

NEWSLETTER

April 2025

SR
CENTER

From the Director's Desk

As we welcome the vibrant blooms and renewed energy of spring, I am delighted to share some exciting updates and upcoming events with you. Your invaluable feedback, gathered from over 100 area seniors, has inspired us to introduce a variety of new programs designed to enrich our community.

Upcoming Events:

- **SRC Book Club:** Join us on Thursday, April 3 at 10:30 am for engaging discussions and literary exploration.
- **Lunch & Learn:** On Thursday, April 10 at Noon we are honored to host Bruce Cubberly from the Freeport Park District. He will share his expertise on gardening, flowers, and container gardening—perfect for those looking to cultivate their green thumbs this season.
- **Better Balance & Strength Class:** In partnership with Pathways Physical Therapy, we are launching a 6-week class focused on enhancing balance and strength. Classes are each Tuesday April 8 - May 13 from 1-1:45 pm and cost \$42 for all 6 weeks.
- **Caregiver Program:** We are offering a FREE caregiver program in collaboration with Lifescape, providing support and resources to those caring for loved ones with dementia. The program begins April 16 and occurs weekly for 9 weeks from 10-11:30 am.
- **Day Trips:**
 - Nicholas Conservatory & Gardens: Experience the beauty of a temporary butterfly exhibit in Rockford on April 29. The cost is \$15 per person, including round trip transportation.
 - Timberlake Playhouse: Join us for a matinee performance of "Saturday Night Fever" on Wednesday, June 11. Cost is \$48/person and includes round trip transportation.

We are thrilled about these new initiatives and look forward to your participation. Learn more about them and how to register inside the newsletter. Together, let's embrace the season of renewal, growth, and community connection.

Wishing you a joyous Easter and a blossoming spring!

Warm regards,

Amanda Faivre, Executive Director

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Senior Resource
Center

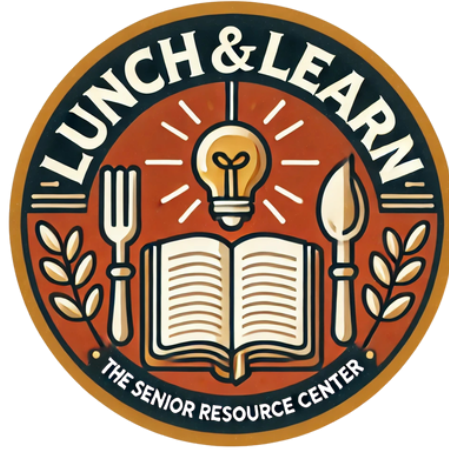
Book Club

Join us Thursday, April 3
at 10:30 am.

We will be discussing
Goodnight, Irene and getting
copies of our next book.



Let's read, chat,
and connect!



Join us for our April Lunch & Learn!

Thursday, April 10 @ 12:00 pm

Senior Resource Center Activity Room

Bring your lunch and enjoy social time and a little education too!

GARDENING TIPS



Join us for a "blooming" good time! Bruce Cubberly from the Freeport Park District will share expert tips to help you "turnip" the charm in your garden beds and planters. Don't "leaf" your gardening dreams to chance—come and "lettuce" help you cultivate a yard that's truly "unbeleafable"!





New Program!



Better Balance & Strength

for Older Adults

Led by experienced physical therapists, this class will guide you through gentle exercises to enhance mobility, prevent falls, and keep you moving toward better health.

-  1-1:45 PM
-  Tuesdays, April 8 - May 13
-  Senior Resource Center Activity Room
-  \$42 for 6-week class



Bring a towel and water bottle, and wear comfortable clothing. Limited spots available, so reserve your place today.



Contact us for more information:

 1-815-235-9777

New Program!



DEMENTIA CAREGIVER STRESS-BUSTING PROGRAM

9-Week Stress Management Evidence-Based Program

- Week 1: Getting Started
- Week 2: Stress: Effects on Mind,
Body and Spirit
- Week 3: Caregiver Stress and
Relaxation
- Week 4: Challenging Behaviors of
People with Dementia
- Week 5: Grief, Loss and Depression
- Week 6: Coping with Stress
- Week 7: Positive Thinking
- Week 8: Taking Care of Yourself
- Week 9: Choosing a Path of
Wellness



The Stress-Busting Program (SBP) for Family Caregivers™ is an evidence-based program that provides support to family caregivers of persons with dementia. It is proven to improve the quality of life of family caregivers who are providing care to an older loved one and help caregivers manage their stress and cope better with their lives.

During the Stress-Busting Program for Family Caregivers™, caregivers will:

- Learn about stress and its effects
- Practice stress management techniques
- Develop problem solving skills

Wednesdays for 9 Weeks

April 16th-June 11th

10:00 AM-11:30 AM

Senior Resource Center

206 E. Stephenson St.

Freeport, IL 61032

**Call 815-235-9777 to register
Limited to the first 10 participants**

**This FREE program provides gifts
each week to help with stress
management**



**Senior
Resource
Center**



Secret Life of Butterflies

Enjoy a round trip excursion to Nicholas Conservatory & Gardens in Rockford to enjoy the conservatory and its temporary butterfly exhibit. Get an up-close look at these amazing insects in the butterfly house as you're surrounded by native and exotic butterflies. You can even feed them!

Details

- Date: Tues., April 29
- Time: 1-4:30 pm
- Cost: \$15/person

Learn more about the exhibit at nicholasconservatory.com/butterflies

**Payment required to reserve spot. Cash or check.
Call 815-235-9777 for questions.**

Day Trip



SR
CENTER

JUNE
11
WEDNESDAY
2:00 PM

SATURDAY NIGHT FEVER THE MUSICAL

TICKET
AND
ROUND
TRIP RIDE
\$48



AT TIMBERLAKE PLAYHOUSE

Step onto the dance floor with *Saturday Night Fever*, a vibrant celebration of disco and the mystifying sounds of the 1970s. Based on the Academy Award Nominated Film, we follow Tony Manero as he escapes his working-class life in Brooklyn through his love of dancing. Featuring unforgettable hits by The Bee-Gees and more, this high-energy musical will transport you to a world of rhythm, lights, and dreams. With its timeless score, dynamic choreography, and an underdog story, *Saturday Night Fever The Musical* is sure to leave you on your feet & dancing in the aisles.

Senior Resource Center is organizing the trip to Timberlake.

To sign up to attend, contact Ann Marie at
awalker@srcntr.org or call 815-235-9777 ext. 232.

Deadline to register and pay (cash or check) is May 15.

Transportation space is limited to 15 people.



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

April 24, May 22, June 26

WEST GALENA TOWNSHIP BUILDING

607 Gear St
Galena, IL 61036

April 17, May, 15, No June Date

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave
Stockton, IL 61085

April 10, May 8, June 12

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.
Hanover, IL 61041

April 3, May 1, June 5

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



Call For An Appointment!

***Walk-in appointments may be available at some locations - call for details 815-235-9777**

☀️ **Volunteer Spotlight: Debra O'Neal Benton** ☀️



Meet Debra O'Neal Benton, a dedicated volunteer at the Senior Resource Center! Born and raised on Freeport's east side, Debra grew up in a large family with five sisters and three brothers. She was active in high school musicals, choir, and cheerleading before continuing her education at Highland Community College, where she also cheered.

After college, Debra embarked on a long and successful career in Washington, D.C., working for the federal government while also sharing her passion for dance as a volunteer youth group choreographer. She holds a black belt in Tae Kwon Do and enjoys reading, writing poetry, and watching track and field events.

Debra joined the Senior Resource Center as a volunteer about a year ago, looking for something active to fill her time. She finds the most rewarding part to be "being around great people" and values how volunteering keeps her mind and body engaged. Her advice to anyone considering volunteering? "Give it a try!"

We are so grateful for Debra's enthusiasm and willingness to help wherever needed. Thank you, Debra, for being an important part of our team! 🧡👏



Stephenson County Home Show

Saturday, April 12

10:00 am - 4:00 pm

Stephenson County Fairgrounds

FREE

Discover the latest local products and services to inspire your next home project. Whether you're a homeowner, home buyer, or just curious, this event is for you!

Pretzel Fest

Saturday, April 26

Downtown Freeport

11 am - 3 pm

Enjoy a day packed with pretzel-themed fun! You'll have an afternoon filled with live performances, a petting zoo, axe throwing, and local vendors. You'll also love the BBQ competition with samples, and performances by local dance, competition and cultural organizations.

Explore downtown restaurants and shops offering special deals just for the occasion!



Upcoming Programs at the Freeport Public Library

All programs are free



To Hell and Back: the true story of Audie Murphy, American hero

Monday, April 7, 2025

6:30 pm - 7:30 pm

Freeport Public Library Meeting Room

Broadway and film veteran Duffy Hudson, who has just been named Best One Man Show in Los Angeles, has created a memorable bio-play of America's most decorated hero of the Second World War. This 45-minute, one-man performance will showcase the WWII Adventures of Audie Murphy, his life and his crusade to help Veterans with PTSD.

No registration necessary. Join us!



Button Bunnies: an Adult or Teen craft

Monday, April 14; 6:15 -7:45 pm

Freeport Public Library Meeting Room

Calling the Easter-Springtime Bunny! We're making a cute bunny decoration for your holiday or Spring decor.

All supplies provided by the library. *FREE*

Register online on the library website. For questions, call Dianne at (815) 233-3000 ext. 221

Jo Daviess Area Events



Silver Saddles

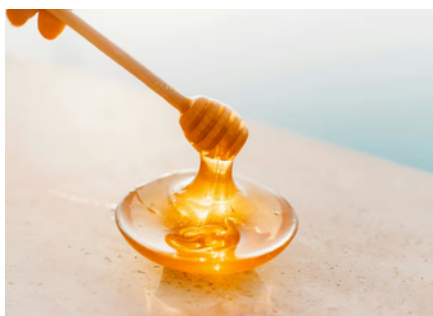
April 4 or 18 from 10:30-11:30 am

Price: \$25

Ticket Phone: (815) 777-9550

Location: Shenandoah Riding Center 200 N. Brodrecht Rd., Galena
info@shenandoahridingcenter.com

Silver Saddles is an interactive horse experience for individuals ages 55+. Participants are invited to brush, groom, and feed horses and lead them around the property.



Honey & Mead Tasting Class

Eagle Ridge Resort & Spa Conferences-444 Eagle Ridge Drive, Galena

April 19 from 3:30-5:00 pm

(815) 297-3366

Price: \$35

Enjoy a full sensory honey tasting experience, as you taste light, medium, and dark colored honeys as well as creamed, crystallized, and direct from the comb honey. Use a flavor wheel to identify the aromas and flavors you experience as you taste each honey. At the end of the tasting, each attendee will receive a glass of honey mead wine to further enjoy honey in another delightful way.

Register via the event link 24 hours in advance.

ALZHEIMER'S  ASSOCIATION®



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

Presented by:

Alzheimer's Association
Illinois Chapter

Join us!

April 7

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**

Assistance Program



NICAA

**Have you experienced a crisis in the last 90 days?
Do you live in Jo Daviess or Stephenson County?
NICAA's CSBG Program may be able to help you.**

The NICAA CSBG Housing & Water Payment Assistance Program is designed to assist CSBG eligible clients who have experienced a crisis with water bill payment, rent, mortgage, and/or deposit in order to help the family maintain their housing or find more affordable housing.



Examples of crisis situations

- Loss of employment / decrease in hours
- Current medical emergency or disability
- Loss or delay in public disability
- Natural disaster
- Change in household composition
- Illegal action by a landlord

April 7



Required Documents

(Additional documentation is required at the time of application submission.)

- Third party documentation of financial crisis that was beyond your control within the past 90 days.
- Income Required: 30 day income for all household members 18 years or older. We cannot accept zero income households.
- Copies of current utility bills (gas, electricity, water).
- Copy of entire current signed lease or copy of mortgage contract.
- Letter from your landlord stating the amount that is owed in past due rent or mortgage statement.

**Stop in at NICAA Main Office
and pick up a pre-application.**

*** APPLICATION SUBMISSION DOES NOT GUARANTEE APPROVAL FOR BENEFITS.***



Illinois
Department of Commerce
& Economic Opportunity

27 S. State Ave. Ste. 102, Freeport IL 61032

www.nicaa.org

nicaa125@nicaa.org

815-232-3141

Information provided by: The Social Security Administration
Toll Free Phone Number: 1-800-772-1213 Website: www.ssa.gov

Social Security Updates Recently Announced Identity Proofing Requirements

The Social Security Administration (SSA) is taking proactive steps to enhance the security of its services by implementing stronger identity verification procedures.

Under the updated policy beginning April 14, 2025, individuals applying for Social Security Disability Insurance (SSDI), Medicare, or Supplemental Security Income (SSI) who cannot use a personal [my Social Security](#) account can complete their claim entirely over the telephone without the need to come into an office. **In-Person Requirement Will Not Apply to Disability Insurance, Medicare, and SSI Applications.**

Individuals who cannot use their personal [my Social Security](#) account to apply for benefits will only need to prove their identity at a Social Security office if applying for Retirement, Survivors, or Auxiliary (Spouse or Child) benefits. The agency will not enforce these requirements in extreme dire-need situations, such as terminal cases or prisoner pre-release scenarios.

Individuals who do not or cannot use the agency's online [my Social Security](#) services to change their direct deposit information for any benefit will need to visit a Social Security office to process the change or can call 1-800-772-1213 to schedule an in-person appointment. The agency also recommends that individuals unable to apply online call to schedule an in-person appointment to begin and complete a claim for Retirement, Survivors, or Auxiliary (Spouse or Child) benefits in one interaction.

People who do not already have a [my Social Security](#) account can create one at www.ssa.gov/myaccount/. Stay up to date about SSA's identity proofing requirements and exceptions at [What to Know about Proving Your Identity | SSA](#).



SSI & Social Security Benefits



Information provided by: The Social Security Administration

Toll Free Phone Number: 1-800-772-1213 Website: www.ssa.gov



YOU MAY BE ELIGIBLE FOR SSI AND SOCIAL SECURITY BENEFITS

You may be able to get Supplemental Security Income (SSI) even if you already receive Social Security benefits. About 2.5 million adults and children get SSI and Social Security at the same time. We pay Social Security benefits to workers and their eligible family members based on the worker's earnings. SSI is a needs-based program that provides payments to people with little or no income and few resources.

People younger than 65 must be blind or have a disability and meet SSI income and resource limits, while people 65 and older do not have to have a disability. About 1.4 million people 65 and older receive both SSI and Social Security.

What do we mean by "little or no income"?

In 2025, you may be eligible for SSI if your total income – including your Social Security benefit – is less than \$987 per month (the 2025 SSI monthly federal benefit rate plus \$20).

We consider income from all non-work sources, including pensions, veterans' benefits, unemployment, and Social Security disability, retirement, and survivor benefits. We also count some – but not all – earnings from work, including self-employment.

What do we mean by "few resources"?

Resources are things that you own that you could change to cash and use to support yourself. They include vehicles (if you own more than one) and money in bank accounts, stocks, and bonds. We do not count your home and the land it's on, as long as you live there. To be eligible for SSI, your resources cannot be worth more than:

- \$2,000 for a single person.
- \$3,000 for a married couple living together.

For more information visit our blog article, [You May Be Eligible for SSI and Social Security Benefits](http://blog.ssa.gov/you-may-be-eligible-for-ssi-and-social-security-benefits) at blog.ssa.gov/you-may-be-eligible-for-ssi-and-social-security-benefits.

My Life So Far

In 1961 I graduated from Freeport High School. Quickly I married my boyfriend. We were able to live with the grandmother of my best friend who was partially paralyzed by a stroke. My husband and I were given two upstairs rooms for keeping house, cooking, and mowing the lawn. He found a job a Micro Switch. The grandma would guide me in the kitchen when making her meals and I quickly learned how to make a good dinner.

A beautiful rose garden was in back of her country home. I cut flowers to make centerpieces when she had a friend come for dinner. I grew up fast, taking on adult responsibilities. I was 18 and fairly confident, as most teens are. We moved twice after that, and became parents of a beautiful blonde boy baby. Meantime, husband got a job on the railroad and was gone on long trips. I was alone with baby boy in a nice apartment, figuring out how to sooth a colicky baby.

As I look back at my early adult years I'm both proud and regretful in equal amounts. As time went on there were a few more moves, a baby girl, and some good and also hard times. The marriage was a roller coaster and I got off that wild ride at 27. It was a painful experience which broke my heart, but somehow I managed to work full time, keep house and raise grade school children. I had little experience other than domestic life and fell into what seemed a good marriage, though it quickly fell apart. I took my children back to the house I had rented out, and made a cozy home for us, found a job at the Senior Citizen Center, working with three staff members who are still my dear friends.

I met a divorced firefighter who was heart broken, missing his family, and we made a life together that lasted 38 1/2 years. He died at 76 from a massive stroke. My life as a widow has been a good one in spite of missing him. It's my first time living alone. It inspired me to write about my new life and grief, then turned into writing about my life past and present. Every day I write about my daily life on Facebook. There are a few people who follow me and the comments and private messages are encouraging and endearing. I'm now 82 and still figuring out what that means in terms of finding balance, meaning, and joy in every day. I write a monthly column for the Senior Resource Center, (formerly the Stephenson County Senior Center where I had worked years ago). Life came full circle. I have time to see the past in an objective way and live contentedly in the present. Thank you for sticking with me readers. I appreciate you.

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

Volunteers Needed



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*



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
APRIL 2025

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

	4/1	4/2	4/3	4/4
	Brats W/ Peppers Macaroni & Cheese Mixed Vegetables Bun	 Cream Chicken Over Biscuit Peas Mixed Fruit	Goulash Green Beans Applesauce Bread	COOK'S CHOICE TO BE ANNOUNCED
4/7	4/8	4/9	4/10	4/11
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
4/14	4/15	4/16	4/17	4/18
Jumbo Hot Dog Oven Fries Applesauce Bun	Shepherds Pie (Veggies in Pie) Warm Spiced Peaches Bread	Chili Mixed Fruit Cornbread	Roasted Pork Mashed Potatoes Corn Bread	SIT ES CLOSED FOR GOOD FRIDAY
4/21	4/22	4/23	4/24	4/25
Spaghetti Green Beans Peaches Bread	Pulled Pork Mashed Potatoes Mixed Vegetables Bun	Creamed Sausage Over Biscuit Carrots Mixed Fruit	Seasoned Chicken Thighs Mashed Potatoes Cream Corn Bread	COOK'S CHOICE TO BE ANNOUNCED
4/28	4/29	4/30		
Hearty Beef Stew (Veggies in Stew) Peaches Cornbread	Brats W/ Peppers Macaroni & Cheese Mixed Vegetables Bun	Cream Chicken Over Biscuit Peas Mixed Fruit		



Sheet Pan Chicken Fajitas

2 Servings

Ingredients:

- 2 boneless, skinless chicken breasts, sliced into thin strips
- 1 bell pepper (any color), sliced
- 1 small red onion, sliced
- 2 tablespoons olive oil
- 1 tablespoon fajita seasoning
- 4 small flour tortillas
- Optional toppings: sour cream, salsa, shredded cheese, lime wedges



Instructions:

1. Preheat your oven to 400°F (200°C).
2. On a sheet pan, combine the chicken strips, bell pepper, and red onion.
3. Drizzle with olive oil and sprinkle the fajita seasoning over the top. Toss everything together to ensure even coating.
4. Spread the mixture evenly across the sheet pan.
5. Bake for 20-25 minutes, or until the chicken is cooked through and the vegetables are tender.
6. Warm the tortillas in the oven for the last 5 minutes of cooking.
7. Assemble the fajitas by placing the chicken and vegetable mixture onto the warmed tortillas. Add desired toppings.
8. Serve immediately and enjoy!





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.



Senior Resource Center

206 E Stephenson St.
Freeport, IL 61032
815-235-9777

srcinfo@srcntr.org

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