

# NEWSLETTER

February 2025

SR  
CENTER

Dear Friends,

February is here, bringing opportunities to connect, learn, and grow. As we honor Black History Month, let's celebrate the invaluable contributions of African Americans throughout history and work toward building a more inclusive and equitable future for all.

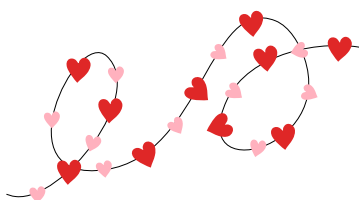
Here's what's happening this month at the Senior Resource Center:

- **SRC Book Club:** Join us Thursday, February 6 at 10:30 am, for an engaging discussion with fellow readers on the book, *The Boys in the Boat*. This is a great opportunity to share perspectives and enjoy great conversations.
- **Idea Cafe:** Meet on Wednesday, February 12 at 1 pm, to learn about senior fitness programs and get updates on what the SRC is brewing up for seniors!
- **Lunch and Learn:** Starting Thursday, March 13, at 12:00 pm, this new monthly series will feature a variety of informative topics and speakers—bring your lunch and enjoy learning in a casual setting!
- **Tax Aide Program:** Take advantage of our free tax preparation service for seniors. Our trained volunteers are ready to assist, but appointments are filling up quickly—call today to schedule yours.

This Valentine's Day, let's make an effort to reach out to those who may feel isolated or lonely. A simple phone call, heartfelt text, or invitation to share a cup of coffee can brighten someone's day and let them know they are cared for. Together, we can spread kindness and compassion throughout our community.

Warm regards,

*Amanda Faivre, Executive Director*



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## Celebrating Black History Month

February is Black History Month, a time to honor the remarkable achievements and contributions of African Americans throughout history. It is a moment to reflect on their resilience, innovation, and enduring impact on our society. From trailblazers in science and politics to pioneers in the arts and civil rights, Black Americans have shaped the world.

To celebrate, we've included a fun matching game to test your knowledge of some famous Black Americans and their accomplishments:

### Match the Person to Their Achievement:

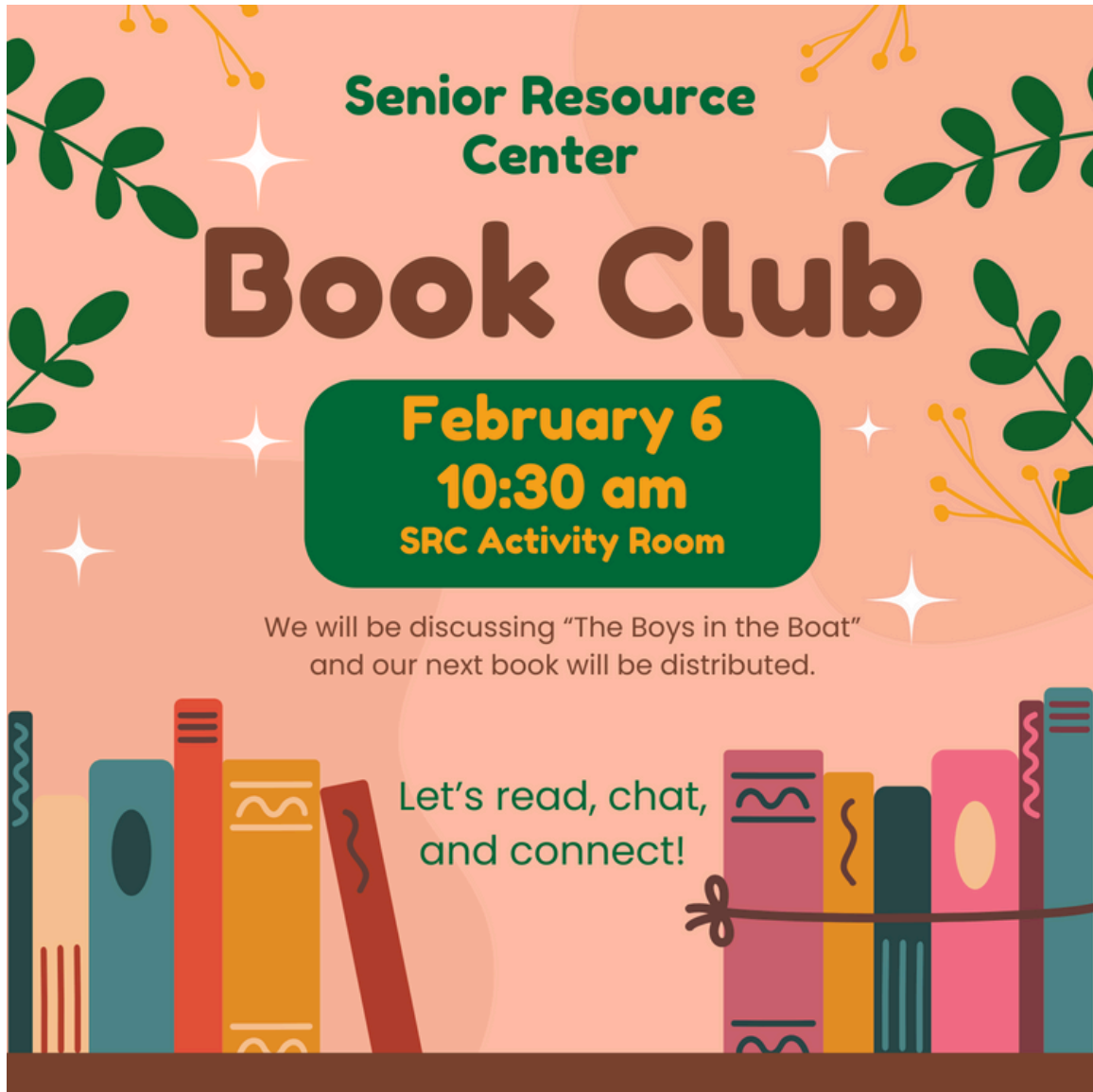
- |                           |                             |
|---------------------------|-----------------------------|
| 1. Martin Luther King Jr. | 6. George Washington Carver |
| 2. Rosa Parks             | 7. Maya Angelou             |
| 3. Harriet Tubman         | 8. Thurgood Marshall        |
| 4. Barack Obama           | 9. Jackie Robinson          |
| 5. Katherine Johnson      | 10. Bessie Coleman          |

### Accomplishments:

- Refused to give up her bus seat, sparking the Montgomery Bus Boycott.
- First African American President of the United States.
- Civil rights leader known for his "I Have a Dream" speech.
- Mathematician whose work was critical to NASA's space missions.
- Developed hundreds of uses for peanuts and other crops.
- Led countless enslaved people to freedom via the Underground Railroad.
- First African American Supreme Court Justice.
- First African American to break Major League Baseball's color barrier.
- Renowned poet and author of I Know Why the Caged Bird Sings.
- First African American female pilot who paved the way for future aviators.

How many can you match correctly? (Answers: 1-c, 2-a, 3-f, 4-b, 5-d, 6-e, 7-i, 8-g, 9-h, 10-j)

Take a moment this month to learn more about the incredible legacies of these individuals and others who paved the way for a brighter future.



Senior Resource Center

# Book Club

**February 6**  
**10:30 am**  
SRC Activity Room

We will be discussing "The Boys in the Boat" and our next book will be distributed.

Let's read, chat, and connect!

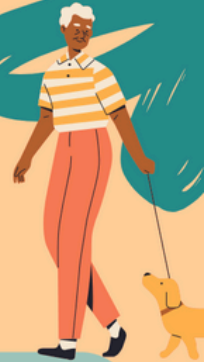
The poster features a light orange background with green leafy branches and yellow starburst accents. At the bottom, there is a row of colorful books on a shelf, with a string tied around them.

**ATTENTION PLEASE!**

**Holiday Closing Date**  
February 17 - Presidents' Day



## ACTIVE AGING: EXPERT TIPS & PROGRAMS FOR SENIOR HEALTH



### Event Highlights:

**Free Balance Screenings with Physical Therapist John Voelz**  
Enjoy complimentary balance screenings & assessments to learn how you can improve stability & prevent falls.

**Relax & Unwind with Free Chair Massages**  
Massage Therapists Angela & Jamie will be on hand to provide free, relaxing chair massages.

**Exercise Demo with Personal Trainer Hilary**  
Learn moves to enhance strength, flexibility, & overall fitness.

**Fitness Instructors offering demonstrations of classes-**  
Silver Sneakers Circuit, Strength & Tone, Chair Yoga, & More

**Fitness Lifestyles General Manager Laura Krieger will discuss free & discounted memberships available to seniors. Get handouts with additional membership info & service offerings.**

**Wednesday, February 19  
1:00 pm  
Senior Resource Center  
Call 815-235-9777 to reserve a spot!**



## Free Tax Preparation for Older Adults

Starting February 5, the Senior Resource Center will offer free federal and state 1040 tax counseling, preparation and filing services for low and middle-income senior taxpayers residing in Stephenson and Jo Daviess counties as well as adults with disabilities.

Last year, we served 435 residents through this program, resulting in total tax savings of more than \$180,000 with an average refund of \$538.41.

### Key Details:

- **When:** February 5 - April 15, 2025
- **Who:** Low and middle income residents age 60 and older in Stephenson and Jo Daviess counties as well as adults with disabilities
- **Where:** Senior Resource Center, 206 E. Stephenson Street, Freeport, IL
- **How to Register:** Call 815-235-9777 to schedule an appointment

***Spots are limited and fill quickly***

**Tax**   
**Season**



This service is provided through the AARP Tax-Aide program by trained and IRS-certified volunteers and will run through April 15, 2025.

## **Idea Cafe: Brewing Up Fun for the Future**

Our first Idea Cafe was a big success with lots of terrific input by participants. Our next meeting will be **Wednesday, February 12, at 1:00 PM in our Activity Room**. SRC staff will share what progress they have made with Lunch & Learn programming and it's kickoff in March.

**We will also hear from a representative from the YMCA to discuss the national Silver Sneakers program, as well as other programs that provide discounted or free memberships to the YMCA.** Y staff will be on hand to help you identify what discount you qualify for and even get you registered as a member!

Enjoy a warm cup of coffee, snacks, great conversation, and the opportunity to make your voice heard. Together, we'll craft a calendar of programs and events that meet your interests.

Don't miss this opportunity to brew up fun ideas and connect with others in our community.



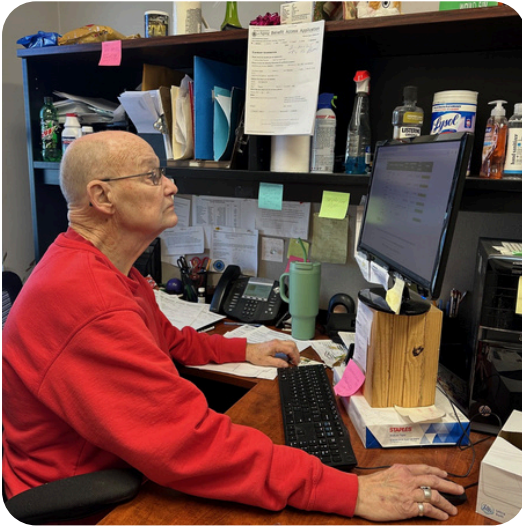
## **IDEA CAFE®**

Wednesday, Feb. 12  
1:00 pm

**To register for the  
Idea Cafe, email  
Ann Marie at  
awalker@srcntr or call  
815-235-9777 ext.  
232**

# Volunteer Spotlight

## Rick Hribal



This month, we are thrilled to highlight the contributions of one of our dedicated volunteers at the Senior Resource Center - Rick Hribal. Rick has called the rural Freeport area home for over 30 years, where he lives with his wife, Janet, and two kittens.

With an impressive 30-year career as a heavy floor inspector at Ingersoll in Rockford, Rick was responsible for ensuring the precision of new machines built for clients. His work took him across the United States, Mexico, Argentina, and even Egypt, often for military clients, requiring him to hold the second-highest security clearance from the FBI.

After retiring, Rick knew staying active was essential for him. He began volunteering at FHN for five years before joining the Senior Resource Center. Initially helping to sort tax forms, Rick transitioned to assisting clients with Benefit Access Applications (BAA) and homestead exemptions—a role he has passionately filled for several years.

One particularly memorable moment as a SRC volunteer came when Rick discovered that two clients had been incorrectly declared deceased due to stolen Social Security numbers. His sharp attention to detail helped those individuals resolve the issue at the Social Security office.

When asked what keeps Rick coming back, he shared, "The most important part of volunteering to me is assisting seniors and working with the great staff here at SRC. That's why I'm here five days a week." For anyone considering volunteering, he enthusiastically encourages it: "You will be working with an amazing team at a nonprofit organization dedicated to helping seniors and adults with disabilities."

We are deeply grateful for Rick's commitment and the positive impact he brings to our organization every day.

**THANK YOU  
RICK!**

## Snow Removal

### Are you ready for winter?

If you are a senior needing assistance with snow removal this winter, we may be able to help! Call our office to discuss program qualifications and financial eligibility.



**815-235-9777**

### BASICS OF

# MEDICARE


Get your Medicare questions answered!

**Tuesday, March 11**  
**10:00 am - 11:30 am**

Senior Resource Center  
Activity Room  
216 E. Stephenson St.  
Freeport, IL

**Register at 815-235-9777**



 <b>MEDICARE HEALTH INSURANCE</b>	
Name/Nombre	JOHN L SMITH
Medicare Number/Número de Medicare	1EG4-TE5-MK72
Entitled to/Con derecho a	HOSPITAL (PART A)
	MEDICAL (PART B)
Coverage starts/ Cobertura empieza	03-01-2016
	03-01-2016



An advertisement for the Senior Resource Center's Medical Rides service. It features a white van with the center's logo on the side. The text includes the center's name, the service title 'MEDICAL RIDES' with a stethoscope icon, and three service options: Monroe & Rockford (\$75 round trip), Madison & Chicago (\$125 round trip), and Financial Assistance. A 'Contact Us' button and phone number (815-235-9777) are also present.

**Senior Resource Center**

## MEDICAL RIDES

**Monroe & Rockford**  
\$75 round trip

**Madison & Chicago**  
\$125 round trip

**Financial Assistance**  
Financial assistance for those who qualify.  
Call us to learn more.

**Contact Us**

815-235-9777

## **Changes to Medical Rides Outside Stephenson County**

As of this fall, we must now charge a fee for medical rides outside Stephenson County. The grant that previously helped us offset these costs ended in September, and while we hope to secure more funding in 2025, we need to adjust in the meantime.

The fee helps cover essential expenses such as gas, insurance, the paid driver, vehicle maintenance, and staff time required to schedule rides. Our drivers are paid not only for driving time, but time when they wait for the patient's appointment to conclude and then drive the client back home - many times this is a half to full day task. We remain committed to providing transportation for medical appointments and appreciate your understanding as we navigate this transition.

## Walk-In Tuesdays

**1-3 pm**

### at Senior Resource Center

The SRC is offering walk-in appointments for general information, license plate sticker discounts, senior housing resources and applications, caregiver support, and more! *For Medicaid and Medicare questions, please make an appointment.*



Looking for assistance getting your license plate fee discount? Call our office for help with the Benefit Access application!



# SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

*Serving Jo Daviess County Every Month!*

## UPCOMING DATES

**Feb 27, Mar 27, April 24**

**WEST GALENA TOWNSHIP BUILDING**

607 Gear St  
Galena, IL 61036

**Feb 20, Mar 20, April 17**

**STOCKTON TOWNSHIP LIBRARY**

140 W. Benton Ave  
Stockton, IL 61085

**Feb 13, Mar 13, April 10**

**HANOVER TOWNSHIP PARK DISTRICT**

500 Fillmore St.  
Hanover, IL 61041

**Feb 6, Mar 6, April 3**

**WARREN COMMUNITY BUILDING**

110 W. Main St.  
Warren, IL 61087

### ASSISTANCE WITH:

- Aging & disability benefits
- Medicaid questions
- Medicare questions - make appt
- Benefit Access (license plate discount)
- Part D questions
- Caregiver resources
- General aging questions

# Community Events



Enjoy a wonderful day of shopping, beer tasting and art viewing in Downtown Freeport for the 5th Annual Arctic Ale and Art Walk! Downtown stores will be hosting local artists and artisans as well as offering samples of beer brands.

## Upcoming Programs at the Freeport Public Library

**All programs are free and take place  
in the Meeting Room of the Freeport Public Library**



**Wine Bottle Decorating Craft for Adults [O.B.O.F.]  
Monday, February 3 at 6:15 - 7:45 pm**

*Make glow-in-the-dark fairy traps from recycled wine bottles - a fun and illuminating craft for a dark, winter month! Register to attend. Please register each person separately.*



**Jane Addams as Reformer  
(Lectures in American History Series)  
Thursday, February 6 at 6:00 - 7:45 pm**

*Had Abraham Lincoln lived another 15 to 20 years, he would have faced challenges to his vision of business and labor unity against slavery. By the 1880s, business and labor were in opposition, and racism and anti-immigrant sentiment were rising. Jane Addams, who idolized Lincoln, adapted his ideals to address the complex reform needs of a rapidly changing society.*



**Into the Wild Blue Yonder (Lectures in American History Series)  
Tuesday, February 11 at 6:00 - 7:45 pm**

*This presentation will cover the development of the USAF since its creation in 1947. The development of technology and a review of major operations will be covered.*



**Baseball's Alternate Universe, The Negro Leagues  
Wednesday, February 26 at 6-7:45 pm**

*An overview of the history of Negro Leagues baseball in America, covering the 1920s-50s.*

# Community Events



## FARMER'S MARKET

The Stephenson County Farm Bureau is hosting an indoor Winter Farmer's Market this season!

The market will be held in the Lincoln-Douglas Room at the Farm Bureau Building, 210 W. Spring St., Freeport, from 10:00 AM to 1:00 PM on **Saturday, February 8 and February 22**. The room is easily accessible from the side entrance—just follow the signs!

### Lindo Classic Cinemas Classic Movie for February *Beverly Hills Cop*

**Date:** Wednesday, Feb. 5 at 1 pm **Cost:** \$6

**Movie Overview:** The heat is on in this action-comedy starring Eddie Murphy as Axel Foley, a street smart Detroit cop tracking down his best friend's killer in Beverly Hills. Axel quickly learns that his wild style doesn't fit in with the Beverly Hills Police Department, which assigns two cops to ensure things don't get out of hand.



### Freeport Moose Family Center Bingo Open to the Public!

**Sundays:** 12:00 pm - Bingo Sales  
2:00 pm - Bingo Games  
(Nachos, BBQ sandwiches, Desserts)

**Wednesdays:** 4:30 pm - Bingo Sales  
6:15 pm - Early Bird Games  
6:30 pm - Bingo Games  
(food available - varies)

440 E. Challenge Street; Freeport 815-232-1516





## Navigating the Journey to Equality: Highland Community College Explores the Legacy of The Green Book



Highland Community College's Clarence Mitchell Library will present "The Green Book: Navigating the Journey to Equality," at 10 a.m. on Tuesday, Feb. 11 in the Clarence Mitchell Library for Black History Month.

Guest speaker and exhibitor Tammy Gibson will explore the historical significance of The Green Book, the challenges of racial discrimination it sought to address, its cultural impact on the African American community, and how it became a symbol of resilience, hope, and the fight for civil rights — offering a glimpse into the everyday lives of Black travelers during a time of profound social injustice. Gibson's exhibit on The Green Book will be available in the library from 10 a.m. to 2 p.m. on the day of her program.

Tuesday, Feb. 11  
10 am Lecture  
11am - 2 pm Exhibit

Clarence Mitchell Library  
at Highland Community  
College

Gibson is the founder of the Illinois Black History Museum, as well as an author, re-enactor and black history traveler. Her mission is to raise awareness and preserve pride in African American culture.

ALZHEIMER'S  ASSOCIATION®



## 1st Monday of the Month Alzheimer's Caregiver Support Group

Presented by:

Alzheimer's Association  
Illinois Chapter

Join us!

**February 3**

**1st Monday of each month from 3:00-4:00pm**  
**Freeport Public Library Board Room**  
**100 E. Douglas Street, Freeport, IL 61032**

Join us for confidential support and conversation discussing dementia & Alzheimer's disease.

Hosted By:



Build a support system with people who understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

TO REGISTER CALL: **800-272-3900**



Information provided by: The Social Security Administration

Toll Free Phone Number: 1-800-772-1213 Website: [www.ssa.gov](http://www.ssa.gov)

## Medicare Part B



If you did not apply for Medicare Part B (medical insurance) within 3 months before or after turning age 65, you have another chance each year during the General Enrollment Period. The period runs from January 1 to March 31 every year.

If you didn't enroll in Part B when you're first eligible, you may have to pay a late enrollment penalty for as long as you have Part B coverage. Your monthly premium will increase 10% for each 12-month period that you were eligible for Part B but did not sign up for it. Your coverage starts the first day of the month after you sign up.

To learn more about Medicare, please visit the Medicare Benefits page at [www.ssa.gov/benefits/medicare](http://www.ssa.gov/benefits/medicare).



# Scam Protection Tips



Information provided by: The Social Security Administration

Toll Free Phone Number: 1-800-772-1213 Website: [www.ssa.gov](http://www.ssa.gov)



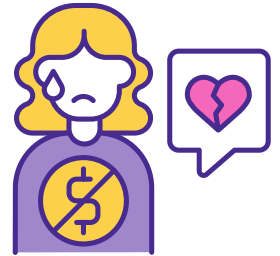
## Protect Yourself from Scams



Recognizing the signs of a scam gives you the power to ignore criminals and report the scam.

**Below are 4 basic signs of a scam. Scammers will usually:**

1. Pretend to be from an agency or organization you know to gain your trust.
2. Claim that there is a problem or that they have a prize.
3. Pressure you to act immediately.
4. Tell you to pay in a specific way such as gift cards.



**Here is a list of 9 things you can start doing now to protect yourself and your loved ones:**

1. Don't believe calls, emails, texts, or any message that say you need to immediately pay to resolve a problem, such as legal trouble with the government or a virus on your computer, or even to collect a prize, like lottery or sweepstakes winnings. Legitimate businesses will not force you to make a payment over the phone as the only option, and will not require payment by prepaid debit card, gift card, Internet currency, or by mailing cash.
2. Protect your Social Security number by keeping your card in a safe place at home.
3. Be careful when you speak with unknown callers. Scammers may use legitimate phone numbers or the real names of officials to mislead you. If they threaten or scare you, hang up.
4. Never give out your personal or financial information in response to an unsolicited call or message. And don't post it on social media.
5. Shred paper that contains personal information, such as your name, birth date, and Social Security number.
6. Regularly check your financial accounts for suspicious transactions.
7. Install and maintain strong anti-virus software on all your devices—including your smartphone, personal computer, and tablet. Don't fall for tech support scams, including pop-up warnings. If you need help fixing a problem on your computer, take it to someone you know and trust.
8. Create strong passwords so others can't easily access your accounts. Use different passwords for different accounts so if a hacker compromises one account, they can't access other accounts.
9. Never click on a link sent in an unsolicited email or text message—type in the web address yourself. Only provide information on secure websites.

## Valentine's Day

Celebrating Valentine's Day without your loved one can seem too sad or even painful. There are options it a good for making it a good day by doing things for your family and friends. Baking heart shaped cookies to give in a pretty container is a start. Most people love getting something homemade. Muffins are always welcome and easily made. There are cards in all price ranges and particularly a nice way to remember a friend in a nursing home or children in your family. Sometimes just looking through cards can be fun. I've been known to stand alone in a drug store laughing out loud at humorous cards. If you still have a husband or wife, a pretty card and a bunch of flowers would be nice. Going somewhere for a nice dinner or watching a movie is something you can do with a friend.

Recently I made fudge and dropped it off at my full service gas station. The men work outside in all weather, always pleasant and helpful, taking care of us older ladies. They clean the windshield and check on air in my tires, even put on my new sticker in March.

## Easy Fudge

This is the fudge recipe I have been using over the holidays. One full can Eagle Brand sweetened evaporated milk. One full package chocolate chips. Two tablespoons butter. Warm these three ingredients while stirring until the chips are fully melted. It doesn't take more than a few minutes. Pour into a parchment lined 9x9 baking dish and allow it to set and cool for three to four hours. Slice into squares. One friend used a drop of peppermint extract and sprinkled crushed candy canes on top before it set. I made one batch with chopped pecans stirred in before removing from the heat. Walnuts would also be good.

Valentine's Day is not just about romance. It's about showing love and remembering people who matter in your life. I hope you make your Valentine's Day a special one.

*Tait Weigel is one of our original Rolling Stone columnists. Look for her monthly contribution in the next newsletter!*

# NICAA Golden Meals



The Golden Meals program is for persons 60 and older in Stephenson and Jo Daviess Counties. Home-delivered meals are provided to those who are home-bound, isolated, frail, or unable to prepare meals for themselves. A suggested donation of \$3.25 per meal is requested. No one will be denied meals because of their inability to pay.



For more information on Golden Meals and NICAA, visit <https://nicaa.org/service/golden-meals>

## Dining room is open!

### NICAA Golden Meals FEBRUARY 2025

Diane Randecker, Director 815-232-8896

Menu Subject to Change

2/3	2/4	2/5	2/6	2/7
Hearty Beef Stew (Veggies In Stew) Peaches Cornbread	Brats/ W Peppers Macaroni & Cheese Italian Vegetables Bun	Cream Chicken over Biscuit Peas Mixed Fruit	Goulash Green Beans Applesauce Bread	COOK'S CHOICE  TO BE ANNOUNCED
2/10	2/11	2/12	2/13	2/14
Savory Beef & Noodles Glazed Carrots Peaches Bread	Ham & Beans Mixed Fruit Cornbread	Honey Glazed Ham Sweet Potatoes Green Beans Bread	Swiss Steak Mashed Potatoes Peas Bread	COOK'S CHOICE  TO BE ANNOUNCED
2/17	2/18	2/19	2/20	2/21
<b>SITES CLOSED</b> 	Creamed Sausage over Biscuit Carrots Mixed Fruit	Chili Applesauce Cornbread	Ham Loaf Sweet Potatoes Corn Bread	COOK'S CHOICE  TO BE ANNOUNCED
2/24	2/25	2/26	2/27	2/28
Spaghetti Green Beans Peaches Bread	Pulled Pork Mashed Potatoes Mixed Vegetables Bun	Shepherd's Pie (Veggies in Pie) Warm Spiced Peaches Bread	Seasoned Chicken Thighs Mashed Potatoes Cream Corn Bread	COOK'S CHOICE  TO BE ANNOUNCED



**Senior Resource Center is in need of  
VOLUNTEERS to assist with our**

**AARP Tax Aide Program  
and  
Money Management Program**

***For more information, please contact Anna Bell  
at 815-235-9777 ext. 228***



An illustration of several bright orange carrots and two heads of green broccoli, positioned to the left of the title.

## One-Pot Chicken & Vegetables

### Ingredients:

- 1 boneless chicken breast,
- 1 cup chopped vegetables (carrots, broccoli, zucchini),
- 1 cup chicken broth, salt, pepper, and herbs of choice.

**Instructions:** Combine all ingredients in a pot, bring to a boil, then simmer for 20 minutes. Serve as is or with whole-grain bread.



## How will you be remembered?

A planned gift to the Senior Resource Center is an opportunity to create a legacy benefitting seniors in our region.



*Be Remembered as KIND.*

**CONTACT US**



## Senior Resource Center

206 E Stephenson St.

Freeport, IL 61032

815-235-9777

[srcinfo@srcntr.org](mailto:srcinfo@srcntr.org)

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