



SeniorConnections

Companionship & Services

Formerly Boone County Council on Aging/Keen Age Center

2141 Henry Luckow Lane
Belvidere, IL 61008

815-544-9893
Monday-Friday 8:00 am-4:30 pm

www.senior-connect.org
Facebook— Senior Connections

AUGUST 2026



Exciting News from Senior Connections!

We're excited to introduce a new way to stay connected with Senior Connections!

Beginning in September, you'll find our monthly news, program updates, educational articles, resources, and special events in the Boone County Shopper's Senior Living section. This new format will allow us to reach thousands more households throughout Boone County while continuing to provide the trusted information you've come to expect from Senior Connections.

When will the current newsletter end?

The **September 2026** issue will be the final edition of the current format of the newsletter.

When does the new publication begin?

The first Senior Connections section will appear in the Boone County Shopper on **September 3, 2026**.

Will I still receive information about Senior Connections?

Yes. Each month the Boone County Shopper's Senior Living insert will include:

- Senior Connections News
- Upcoming activities and events
- Educational articles
- Caregiving information
- Updates on Transportation & In-Home Care Programs
- Community resources
- Volunteer opportunities
- Seasonal information

Where can I find activity and meal calendars?

The Monthly Activity and Lifescape Meal Calendar will continue to be available:

- At Senior Connections
- On our website

I currently subscribe to the newsletter. What happens now?

If you live outside Boone County, we will continue mailing the four-page Senior Connections insert through the remainder of your current subscription. Your subscription price will remain the same until it expires.

If you prefer not to continue your subscription, you may request, in writing, a prorated refund.

Can I renew my subscription?

Mailed subscriptions will continue to be available for individuals **living outside Boone County**. Subscribers will receive the four-page Senior Connections/Boone County Shopper monthly four-page insert in the mail.

How much will a new subscription cost?

The subscription rate is **only available for households outside the Shopper distribution area** and is **\$24 per year**. The subscription cost is based on the cost of envelopes and the rate set by the USPS.

Why is Senior Connections making this change?

This new format allows us to continue providing valuable information while expanding our reach throughout Boone County and making the best use of our resources.

~ Kelly

JOIN US FOR OUR ANNUAL ICE CREAM SOCIAL

& QUILT RAFFLE

**Friday,
August 21st**

1:00–3:00pm

Here at:



SeniorConnections
Companionship & Services

**2141 Henry Luckow Ln.
Belvidere, IL 61008**

Ice Cream provided by:

BELVIDERE
HEALTH AND REHAB



Senior Connections

Companionship & Services

— Senior Health Insurance Program —

WE ARE HERE
to Help You! 

Our **SHIP** (Senior Health Insurance Program) counselors provide **FREE, unbiased help** so you can make informed Medicare decisions with confidence.

**Call now to
make your
appointments
for
October
through
December.**

**PRESCRIPTION DRUG PLANS
(PART D)**



**OCTOBER 15 –
DECEMBER 7**

We compare drug plans
to help you find the best
coverage at the best cost.

**MEDICARE ADVANTAGE
PLANS (PART C)**



**JANUARY 1 –
MARCH 31**

We compare Medicare Advantage
plans to help you find the plan
that best fits your needs.

The Medicare Fall Open Enrollment Period runs from October 15 through December 7, with changes taking effect January 1. During this time, Medicare beneficiaries can:

- Switch Medicare Advantage Plans
- Join or drop a stand-alone Prescription Drug Plan
- Return to Original Medicare

For Marketplace (ACA) Open Enrollment, please contact a Get Covered Illinois Navigator. Navigators are trained, certified professionals who provide free, unbiased assistance with:

- Understanding your coverage options
- Completing eligibility forms
- Enrolling in a plan that fits your needs

Navigators never charge for their services.

Senior Connections SHIP Counselors are available to assist with Medicare questions and plan changes. Appointments are available as scheduling allows, with priority given to those seeking assistance with stand-alone Prescription Drug Plans. We also offer appointments for the Medicare Advantage Open Enrollment Period (January 1 – March 31) for those needing to switch plans or return to Original Medicare.



CALL US TODAY!
815-544-9893

Talk to a SHIP counselor.



VISIT OUR WEBSITE
senior-connect.org

Resources and information for you.



SHIP

Senior Health Insurance
Program



FOOD DISTRIBUTION

Ages 55+



Distribution
Dates

July 10th
August 14th
September 11th

1:00 pm-3:00 pm

Registration begins
no earlier
than 12:30 pm

Senior Connections
2141 Henry Luckow Lane
Belvidere IL 61008

Call 815-544-9893
with questions.



Stay alert,
obey the speed limit
and watch for children
in school zones.

Help keep our kids safe.



Advertise Here!

Contact Nick Palasini

npalasini@4LPi.com
(800) 950-9952 x2162

Comfort Cuts

Mobile salon

LICENSED MOBILE HAIRSTYLIST

Haircuts- colors -perms



Hair care in the comfort of
your home.
call or text

847-371-1734

DOORMASTER

Garage Door Co., LLC.

RESIDENTIAL & COMMERCIAL
FIRE DOORS • HOLLOW METAL DOORS
DOCK EQUIPMENT • RESIDENTIAL DOORS

Serving the IL Area for over 30 Years

Steve Getzin, Owner
(847) 683-0333

"WE TREAT YOUR DOOR LIKE OUR OWN."

Mercyhealth Cancer Institute



8201 E. Riverside Blvd.
Rockford
(815) 971-6188

Enhanced treatment areas: Spacious infusion suites with comfortable seating and natural light to support the healing journey

Advanced technology: The latest equipment for diagnostics, treatment and therapy, ensuring the highest level of care

Patient-centered design: Thoughtfully designed spaces, including private consultation rooms and calming décor, to create a welcoming environment

Convenient access: Ample parking and a circular drive at the entrance, allowing patients to be conveniently dropped off at the door

Emergency care: Connected to a Level 1 Trauma Center for quick emergency care

cancer.mercyhealthsystem.org



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

Senior Connections, Belvidere, IL

01-1424

Join the fun!





September 8th from 10am-11:30am

Need to take your driver's test and go over the Rules of the Road? Here is your chance to refresh yourself and get additional help if needed!

Officer Bell will be here to instruct this refresher course.

Call: 779-552-7238 to reserve your spot.



**September 21st and 22nd
(Must attend both sessions.) from 8am-12:00pm**

Cost for AARP members is \$20, and non-members is \$25.
Check or cash only.

Secret of a Long Life

Grandpa Jones was celebrating his 100th birthday, and everybody complimented him on how athletic and well-preserved he appeared.

"I'll tell you the secret of my success," he cackled. "I have been in the open air day after day for some 75 years now."

The celebrants were impressed and asked how he managed to keep up his rigorous fitness regime.

"Well, you see my wife and I were married 75 years ago. On our wedding night, we made a solemn pledge. Whenever we had a fight, the one who was proved wrong would go outside and take a long walk."

A donation of any of the following items helps us with our daily activities.

- ♦ Kleenex
- ♦ Napkins
- ♦ Coffee
- ♦ Individually packaged pretzels, cracker snacks.
- ♦ Pre-Packaged Cookies
- ♦ Individually Wrapped Hard Candy, no lollipops or peppermints please.

Thank you!



IN THE COMMUNITY

An Information & Assistance Specialist will be at the following locations to assist you:

SHEFFIELD MEADOWS

Tuesday, August 4th
2pm-3pm

SHADLEY APARTMENTS

Tuesday, August 11th
2pm-3pm

PEARL PLACE APARTMENTS

Tuesday, August 18th
2pm-3pm



Rides to the Fair
will be available!



FREQUENTLY ASKED QUESTIONS

WHAT ARE THE OPERATING HOURS?

Monday - Friday 7:00am - 6:00pm
Saturday 8:00am - 12:00pm

HOW DO I MAKE A RESERVATION?

Call 815-975-9059, 24-hours in advance to book your ride. Use your TTY or dial 711 on your telephone to be connected to a TRS operator.

HOW MUCH EXTRA TIME SHOULD I PLAN FOR?

When scheduling your ride let the dispatcher know you have an appointment at a specific time.

For non-appointment rides the driver can arrive 10 minutes earlier or later than your scheduled time. Please be ready during that arrival window.

IS THERE AN AGE LIMIT?

There is no age limit. However, children 11 and under must be accompanied by an adult.

HOW MUCH DOES IT COST TO RIDE THE BUS?

Age 11 and under: \$1.00 per one-way trip
Age 12 - 60: \$2.00 per one-way trip
Adults 60 years & older: Donations accepted

DO I HAVE TO PAY FOR MY CAREGIVER?

Caregivers and assistants ride for free while escorting their patient. We do need to know if a caregiver will be riding to make sure we have proper seating available.

WHAT IS DOOR TO DOOR SERVICE?

The bus picks you up where you request and drops you off at your desired destination. There are no bus stops or routes in door to door service.

WHAT HOLIDAYS DO THE BUSES NOT RUN

In addition to inclement weather the buses do not operate on these holidays.

New Year's Day	Veterans Day
Good Friday	Thanksgiving
Memorial Day	Thanksgiving Friday
Fourth of July	Christmas Eve
Labor Day	Christmas Day

CAN I GET SAME DAY SERVICE?

We may not be able to accommodate same day reservations, but we will give it every effort.

WHAT IF I DON'T KNOW HOW LONG MY APPOINTMENT WILL TAKE?

We can do a will-call pick-up where you call when you are ready. This is set up when you call for your reservation.

HOW DO I PAY?

Payment can be made with exact cash (the driver does not make change). Tickets can also be purchased from the Keen Age Center at 2141 Henry Luckow Ln, Belvidere, IL 61008.

DO I NEED A CAR SEAT?

Any passenger travelling with a child must secure the child in an appropriate child safety seat per Illinois State Law. Passengers must bring the appropriate device with them.

CAN MY MOBILITY AID BE USED ON THE BUS?

All Boone County Transit buses have motorized lifts that can accommodate mobility aids, wheelchairs, and motorized scooters up to a 600 pound combined limit.



@BooneCountyTransit



/BooneCountyTransit



815-975-9059



BCILTransit.gov

Word Twist

Favorite Pies

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!

plpae _____

kimnpup _____

rheycr _____

tcealooch _____

noctcou _____

nabaan _____

ncap _____

errbleuby _____

rebryatswr _____

chpae _____



Friday, August 7th w/Transitions Hospice

Friday, September 4th w/ Belvidere Zonta Club

Friday, October 2nd w/Heartland Hospice & Grand Victorian

**1:00 pm here at
Senior Connections.**

Thank you, sponsors!

Funding Statement

Services of Senior Connections 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 of 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 Senior Connections budget is derived from contributions from individuals, groups, clients, users, and fundraising projects. Thank you.





MORNING ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 <u>8:45</u> Yoga <u>10:15</u> Chair Yoga <u>10:30</u> T.O.P.S	04 <u>8:30</u> Walking Club <u>9:00</u> Ladies' Pool Social Painting <u>10:00</u> SkipBo	05 <u>8:00</u> Woodcarvers <u>8:45</u> Yoga <u>9:00</u> Mens's Pool <u>10:15</u> Chair Yoga	06 <u>8:30</u> Walking Club <u>9:00</u> FRIENDS Meeting. All are welcome! Bobbin Lace Diamond Art <u>10:00</u> Chair Fitness	07 <u>8:00</u> Open Pool (Billiards) <u>8:45</u> Yoga <u>9:30</u> BUNCO <u>10:15</u> Chair Yoga
10 <u>8:45</u> Yoga <u>10:15</u> Chair Yoga <u>10:30</u> T.O.P.S	11 <u>8:30</u> Walking Club <u>9:00</u> Ladies' Pool Social Painting <u>10:00</u> SkipBo Low Vision Support Group	12 <u>8:00</u> Woodcarvers <u>8:45</u> Yoga <u>9:00</u> Men's Pool <u>10:00</u> Officer Bell <u>10:15</u> Chair Yoga	13 Senior Day at the Fair <u>8:30</u> Walking Club <u>9:00</u> Bobbin Lace Diamond Art <u>10:00</u> NO Chair Fitness Today	14 <u>8:00</u> Open Pool (Billiards) <u>8:45</u> Yoga <u>9:30</u> BUNCO <u>10:15</u> Chair Yoga
17 <u>8:45</u> Yoga <u>10:15</u> Chair Yoga <u>10:30</u> T.O.P.S	18 <u>8:30</u> Walking Club <u>9:00</u> Ladies' Pool Social Painting <u>10:00</u> Skipbo	19 <u>8:00</u> Woodcarvers <u>8:45</u> Yoga <u>9:00</u> Men's Pool <u>10:15</u> Chair Yoga	20 <u>8:30</u> Walking Club <u>9:00</u> Bobbin Lace Diamond Art <u>10:00</u> Chair Fitness <u>10:30</u> Grief Support w/Mo Cara Hospice	21 <u>8:00</u> Open Pool (Billiards) <u>8:45</u> Yoga <u>9:30</u> UNO <u>10:15</u> Chair Yoga
24 <u>8:45</u> Yoga <u>10:15</u> Chair Yoga <u>10:30</u> T.O.P.S	25 <u>8:30</u> Walking Club <u>9:00</u> Ladies' Pool Social Painting <u>10:00</u> SkipBo	26 <u>8:00</u> Woodcarvers <u>8:45</u> Yoga <u>9:00</u> Men's Pool <u>10:15</u> Chair Yoga <u>10:30</u> Grief/Loss Support Group	27 <u>8:30</u> Walking Club <u>9:00</u> Bobbin Lace Diamond Art <u>10:00</u> Chair Fitness	28 <u>8:00</u> Open Pool (Billiards) <u>8:45</u> Yoga <u>9:30</u> UNO <u>10:15</u> Chair Yoga
31	01 September <u>8:30</u> Walking Club <u>9:00</u> Ladies' Pool Social Painting <u>10:00</u> SkipBo	02 <u>8:00</u> Woodcarvers <u>8:45</u> Yoga <u>9:00</u> Men's Pool <u>10:15</u> Chair Yoga	03 <u>8:30</u> Walking Club <u>9:00</u> Bobbin Lace Diamond Art <u>10:00</u> Chair Fitness	04 <u>8:00</u> Open Pool (Billiards) <u>8:45</u> Yoga <u>9:30</u> BUNCO <u>10:15</u> Chair Yoga



AFTERNOON ACTIVITIES



11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 <u>12:30</u> Bridge Progressive Hand & Foot Pinochle	04 <u>12:00</u> Karaoke Hand Knee & Foot <u>1:00</u> Finish Your Own Project	05 <u>12:30</u> Hand & Foot <u>1:00</u> Moving On Support Book Club <u>2:30</u> Vets Coffee	06 <u>12:00</u> Train your Brain <u>12:30</u> Pinochle <u>2:00</u> Caregiver Support Group w/ Satori	07 <u>12:30</u> Euchre <u>1:00</u> BINGO! w/ Transitions Hospice
10 <u>12:30</u> Bridge Progressive Hand & Foot Pinochle <u>1:00</u> Social Knit & Crochet	11 <u>12:00</u> Karaoke Hand Knee & Foot <u>1:00</u> Finish Your Own Project	12 Reflexology w/Nancy call: 779-552-7238 to reserve <u>12:30</u> Hand & Foot <u>1:00</u> Moving On Support <u>2:30</u> Vets Pool	13 Senior Day at the Fair <u>12:00</u> NO Train Your Brain <u>12:30</u> Pinochle Bridge Class	14 <u>12:30</u> Euchre Afternoon Quilters <u>1:00</u> Senior Food Distribution 1-3pm
17 <u>12:30</u> Bridge Progressive Hand & Foot Pinochle	18 <u>12:00</u> Karaoke Hand Knee & Foot <u>12:30</u> Kish Quilt Group	19 <u>12:30</u> Hand & Foot <u>1:00</u> Moving on Support <u>2:30</u> Vets Pool	20 <u>12:00</u> Train your Brain <u>12:30</u> Pinochle Bridge Class	21 <u>12:30</u> Euchre Afternoon Quilters <u>1:00</u> Ice Cream Social Open House and Quilt Raffle 1:00-3:00pm
24 <u>12:30</u> Bridge Progressive Hand & Foot Pinochle <u>1:00</u> Social Knit & Crochet	25 <u>12:00</u> Karaoke Hand Knee & Foot <u>1:00</u> Finish Your Own Project	26 <u>12:30</u> Hand & Foot <u>1:00</u> Moving on Support <u>2:30</u> Vets Pool	27 <u>12:00</u> Train your Brain <u>12:30</u> Pinochle Bridge Class	28 <u>12:30</u> Euchre Afternoon Quilters <u>1:00</u> Movie: State Fair Reserve your seat: 779-552-7238
31 <u>12:30</u> Bridge Progressive Hand & Foot Pinochle	01 September <u>12:00</u> Karaoke Hand Knee & Foot <u>1:00</u> Finish Your Own Project	02 September <u>12:30</u> Hand & Foot <u>1:00</u> Moving on Support <u>2:30</u> Vets Coffee	03 September <u>12:00</u> Train your Brain <u>12:30</u> Pinochle <u>1:00</u> Dominoes	04 September <u>12:30</u> Euchre Afternoon Quilters

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "E" = "O"

"TKJAJ TJ QE ICF TKIW TJ FE
IFGJAWMOJO TKIW TJ IAJ."

— ILWKEA LCRCTC

©2023 Satori Publishing

E092

Answer: Page 16

Peach Blueberry Strawberry
Chocolate Coconut Banana
Apple Pumpkin Cherry

Word Twist
Answers

Our **non-medical in-home care program** offers services and supports to qualifying older Illinoisans to help work with them to remain in their homes.

Services include among others:
Routine light housekeeping.
Meal preparation.
Non-medical personal care tasks.
Call to see if you qualify.
815-544-9893



 **SeniorConnections**
Companionship & Services

RAFFLE



\$500

VISA

HAMMERTIME
SPONSORED BY

ENTER FOR YOUR CHANCE TO WIN A
\$500 VISA GIFT CARD!

1 TICKET | \$1 6 TICKETS | \$5 30 TICKETS | \$20

WINNER WILL BE CHOSEN ON THE MONDAY
FOLLOWING THE FAIR AT 12:00 PM
AT SENIOR CONNECTIONS.

 **SeniorConnections**
Companionship & Services

QUILT RAFFLE



PURCHASE TICKETS AT
SENIOR CONNECTIONS
STARTING JULY 13TH

1 TICKET = \$1
6 TICKETS = \$5
30 TICKETS = \$20



WE WILL ALSO SEE YOU AT THE FAIR, AUGUST 11TH - 16TH!



Suzanne Dovey
Bus Driver
13 years of service



Augusto Laureano
Bus Driver
4 years of service

**Thanks for
keeping us
popping!**



Steve Kling
Associate Director
6 years of service



Thank you so much to everyone who attended my 20th Anniversary Recognition. Your presence made the celebration truly meaningful.



I sincerely appreciate the thoughtful cards, generous gifts, and best wishes. Each gesture meant a great deal to me and made this milestone even more special.

It has been an honor to celebrate 20 years, and I am thankful for the friendship I have received along the way.



With heartfelt thanks,
Cindy Mathison

BELVIDERE CEMETERY ASSOCIATION
"Established 1847"

Pre-Burial Arrangements
Cremation Burials • Columbarium Niches
Memorial Markers • Affordable Prices
Park-like Setting

Frank Lloyd Wright | Pettit Memorial | Chapel on Cemetery Grounds
1121 N. Main St. - Belvidere 815-547-7642
belviderecemetery@comcast.net



**Never
miss our
publication!**

Get each new issue
delivered straight to
your inbox.



Scan to subscribe on
MyCommunityOnline.com



**GRAND
victorian**

INDEPENDENT & ASSISTED LIVING
ROCKFORD

**Your choice for an independent
and assisted living**

815-654-1400

*Touching Lives with Love,
Compassion and Dignity*

3495 McFarland Rd • Rockford, IL 61114





SeniorConnections
Companionship & Services

DISTRIBUCIÓN DE ALIMENTOS
mayores de 55 años



Fechas de distribución

10 de julio
14 de agosto
10 de septiembre

1:00-3:00 p.m.
La inscripción no comienza antes de las 12:30 p.m.

Conexiones para personas mayores
2141 Henry Luckow Lane,
Belvidere, IL 61008
Si tiene preguntas, llame al
815-544-9893.



COMUNÍQUESE CON SU ESPECIALISTA DE I&A

Hay varias formas de comunicarse con su especialista en información y asistencia, que se enumeran a continuación. También hay disponible un buzón seguro, en el lado este del edificio, junto a la entrada del personal, para aquellos que necesiten entregar copias de documentos.

Belena Garza

Phone: 779-552-7252

Bgarza@senior-connect.org

Emma Lischalk

Phone: 779-552-7258

ELischalk@senior-connect.org



¿NECESITAS AYUDA CERCA DE CASA?

Un especialista en información y asistencia estará en los siguientes lugares para ayudarlo:

2:00-3:00pm

SHEFFIELD MEADOWS

Martes, 4 de agosto

APARTAMENTOS SHADLEY

Martes, 11 de agosto

PEARL PLACE

Martes, 18 de agosto

PROGRAMA DE AHORROS DE MEDICARE

¿Califica para que le paguen las primas de la Parte B de Medicare?

Podrías hacerlo si estás dentro de estas pautas.

Ingresos mensuales inferiores a:

\$ 1,529 por individuo

\$ 2,060 por pareja y

Activos inferiores a:

\$ 8,400 por individuo

\$ 12,600 por pareja

AYUDA EXTRA

¿Califica para recibir ayuda con el costo de sus medicamentos de Medicare? Podrías hacerlo si estás dentro de estas pautas.

Ingresos mensuales inferiores a:

\$1,699 por individual

\$2,289 por pareja y

activos inferiores a

\$14,010 por individual

\$27,950 por pareja

Necesitará los siguientes documentos, sin excepciones.

COPIAS SOLAMENTE- Tarjetas de la Seguridad Social

- Identificación fotográfica.

- Ingresos mensuales actuales- Facturas de servicios públicos más recientes, 2 caras

- Declaración escrita y firmada

en la que se otorga permiso al Consejo de Envejecimiento del Condado de Boone para presentar su solicitud.

Live Your Best Life

At Heritage Woods, you'll enjoy friendly neighbors to share common life experiences and an active community full of choices.



Heritage Woods
of Belvidere

An Affordable Assisted Lifestyle Community for the Older Adult

815-544-9495 • 4730 Squaw Prairie Rd • Belvidere, IL 61008
Managed by Gardant Management Solutions • www.hw-belvidere-ill.com

Schedule your visit to our community today!




Follow us on Social media

Private One-bedroom Apartments



Top-level care, from people who truly care

- Consistently high CMS star ratings
- Superior short-term rehabilitation
- Personalized 24-hour nursing care

SCHEDULE A TOUR TODAY



BELVIDERE
HEALTH AND REHAB

815-547-5451 | rehabatbelvidere.com



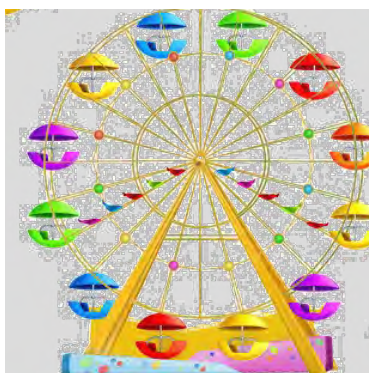
STATE FAIR

The small-town Frake family attend the Iowa State Fair, the annual highlight of their summer. Son Wayne (Dick Haymes) plots revenge on a midway barker (Henry Morgan) who had embarrassed him the summer before and falls for the beautiful singer Emily (Vivian Blaine), while his melancholy sister Margie (Jeanne Crain) becomes smitten with slick city-boy reporter Pat (Dana Andrews). Meanwhile, mother Melissa (Fay Bainter) and father Abel (Charles Winninger) plot to win their respective competitions.

FRIDAY, August 28th at 1:00 pm

Seating is limited.

Please call 779-552-7238 to reserve your spot.



Friends of Senior Connections

Join us for our Monthly Meeting.

Thursday, August 6th at 9:00am

All are welcome.

Join us in sharing ideas for the center.

Computer Lab

Hours



Monday: Noon – 4:00 pm

Tuesday: Computers will not be available.

Wednesday: 8:00 am – 11:00 am

Thursday: Noon – 4:00 pm

Friday: Noon – 4:00 pm

(3rd Friday of the Month may not be available due to Movie)



PHOTOGRAPHY POLICY

It is the policy of the Executive Board of Senior Connections that staff can take pictures of participants who attend sponsored events. These pictures will be used for a variety of marketing materials such as newsletters, posters, online and social media.

"Where we go and what we do advertises what we are."
— Author Unknown



Visiting Angels Rockford is a non-medical home care agency offering compassionate experienced caregivers to seniors and adults needing assistance in their home.

We provide:

- Alzheimer's & Dementia Support
- Assistance with Walking
- Bathing & Dressing Assistance
- Companion Care
- Errands & Shopping
- Light Housekeeping
- Meal Preparation
- Medication Reminders
- Respite Care for Families

815.977.3452
VisitingAngels.com/Rockford



*2023 Visiting Angels is a registered trademark of Living Assistance Services, Inc. Each Visiting Angels agency is independently owned and operated.

Visit us at the Boone County Fair



Veterans Assistance Commission of Boone County.



*We can help with
Financial Assistance, Transportation to
Medical Appt. and Burial Assistance,
VA Forms, Claims, IL War Bonus*

Call for Appointment 815-544-6464

130 S State St, Suite 212, Belvidere, IL 60008

(2nd Floor PNC Bank Bldg)

IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

STARTING AT
\$19⁹⁵ /mo.

- ✓ Ambulance
 - ✓ Police
 - ✓ Family
 - ✓ GPS & Fall Alert
- "STAY SAFE in the HOME YOU LOVE!"



800.809.3570

md-medalert.com



Remarkable Healthcare Close to Home

UW Health SwedishAmerican Medical Center – Belvidere



Our medical center is easy to find :
1625 S. State Street, Belvidere
Near the corner of US-20 and S. State Street.

Emergency Department staffed 24 hours a day, 7 days a week

Outpatient Services Offered Close To Home

- Medical imaging including X-ray, Ultrasound, CT and MRI
- Comprehensive laboratory testing
- 3D digital mammography
- DEXA bone density scans
- Non-invasive cardiology services including Echocardiograms
- Outpatient physical therapy services
- In-lab sleep studies
- Anticoagulation clinic
- Infusion services

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



UWHealth

Monday	Tuesday	Wednesday	Thursday	Friday
03 CHICKEN PARMESAN CALIF BLEND VEGGIES PASTA/MARINARA CORN MUFFIN DICED PEARS	04 BACON BITS BLEU CHEESE CRUMBLE COBB SALAD W/ CHICKEN BREADSTICK FRUIT CUP	05 SPAGHETTI BROCCOLI CORN FRUIT CUP GARLIC BREAD	06 A)BRATWURST/ SAUERKRAUT TATER TOTS BLEND VEGGIES WGR HOT DOG BUN B)HAM/CHIX NOODLE	07 SALISBURY STEAK MASHED POTATOES/ GRAVY DINNER ROLL BUTTER MANDARIN ORANGES
10 BBQ RIBLETTE AUGRATIN POTATOES CALIF BLND VEGGIES PINEAPPLE WGR WHEAT BUN	11 A)HOT TURKEY SANDWICH MASHED POTATOES PEAS&CARROTS DICED PEARS WGR WHEAT BREAD B)TURKEY/VEG	12 BBQ CHICKEN QTRS GREEN BEANS MAC&CHEESE PEACH COBBLER WGR DINNER ROLL BUTTER	13 ITALIAN CHIX SALAD CUKES/EGG GREENS TOMATOES JUICE WGR DINNER ROLL	14 A)CRISPY FISH SAND CALIF BLND VEGGIES WILD RICE FRUIT COCKTAIL WGR WHEAT BUN TARTAR SAUCE B)TURKEY/MINESTRONE
17 BBQ CHICKEN BREAST AUGRATIN POTATOES GREEN BEANS FRUIT COCKTAIL WGR DINNER ROLL BUTTER	18 ITALIAN SAUSAGE ITALIAN BLND VEGGIES PEPPERS/ONIONS SEAS.POTATO WEDGES APRICOTS WGR HOT DOG BUN	19 CHICKEN CAESAR SALAD/TOMATOES CUKES/GREENS CROUTONS FRUIT JUICE SHREDDED CHEESE	20 A)BREAKFAST SANDWICH DICED HASHBROWNS SAUSAGE/ROUND EGG ENGLISH MUFFIN JUICE B) TUNA SALAD/CHIX RICE	21 CHICKEN FIESTA TACO LETTUCE/TOMATO RICE/BEANS APPLESAUCE TORTILLA/TACO SAUCE
24 TROPICAL CHICKEN SALAD CUKE/TOMATO SLICE LEAF LETTUCE JUICE WGR CROISSANT	25 MEATBALLS SWEET&SOUR SAUCE FLUFFY RICE JAPANESE BLEND VEGGIES/ ROLL DICED PEARS	26 A)MEATLOAF CHEESY MASHED POTATOES PEAS CORN MUFFIN DICED PEAR CUP B)CHICKEN SALAD/TOM	27 CHICKEN PATTY PEAS & CARROTS SCALLOP POTATOES PINEAPPLE WGR WHEAT BUN	28 HOT HAM & CHEESE BAKED BEANS TATER TOTS CHILLED APPLESauce WGR WHEAT BUN
31 CHICKEN BREAST/ CREAM SAUCE DICED POTATOES WINTER BLEND VEGGIE APPLESAUCE ROLL/BUTTER				

Lunch is held at **11:30am** at **Senior Connections**.

Call **815-963-1609** by **10am** the day before you want lunch.

We are still delivering meals. (Choice A = Meals on Wheels)

No person will be denied service because of inability to donate.

Suggested donation of \$3.00 per meal.



DONOR'S PLAQUE & GIFTS OF \$100 OR MORE



William and Bonnie Beyer
Jacqueline Rupert
Lawrence Wesenberg

SUPPORTING PARTICIPANTS GIFTS OF \$5.00—\$99.00

In loving memory of John Fisher

Edward Shabez, In memory of Helen Shabez

Crystalyn Mays in Memory of Kristine Mays, Kermit
Bennett, and Margaret Ellison

BUNCO Group Bunny Brown
Euchre Players Debbie Fieleke

IN-KIND DONATIONS



Aida Martinez
Darl Diehl
Deb Silvers
Elizabeth Carson
Iris Humphrey
Jacquelyn Fortuna
Jerry Long
Kay Honchell
Linda DeLaCruz
Linda Laboy
Luana Krietzman
Nadine Sparkman
Pat Herringer
Rodney Tiesel
Ron Keip
Tim Blodgett



LENDING CLOSET DONATIONS



Allison Hemphill
Carol Roberts
Cynthia Guzman
Dan Meyers
Darlene Abernathy
Jeanne McDaniel
Kathleen Napier
Kellie Taylor
Kendra Anderson

Linda Hodge
Mark Bileto
Michael Meehan
Michelle Herman
Monica McDaniel
Peggy Gorski
Robert Leonard
Susan Joyce
Terri Landherr



Do you need a wheelchair, commode,
walker, toilet riser, shower chair or
incontinence products?

Stop in or Call: 815-544-9893 to check
our inventory.



Non-Profit Org
US Postage
Paid
Belvidere, IL
Permit #15

2141 Henry Luckow Lane
Belvidere IL 61008-1700
Return Service Requested



Join us!

Looking for a welcoming place to
connect, learn and enjoy great company?



Fun activities



Educational Programs



Nutritious Meals



Helpful Resources



Transportation

Best of all, there are **NO** membership fees!



Everyone is welcome. ♥



Come make new friends, learn something new,
and be part of our community.

We look forward to seeing you!



Come for
CONNECTION.
STAY FOR
COMMUNITY.



Build
Connections



Lifelong
Learning



Stronger
Together