

NIAAA'S SENIOR NEWSLETTER



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Building Healthier Communities for Men

Let's build healthier futures—together!

The Illinois Department of Public Health and the University of Illinois want to learn more about men's health across the state—and we need your help.

Your voice matters! Share your thoughts, ideas, and experiences to help us understand what men need to stay healthy.

We'd love to hear from you—take a quick survey or join an engagement session!

Your input will help improve programs and support for men and families across Illinois.

Nothing you share will be linked back to you.



Fill out our
**Statewide
Men's Health
Needs
Assessment
Survey**

This survey is intended for Illinois adults (age 18+) and available to residents and men's health stakeholders including, but not limited to, those with experience in public health, health care, education, social services, military or veteran's services, and community-based or outreach services

Listening Session Information and Registration

Each session will be facilitated by University of Illinois and IDPH staff, with the goal of learning from community members and engaging stakeholders in discussion on men's health needs, barriers to care, outreach strategies, and recommendations for programs, services, and an overall strategic plan for men's health. All input and experiences are welcomed and appreciated! [Click here to learn more.](#)

Questions?

Please [see our FAQ](#) for more information or visit the IDPH website for additional men's health information and resources.

Difficulty registering for engagement sessions or accessing the survey? Please contact DPH.Menshealth@illinois.gov



**Lifescape is Proud to Serve a
Dementia Friendly Community!**

MAKING A DIFFERENCE TOGETHER

Our mission is to promote independent living & enhance one's quality of life for the aging population in northern Illinois. Lifescape's work with **Dementia Friendly America** is changing the way people think, act, and talk about dementia. By helping everyone in a community understand what dementia is and how it affects people, each of us can make a difference for people touched by dementia.

Empowering Caregivers. Enhancing Lives.



Scan the QR Code to learn more about
how to become a dementia friend.

**Dementia Friend Online Session -
Dementia Friendly America**



705 Kilburn Ave. • Rockford • 815-963-1609 • lifescapeservices.org

GUESS THE SONG

Trivia

1. "WISE MEN SAY, ONLY FOOLS RUSH IN..."



2. "YOU ARE MY SUNSHINE, MY ONLY
SUNSHINE..."



3. "STOP! IN THE NAME OF LOVE..."



4. "I GOT YOU BABE..."



5. "COUNTRY ROADS, TAKE ME HOME..."



6. "RESPECT! FIND OUT WHAT IT MEANS TO
ME..."



7. "SWEET CAROLINE... GOOD TIMES NEVER
SEEMED SO GOOD..."



8. "CAN'T HELP FALLING IN LOVE WITH
YOU..."



9. "DANCING QUEEN, FEEL THE BEAT FROM
THE TAMBOURINE..."



10. "MY GIRL, MY GIRL, TALKING 'BOUT MY
GIRL..."







Caregiver Corner



"You give so much of yourself to others—don't forget that you matter too."

Being a caregiver takes strength, patience, and heart. Even on the hard days, please remember—what you do truly matters. The care and comfort you give makes a difference every single day.

Don't forget to care for yourself, too. Rest, ask for help when needed, and take moments to recharge. You deserve it.

No-Bake Banana Peanut Butter Bites

Ingredients:

- 2 ripe bananas (mashed)
- 1 cup oats
- $\frac{1}{2}$ cup peanut butter
- 1 tablespoon honey
- Optional: mini chocolate chips

Instructions:

- Mix all ingredients in a bowl.
- Roll into small bite-sized balls.
- Chill in the fridge for 20–30 minutes.



Why It's Great:

- Soft and easy to eat
- No oven needed
- Great for a quick energy boost



You're Invited!

2ND ANNUAL LEGISLATIVE BREAKFAST & ROUNDTABLE

Building Stronger Communities for Older Adults

Join state legislators, local elected officials, community leaders, and aging network providers for a meaningful conversation about the opportunities and challenges facing older adults and family caregivers across Northwestern Illinois.

TOPICS WILL INCLUDE:



Information & Assistance



Transportation & Rural Mobility



Nutrition Services



Caregiver Support



Health Promotion & Wellness



Legal Services



Long-Term Care Ombudsman
& Resident Advocacy



WEDNESDAY

AUGUST 19, 2026

9:00 – 10:30 A.M.



**ROCKFORD PUBLIC LIBRARY
3RD FLOOR BALLROOM**

215 N. Wyman Street, Rockford, IL

Hear from regional leaders as they discuss the services, challenges, and opportunities affecting older adults and family caregivers across Northwestern Illinois.



Together, we can strengthen policies and partnerships that help older adults remain healthy, independent, and connected.



*Community members and aging network
partners are welcome to attend.*

*We hope
YOU WILL JOIN US!*

Please Note:
**NIAAA OFFICES
WILL OPEN
AT NOON
ON WEDNESDAY,
AUGUST 19**



**NIAAA OFFICES WILL OPEN
AT NOON ON WEDNESDAY,
AUGUST 19.**

Our staff will be participating in the Legislative Breakfast & Roundtable that morning. We apologize for any inconvenience and appreciate your understanding.



Our offices will
reopen at 12:00 p.m.

Thank you!



NIAAA is committed to connecting older adults, family caregivers, and persons with disabilities to services that promote independence, dignity, and quality of life.



Learn more about NIAAA
and our services at
www.niaaa.org



NORTHWESTERN ILLINOIS
AREA AGENCY ON AGING



A welcoming space for
LGBTQI+ older adults
to connect, enjoy good
company, and have fun!

LGBTQI+ OLDER ADULT SOCIAL GROUP

Dinner at
**FOREST HILLS
COUNTRY CLUB**



**WEDNESDAY,
AUGUST 20**



6:00 – 7:30 PM



FOREST HILLS COUNTRY CLUB

8371 Forest Hills Road
Rockford, IL 61114



Good food.
Great conversation.
Wonderful
company.



Enjoy an evening of good food, conversation,
and friendship in a welcoming atmosphere.
Whether you're joining us for the first time
or reconnecting with friends, we'd love to see you there!



RSVP to Jeff

779-221-3702



*All are
welcome!*



NIAAA is coordinating this gathering to help LGBTQI+
older adults connect and build community.
Each attendee is responsible for the cost of
their own meal and beverages.

Honoring Our Past.  Celebrating Our Present.
Inspiring Our Future.

NATIONAL Senior CITIZENS DAY

• AUGUST 21, 2026 •

Today, we honor the older adults who have shaped our communities through their wisdom, kindness, resilience, and unwavering strength. Their contributions have enriched our families, neighborhoods, and future generations.

Thank you for all you do!



 **THANK YOU** 
for a lifetime of love, leadership,
service, and lasting impact.



WE THANK YOU

for the love, strength,
guidance, and
encouragement you
have shared throughout
your lifetime.



WE APPRECIATE YOU

for your dedication,
resilience, wisdom, and
the positive difference
you make in our
communities.



WE SUPPORT YOU

by promoting your
health, independence,
well-being, and
quality of life.



WE CELEBRATE YOU

for your stories, traditions,
achievements, and the
legacy you leave for
future generations.



Let's honor our senior citizens today and every day!



RESPECT  INCLUDE  SUPPORT  CELEBRATE



NIAAAA

Northwestern Illinois
Area Agency on Aging

GUESS THE SONG

Trivia



ANSWER KEY

1. CAN'T HELP FALLING IN LOVE
– ELVIS PRESLEY
2. YOU ARE MY SUNSHINE –
TRADITIONAL / POPULARIZED
BY JIMMIE DAVIS
3. STOP! IN THE NAME OF LOVE –
THE SUPREMES
4. I GOT YOU BABE – SONNY &
CHER
5. TAKE ME HOME, COUNTRY
ROADS – JOHN DENVER
6. RESPECT – ARETHA FRANKLIN
7. SWEET CAROLINE – NEIL
DIAMOND
8. CAN'T HELP FALLING IN LOVE
– ELVIS PRESLEY
9. DANCING QUEEN – ABBA
10. MY GIRL – THE TEMPTATIONS

