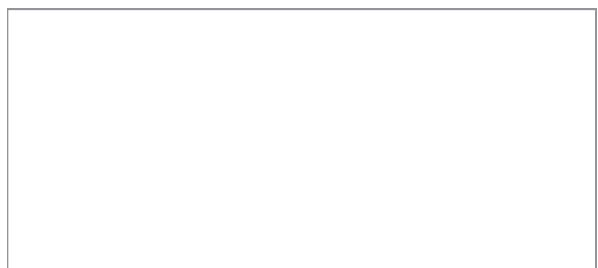




Boone County Council on Aging

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Living Today
for a Better Tomorrow

JANUARY 2014 EDITION GOOD NEWS for Keen Ager

United Way A United Way Agency

Jewels to Jeans 2013

The 2013 edition of Jewels to Jeans was held on Saturday, November 2 of last year, celebrating 40 years of Boone County Council on Aging service to the Boone County community.

The event was the most well attended of its kind in all of the history of the Black and White and Jewels to Jeans dinner dances, with more than 340 supporters in attendance. Each major sponsor, each table sponsor, all who purchased a ticket, all Dessert Auction and Silent Auction donors and bidders, Board Members and staff, are partners in what we do. You help us keep the lights on, assist in providing programs, services and support, help us to provide transportation, and provide a place for life enrichment activities. We can't do what we do without your very valuable engagement and support. We are profoundly grateful!

Joe Fortmann
Executive Director



JEWELS TO JEANS VI
SATURDAY,
NOVEMBER 1ST, 2014
MARK YOUR CALENDAR NOW!



INCOME TAX ASSISTANCE

Boone County Council on Aging is offering free income tax assistance through The Tax Counseling for the Elderly (TCE) Program. IRS/AARP trained volunteers will be available to prepare your tax returns and to answer any questions. Tax assistance will begin on February 10th and is offered by appointment only. **PLEASE CALL BCCA AT 815-544-9893 TO SCHEDULE YOUR TAX APPOINTMENT STARTING WEDNESDAY, JANUARY 22, 2014. AN APPOINTMENT CANNOT BE SCHEDULED BEFORE JANUARY 22, 2014.**



MARK YOUR CALENDARS!
The BCCA/Keen Age Center will be closed on **Wednesday, January 1st for New Year's Day & Monday, January 20th in honor of Martin Luther King's Birthday.**

"Love Is In The Air"

Moose #295 Buffet Dinner

A community service project benefiting The Boone County Council on Aging



**Tuesday, February 11, 2014
5:00-7:00 PM**

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

Adults - \$10 Children 4 to 12 yrs. \$7 3 & Under FREE

Tickets are \$2 MORE at the door.

**THERE WILL BE A 50/50 RAFFLE
GIFT BASKET RAFFLE**

COME AND GET YOUR FOOD AND THEN SIT AT A TABLE
Most people come at 5:00 PM but the food is served until 7:00 PM

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Tickets on the 12th are \$2 MORE.**

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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



**Boone County
Council on Aging**

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

THANK YOU FROM THE BCCA & KAC

- ♥...to all the members of the Keen Age Center Auxiliary, volunteers and staff who helped to deliver Meals on Wheels and rang the Salvation Army bell for us. At this time of year when our schedules are so busy, it is so fantastic that you shared some of your time with us.
- ♥...to all who opened their hearts this time of year and donated to the mitten tree, and generally to us. We know some of you, while most remain anonymous; but all of your donations were needed, important and very much appreciated.

BCCA STAFF RECOGNIZED

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



**Melaney D.
Transportation
Supervisor
14 Years**



**Art H.
Bus Operator
14 Years**



**Nancy F.
Home Care
1 Year**



**Pattie K.
Home Care
8 Years**

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!

**HAVE YOU THOUGHT ABOUT
VOLUNTEERING IN 2014?**

Consider joining the KAC Auxiliary. They meet on the 3rd Wednesday of the month. They help at the greeters desk, bake for the bi-annual dinners, coordinate the House & Garden Walk, & deliver Meals on Wheels. Big tasks divided by many equals smaller tasks which can be handled easily. The bigger bonus is that you make new friends & have a feeling of pride in the achievements of the Auxiliary & the part they play in keeping the KAC running. The next meeting is Jan. 15th, 10 a.m.

facebook

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

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, 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 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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Belvidere Funeral Home is known for our compassionate commitment to all the families we've served over the last 100 years. We know that it is often the little things that make a big difference. We offer a variety of services to ensure that every detail of planning a funeral or memorial service is as effortless and straightforward as possible.

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B.C.C.A. SUPPORTING MEMBERSHIP CAMPAIGN JANUARY 2014

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)

Stephen G. Anderson for Buck-Wheeler-Hyland Funeral Home; Patricia Houpt in memory of Robert Cline, Larry Houpt, William Purvis and Frank Reynolds.

Supporting Members (Gifts of \$5 - \$99)

Anonymous; Orlando Campa; June Davis; Mary Eucker in memory of mother Signe Muenzer; Harriet Glass in memory Dana Glass Happ; Reynold Johnson; Mary Miller in memory of Forrest Miles; Vonnie & Wayne Wares; Jane F. Whitt; Gary & Rebecca Wickre; Dorothy Wyzukovicz in memory of parents Ed and Emily Skura.

WRITERS' WORKSHOP

Jeff Doty, an editor, journalist, and professional writer dedicated to helping others learn the craft of writing, will be here at the Keen Age Center every month starting in January. He was here in October to begin teaching and mentoring new writers, and the attendees were very excited. He can help you discover the secrets behind plot, dialogue, description, and what is meant by *voice*. So bring pen and paper, and join us at the Keen Age Center for a Writers' Workshop.

Wednesday, January 29, 9:00 to 11:00 AM
Reserve your seat by calling 815-544-9893.



ADVANCE SIGN UP

This is just a reminder to sign up in advance for programs and speakers. Pre-registration is especially important during the changing weather of winter and spring. When the weather conditions are poor, we may have to cancel a program. If you are signed up, we can call you so that you do not make a trip here for a cancelled program. By having a close estimate of the number of people who will be attending a program, our guest speakers will be better prepared with handout information as well. Thank you for your courtesy. Pre-registration is needed for the programs that are UNDERLINED.

PLEASE PRE-REGISTER



FOR PROGRAMS

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!

MEET WITH OFFICER JOHN FISH IN JANUARY - - -

We are pleased to have Officer John Fish, Community Policing Coordinator, join us at the Keen Age Center on Wednesday, January 8, at 10:00 a.m. for his monthly meetings. The topic of discussion for the month will be the Neighborhood Watch Program. The meetings will be held on the second Wednesday of every month. Some ideas up for discussion will be Identity Theft, Phone Scams, Domestic Violence, etc. If you have anything you would be interested in learning more about at future meetings, please let Kate Warren or Officer Fish know. Please sign up for this meeting by calling 815-544-9893.

A REMINDER...

As we move into the Winter Weather (snow, sleet, ice), please watch the local news to see if we are open. Typically, when School District 100 closes, we will too. That means it is unsafe for the buses to be on the road. If you call the Keen Age Center and get "Voice Mail" **DO NOT** leave a message. Just hang up and know that we are closed. The transportation department takes into account unplanned closings and will try to accommodate you as best they can. Thank you for your understanding and cooperation.



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.

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.

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.

THE MOVIE OF THE MONTH IS A SURPRISE THIS MONTH!

Join us on Friday, January 17th, at 1 PM for the Movie of the Month. Advance sign up is required by calling 544-9893. The movie will be a surprise this month but as always the popped corn and M & M's will be ready for you.



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THE OUTREACH STAFF



Joanne R.



Janet M.



Sue B.

SUPPORT GROUPS



RELATIVES AS PARENTS Tuesday, January 21, 2014 5:30 to 7:30 PM

Support group meeting for anyone raising a family member's child. We will meet off site. Please call Joanne Roddewig at 815-544-9893 for location. This will be a potluck with child activities provided free of charge. Please RSVP by calling 815-544-9893 so we can line up the appropriate number of trained volunteers.

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. Come and join this friendly group of people. Not only will it help you through your loss but you'll make some wonderful friends as well. Grief Support will meet on Thursdays, January 2nd, January 16th, and January 30th at 1:00 PM at the Keen Age Center. Don't hesitate to call Kate at 815-544-9893 for more information.

LOW VISION GROUP

Our next meeting is Tuesday, January 14th 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.

CAREGIVERS SUPPORT GROUP

Come as you are for a relaxed time of fellowship with like-minded friends to be refreshed and encouraged. Share your ideas, and gain some knowledge. We meet the 4th Tuesday of every month. Call Susan at 815-544-9893 if you have questions.

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, Jan. 16th - Sheffield Apts. 2 PM-3 PM
Tuesday, Jan. 21st - Shadley Apts. 2 PM-3 PM



TOWNSHIP INFO. & ASSISTANCE

You may still apply for the Benefit Access Program and LIHEAP with Susan. She will be the at the following places in January from 9 am to 10 am to assist you. You may drop in or call ahead to reserve an appointment time. Ask for Susan at 815-544-9893.

Monday, Jan. 13th, Poplar Grove Village Hall, 200 Hill St., Poplar Grove.
Monday, Jan. 27th, Bonus Township, 9015 Marengo Rd., Garden Prairie.

OUTREACH POTLUCKS

Jan. 7th, Garden Prairie Church Potluck will be held at Garden Prairie Church at 12:00. Please bring a dish to pass.

Jan. 8th, Blaine Circle of Friends: 7200 Blaine Rd., Poplar Grove. Potluck begins at Noon. Please bring a dish to pass.

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

WHAT DO YOU NEED TO KNOW?

WILL YOU NEED HELP WITH YOUR HEATING BILLS THIS WINTER?

The Boone County Council on Aging staff is prepared to assist Boone County older adults, 60 years of age and older, who qualify for the **Low Income Home Energy Assistance Program (LiHeap)**. (*If you recertified for the PIPP program, you should NOT apply for LiHeap.*)

To qualify for LiHeap, income for the past 30 days must not exceed:

\$1,436 for 1 person household or \$1,939 for 2 person household.

The following documents are required to file an application:

- Social Security card for every household member
- Photo ID for every household member (drivers license or state ID)
- Birth dates for every household member
- Proof of household income for the past 30 days
- Most recent electric, gas, propane, and/or oil bill
- Proof of monthly rent or mortgage payment (last 30 days)

Please call your outreach counselor (Janet, Joanne, or Susan) to make an appointment. 815 544-9893.

WHAT IS THE REAL ESTATE TAX DEFERRAL?

This program is similar to a loan against your property. The State of Illinois pays your real estate taxes for you at 6% interest. When you pass away or sell the property the loan must be paid back. This is NOT a reverse mortgage. You may only "borrow" the amount due on your property taxes.

To qualify you must:

- Be 65
- Have household income less than \$50,000
- Have owned the property for at least 3 years
- Have no delinquent property taxes
- Have adequate insurance against fire or casualty loss

The annual filing period for this program is **January 1 through March 1**. If you are interested in this program, please contact your Outreach Counselor- Janet, Joanne, or Susan at (815) 544-9893 to set up an appointment in 2014.

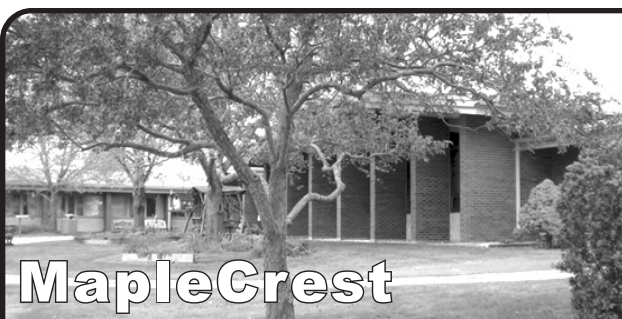


THE KEEN AGE CENTER LENDING CLOSET

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.

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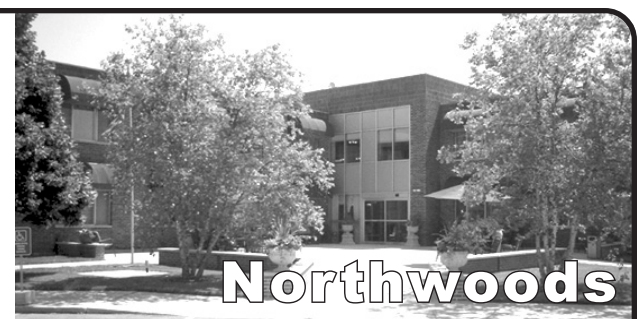
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SUPPORT GROUPS



VETERANS' BENEFITS BY APPOINTMENT:

Jim Elliot will be here on January 8th to see Veterans on an individual basis from 12:30 PM until 2:00 PM. Please 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.

facebook

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

DO YOU CELEBRATE A BIRTHDAY IN JANUARY OR FEBRUARY?



If so, you'll want to join us on Friday, February 21st at 10 AM. for coffee and donuts. VCP Home Health Care, Inc. will be sponsoring a Birthday Coffee every other month in 2014. 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.

BCCA/KAC IS LOOKING FOR HANDCRAFTED ITEMS FOR OUR ANNUAL RAFFLE

The Boone County Council on Aging's Annual Quilt raffle will be here sooner than we think. We are looking for new, handcrafted items for the raffle. Over the past years, talented members of the community have been very generous in donating items. Items donated by May 1st will be noted on the tickets for the raffle. The raffle tickets will go on sale in June. Thank you for your generosity.



HANDCRAFTED ITEMS NEEDED FOR OUR ANNUAL RAFFLE

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 from 1:30 to 4:30 PM.



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 \$5 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



PLAN FOR 2014

Whether you file a federal and state income tax return or not, please save your Social Security SSA-1099 Year End Benefit Statement. Also save any other 1099 forms that prove your income from a 2013 pension or interest and dividends. We will need this information in order to file applications for Benefits Access and Tax Assessment Freezes in 2014.

You will also be receiving a New Benefit Statement from Social Security in December which will indicate your income for the new year. Please save this statement too, especially if you apply for LiHeap.



REMEMBERING CHICAGO

We have a series of DVD's we will be showing entitled: **Remembering Chicago.**

On Tuesday, January 7th, we'll show the first in the series: "Remembering Chicago and World War II"

On Tuesday, January 14th, we'll see the second one: "The 20's, 30's, and 40's"

On Tuesday, January 21st, we'll watch: "The Boomer Years"

The fourth will be shown on Tuesday, February 4th: "Again – The 40's and 50's"

And we'll see the 5th and final one on Tuesday, February 11: "The 70's and 80's"

So mark your calendars for those dates and be at the Keen Age Center at 1:30 p.m. to see how it used to be back in the day. Call to register at 815-544-9893.



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MEALS ON WHEELS "CALL FOR HELP" - - -

The schedule for the Meals on Wheels (MOW's) for 2014 is done. Twenty organizations participate in this program. Although I've assigned delivery weeks to these groups, I still have open weeks. If you know of a group that would be interested in community service, please let me know so I can contact them, or have them contact me. I have a wonderful group of volunteer people who deliver meals on an emergency basis. Perhaps you would be interested in joining my "go to" group or perhaps you and a friend would be willing to take on one day for the month; approximately 30 to 45 minutes a day. Please consider this opportunity to serve the homebound in our community. If you have any questions, or suggestions, don't hesitate to contact me at 815-544-9893 or email at kwarren@keenage.org. Thank you all for considering this service. -*Kate*

WE NEED YOU • YOU CAN HELP • WE NEED YOU • YOU CAN HELP

FALL PREVENTION

Wednesday, January 15, 2014

9:30 a.m. at the Keen Age Center

This presentation by Lori Gulrud-Neiber, PT, from Belvidere Physical Therapy, is pertinent to everyone as we are all at a risk for falls. The risk increases as we age and medical conditions arise. But falls are preventable and Lori will focus on risk factors and ways to prevent falls at home or away from home, indoors and outdoors. Call for advance reservations at 815-544-9893.



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!

BUNCO!



Join us at The Keen Age Center on Friday, January 3rd at 9:30 AM and again on Friday, January 10th for **BUNCO**. This is a fast moving dice game that anyone can play.

NUTRITIONAL PROGRAMS

LIFESCAPE COMMUNITY SERVICES, INC. JANUARY 2014 LIFESCAPE'S MENU 				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>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.</p> <p>Menus provided on a donation basis. Suggested donation for meal site is \$2.50. For reserv. call 815-263-1609 before 10 am day before you want lunch. No qualified participant will be denied service because of inability to donate.</p>		<p>1 CLOSED HAPPY NEW YEAR!</p> 	<p>2 A) Pizza Burger Tator Tots Corn Chilled Pineapple B) Roast Beef Sandwich & Cr. Mushroom Soup</p>	<p>3 Cheese Omelet Turkey Sausage Hash Brown Potatoes Blueberry Muffin Mandarin Oranges</p>
<p>6 Shredded BBQ Chicken Wheat Bun Augratin Potatoes Capri Blend Vegetables Fresh Orange</p>	<p>7 A) Hot Turkey Sandwich Mashed Potatoes/Gravy Glazed Baby Carrots Enriched Bread - 2 Fruit Cocktail B) Ham Sandwich & Chicken Noodle Soup</p>	<p>8 Sweet & Sour Meatballs Fluffy Rice Steamed Broccoli Sliced Carrots Diced Pears</p>	<p>9 Italian Beef Hoagie Bun Potato Pancakes Winter Blend Vegetables Cinnamon Applesauce</p>	<p>10 Mushroom Swiss Burger On Bun Tator Tots Lima Beans Sliced Peaches</p>
<p>13 Spaghetti With Meatsauce Steamed Peas Wh. Kernel Corn Garlic Bread Fresh Pear</p>	<p>14 Citrus Baked Ham Sweet Potatoes Capri Blend Vegetables Wheat Bread - 2 Jell-O With Fruit</p>	<p>15 Beef & Noodles Glazed Baby Carrots Steamed Peas Dinner Roll Peach Cobbler</p>	<p>16 Tropical Chicken Salad On Greens Croissant Apricots Pineapple Juice</p>	<p>17 A) Dirty Rice/Beef Corn With Peppers Broccoli Wheat Bread - 1 Apricots B) Liver & Onions</p>
<p>20 CLOSED Martin Luther King Jr. Day</p>	<p>21 Sausage Gravy With Biscuit Hashbrowns Fruit Juice</p>	<p>22 Bratwurst W/Onions Enriched Bun Tator Tots Italian Blend Vegetables Chilled Applesauce</p>	<p>23 A) Beef Stew Buttermilk Biscuit Cauliflower Fresh Orange B) Turkey Sandwich & Vegetable Soup</p>	<p>24 Chicken Fiesta Taco Spanish Rice Cheese, Lettuce, Tomato Mexican Corn Citrus Fruit Cup</p>
<p>27 Hamburger Patty Enriched Bun Mac & Cheese Seasoned Green Beans Diced Pears</p>	<p>28 A) Baked Chicken Breast Mashed Potatoes/Gravy 4 Way Veggie Wheat Roll Fruit Cocktail B) Chicken Salad & Tomato Soup</p>	<p>29 Chef Salad With Turkey, Ham, Cheese, Tomato, Cuke, Egg Wheat Roll Dressing Sliced Peaches</p>	<p>30 Cheese Ravioli With Meatsauce Steamed Peas Waxed Beans Garlic Bread Chilled Pineapple</p>	<p>31 Hot Ham & Cheese On Wheat Bun Tator Tots Scandinavian Blend Vegetables Chilled Apricots</p>

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

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 January, the following groups will be delivering Meals on Wheels:

- Dec 30 - Jan 3 (no meals Jan 1) Belvidere Federated Women's Club
KAC Volunteers
- Jan 6 - Jan 10 BC Health Department
Holy Trinity Church
MapleCrest and
Northwoods Care Centres
- Jan 13 - Jan 17 KAC Volunteers/Immanuel Lutheran Church
- Jan 21 - Jan 24 (no meals Jan 20) Park Place of Belvidere
KAC Volunteers
- Jan 27 - Jan 31

Thank you to the awesome people who delivered Meals in December: Zonta Club, Immanuel Lutheran Church, Noon Rotary, Park Place of Belvidere, Church of Jesus Christ and my own amazing volunteers. Thank you so much to all the new people who are stepping forward to help with this service. I appreciate all of you. For more information on MOW volunteering, contact Kate at 815-544-9893.

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ACTIVE RECREATION

Players Wanted and Needed for the following:

Every Monday: Pinochle, Progressive Hand & Foot, and Bridge 12:30 PM

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

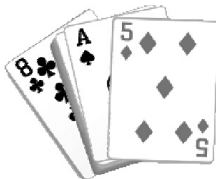
Wednesdays: Hand And Foot At 12:30 PM

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

Every Friday: 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 next class offered by the Secretary of State's office at the Keen Age Center. The date will be announced. This class is FREE. Registration is required.

• **AARP SMART DRIVERS COURSE:** Will be held on Thursday and Friday, January 30th & 31st, 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 \$20 for non-AARP Members and \$15 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

1st & 2nd Tuesdays: FYOP (Finish Your Own Project) at 1 PM

Every Thursday: Bobbin Lace 9-11 AM

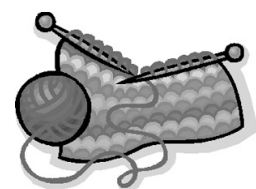
Knitting for Charity (knitters & crocheters) meets the second and third Thursdays at 1 PM

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.

• **LINE DANCING:** Taking a break - will be back in February.



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 February 3rd. 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

Our "Regular Bingo" day is January 3rd. 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. Brickford House in Rockford is a welcome sponsor for this event.



NUTRITION BINGO

Nutrition Bingo is held on the LAST Tuesday of each month at 1:30 PM. VCP Home Health Care is our sponsor for this fun event. 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, January 28th, at 1:30 PM.** 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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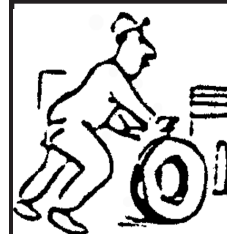
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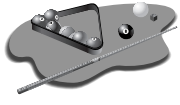

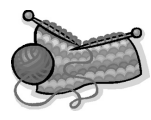
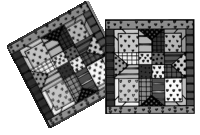






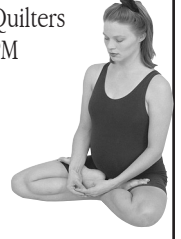

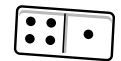



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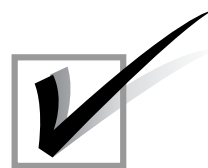
JANUARY 2014

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
MOW Delivery This Wk. Belvidere Federated Women's Club & KAC Volunteers	YOU MUST SIGN UP FOR THE UNDERLINED EVENTS! 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.	1 KAC CLOSED NEW YEAR'S DAY 	2 Bobbin Lace 9 AM <u>Painting With Donna 9 AM</u> Pinochle 12:30 PM Dominos 12:30 PM Music With Steve 1 PM Wood Carvers Group 1 PM Grief Support 1 PM	3 Yoga 8:45 AM <u>Bunco 9:30 AM</u> Euchre 12:30 PM Afternoon Quilters 12:30 PM <u>Regular Bingo 1 PM</u> 	4	
5 MOW Delivery This Wk. Bo. Co. Health Dept. & Holy Trinity Church	6 Yoga 8:45 AM Pinochle & Bridge 12:30 PM Progressive Hand & Foot 12:30 PM Silver Belles 1 PM 	7 Ladies' Pool 9 AM <u>Painting With Donna 9 AM</u> Skipbo 10 AM Garden Prairie Potluck 12 PM 500 Cards 12:30 PM Remember Chicago 1:30 PM Yoga 3:30 PM & 5 PM 	8 Yoga 8:45 AM Men's Pool 9 AM <u>Officer Fish 10 AM</u> Yoga 10:15 AM Blaine Circle 12 PM Hand and Foot 12:30 PM <u>Vet's Benefits 12:30 PM</u> Vet's Coffee 2 PM 	9 Bobbin Lace 9 AM <u>Painting With Donna 9 AM</u> BC Bar Association 12 PM Pinochle 12:30 PM Dominos 12:30 PM Music With Steve 1 PM Knit/Crochet For Charity 1 PM 	10 Yoga 8:45 AM <u>Bunco 9:30 AM</u> Euchre 12:30 PM Afternoon Quilters 12:30 PM 	11
12 MOW Delivery This Wk. Maplecrest & Northwoods	13 Yoga 8:45 AM Poplar Grove Township 9 AM Pinochle & Bridge 12:30 PM Progressive Hand & Foot 12:30 PM Silver Belles 1 PM 	14 Ladies' Pool 9 AM <u>Painting With Donna 9 AM</u> Low Vision 10 AM Skipbo 10 AM 500 Cards 12:30 PM Chicago 20, 30, 40 1:30 PM Yoga 3:30 PM & Yoga 5 PM 	15 Yoga 8:45 AM <u>Quilting Class 9 AM</u> Men's Pool 9 AM <u>Fall Prevention 9:30 AM</u> KAC Auxiliary 10 AM Yoga 10:15 AM Hand And Foot 12:30 PM <u>Chef On The Run 2 PM</u>	16 Bobbin Lace 9 AM <u>Painting With Donna 9 AM</u> Pinochle 12:30 PM Dominos 12:30 PM Music With Steve 1 PM Wood Carvers Group 1 PM Knit/Crochet 1 PM Grief Support 1 PM SHIP At Sheffield 2 PM	17 Yoga 8:45 AM Euchre 12:30 PM Afternoon Quilters 12:30 PM <u>Movie Day 1 PM</u> 	18
19 MOW Delivery This Wk. KAC Volunteers & Immanuel Lutheran Church	20 KAC CLOSED Martin Luther King Jr. Day  <i>Dedicated to his Dream</i>	21 Ladies' Pool 9 AM <u>Painting With Donna 9 AM</u> Skipbo 10 AM 500 Cards 12:30 PM Silver Belles 1 PM Boomer Years 1:30 PM SHIP At Shadley 2 PM BCCA Board Mtg. 3:30 PM Yoga 3:30 PM & Yoga 5 PM RAP 5:30 PM	22 Newsletter Folding 8:30 AM Yoga 8:45 AM Men's Pool 9 AM Yoga 10:15 AM Hand And Foot 12:30 PM 	23 Bobbin Lace 9 AM <u>Painting With Donna 9 AM</u> Pinochle 12:30 PM Dominos 12:30 PM Music With Steve 1 PM 	24 Yoga 8:45 AM Euchre 12:30 PM Afternoon Quilters 12:30 PM 	25
26 MOW Delivery This Wk. Park Place Of Belvidere & KAC Volunteers	27 Yoga 8:45 AM Bonus Township 9 AM Pinochle & Bridge 12:30 PM Progressive Hand & Foot 12:30 PM Silver Belles 1 PM	28 Ladies' Pool 9 AM <u>Painting With Donna 9 AM</u> Skipbo 10 AM Human Services Mtg. 12 PM 500 Cards 12:30 PM Coffee On Me 1 PM <u>Nutrition Bingo 1:30 PM</u> Caregivers Support Group 2 PM Yoga 3:30 PM & 5 PM	29 Yoga 8:45 AM Men's Pool 9 AM <u>Writers Workshop 9 AM</u> Yoga 10:15 AM Hand And Foot 12:30 PM 	30 <u>AARP Smart Drivers 8:30 AM</u> Bobbin Lace 9 AM <u>Painting With Donna 9 AM</u> Pinochle 12:30 PM Dominos 12:30 PM Music With Steve 1 PM Grief Support 1 PM 	31 <u>AARP Smart Drivers 8:30 AM</u> Yoga 8:45 AM Euchre 12:30 PM Afternoon Quilters 12:30 PM 	

COME TO SEE A "CHEF ON THE RUN"



Park Place of Belvidere is very excited about providing this program at the Keen Age Center on January 15th 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:

- Wednesday, January 8th**
Chat with Officer Fish, 10 AM
- Wednesday, January 15th**
Fall Prevention at 9 AM
KAC Auxiliary Meeting at 10 AM
- Friday, January 17th**
Movie Day at 1 PM
- Wednesday, January 22nd**
Newsletter Folding at 8:30 AM.
- Wednesday, January 29th**
Writers Workshop with Jeff at 9 AM
- Thursday, January 30th & Friday, January 31st**
AARP Smart Drivers Course

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