

NEWSLETTER

March 2025

SR
CENTER

From the Director's Desk

As we step into March, we can finally begin to shake off the chill of winter and welcome the promise of spring. The days are growing longer, and soon, the trees will bud, and flowers will begin to bloom—a reminder of renewal, growth, and the beauty of change.

At the Senior Resource Center, we are embracing this season of renewal with a variety of engaging programs and events for you to enjoy. Whether you're looking to dive into a book, learn something new, or connect with others, we have something for you!

Upcoming Events:

SRC Book Club – Join us on Thursday, March 6, at 10:30 am for an engaging discussion on *Dandelion Wine* by Ray Bradbury. This is a wonderful opportunity to meet fellow readers and enjoy great conversations. And we'll get our next book!

Medicare Basics Class – On Tuesday, March 11, at 10:00 am, we'll be offering an informative session on Medicare Basics.

Lunch and Learn – Beginning Thursday, March 13, at 12:00 pm, this new monthly series will bring informative topics and guest speakers to the SRC. Bring your lunch and expand your knowledge in a casual and welcoming setting. This month, we are pleased to welcome Freeport Fire Department Fire Marshal H.L. Broshous as our featured speaker to talk about fire safety.

One Book, One Freeport Event – Also on Thursday, March 13, from 2:00 to 3:00 pm, we will host *Ray Bradbury: Waukegan's Influence on a Visionary*, featuring speaker Ty Rohrer. This event will explore Bradbury's roots in Illinois and the impact his hometown had on him.

These are just a few of the exciting things happening this month at the SRC. Be sure to check out the rest of the newsletter for more details on upcoming programs and events.

Warm regards,

Amanda Faivre, Executive Director

IN THIS ISSUE

Message from the Director

SRC Book Club

Lunch & Learn

One Book, One Freeport

Donors

Volunteer Spotlight

General Assistance

Jo Daviess Outreach

Community Events

Freeport Library Events

Jo Daviess Area Events

Support Group

Social Security Info

Featured Article

Volunteers Needed

Golden Meals Calendar

Recipe



Senior Resource
Center

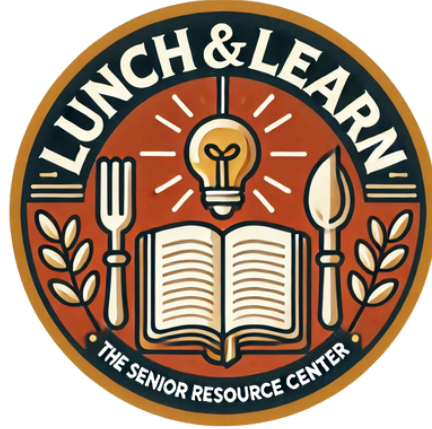
Book Club

Join us Thursday, March 6
at 10:30 am.

We will be discussing
Dandelion Wine and getting
copies of our next book.

Let's read, chat,
and connect!

Lunch & Learn



Join us for our first official Lunch & Learn!

Thursday, March 13 @ 12:00 pm

Senior Resource Center Activity Room

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

FIRE SAFETY AWARENESS



Learn about the Community Connect program as well as the Knox Box or key box program in addition to fire safety for older adults.

One Book, One Freeport Event



Ray Bradbury:

Waukegan's Influence on a Visionary

Ty Rohrer's presentation "Ray Bradbury: Waukegan's Influence on a Visionary" tells the story of the life of the author from when he was growing up in Waukegan to his prolific career.

As a young boy, author Ray Bradbury was influenced by his hometown Waukegan, Illinois with many of his experiences making it into his writings. In the three books, *Dandelion Wine*, *Something Wicked This Way Comes*, and *Farewell Summer*, Bradbury writes of events that take place in the fictional town of Green Town, which is a pseudonym for Waukegan. The presentation focuses on the three Green Town books and compares actual people, places, and events from Waukegan's past that make it in the stories.

FREE. NO REGISTRATION REQUIRED.



Thursday, March 13

2-3:00 pm

Location:

**Senior Resource
Center Activity Room**

Annual Appeal Donors



Thank You to Our Generous Donors!

We extend our heartfelt gratitude to everyone who contributed to our Annual Appeal. Thanks to your support, we can offer essential resources, home assistance, and engaging activities that enrich the lives of seniors in our community.

We make every effort to ensure names are listed accurately; however, if there are any errors or omissions, please let us know, and we sincerely apologize.

Individual Contributors

| | | |
|----------------------------|-------------------------|------------------------------|
| Willy J Alber | Tammy Falk | Sandra Hendry |
| Terry & Cheryl Anderson | Shari Farrel | Beverly Herrling |
| Stephanie Ball | John Farringer | Alice Homan |
| Gwendyln Barth | Barbara Feiner | Helen Jackson |
| Mary & Nathan Beach | Kimberly & Scott Feld | Clarence & Geraldine Janicke |
| Rhonda Becker | Georgia Fender | Fran & Terri Jansen |
| Brian & Kathy Benning | Colleen M Fenn | Jan Jensen |
| Phyllis Bergagna | Brittany Fenwick | E John & Karen Johnson |
| Don Bowers | Melinda Ferguson | Bernadette Kammes |
| Larry L & Suzanne Boyer | Angie Ferguson | Donna Knaack |
| David & Nancy Brockman | Sandra Ferguson | Priscilla Knodle |
| Patricia & Tim Burke | James Ferrar | Becky Lafferty |
| Roger & Martha Carson | Alyce Fiedler | Jerry & Kimberly Lang |
| Margaret Chambers | Joyce Filer | Mary Lloyd |
| Diane & Wayne Conroy | Mary & Colin Fulrath | John & Janet McGee |
| Ken & Ruth Ann Conter | Joe & Paula Gerke | Maryna Misiewicz |
| Richard & Connie Cornelius | Allen & Sylvia Gillette | Phyllis Moring |
| Gary & Cindy Cross | Joan Glick | Lawrence & Judith Murphy |
| Mary Jo Dalton | Merle Goeke | John & Leanne Namio |
| Mary Deemer | Darlene Greenfield | Marilyn Niedermeier |
| Donna Eisenbise | Beulah Haeft | Opal Odum |
| Roger & Sallie Ellingson | Judith Hammer | Sharon Oehl |
| Neenah Fairbairn | Carol & Leon Heitter | Cynthia Peight |

Annual Appeal Donors



Annual Appeal Donor List Continued

Individual Contributors

Thomas Pfeil
James & Lisa Pyatt
John & Joanne Readle
Donna Reuter
Marilyn & David Rice
Sue Runte
Reita Sheffey
Mary Sisler
Dolores Sofran
Carolyn Streicher
Marlene S Swank
Gloria A Tibbitts
Roy Van De Mark
Jan & Sue Vehmeier
Henry Villegas
Jeffrey & Sally Wagner
Merle & Ladona Wardlow
Julie Wenzel
Dennis & Janet Wicks
Robert Wurster

Business Contributors

Auto Repair Specialists, Inc
Baumgartner Automotive
Big O's on the Hollow
Comfort Keepers
Contemporary Hair Studio
Elizabeth Township
Flachtemeier Monument
Freeport Family Chiropractic
Freeport Lions Club
Freeport Moose Lodge
Freidag & Associates
Hulsebus-Gehlsen Chiropractic Assoc.
JCE Co-Op
Loescher Heating & Air Conditioning
M45 Marketing
Meadow Ridge Tenant Council
My Friend's Closet
Rite-Way Furniture & Appl
State Farm Insurance - Jon Spachman
Stephenson Service Co
The Dog House Salon
United Presbyterian Church

Thank you 

*Your kindness makes a real difference.
Thank you for being a part of our mission!*

Volunteer Spotlight Betsy Vittinghoff



I came to Rockford for college in 1959, the first year the college became co-ed. After graduating I was employed as a Clinical Laboratory Technologist at Rockford Memorial Hospital for 36 years. In 2011 I moved to FHN and worked in the laboratory there for another 11 years.

My husband and I moved to Freeport in 1992. We both loved to fly and we bought a house near Albertus airport. We spent many hours flying our aerobatic plane and ultralight planes over our 44 years together.

When I joined AARP, I noticed that they were looking for volunteer tax preparers and signed up with the program at the SRC. 16 years later I'm still here each tax season. A few years later I trained to be a SHIP counselor to help with Medicare Part D enrollments and volunteered with the Money Management program for several years.

Working with the local seniors brings me great satisfaction. It seems like life gets more complicated as we age and if I can help someone navigate some of the challenges we face as seniors, it makes my days brighter.

The onset of Covid 19 cost not only lives but resulted in the shutdown of many of the services offered by the SRC for a time. Our tax program went from nearly 20 volunteers down to the current 7. This has resulted in a large reduction in the number of people we can serve and we struggle every year to find new volunteers.

Prior to Covid, we had an active group of volunteers that helped with many of the activities at the SRC. We had a lot of fun and developed some great friendships. As the SRC slowly re-establishes activities, I highly recommend that people looking for volunteer opportunities consider the SRC.

When my husband passed away, having the support of the staff and other volunteers helped me in so many ways. The staff actually showed up and helped me move from our house to my condominium. That was probably the most memorable event of my years here at the SRC. That and seeing the relief on the faces of people I have worked with when a problem gets solved or we help them save time and money through our advocacy.


**THANK YOU
BETSY!**

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



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 last 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

March 27, April 24, May 22

WEST GALENA TOWNSHIP BUILDING

607 Gear St
Galena, IL 61036

March 20, April 17, May, 15

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave
Stockton, IL 61085

March 13, April 10, May 8

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.
Hanover, IL 61041

March 6, April 3, May 1

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



MOVEMENT AND BALANCE WORKSHOP

Friday, March 22 • 9:00 – 10:30 a.m.

Family YMCA of Northwest Illinois

Multi-Purpose Room (MPR) • 2998 W. Pearl City Rd, Freeport

Did you know that your inner ear is an important component of your balance system? Balance is a complex relationship between what your eyes see, what your body feels, and what movement is sensed by the semicircular canals in your inner ear.

Learn how movement builds your balance foundation from the ground up!

Join workshop presenters, FHN Audiologist Anneliese Hartman, AuD, and FHN Physical Therapist, Baylee Alderman, PT, DPT, as they:

- Address the fundamentals of balance and mobility for the dizzy population
- Fall prevention and rising from the floor safely
- Improving overall quality of movement
- Providing the tools to manage balance at home
- Incorporating balance into daily life

Register for this free event at www.fhn.org/Balance, or call 1-877-600-0346, ext. 901. Registration is required as space is limited. Participants are asked to wear comfortable clothing they can move in.



Anneliese Hartman, AuD
FHN Audiologist



Baylee Alderman, PT, DPT
FHN Physical Therapist

Community Events



Lindo Classic Cinemas Classic Movie for February *Erin Brockovich*

Date: Wednesday, March 5 at 1 pm Cost: \$6

Movie Overview: A twice-divorced mother of three who sees an injustice, takes on the bad guy and wins - with a little help from her push-up bra. Erin goes to work for an attorney and comes across medical records describing illnesses clustered in one nearby town. She starts investigating and soon exposes a monumental cover-up.

Erin Brockovich



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

Community Events



March 1 @ 7:00 am
71st Annual Kiwanis Pancake Breakfast
Freeport Masonic Temple



March 1 @ 10:00 am
Bake Sale for Lena Farmer's Market
Lena American Legion Auxiliary



March 2 @ 3 - 4:00 pm
Instrumental Music Concert
Ferguson Fine Arts Center at
Highland Community College
No tickets need. Admission is free.



March 8 @ 7-10:00 pm
20th Annual Moonlight Serenade
Freeport Masonic Temple Ballroom
Featuring Freeport High School Jazz Ensemble
& Highland Community College Big Band
Appetizers & snacks provided.
Admission: \$7.50
Tickets available at HCC Box Office or at the Door.

Upcoming Programs at the Freeport Public Library

All programs are free



Eat the Neighborhood

Tuesday, March 4, 2025

6:30pm - 7:30pm

At Highland College in room H201 (Student Conference Center)

Dave Odd has been a professional forager since 2009, and has been a forager his whole life. For over a decade he has conducted "Eat the Neighborhood" foraging tours & presentations teaching everyday people about the edible/medicinal plants and mushrooms right in their own neighborhoods. He is the owner of Odd Produce near Chicago. We will hear all about the edibles you can find in your backyard and other unexpected places and how you can eat them!

FREE - No registration necessary.



Open House for Journey to Freedom Illinois' Underground Railroad

Thursday, March 6; 4-6:00 pm

Freeport Public Library Meeting Room

Enjoy the opening reception of *Journey to Freedom: Illinois' Underground Railroad*. This new museum-quality exhibit highlights the courageous stories of freedom seekers and the multi-racial conductors who assisted them on The Underground Railroad in Illinois. Looking for Lincoln Program Manager, Heather Freezor, will provide details on the years long journey it took to bring this historic exhibit to life.

Opening remarks and presentation begin at 5pm.

Refreshments provided by the Freeport Public Library Foundation.

Jo Daviess Area Events



Silver Saddles

March 7 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 the horses, groom them, feed them treats, and lead them around the property. The goal of this experience is to allow a relaxing bonding experience between the participants and the horses.

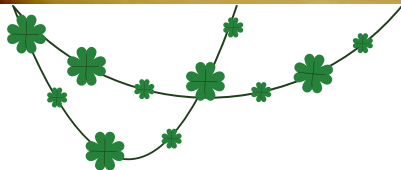
St. Patrick's Day Celebration with Irish Dancers

March 17 - Irish Dancers performing at 3:30-4 pm & 7:30-8:00 pm

Frank O'Dowd's Irish Bar - 9853 US Highway 20 S., Galena, IL

Phone: [\(815\) 776-0707](tel:(815)776-0707)

Celebrate St. Patrick's Day at Frank O'Dowd's Irish Pub with an unforgettable performance by talented Irish dancers. Enjoy a delectable dinner or drinks at the bar while being captivated by lively jigs, reels, and traditional dances. Immerse yourself in an authentic Irish experience and create lasting memories with friends and family at this spirited celebration. Reserve your table or grab a seat at the bar to be a part of this magical St. Patrick's Day event!



ALZHEIMER'S  ASSOCIATION®



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

Presented by:

Alzheimer's Association
Illinois Chapter

Join us!

March 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**

Social Security Column



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

Frequently Asked Questions



Question:

What is the estimated average Social Security payment that a person receives each month?

Answer:

The estimated average monthly benefit for a retired worker in 2025 is \$1,976.00. The average monthly Social Security benefit for a worker with a disability in 2025 is \$1,580.00.

Question:

I was speaking with my sister, and she told me that she receives half of her spouse's benefit. Why am I not eligible for benefits from my spouse?

Answer:

If your spouse is eligible for Social Security benefits, you could be eligible for half of their benefit at your full retirement age. However, if you worked and are eligible for Social Security benefits on your own record, your own benefit may be higher than what you could be eligible for on your spouse's record. If you have questions regarding your eligibility for benefits, please call 1-800-772-1213 (TTY 1-800-325-0778).

Question:

I recently retired and am approaching the age when I can start receiving Medicare. What is the monthly premium for Medicare Part B?

Answer:

In 2025, the standard Medicare Part B premium for medical insurance is \$185.00 per month. Some people with higher incomes must pay higher monthly premiums for their Medicare coverage. You can get details at www.medicare.gov or by calling 1-800-MEDICARE (1-800-633-4227) (TTY 1-877-486-2048).

Scam Awareness



Information provided by: The Social Security Administration

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



Social Security & Scam Awareness

Social Security imposter scams continue to be widespread across the United States. Scammers use tactics to deceive you into providing sensitive information or money. If you receive a suspicious letter, text, email, or call, do not respond.

We will NEVER:

- Text or email images of an employee's official government identification.
- Suspend your Social Security number.
- Threaten you with arrest or other legal action unless you immediately pay a fine or fee.
- Require payment by retail gift card, wire transfer, internet currency, or cash by mail.
- Promise a benefit increase or other assistance in exchange for payment.
- Mail or email "official" letters or reports containing your personal information.
- We only send text messages in limited situations, including:
 - When you have subscribed to receive updates and notifications by text.
 - As part of our enhanced security when accessing your personal my Social Security account.

If you owe money to us, we will mail you a letter with payment options and appeal rights. Social Security employees do not contact the public by telephone for business purposes. Ordinarily, the agency calls people who have recently applied for a Social Security benefit, are already receiving payments and require an update to their record or have requested a phone call from the agency. If there is a problem with a person's Social Security number or record, Social Security will typically mail a letter.

We encourage you to report suspected Social Security imposter scams — and other Social Security fraud — to the OIG's website at oig.ssa.gov/report. You can find more information about scams at www.ssa.gov/scam. Please share this information with your friends, family, and colleagues to help spread awareness about Social Security imposter scams.

Seasons in my Cottage

In winter, ancient pine trees are dark against the sunrise as I look through my kitchen door. Little foot prints from passing cats, birds, and wild life show in fresh snow. On sunny winter days a drive through farm land is beautiful. Shadows on snow, textures from remaining corn and lovely old barns and out buildings.

With warmer weather I take my coffee into the garden to see what's blooming and pull a few weeds. It's lovely in morning light. A fence wraps around the whole area giving privacy from all but wildlife. Feral cats venture in for fresh water in a half barrel fountain. Changing seasons evolve with different colors and textures. Spring is delicate shades of green, pink bleeding hearts, white dogwoods, and hostas poking up. Peonies, columbine, lilacs lead into full summer with lilies, roses, iris, and a variety of perennials. Fall is raggedy as plants have had all summer to grow and flop around. New England asters, mums, and phlox show off purples and pinks. In late fall I hire garden helpers to cut back and take away a truck load of dry plants. A few remain for birds and insects.

I enjoy the different seasons as I look through windows, take drives and venture further as it grows warmer. Life is precious. Having shed jobs, parenting, being a wife and daughter, I now have freedom to notice details, look for beauty and spend my final years loving life. Concerns which are normal can be put aside. I don't want to miss all the good things worrying over what I can't change.

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 MARCH 2025

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

| 3/3 | 3/4 | 3/5 | 3/6 | 3/7 |
|--|--|--|---|--------------------------------------|
| Hearty Beef Stew (Veggies in Stew) Peaches Cornbread | 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 |
| 3/10 | 3/11 | 3/12 | 3/13 | 3/14 |
| 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 |
| 3/17 | 3/18 | 3/19 | 3/20 | 3/21 |
| 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 | COOK'S CHOICE TO BE ANNOUNCED |
| 3/24 | 3/25 | 3/26 | 3/27 | 3/28 |
| Spaghetti Green Beans Peaches Bread | Pulled Pork Mashed Potatoes Mixed Vegetables Bun | Cream Sausage Over Biscuit Carrots Mixed Fruit | Seasoned Chicken Thighs Mashed Potatoes Cream Corn Bread | COOK'S CHOICE TO BE ANNOUNCED |
| 3/31 |  | | | |
| Hearty Beef Stew (Veggies in Stew) Peaches Cornbread | | | | |

Garlic Butter Chicken with Veggies

A flavorful, one-pan dish that's ready in 20 minutes!

Ingredients

- 1 chicken breast (or 2 boneless thighs)
- 1 tbsp butter
- 1 tbsp olive oil
- 2 cloves garlic, minced
- ½ tsp paprika
- ½ tsp Italian seasoning (or thyme & oregano)
- Salt & pepper, to taste
- 1 cup zucchini (or broccoli, asparagus, or bell peppers), chopped
- ½ cup cherry tomatoes, halved (optional)
- 1 tbsp lemon juice (optional)

Instructions

- 1** Prep the chicken: Pat the chicken dry, then season both sides with salt, pepper, paprika, and Italian seasoning.
- 2** Sear the chicken: Heat olive oil in a pan over medium heat. Add chicken and cook for 4-5 minutes per side until golden brown and cooked through. Remove and set aside.
- 3** Sauté the veggies: In the same pan, add butter and garlic. Sauté for 30 seconds, then toss in zucchini (or your chosen veggies). Cook for 3-4 minutes until tender.
- 4** Finish it up: Add the chicken back to the pan. Drizzle with lemon juice and cook for 1 more minute to combine flavors.
- 5** Serve & enjoy! Pair with rice, quinoa, or a slice of bread for a complete meal.

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

Follow us on Facebook

