregivers the emotional tools to reduce guilt, anger and depression as well as teach them how to deal with difficult feelings, take care of themselves, set goals and solve problems with effective communication. The classes will be held on Fridays from 9-11 AM, beginning August 2nd and ending on September 6th. A light breakfast will be served at 8:30. There is no charge for this class but registration should be made by calling 815-544-9893.



SENIOR PICNIC IN JULY

The picnic, held on July 17th, was a huge success. Many thanks go to Joyce & Floyd Schmidt who had the idea and then moved forward to organize and get it done. Thank you, also to all the wonderful volunteers who stepped forward to help with this event. The KAC Auxiliary was very gracious in helping to cover the expenses associated with the picnic. Agnes Meine and Rich Sevarino were very happy & proud to be named the Keen Age Center King & Queen. The runners up were Bev & Dick Balentyne. Congratulations to all of them.



COMPUTER LAB OPEN LAB HOURS

The Computer Lab is open 8:00 AM - 4:30 PM Monday through Friday. A mentor is available for assistance on Mondays & Wednesdays from 1:30 to 4:30 PM.



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www.orputcompanies.com



Shadley's one bedroom apartments, located in Belvidere, Illinois were designed especially for residents 62 years of age or older or disabled.

Rents are adjustable with income & expenses. Heat & water are included in rent.



MEALS ON WHEELS – OPEN WEEKS FOR 2013

We still need people to deliver Meals on Wheels for the following weeks.

- August
- 5 - 9
- 19 - 23
- November
- 25 - 27 (no meals 28, 29)
- December
- 9 - 13
- 16 - 20
- 23 - 27 (no meals 24, 25)
- 30 - Jan 3 (no meals Jan 1)



It is helpful to have two people on a Team; one is the driver, the other is the navigator. You would only need to do one route which typically takes 35 to 45 minutes to deliver. The average delivery per route is 9. There may be a couple receiving meals in one house, or a small group of 3 or 4 people receiving meals at Shadley or Sheffield. All the deliveries are made within the Belvidere city limits. Detailed instructions and maps are provided before you go at 11:15 a.m. If you and a friend would like to do only two days in one of the open weeks, it would help so much. Please consider this opportunity to “pay it forward”. Call Kate to arrange a date. Thank you.

NUTRITIONAL PROGRAMS

AUGUST 2013 LIFESCAPE'S MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
<i>8 oz. low fat milk served with each meal. *Choice A only sent to Meals on Wheels clients. *Menu is subject to change without notice. *Milk, bread & margarine are included.</i> <i>Menus are provided on a donation basis. Suggested donation for meal site is \$2.50. For reserv. call 815-963-1609 before 10 am day before you want lunch. No qualified participant will be denied service because of inability to donate.</i>				
5 Chicken Parmesan Pasta w/Marinara Steamed Broccoli Peas & Carrots Dinner Roll Diced Pears	6 Sweet & Sour Meatballs Fluffy Rice Oriental Veggies Chilled Pineapple Nectarine	7 Bratwurst w/Onions Enriched Bun Macaroni & Cheese Italian Blend Vegetables Coleslaw *** Apple Slices ***	8 A) Beef Stew Buttermilk Biscuit Cauliflower Hot Cinn. Applesauce Fresh Orange B) Turkey Sandwich & Tomato Soup	9 Crispy Chicken Strips Mashed Potatoes/Gravy Broccoli Cuts Dinner Roll Fruit Cocktail Ranch Dip Cup
12 Cheeseburger Enriched Bun Potato Pancake Seasoned Green Beans Fresh Pear	13 A) Hot Turkey Sandwich Mashed Potatoes/Gravy Glazed Baby Carrots Enriched Bread - 2 Fruit Cocktail B) Roast Beef Sandwich & Mushroom Soup	14 Baked Pork Chop/Gravy Parsley Buttered Potato Winter Blend Vegetables Tossed Salad/Dressing Wheat Roll Apple Crisp	15 Chef Salad With Turkey, Ham, Cheese, Tomato, Cuke, Egg Wheat Roll - Dressing Fresh Apple Tomato Juice	16 Crispy Fish Sandwich Wheat Bun Hash Brown Potatoes Brussel Sprouts Straw. Applesauce
19 Chicken Alfredo Green Beans Baked Apples Dinner Roll Fresh Orange	20 Cheesy Beef Taco Flour Tortilla Lettuce & Tomato Red Beans & Rice Capri Blend Vegetables Mandarin Oranges	21 Baked Chicken Quarter Scalloped Potatoes California Blend Vegetables Tossed Salad/Dressing Wheat Roll Lemon Bar	22 Baked Ziti With Meatsauce Steamed Broccoli Corn Soft Breadstick Sliced Apples	23 A) BBQ Riblette Wheat Bun, Tator Tots Peas & Carrots Tropical Fruit B) Ham & Cheese Sandwich & Chicken Noodle Soup
26 Apple Stuff. Pancakes Turkey Sausage Hash Brown Potatoes Mandarin Oranges Apple Juice/Syrup	27 Swiss Steak/Veg. Gravy Fluffy Rice Green Beans Cauliflower Wheat Roll Apricots	28 Chicken Caesar Salad Mixed Greens Tomato & Cukes Baby Carrots/Dip Soft Breadstick Sliced Apples	29 Cheese Ravioli With Marinara Sauce Steamed Peas Waxed Beans Garlic Bread Chilled Pineapple	30 A) Hot Ham & Cheese On Wheat Bun Tator Tots, Scand. Blend Vegetables Chilled Apricot B) Tuna Sandwich & Chicken Rice Soup

**THE MOVIE OF THE MONTH IS --
“PARENTAL GUIDANCE”**

“Parental Guidance” starring Billy Crystal, Bette Midler, and Marisa Tomei. See what happens when newly retired grandparents commit to babysit for a week. This is a great family comedy that you will surely enjoy. The movie time is 1 p.m. on Friday, August 16. Sign-up is required – call 815-544-9893.



***Who is bringing the Meals on Wheels this month?
Look on the calendar on page 8 in the Sunday Column.***

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BE A FAN OF THE KEEN AGE CENTER
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Yes, the Keen Age Center is on Facebook.



**Prairie State Legal Services
at the Keen Age Center**

Prairie State Legal Services, a nonprofit organization that has offered legal help in non-criminal matters for **low income persons and older adults (60 and over)** for more than 34 years, is expanding its services to Boone County. The program will focus its services on aiding older adults who are in the greatest social & economic need. Services include: Aiding nursing home residents with disputes regarding discharge or care; legal help for homebound seniors who are facing the loss of services needed to remain safe in the community; legal representation of older adults who have been abused or exploited by others; legal counsel for older adults who have difficulties making ends meet because of debts, including medical debts, denials of government income benefits, and many other problems. The receptionist at the Boone County Council on Aging (815-544-9893) will forward referrals to Prairie State Legal Services. Someone from that office will contact you to schedule an appointment at the Keen Age Center.

**DON'T FORGET TO CHECK US OUT ON THE WEB AT
WWW.KEENAGE.ORG!**

MEALS ON WHEELS VOLUNTEERS: Your meals are ready to pick up at the Keen Age Center at 11:15 a.m. Someone will review the basics and answer any concerns you may have. Lifescapes Community Kitchens (the group who is in charge of the Meals on Wheels program) and the Keen Age Center want to thank you for your time & gas you use to get these meals to those in need in our community. If you have any questions or concerns, feel free to contact Kate at 815-544-9893.

- In August, the following groups will be delivering Meals on Wheels:
- July 29 – Aug. 2 HomeBridge Care Center & The KAC Volunteers
 - Aug. 5 – Aug. 9 First United Methodist Church & The KAC Volunteers
 - Aug. 12 – Aug. 16 Home & Community Education & Immanuel Lutheran Church
 - Aug. 19 – Aug. 23 Zonta Club & The KAC Volunteers
 - Aug. 26 – Aug. 30 Northwoods Care Centre & Zion Lutheran Church

Thank you to the great people who delivered Meals in July. They were:
Belvidere Federated Women's Club
St. Johns United Church
First Presbyterian Church
Noon Rotary
Northwoods Care Centre
Church of Latter Day Saints
Holy Trinity Church
HomeBridge Care Center
KAC Volunteers

Volunteers are always needed and welcomed. You are the so appreciated! You can deliver for just one day or for a week. Please contact Kate at 815-544-9893 if you can help. Thank you.

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ACTIVE RECREATION

Players Wanted and Needed for the following:

Every Monday: Pinochle and Bridge 12:30 PM

Every Tuesday: Skipbo Cards 10 AM and 500 Cards 12:30 PM

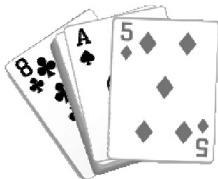
Wednesdays: Rummikub 2nd & 4th Weeks Of The Month 10 AM & Hand And Foot At 12:30 PM

Every Thursday: Pinochle 12:30 PM and Dominoes 12:30 PM, Music With Steve 1 PM

Every Friday: Scrabble 10 AM and Euchre 12:30 PM

Fridays: Bunco 1st & 2nd Weeks of The Month 9:30 AM

The pool room is open Monday-Friday, 8 AM to 4:30 PM. Lessons are available. Contact Kate at 815-544-9893
Ladies play on Tuesdays at 9 AM & Men play on Wednesdays at 9 AM. **Stop down & play a game you love or try a new one!**



DRIVING CLASSES

• RULES OF THE ROAD REVIEW COURSE: If your license is up for renewal & you would like a refresher course, we invite you to attend the class offered by the Secretary of State's office at the Keen Age Center on August 27th, 10 AM -12 PM. This class is FREE. Registration is required.

• AARP MATURE DRIVERS SAFETY CLASSES (FORMERLY 55 ALIVE)*: Will be held on Thursday and Friday, September 26th & 27th, from 8:30 AM to 12:30 PM. You must pre-register for the course by calling the Keen Age Center at 815-544-9893. The course fee is **\$14 for non-AARP Members and \$12 for AARP Members who show their AARP Card.** Course fee is paid to the instructor. Though geared for drivers age 50 & older, the course is open to people of any age & AARP membership is not required. There is no final test to pass. Interested? Call the Keen Age Center & register today!

HOBBY GROUPS (Please See The Calendar On Page 8 For Dates & Times)

Work On Your Hobby With Others: Bring your own supplies.

Every Monday: Silver Belles Practice at 1 PM

Every Thursday: Bobbin Lace 9-11 AM

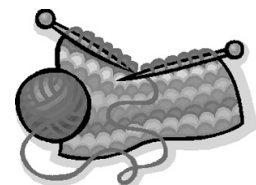
Knitting for Charity (knitters & crocheters) meets the second and third Thursdays at 1 PM

Wood Carving Group meets on the first and third Thursdays at 1 PM

Every Friday: Afternoon Quilters 12:30 PM

Quilting Class on the second Wednesday of the month at 9 AM - must register

Stop down and meet people with similar interests or try a new hobby!



EXERCISE CLASSES (Please See The Calendar On Page 8 For Dates & Times)



• YOGA: Enjoy a healthier life. Learn simple relaxation techniques to restore and enhance your life. Jeff offers a class where there is no floor work. For more information, call Jeff Leach at 815-544-4169.

• Wii FIT: is available for check out during the week.

• LINE DANCING: On vacation in August and back in September.

BLOOD PRESSURE & BALANCE CHECKS ARE DONE AT THE KEEN AGE CENTER ON A REGULAR BASIS.

Able Home Health Care will be here on the first Monday of **every other month** at 11:30. The next check will be on August 5th. The friendly gals who come here not only check your blood pressure, they will also check your walker or cane to be sure you have them at the correct and safe height.



REGULAR BINGO ON FRIDAY

This month our "Regular Bingo" day is August 2nd. Please join us at 1:00 PM. We ask for advance sign up so we can provide plenty of prizes for all who participate.

It's easy to register - - call 815-544-9893.



NUTRITION BINGO

Nutrition Bingo is held on the LAST Tuesday of each month at 2 p.m. Sponsor for this fun event is Park Place of Belvidere. Come play with us and take home some fresh fruit and vegetables too. It doesn't get any better than this. See you at the **Keen Age Center, on Tuesday, August 27th, at 2 p.m.** Again, we ask for advance sign up by calling 815-544-9893.



COFFEE ON ME WITH EDWARD JONES

Stop in for some coffee and financial conversation with Eric Dahl of Edward Jones. He will be here the **last Tuesday of the month at 1 PM** or call 815-544-5984. See you there.



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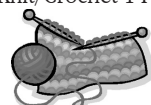

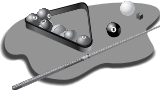





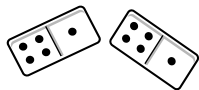
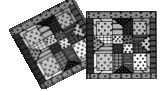
Karla M. Maville

Tricia L. Smith

Attorneys At Law

Suite 307, 600 S. State, Belvidere

AUGUST 2013

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
MOW Delivery This Wk. Homebridge & KAC Volunteers	YOU MUST SIGN UP FOR THE EVENTS THAT ARE UNDERLINED! This Helps Us To Plan & In Case A Program Is Canceled Or Changed, We Can Call You. PROGRAM REGISTRATION IS TAKEN ONLY AFTER THE 1ST BUSINESS DAY OF THE MONTH. CALL 815-544-9893 TO REGISTER WITH THE RECEPTIONIST. THANK YOU! Programs are subject to change. *** NO LINE DANCING IN AUGUST. SEE YOU IN SEPTEMBER ***			1 Bobbin Lace 9 AM <u>Painting With Donna 9 AM</u> White Pines Trip - LOL 10 AM Pinochle 12:30 PM Dominos 12:30 PM Music With Steve 1 PM Woodcarvers Group 1 PM TRANSPORTATION CLOSED 3 PM	2 Yoga 8:45 AM <u>Caregivers - Powerful Tools 9 AM</u> <u>Bunco 9:30 AM</u> Scrabble 10 AM Euchre 12:30 PM Afternoon Quilters 12:30 PM <u>Regular Bingo 1 PM</u>	3
4 MOW Delivery This Wk. First United Methodist Church & KAC Volunteers	5 Yoga 8:45 AM Able Blood Pressure Checks 11:30 AM Pinochle & Bridge 12:30 PM Silver Belles 1 PM 	6 Ladies' Pool 9 AM <u>Painting With Donna 9 AM</u> Skipbo 10 AM Garden Prairie Potluck 12 PM 500 Cards 12:30 PM Yoga 3:30 PM Yoga 5 PM 	7 Yoga 8:45 AM Men's Pool 9 AM Yoga 10:15 AM Hand and Foot 12:30 PM Vet's Coffee 2:30 PM	8 Bobbin Lace 9 AM <u>Painting With Donna 9 AM</u> Pinochle 12:30 PM Dominos 12:30 PM Music With Steve 1 PM Knit/Crochet 1 PM 	9 Yoga 8:45 AM <u>Caregivers - Powerful Tools 9 AM</u> <u>Bunco 9:30 AM</u> Scrabble 10 AM Euchre 12:30 PM Afternoon Quilters 12:30 PM <u>Coffee Chat - LIHEAP/PIPP Assist. - Which Is Best? 2 PM</u>	10
11 MOW Delivery This Wk. Home & Community Ed. & Immanuel Lutheran Church	12 Yoga 8:45 AM Poplar Grove Township 9 AM Pinochle & Bridge 12:30 PM Silver Belles 1 PM 	13 Ladies' Pool 9 AM <u>Painting With Donna 9 AM</u> Skipbo 10 AM Low Vision 10 AM 500 Cards 12:30 PM Yoga 3:30 PM Yoga 5 PM 	14 Yoga 8:45 AM <u>Quilting Class 9 AM</u> Men's Pool 9 AM Rummikub 10 AM Yoga 10:15 AM Blaine Circle Of Friends 12 PM Hand And Foot 12:30 PM 	15 Bobbin Lace 9 AM <u>Painting With Donna 9 AM</u> BC Bar Assn. 12 PM Pinochle 12:30 PM Dominos 12:30 PM Music With Steve 1 PM Woodcarvers Group 1 PM Knit/Crochet 1 PM TRANSP. CLOSED 1:30-4:30 PM SHIP At Sheffield 2 PM	16 Yoga 8:45 AM <u>Caregivers - Powerful Tools 9 AM</u> <u>Bunco 9:30 AM</u> Scrabble 10 AM Birthday Club 10 AM Euchre 12:30 PM Afternoon Quilters 12:30 PM <u>Afternoon Movie - Parental Guidance 1 PM</u>	17
18 MOW Delivery This Wk. Zonta Club & KAC Volunteers	19 Yoga 8:45 AM Bonus Township 9 AM Pinochle & Bridge 12:30 PM Silver Belles 1 PM BCCA Board Mtg. 3:30 PM 	20 Ladies' Pool 9 AM <u>Painting With Donna 9 AM</u> Skipbo 10 AM 500 Cards 12:30 PM SHIP At Shadley 2 PM Yoga 3:30 PM Yoga 5 PM <u>Relatives As Parents 5:30 PM</u>	21 Newsletter Folding 8:30 AM Yoga 8:45 AM Men's Pool 9 AM BVM Medical 10 AM KAC Aux. Meeting 10 AM Yoga 10:15 AM Hand And Foot 12:30 PM <u>Chef In Action 2 PM</u>	22 Bobbin Lace 9 AM <u>Painting With Donna 9 AM</u> Pinochle 12:30 PM Dominos 12:30 PM Music With Steve 1 PM 	23 Yoga 8:45 AM <u>Caregivers - Powerful Tools 9 AM</u> Scrabble 10 AM Euchre 12:30 PM Afternoon Quilters 12:30 PM	24
25 MOW Delivery This Wk. Northwoods Care Centre & Zion Lutheran Church	26 Yoga 8:45 AM Coffee Chat 9:30 AM Pinochle & Bridge 12:30 PM Silver Belles 1 PM 	27 Ladies' Pool 9 AM <u>Painting With Donna 9 AM</u> Skipbo 10 AM <u>Rules Of The Road 10 AM</u> Human Svc. Mtg. 12 PM 500 Cards 12:30 PM Coffee On Me 1 PM <u>Nutrition Bingo 2 PM</u> <u>Caregivers Support Group 2 PM</u> Yoga 3:30 PM Yoga 5 PM	28 Yoga 8:45 AM Men's Pool 9 AM Rummikub 10 AM Yoga 10:15 AM Hand And Foot 12:30 PM 	29 Bobbin Lace 9 AM <u>Painting With Donna 9 AM</u> Pinochle 12:30 PM Dominos 12:30 PM Music With Steve 1 PM 	30 Yoga 8:45 AM <u>Caregivers - Powerful Tools 9 AM</u> Scrabble 10 AM Euchre 12:30 PM Afternoon Quilters 12:30 PM <u>Ice Cream Social 1:30 PM</u> <u>Quilt Raffle 2:30 PM</u> 	31

COME TO SEE A "CHEF IN ACTION"



Park Place of Belvidere is very excited about providing this program at the Keen Age Center on August 21st at 2 p.m. After the chef's live cooking demonstration, you will have the chance to taste the food. We will also provide you with a complimentary recipe to take home. If you like to eat and want some healthy ideas please join us! You MUST REGISTER for this group so there is enough food and recipes.



SAVE THE DATE

Mark Your Calendars For These Dates:

- Friday, August 2nd, 1 PM**
Regular Bingo
- August 9th, 2 PM & August 26th, 9:30 AM**
Coffee Chats
- Friday, August 16th, 1 PM**
Movie Day: "Parental Guidance"
- Tuesday, August 27th, 2 PM**
Nutrition Bingo
- Friday, August 30th, 1:30 PM**
Ice Cream Social and Quilt Raffle
- Every Friday in Aug. & the 1st Friday in Sept.**
Powerful Tools for Caregivers, 9 AM
- Saturday, November 2**
Jewels to Jeans Dinner

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