



THE KEEN AGE CENTER

NEWS YOU CAN USE

BOONE COUNTY COUNCIL ON AGING

MARCH 2021 NEWSLETTER

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INSIDE THIS ISSUE

- 02 Staff Recognition
- 03 Information & Assistance
- 06 In-Person Activities—**CANCELLED**
- 08 Calendar
- 09 Resources
- 10 I&A En Espanol
- 12 Lifescape Menu
- 13 Prairie State Legal Services
- 14 Newsletter Subscription Form
- 15 Boone County Transportation
- 16 Supporting Membership
- 18 Driving Classes
- 19 Virtual and Online Activities

ATTENTION

INCLEMENT WEATHER STATEMENT

In case of inclement, dangerous weather, PLEASE check the Rockford weather stations: WIFR, WREX and WTVO for information about closings. If we are closed due to bad weather, your homemaker **WILL NOT** come to your home for service, there will be **NO** public transportation, and there will **NOT** be Meals on Wheels delivery.

Income Tax information: See page 5.

Friends of KAC Cookbook Fundraiser:
See page 13.

COVID-19 Vaccine information:
See back page.



THE KEEN AGE CENTER

Service Programs Call:

815-544-9893 or 800-961-5336

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.

Executive Director: Kelly Hillan

Hours: 8:00 am—4:30 pm

**Become A Fan Of The
Keen Age Center**

Become one of our fans on Facebook. Yes, the Keen Age Center is on Facebook.



We now accept debit & credit cards through PayPal

The 5 Ways to Help

1. Donate 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 BCCA offers.
5. Leave us in your Will through the Endowment Fund.

A NOTE FROM KELLY, EXECUTIVE DIRECTOR

Dear Friends,

It will be a year on March 11th that I was tasked with having to close the Keen Age Center, following the Governor's declaration of a state of emergency due to COVID-19. I am certainly not the only one to lament with disbelief the fact that an entire year has gone by. In my naivete I thought that we might be closed for a few weeks. Looking back over this year, so much has happened and most of it was not what anyone would have imagined.

Initially we struggled to find toilet paper and a seamstress to sew us a mask. We now have plenty of both. At first there were not enough ventilators and now that concern is gone. Next you could not get a COVID-19 test or had to wait in long lines and that issue has disappeared. Now we are waiting for our turn to get the COVID-19 vaccine and hopefully the supply will soon meet the demand.

As this edition of the newsletter is going to press, our focus is on providing COVID-19 vaccination

clinics at the Keen Age Center and hosting AARP tax preparation. These two areas will continue to be our priority and the only activities we can safely provide at KAC at this time.

We will re-evaluate what activities we can bring back as vaccine clinics and tax appointments wrap up. I cannot repeat enough how much we are looking forward to having people return to KAC. Even with the limited activities we had in the late summer and fall, it has been too quiet for too long.

Even though we have been apart from you all, we feel encouraged that you have not forgotten us! With your help, over \$13,000 was raised from our Holiday Appeal. This far exceeds anything I imagined, so thank you so much!

Looking forward to warmer days and shots in many, many arms!

Kelly



BCCA STAFF RECOGNIZE



Janet
Home
care
14 Years



Sue
I & A
Supervisor
9 Years



Joyce
Receptionist
9 Years



Deanna
Program
Coordinator
7 Years



Shirley
Dispatch/Med Car
6 Years



Cindy
Bus Operator
3 Years



Julie
Bus Operator
1 Year





INFORMATION AND ASSISTANCE

KEEP US UPDATED

Please let us know if you move or change your phone number. Thank you to those of you who have kept us updated.

NO ORIGINALS IN THE DROP BOX, PLEASE.

Need to drop off documents to the Keen Age Center? Please use our secure drop box located on the east side of the building next to the staff entrance. It is a tall white box and displays "BCCA Drop Box" on its side. Please drop COPIES ONLY into this box. We do not want to be responsible for getting your originals back to you.

DO YOU USE EMAIL? SO DO WE!

What an easy and convenient way to communicate with your I&A Specialist! Eliminate the game of phone tag and use the email addresses listed on these pages! Just be sure to sign your complete name so we know who you are.



WE ARE STILL HERE FOR YOU!

We are still taking care of all services including, but not limited to, Medicare, Medicaid, SNAP, LIHEAP, Tax Assessment Freeze, Benefit Access Program, Safelink Phones, Farmer's Market Coupons and so much more. Just contact your I&A specialist, or call the main number at the Keen Age Center (815-544-9893) and we will get you directed to someone who can help you.

PLEASE RING THE DOORBELL

When you are coming to the Keen Age Center to see your I & A Specialist, another staff member, or to drop something off that cannot go into the drop box, **please make sure you call before you come.** When you get to the Keen Age Center there is a **YELLOW doorbell** on the east side door where the staff enters. You need to ring the **YELLOW doorbell** for service. Thank you!



CONTACT YOUR I & A SPECIALIST

There are now several ways you can contact your Information & Assistance Specialist. Please see the list below to call, email or text your I&A Specialist. We look forward to serving you!

Phone numbers and emails are as follows:

Susan 779-552-7240
sbileto@keenage.org
Text 779-256-1477



Nancy 779-552-7252
nnellis@keenage.org
Text 779-256-1049



Marisol 779-552-7258
mrivera@keenage.org
Text 779-207-1139



Forms you will receive at tax time

Toward the end of January or beginning of February you may receive many documents for tax purposes. **Even if you do not file taxes you still need to keep these important documents.**

Some of the forms may be 1099's from Social Security or any other source of income, Bank Statements, Interest & Dividends. **Please keep all information that states it is for tax purposes, even if you do not file taxes as they may be used to apply for programs and services.**

Advantage Plan

Open Enrollment Season

January 1 – March 31, 2021

If you currently have a Medicare Advantage Plan, take advantage of the time to look into all the plans you have to choose from, up to 41 plans, and see if you are on the best one that suits you. Many of these plans cover some dental and vision or offer a gym membership. These are only a couple of the many benefits they can offer. Call your Information & Assistance Specialist to set up a time to talk over the phone or have a Zoom call. We would love to see you! Numbers and email addresses are listed in this section. We are looking forward to serving you.

Property Tax Assessment Freeze 2021

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 at least one year, own the property and 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 1st, 2021. Please contact your I&A specialist to get assistance with the application.



BENEFIT ACCESS PROGRAM & LIHEAP

TOO MANY PAPERS IN THE MAIL?



Try labeling folders with the name of the organization your mail came from. Or you can put all TAX DOCUMENTS in a folder labeled 2020. It will be there when you need it.

BENEFIT ACCESS PROGRAM

Great News!



Read all about it! Tell all your friends!

The Benefit Access Program that allows you to get a discount on your license plate sticker are as follows.

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

This is based on 2019 income until Tax Day, 2021.

The cost of the sticker could be as low as \$24.00. If you or someone you know thinks they may qualify, give Information & Assistance a call.

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 are as follows:

- 1 person: \$2,127
- 2 people: \$2,873
- 3 people: \$3,620

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 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.

INCOME TAX INFORMATION AND THANK YOU!

AARP Income Tax Information

The Boone County Council on Aging is offering free income tax assistance through AARP Foundation Tax-Aide Volunteers which started February 15 by appointment only. You can make your appointment by calling (815) 544-9893 or visiting www.keenage.org.

You MUST pick up an intake form at the Keen Age Center and fill it out before arriving for your appointment. Please enter the building at the single door by the AARP flag.

You MUST bring the following:

- * A copy of last year's tax return
- * All Social Security 1099 forms
- * W-2 forms
- * Real estate tax records (if any)
- * 1095 form (Marketplace Insurance)
- * Photo ID & Social Security card or statement
- * Check book (Direct Deposit)
- * If filing jointly, both spouses MUST be present or one must have power of attorney
- * Please note your appointment time and DO NOT arrive more than 10 minutes early

This service is free and donations to BCCA/Keen Age Center are accepted.

THANK YOU!

The advertisers in this publication help defray the costs of printing this publication.

The Boone County Council on Aging expresses its appreciation for their financial support.



BOONE COUNTY COUNCIL ON AGING

THANK YOU FROM THE BCCA/KAC



To Heritage Woods of Belvidere for sponsoring our Regular Bingo.



Thank you to Nothing Bundt Cakes for supplying us with gift cards for giveaways.



We appreciate YOU!

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Patsy Sears to place an ad today!
psears@lpiseniors.com or (800) 950-9952 x5901

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Section 8 Apartment Community
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1151 Nettie Street * Belvidere
815-547-5255
Kelly Sumwalt, Property Manager
A Ludwig managed property

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Steve Getzin, Owner
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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.

For more information, please call (815) 547-5441.

Close.
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For ad info. call 1-800-950-9952 • www.lpiseniors.com

Boone County Council on Aging, Belvidere, IL

A 4C 01-1424

HOLIDAY APPEAL—THANK YOU!

BOONE COUNTY COUNCIL ON AGING



Thank you for your generous support of our Holiday Appeal!
Your donations helped raise over \$13,000 to support the programs and services of BCCA.



Alan & Nadine Monson
Alan & Shirley Steurer
Alice D. Nelson
Alice Sledz in memory of
Joseph Sledz & Emilie Nocek
Alice Workinger
Allen & Arlene Paskus
Allen Martin in memory of Helen Martin
Andrew & Judy Racz
Angela J. Daniels in memory of
Richard & Roberta Daniels
Arlene Buttke
Audrey Cooper
Audrey or Karen Lewis
Barbara Thrun
Barbara Hazelwood-Miller
Beatrice Cramer
Bette Coit
Beverly Roeschel
Beverly Gorham
Beverly Gibson
Boone County Bar Association
Bruce & Janet Morelock
Carol Bleske
Carol & Lawrence LeVeque
Carol Roush in memory of
Alice & John Adamson
Carolyn Poole
Charles Schwitters
Charles & Beverly Gaddis
Charles Jordan
Charlotte Fuller
Cheryl Milich
Clarence & Kathleen Welte
Culver's of Belvidere
Cynthia & Terry Bronke
Dale Fox in memory of
Mary Elizabeth Fox
Danny & Lettie Thurman
Darlene L. Peters
Dawn Dottl in memory of
Christine Cronin
Debra Schmalen in memory of
Gerald Bohm
Delbert Johnson Jr
Delio M. & Jovita Garcia
Diane Wilke in memory of Marion Wilke
Dolores Behrens
Donna Hoye
Donna Keegan
Dr & Mrs G. Peterson

Dr. & Mrs. Chen
Earl & Lois Lungstrom
Ed & Edie Bone
Edith McGee
Edward Rosenberg Jr. in memory of
Doris Rosenberg
Edward Shabez in memory of
Helen Shabez
Elias & Carmen Rodriguez
Elizabeth Carson
Elizabeth Gay
Elizabeth Harris in memory of
Anne Rose Philbrook
Eugene & Mary Gille in memory of
Darlene Henniger
Eula & Charles Neace
Fawn Keegan in memory of
Eugene T. Keegan
Flora Henry
Frank W. Herrmann in memory of
Regina & Patrick Herrmann
Gary Tate
Gayle Soderberg
George & Nova Quigley
Georgeann Palmquist
Gerald Fast in memory of Joyce Fast
Glen Miller
Grace & Steve Kluson in honor of
Susan Greg & Judy Greiter
Helen B. Landini
Henry & Wendy Szmuc
Horst & Theresia Grentz
Howard Lee & Sons
Jackie Cappi in honor of Susan Bileto
Jeanine Burkett in memory of Helen West
Jeanne Kenney
Jim & Pera Bredthauer in memory of
Ed Elzy
Jo Anne Freeman
Joan Fidler
Joanne & Eugene Kleindl
John & Barb Majernik
John & Candy Wolf in memory of
Bill & Sara Wolf
John & Carol Mulholland in memory of
Agnes Meine
John & Joanne Heide
John & Patricia Elder
John Miller and Barb Hazlewood-Miller
Joyce Yarger in memory of Gary Turner
Juanita Schober in memory of
Darlene Bergeron

Judy Kudlicki
Judy & Steve Schabacker in memory of
Clara Schabacker & Shirley Schwartz
Judy Ernest
Judy Greef
Judy Nimtz
Julie Kleive in memory of Dick Balentyne
& Don Adams
Karen Hays
Karen & Jake McClenthen in memory of
Ellen Glaser & Evelyn Glaser Rickelman
Karen Johnson
Karen Neibarger in memory of
Helen Nelson Knuth
Karl & Ellen Steiskal
Katherine Pate
Katherine Smith
Kathleen Walker
Ken & Margie Trimmer
Kimberly Wennmacher in memory of
William & Doris Beardsley
L. M. Sally Heisler
Larry Stiles
Larry D. Swanson
Leroy & Delores Dokken
Linda & Tom Dixon in memory of
Rhonda Halring-Rollette
Linda Castro-Sebena in honor of
Anselma (Ann) Castro
Linda De La Cruz in memory of
Jimmy Hastings
Linda L. Zych
Lorene Benzel
Lorether Spivey
Loretta A. Hagan in memory of
Darlene Henninger
Louise Babcock
Lynette & Frederick Amundson
M. Susan Flott
Mae Totz
Margelyn Monahan
Marilyn Osterberg
Marjorie R. Carlson
Marlene Gillen
Mary Ann Rozanas in honor of
The Monday Bridge Group
Mary Kay Honchell
Mary Lou Bergmann
Mary Lyn Slowik
Merrill Klatt in memory of
Jacquelynn A. Klatt
Mina Johnson



HOLIDAY APPEAL—THANK YOU! CONTINUED...



Thank you for your generous support of our Holiday Appeal!
Your donations helped raise over \$13,000 to support the programs and services of BCCA.



Mrs. Richard Balentyne in memory of
 Dick Balentyne
 Myrtle Hermanson in memory of
 Glenn Hermanson
 Nadine Kobus
 Naomi Schultz in memory of Gary Turner
 Norman & Lila Svedin
 Patricia Ann Smith
 Patricia J. Cox
 Patricia Miller
 Pattie Sarni in honor of John, Nelson, Steve
 & Mark Betts
 Paulette Erickson
 Peter Maurer
 Phil Bratta
 Phil & Sue Wilcox in honor of all who are
 still giving care after retired in 2015
 Ralph & Evelyn Gustafson
 Randy & Vicky Stensven
 Raymond & Joan Smith
 Richard Hanson in honor of Gary Turner
 Robert & Yvonne Larson

Robert M. & Mary Kay Henry
 Robert S. Winkowski
 Roberta Eicksteadt in memory of
 Evelyn Rickelman
 Roger & Cynthia Pope
 Roland Auger
 Ron & Bonnie Gibbs
 Ron Wait in memory of Grace Wait
 Rose Marie Wade
 Russell Wheeler
 Sally & Jerome Jones
 Sam & Mazie Ruzic
 Sandra Scott
 Sandra Berg in memory of Roger Berg
 Sandra Brockmann in memory of
 Donald Ellingson
 Scott's RV, Truck & Auto Repair
 Shirley & Bradley Malm
 Shirley Adams
 Shirley Arand in memory of Jerry Arand
 Shirley Gulling
 Shirley Tackett

Stella Harbolt
 Stephen P. Symes
 Suzanne & Louisa Nicotera
 Teddy & Ethel Devine
 Thomas & Belinda Pollnow
 Thomas & Dorothy Wright
 Thomas & Mary Lacke
 Timothy & Linda Harris
 Valerie Graham in memory of
 Dave Graham
 Violet C. Johnson
 W.T. & Beverly Strain
 Ward & Judy Haselhorst
 Wayne & Vonnie Wares
 Wendy Mayfield
 William G. Dale
 William Graff



**If we inadvertently missed you or made
 a mistake on this list, please give us a
 call (815) 544-9893 or email Steve
 at skling@keenage.org.**

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 to you at www.ourseniorcenter.com



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psears@lpiseniors.com or (800) 950-9952 x5901

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CALENDAR OF EVENTS—ALL IN-PERSON ACTIVITIES ARE CANCELLED UNTIL FURTHER NOTICE

BOONE COUNTY COUNCIL ON AGING

MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 9:30 Virtual Zumba	02 10:30 Conference Call with Boone County Health Dept.— New 12:30 Virtual Karaoke	03 10:30 Coffee with KAC—Conference Call Only— Day Change	04 11:00 Virtual Train Your Brain— Day change	05
08 9:30 Virtual Zumba	09 10:30 Conference Call with Boone County Health Dept.— New 12:30 Virtual Karaoke	10 10:30 Coffee with KAC—Conference Call Only— Day Change	11 11:00 Virtual Train Your Brain— Day change	12
15 9:30 Virtual Zumba	16 10:30 Conference Call with Boone County Health Dept.— New 12:30 Virtual Karaoke	17 10:30 Coffee with KAC—Conference Call Only— Day Change <i>Happy St. Patrick's Day!</i>	18 11:00 Virtual Train Your Brain— Day change	19
22 9:30 Virtual Zumba	23 10:30 Conference Call with Boone County Health Dept.— New 12:30 Virtual Karaoke	24 10:30 Coffee with KAC—Conference Call Only— Day Change	25 11:00 Virtual Train Your Brain— Day change	26
29 9:30 Virtual Zumba	30 10:30 Conference Call with Boone County Health Dept.— New 12:30 Virtual Karaoke	31 10:30 Coffee with KAC—Conference Call Only— Day Change		

SIGNING UP FOR PROGRAMS—ALL IN-PERSON ACTIVITIES ARE CANCELLED

ALL IN-PERSON ACTIVITIES ARE CANCELLED UNTIL FURTHER NOTICE.

You MUST sign up for ALL PROGRAMS.

NO WALK-INS or DROP-INS.

We have a limit of 10 people in the building at one time. You will not be able to enter the building if you are not signed up for an activity or have an appointment.

Call 815-544-9893 to register with the receptionist.

Programs are Subject to change.





Engage Virtually

SOCIALIZE



- ◆ Stay in touch with friends and loved ones, or even reconnect with people you haven't seen in years, through social media platforms like [Facebook](#), [Twitter](#), and [Instagram](#).
- ◆ Check out video call platforms such as [Skype](#), [FaceTime](#), and [Google Hangouts](#), so you can see the faces of family and friends while you talk to them.

EXPLORE

- ◆ Browse more than 2,500 free courses available on [edX](#). With subjects ranging from computer science to arts and humanities to foreign languages, there's something for everyone.
- ◆ Explore zoos and aquariums across the country, including [Smithsonian's National Zoo](#), through virtual behind the scenes tours and lessons. Many have live webcams so you can watch the animals any time.
- ◆ Enjoy artwork from around the world. Thousands of museums and galleries have partnered with [Google Arts & Culture](#) to display their collections through virtual tours.
- ◆ Tour one of the many [national parks](#) offering digital tours and experiences that you can access anytime.
- ◆ Learn from the pros. [MasterClass Live](#) is currently offering one free streaming class per week.

UNWIND

- ◆ Check your library's free e-books and audiobooks you can borrow without leaving home. Consider joining a virtual book club to connect with others enjoying the same book.
- ◆ Host dinner or a game night with friends over video chat. Good Housekeeping has [10 game ideas](#) to get you started.
- ◆ Catch free theater or opera performances online. [The New York Metropolitan Opera](#) is streaming a different encore performance from their Live in HD series every day, and the UK's [National Theatre](#) streams a different play on YouTube every Thursday.

CONNECT

- ◆ The [Eldercare Locator](#), a public service of ACL, is a nationwide service that connects older adults and their caregivers with trustworthy local support resources. Whether you are looking for help with services like meals and home care, or you want to learn more about caregiver education and respite, the Eldercare Locator can point you in the right direction.

Want something lower tech?

- ◆ Watch a TV show or movie while talking to a friend on the phone. Many streaming services are offering free trials or certain shows and movies at no charge.
- ◆ Write a letter to a friend and reminisce about one of your favorite memories of them. Ask them to write back and share their own favorite memory.
- ◆ Keep up to date with current events and stay connected to neighbors by reading local newspapers and community bulletins.

Boone County Council on Aging

You can access all of our virtual activities on Facebook and our Website at : www.keenage.org

BE A FAN OF THE KEEN AGE CENTER

The Keen Age Center is on Facebook! Look for us!

Northern Illinois Food Bank

Snap Helpline

For those of you who use Link for food stamps, please call 844-600-SNAP (7627) to get more information regarding Link or to apply for SNAP. (Supplement Nutrition Assistance Program)

Northern Illinois food bank SNAP helpline will have information to help with any questions or issues that you may have.

Illinois residents can text "TALK" to 552020 to talk with a mental health professional, free of charge, during the COVID-19 crisis. The program, called "Call4Calm," is free and available 24 hours a day, seven days a week.

Call4Calm

Access the Illinois Department of Human Services' FREE & Anonymous support line.

Text "TALK" to 5-5-2-0-2-0



NEWSLETTER PICK UP BOX

We now have a contactless way for you to pick up a free copy of the latest issue of "News You Can Use" from the Keen Age Center.

There is a box at the main entrance of our building that has our newest issue of the Keen Age Center's newsletter. You can drop by our building and pick one up at any time.



*Feliz día
de san
Patricio*



INFORMACION Y ASISTENCIA

Manténganos Informados:

Infórmenos si se muda o cambia su número de teléfono.

No Originales en el Buzón, Por Favor

¿Necesita dejar documentos en el Centro de edad Keen? Utilice nuestro buzón seguro ubicado en el lado este del edificio al lado del entrada de personal. Es un cuadro blanco alto y muestra "BCCA Drop Box" a su lado. **Suelte COPIAS SOLAMENTE en este cuadro.** No queremos ser responsables de devolverle sus originales.

¿Usas correo electrónico?

¡Nosotros también!

¡Qué manera fácil y conveniente de comunicarse con su especialista en I&A! ¡Elimine el juego de la etiqueta del teléfono y use las direcciones de correo electrónico que figuran en estas páginas! Solo asegúrese de firmar su nombre completo para que sepamos quién es usted.



¡Todavía estamos aquí para ti!

Todavía nos ocupamos de todos los servicios, incluidos, entre otros, Medicare, Medicaid, SNAP, LIHEAP, congelación de evaluación de impuestos, programa de acceso a beneficios, teléfonos Safelink, cupones de Mercado Grangero y mucho más. Simplemente comuníquese con el especialista de I&A que se detalla a continuación, o llame al número principal del Centro de Eda y lo direccionaremos con alguien que pueda ayudarlo.

Por Favor Toque el Timbre

Cuando venga al Centro de Edad para ver a su especialista en I&A, otro miembro personal o para dejar algo que no pueda entrar en el buzón, **asegúrese de llamar antes de venir.** Cuando llegas al Centro de Edad, hay un timbre **AMARILLO** en la puerta del lado este por donde entró el personal. Debe tocar el timbre **AMARILLO** para el servicio. ¡Gracias!



CONTACTA CON TU I&A ESPECIALISTA

Ahora hay varias formas de comunicarse con su especialista en información y asistencia. Consulte la lista a continuación para llamar, enviar un correo electrónico o enviar un mensaje de texto a su especialista en I&A. Esperamos poder servirle.

Los números son los siguientes:

Susan 779-552-7240

sbileto@keenage.org

Text 779-256-1477



Nancy 779-552-7252

nnellis@keenage.org

Text 779-256-1049



Marisol 779-552-7258

mriviera@keenage.org

Text 779-207-1139



Formularios que Recibirá en el Tiempo de Impuestos

Hacia fines de Enero o principios de Febrero, es posible que reciba muchos documentos a efectos fiscales. **Incluso si no declara impuestos, debe conservar estos documentos importantes.** Algunos de los formularios pueden ser 1099 del Seguro Social o de cualquier otra fuente de ingresos, extractos bancarios, intereses y dividendos. **Porfavor conserve toda la información que indique que es para fines fiscales, incluso si no presenta impuestos, ya que pueden utilizarse para solicitar programas y servicios.**

Temporada de Inscripción Abierta del Plan de Ventaja

1 de Enero - 31 de Marzo de 2021

Si actualmente tiene un plan de Medicare Advantage, aproveche el tiempo para analizar todos los planes que tiene para elegir, hasta 41 planes, y ver si está en el mejor que se adapte a sus necesidades. Muchos de estos planes cubren algunos servicios dentales y de la vista y ofrecen una membresía en un gimnasio. Estos son solo algunos de los muchos beneficios que pueden ofrecer. Llame a su especialista en información y asistencia para programar una hora para hablar por teléfono o tener una llamada de Zoom. ¡Nos encantaría verte! Los números y las direcciones de correo electrónico se enumeran en esta sección. Esperamos poder servirle.

Congelación de la Evaluación de Impuestos a la Propiedad 2021

Este programa permite que una persona mayor calificada tenga el valor de tasación de su casa "congelado" en un valor anual base para evitar aumentos debido a la inflación. Esto no significa que sus impuestos a la propiedad no aumentarán porque otros factores afectan su factura de impuestos.

Para calificar debes, Tener 65 años, Tener ingresos familiares de menos de \$65,000, Haber vivido en su casa durante al menos un año, Poseer la propiedad, Tener la factura del impuesto predial a su nombre.

Debe volver a presentar la solicitud todos los años con un comprobante de los ingresos anuales de su hogar. La fecha límite para la presentación es el 1 de noviembre de 2021. Comuníquese con su especialista de I&A para obtener ayuda con la solicitud.



BENEFIT ACCESS PROGRAM & LIHEAP

¿DEMASIADOS PAPELES EN EL CORREO?

Intente poner el nombre de la organización de la que proviene su correo a una carpeta. O puede colocar todos los DOCUMENTOS DE IMPUESTOS en una carpeta con la etiqueta 2020. ¡Estará ahí cuando lo necesites!

BENEFIT ACCESS PROGRAM

¡Buenas Noticias!



¡Lee todos los detalles!

¡Dile a todos tus amigos!

El Programa de acceso a beneficios que le permite un descuento en la etiqueta de su placa ha aumentado las pautas de ingresos. Ahora son como sigue.

Su ingreso debe ser menos de:

- ♦ \$ 33,562 para un hogar de 1-persona
- ♦ \$ 44,533 para un hogar de 2-personas
- ♦ \$ 55,500 para un hogar de 3-personas

Esto se basa en 2019 hasta el día de impuestos 2021.

El costo de su etiqueta puede ser hasta \$24.00. Si usted o alguien que conoce cree que puede calificar, llame a Información y Asistencia al Keen Age Center al para programar una cita.

RESIDENTES DEL CONDADO DE BOONE SOLICITE LIHEAP

Durante estos tiempos difíciles, nos gustaría llegar a 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: \$2,127
- 2 personas: \$2,873
- 3 personas: \$3,620

Necesitará los siguientes documentos sin excepciones

SOLO COPIAS

- ⇒ Tarjetas de Seguro Social
- ⇒ Identificación Fotográfica
- ⇒ Ingreso mensual actual
- ⇒ Facturas de servicios públicos más recientes a 2 caras, anverso y reverse del papel.
- ⇒ Declaración escrita y firmada en la que se da permiso al Consejo de Envejecimiento del Condado de Boone para presentar su solicitud.



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

MARCH LIFESCAPE MENU

BOONE COUNTY COUNCIL ON AGING

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Meatball Sub Peas & Carrots Seasoned Potato Wedges Mandarin Oranges	02 Sweet & Sour Chicken Fluffy Rice Stir Fry Veggies Dinner Roll/Butter Apricots	03 Salisbury Steak Cheesy Potatoes Green Beans Dinner Roll/Butter Sliced Peaches	04 A. Sloppy Joe Wheat Bun Farmer Potatoes Peas & Carrots Fruit Cocktail B. Tuna Sal./Chix Rice	05 Hot Ham & Cheese Wheat Bun Tator Tots Baked Beans Chilled Applesauce
08 BBQ Riblett Wheat Bun Au gratin Potatoes Coin Carrots Diced Pears	09 Pepper Steak Mashed Pot/Gravy Peas Wheat Bread—2 Chilled Pineapple	10 Lemon Pepper Chicken Wild Rice Broccoli Dinner Roll/Butter Applesauce	11 A. Cheeseburger Wheat Bun Tator Tots Baked Beans Jello W/Fruit B. Ham/Vegetable	12 Mostaccioli W/Meat Sauce Brussel Sprouts Scand. Blend Veggies Garlic Bread Apricots
15 Chicken Strips Seasoned Potato Wedges Peas Dinner Roll/Butter Diced Pears BBQ PC	16 Baked Ziti W/Meat Sauce Italian Blend Veggies Garlic Bread Hot Applesauce	17 <i>Happy St. Patrick's Day!</i> A. Meatloaf Mashed Pot/Gravy Glazed Carrots Dinner Roll Peach Cobbler B. Liver & Onions	18 Beef Stew Buttermilk Biscuit Mandarin Oranges	19 Lemon Tilapia Wild Rice Peas Dinner Roll/Butter Fruit Cocktail
22 BBQ Chicken Breast Wheat Bun Cheesy Potatoes Green Beans Diced Pears	23 A. Sloppy Joe Wheat Bun Tator Tots Carrots Apricots B. Ham/Vegetable	24 Baked Chicken QTR. Mashed Pot/Gravy Broccoli Dinner Roll/Butter Cherry Cobbler	25 Mushroom Swiss Burger on Bun Buttered Red Potatoes Baked Beans Diced Peaches	26 Fish Patty Wheat Bun Potato Pancakes Calif. Blend Veggies Applesauce Tartar Sauce
29 Country Meatballs Mashed Pot/Gravy Brussel Sprouts Dinner Roll/Butter Peaches	30 Chicken Patty Wheat Bun Green Beans Farmer Potatoes Diced Pears	31 Spaghetti W/Meat Sauce Steamed Peas Wh. Kernel Corn Garlic Bread Apricots		8 oz. low fat milk served with each meal. *Choice A is only sent to Meals on Wheels clients. Milk, bread & margarine are included.

PRAIRIE STATE LEGAL SERVICES & FRIENDS OF KAC COOKBOOK

Prairie State Legal Services

Prairie State Legal Services, a nonprofit organization, has been offering legal help in non-criminal matters for **low income persons and older adults (60 and over)** for more than 34 years. The program focuses 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. **They do not do Wills.**

You may contact Prairie State Legal yourself at 815-491-8110. Monday—Thursday from 9:00 am—1:30 pm

Friends of KAC Cookbook—Fundraiser!

We are brewing up a cookbook to raise funds for Keen Age Center, and we need **YOU** to share your recipes! Along with your recipes, please include pictures and stories about the cooks. That is what makes this cookbook special! All photos will be returned.

Appetizers, soups, salads, main dishes, sides, vegetables, cookies, desserts and more. Any recipe and story that is special to you.

You can submit your recipes any of three ways:

1. Email to Skling@keenage.org.
2. Snail mail to BCCA Keen Age Center, 2141 Henry Luckow Lane, Belvidere, IL, 61008 ATTN: Steve Kling.
3. In-Person to the drop box located on the east side of the building, ATTN: Steve Kling

Along with your recipes, pictures, and stories, please include your name, address, phone number and email if applicable.

Recipes and stories will be accepted through the summer to give time for us to see each other and spread the word personally.

Thanks, Friends of the Keen Age Center

P.S. In order to make this Cookbook Fundraiser a success we really need you to send in your recipes!





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Visiting Angels of Rockford is a non-medical home care agency offering compassionate and experienced caregivers to seniors and anyone else needing assistance in the home.

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NEWSLETTER SUBSCRIPTION

BOONE COUNTY COUNCIL ON AGING



SUBSCRIPTION INFORMATION

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.

Newsletter Subscription Form

If you would like to continue receiving this newsletter, please complete this subscription notice and mail it with your annual **\$10 suggested donation** to assist in mailing costs to:

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



<input type="checkbox"/>	New	<input type="checkbox"/>	Renewal	<input type="checkbox"/>	Change of Address
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Name:

Address:

Thank you for your subscription!

Get the BCCA 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 ourseniorcenter.com. Next you will see LPI—Our Senior Center, click on Our Senior Center. It will take you to the web page. Type in Boone County Council on Aging and zip code, hit the search button. You will see our agency name and address. Click on our address and you are there! You will be able to see new and old copies of our newsletter. If you would like an email to let you know when the next newsletter is ready for viewing, email Dawn at dstuhr@keenage.org.

If you prefer to view it online rather than receive the newsletter via regular mail, please let us know so we can take you off our mailing list which will help us save money in postage. Thank you!

Funding Statement

Services of the Boone County Council on Aging are made available, in part, with funds provided under Title III-D and Title III-E of the Older Americans Act, GAP Filings 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 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, users and fundraising projects.

Ways to Donate and Pay!

The Boone County Council on Aging has the capability to accept credit cards and online donations for processing. Online donations can be either a one time donation or set up as a monthly donation.

Payments accepted are cash, debit card, credit cards and checks. You can find the payment method on our website (www.keenage.org), Facebook page or at our facility. Thank you for your donation and payment!



Social Call Program

We are looking for individuals who are interested in making fun, friendly phone calls to people who are isolated and do not have anyone to talk to. This is a fun social call and it could make a huge impact on someone’s life.

If you are interested, please call Deanna at 779-552-7245

BOONE COUNTY PUBLIC TRANSPORTATION

We pick clients up at their home address and drop them off at their destination.

ANYONE can ride our buses.
COME RIDE WITH US!

Door to Door Bus Service within Boone County with a one-day notice.

Call our Transportation number at
815-975-9059



MEDICAL ESCORT VAN

We also have a medical escort van to help with medical rides to adjoining counties. **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.

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Children under 12 must be escorted by and adult.
Children 3 and under MUST have a car seat.



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Happy St. Patrick's Day




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www.northwoodscare.com

SUPPORTING MEMBERSHIP

BOONE COUNTY COUNCIL ON AGING

B.C.C..A SUPPORTING MEMBERSHIP CAMPAIGN March 2021

Do you come to BCCA to socialize with friends, play cards or pool?

Have you received help from the BCCA Information & Assistance Counselors?

Have you used the BCCA Transportation Buses to travel in Boone County?

If 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:

Beverly Balentyne, In memory of Dick Balentyne and Judy Greef

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



Supporting Membership Form



Name: _____

Address: _____

My Contribution for Supporting Membership is for:

_____ \$ _____

In Memory of, In Honor of _____

Please inform us if you DO NOT want your name printed in the newsletter.

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

Thank you for your Support!

LENDING CLOSET

The Keen Age Center—Lending Closet

If you need a wheelchair, commode, walker, toilet riser, shower chair, or a bathtub transfer seat, etc., **you MUST call before you come 815-544-9893**. Before you purchase anything new, check us out. It will save you and your insurance from paying out unnecessary dollars.

The ONLY items we are accepting right now are Rollators (Cadillac Walkers), Incontinent pads, and small, medium, large, and X-large Depends—all sizes.

Thank you to all that have donated!

Non-Discrimination Publication Statement

Boone County Council on Aging does not discriminate in admission to programs or activities in compliance with Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act; the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have the right to file a complaint with the Illinois Department on Aging. For more information, call 1-800-252-8966 (Voice or TTY) or contact Executive Director, Kelly Hillan at 2141 Henry Luckow Lane, Belvidere, IL 61008, 815-544-9893.

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 on-line 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.





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At Oak Street Health, you can still see your doctor by phone or video and receive high-quality care without leaving your home.

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Take 5

Our practice is focused on preventive care. Follow these five steps to help protect you and your loved ones from COVID-19:

1. Stay at home
2. Wash your hands
3. Have a preventative care plan
4. Call a doctor if you're feeling sick or need help
5. Don't visit the emergency room unless you're experiencing a medical emergency



Call to learn more
(888) 820-0016



RULES OF THE ROAD REVIEW COURSE: If your license is up for renewal and you would like a refresher course, we invite you to attend the next virtual class which is offered by the Secretary of State's office four times during the year.

Rules of the Road will be done virtually to ensure the safety of everyone's health. The class will be taught on the Keen Age Center's virtual conference platform, Zoom. **Please sign up in advance and give your name, phone number and email if applicable to reception 815-544-9893.** We will send you a zoom invite via email or call you with the number you need to dial in the class. Zoom details will also be posted on our Facebook and website. You can choose to dial in by phone or use the video feature to see and hear from your phone or smart device. If you have any questions about technology, feel free to give the Keen Age Center a call and we will walk you through how to operate Zoom.

The next virtual class is set for Tuesday, June 22nd from 10:00 am—12:00 pm

This is a FREE class. You must sign up.

Registration is required.



AARP SMART DRIVERS' TWO-DAY COURSE:

AARP National has cancelled all in-person AARP classes until further notice. We will keep you updated. If you are interested in the AARP Smart Driver's Course you can register for the course online at RockValleyCollege.com.



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VIRTUAL AND ONLINE ACTIVITIES

BOONE COUNTY COUNCIL ON AGING

Coffee with KAC—DAY CHANGE

Phone Conference Only

Join some BCCA staffers and your fellow Keen Agers for coffee and a chat. All you need is a phone and we will set up an old fashion party line. When you register we will give you a phone number to call and the code.

This month you can chat with:

Wednesday, March 3 at 10:30 am— Steve
Wednesday, March 10 at 10:30 am—Nancy
Wednesday, March 17 at 10:30 am— De
Wednesday, March 24 at 10:30 am— Dawn

Once you register, we will send you a coupon for a free coffee from a local restaurant! While supplies last.

Health Hints with Heidi

Heidi from the UIC College of Pharmacy will be available on Tuesdays for one on one sessions. This is a great opportunity to get questions answered about your medications.

Call 815-544-9893 to schedule a virtual or phone appointment for Tuesday afternoons to speak with pharmacist Heidi for the following reasons:

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

Train Your Brain—Online—DAY CHANGE

Join us each week on **Thursdays-Via Zoom at 11:00 am** as we lead participants through interactive activities designed to exercise the brain to maintain and enhance cognitive function and memory. You are never too young or too old to get started training your brain. So join us in this fun and informative class. Class is **FREE** and open to the public. This is NOT a continuous class. You are welcome to join the class at any time!

If you are interested in joining, please call 815-544-9893 and information will be sent to you.



Yoga and Chair Yoga—Online!

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. Each class ends with a guided deep relaxation exercise which releases mental and physical tensions resulting in a sense of well-being, feeling grounded, balanced, lighter and younger.

You can access the yoga classes on YouTube. The links are posted on our Facebook page and our website at www.keenage.org. under upcoming events.

There is no cost for these classes but donations are accepted. Suggested Donation: normal cost of class is \$10 for regular yoga and \$7 for chair yoga. You can send your donations in check form to BCCA at 2141 Henry Luckow Lane, Belvidere, IL 61008. Please make your check payable to Jeff Leach. Thank you!

Zumba—Fitness Class—Via Zoom

Zumba is an exercise fitness program that combines fast and slow rhythms that tone and sculpt the body using principles from aerobic and fitness to achieve cardio and muscle-toning benefits. Zumba classes will now be available via the Zoom video platform. This requires the use of a smart device such as a cell phone, laptop, computer or tablet. To receive the invite information please call 815-544-9893 and dial extension 223. You can also email Cecilia Hernandez at chernandez@keenage.org to ask for more information on how to use Zoom or sign up for the class. Classes will be held on Zoom every Monday at 9:30 am.

We hope to see you there!



Pen Pal Program

Do you want a unique way to connect with others? Join our Pen Pal group! This tri-state Pen Pal Program connects older adults from the Keen Age Center in Belvidere Illinois to Senior Centers in Wood County Ohio and Newington Connecticut. Thank you for taking part in this social connection project. We encourage you during these difficult times to stay connected and build new friendships!

For more details on this program contact the Keen Age Center at 815-544-9893.

Join Karaoke on Zoom!

If you would like to receive a link to join, you can contact our Program and Outreach Coordinator, Cecilia at 779-552-7251 and she will help you with any technology questions you have. The scheduled time for Karaoke is 12:30 pm every Tuesday. Please have your Karaoke machines on and your songs ready to go when you join. If you don't have equipment available, feel free to join in and listen.

Those who are interested can download Zoom and then join the meeting by entering the ID 335-5048854 and Password is karaoke.

Make Technology your Ally

We know the importance of staying connected and being social here at the Keen Age Center. That is why we want to help you stay engaged during these times where we cannot meet in person and participate in our normal everyday activities. We are here to help you navigate through your technical difficulties.

A few examples of things we can help with are, subscribing to our online newsletter, setting up an email, getting onto Zoom an online video conferencing platform, using Facebook, and accessing affordable internet.

Call and ask Cecilia at 779-552-7251 with any questions you may have related to technology troubleshooting. She is available to work with people one-on-one.





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Get Up-To-Date Information on the Plans for COVID-19 Vaccine Distribution with the Boone County Health Department—**NEW**

Join the Boone County Council on Aging at **10:30 am on Tuesdays**, as we partner with the Boone County Health Department to provide COVID-19 updates and vaccine information to seniors in Boone County.

1. To call into the meeting simply **dial (712) 770-4994**. After calling, you will be asked to enter an access code. You will then **enter 138168#**. Please note this is not a toll-free number.
2. When you are placed in the call group, all callers will be placed on mute. The group will not be able to hear you. However, you will be able to hear the presenters.
3. At the beginning of each call, the Boone County Health Department will give updates on the COVID-19 vaccine and other recent COVID-19 information, as they learn more.
4. When the Health Department has completed their update, they will take questions. Press *6 to indicate you have a question. You will then be asked to press 1 to “get in line” to ask it. You will be unmuted only when it is your turn to ask your question. Once your question is asked, you will once again be placed on mute. If you choose to ask another question, repeat this process by pressing *6.
5. The Health Department will spend approximately 15 minutes giving updates and answering questions. Anyone who has not had the opportunity to ask a question, may contact the Boone CTY Health Department’s COVID-19 line at 815-547-8561 or email COVID19@boonehealth.org. You may also remain on the line and follow step 4 to ask a question.
6. Calls will be automatically recorded. Those who were not able to attend or wish to listen again, may find the recording at www.forwardboone.org on the homepage under “Upcoming & Past Events.”