

the Rolling Stone

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New Year, New Tax Program

The Senior Resource Center is planning to offer its AARP Tax-Aide Program in some form this year. Through the program, trained volunteers prepare 1040 federal and state tax returns free for low-and middle-income taxpayers focusing on seniors in Stephenson and Jo Daviess counties.

“Many details remain to be resolved about this year’s program,” said Sonja Shoemaker, Senior Resource Center executive director. “We are working with AARP to determine how we can safely offer the service.”

Shoemaker said appointments likely will be limited this year and may not be in-person. Instead, people will likely drop off their documents.

“We will pass along further information as it becomes available,” Shoemaker said.

In the meantime, people can begin gathering documents to prepare for tax season. Those who use the Tax-Aide program are encouraged to have all their documents in order, and bring everything that is asked. A list of documents is found at right.

All tax preparers in the AARP Tax-Aide Program undergo training and are certified by the Internal Revenue Service.

The Tax-Aide Program’s certification does not allow it to prepare tax returns that include farm income (except if only land rental), military returns, ministerial income, cancellation of mortgage debt, business income that involves depreciation, rental income, and

K-1 forms with ANY other entries than interest, dividends, capital gains or royalties.

AARP Tax-Aide Details

Items to Bring to Appointment/ Drop Off

- A photo ID (Copy will be made.)
- A Social Security card for each person on the return (New Medicare cards do not have Social Security numbers. Copy will be made.)
- Proof of all income (including Social Security benefits)
- Proof of medical insurance coverage for each person on the return
- For joint returns — both persons must be present (If drop off, both must be present when called.)
- Your previous year’s return

Disallowed Returns

Senior Resource Center tax aides are limited to specific types of tax forms which they are allowed to prepare by both the IRS and by the AARP Foundation which sponsors the program. If your return falls outside the scope of our training, you will need to go to

a professional tax preparer. Some of the returns we cannot prepare include:

- Farm income (except if only land rental)
- Military returns
- Ministerial income
- Cancellation of mortgage debt
- Business income that involves depreciation
- Rental income
- K-1 forms with any other entries than interest, dividends, capital gains or royalties

Before You Come/Drop Off

- Ensure you have all the required documents (see above). If not, reschedule your appointment.
- If you are on Medicare, you are considered to have coverage for the Affordable Care Act (ACA). If you have received a Premium Tax Credit for 2020, that requires us to fill out additional forms with your return. If you do not have a 1095-A, B, or C form, you can obtain one from your employer or from healthcare.gov before your appointment.
- We ask that you arrive at least 15 minutes before your appointment to fill out required IRS intake information forms. If dropping off, allow time to complete these forms. If you have itemized deductions, we ask that you summarize and list all deductions before your appointment, in order to optimize the 45- to 60-minute appointment schedules.



Senior Resource Center

**Serving Stephenson
& Jo Daviess Counties**

Our mission is to grow by enhancing and developing services and programs that inspire community involvement, offer support and resources, and advocate independence and well-being of all seniors and disabled adults.

206 E. Stephenson St.
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[Letter from the Director]

Sonja Shoemaker, Executive Director

"You are never too old to set another goal or to dream a new dream."

C.S. Lewis

Happy New Year! As we begin 2022, it seems appropriate to reflect on author C.S. Lewis' words. The events of the past two years have forced most of us – no matter our age – to consider revising our outlook.

At the Senior Resource Center, this has translated into new ways of doing business that make us more accessible to you than ever before. All things considered, 2021 was a good year for our organization. For starters, we were able to begin offering in-person appointments again on June 21. It marked the first time in 15 months that we were able to have these face-to-face encounters in our building – and we were so excited. It seemed that all of you were too!

Our keystone programs – Information and Assistance (I&A), the Community Care Program/Case Management and Adult Protective Services – forged forward in 2021. I&A staff

and volunteers just completed a successful Medicare Open Enrollment period conducted in person and via phone. Appointments were limited because of a need for sanitizing between appointments, social distancing requirements and fewer volunteers.

A total of 384 appointments were conducted during the Medicare Open Enrollment period with 202 individuals enrolling in a different plan. This resulted in a total savings of \$168,346.32. This translates to money these individuals can spend in the community every day to make their lives and the lives of others better. Thank you to everyone at the Senior Resource Center for making this happen as it takes the entire team.

The Community Care Program/Case Management and Adult Protective Services continue to serve our clients, as needed, with home visits or by phone – always keeping safety a priority.

Pretzel City Area Transit saw its numbers begin to rebound in 2021. More people are again comfortable using this service.



One area of growth has been our Healthcare Access Transit (HAT) program, which provides rides to medical appointments. Thanks to a generous grant from the Freeport Community Foundation, we are able to provide free or reduced cost rides to those who meet the income criteria.

The Freeport Community Foundation, along with the Freeport Township, played an instrumental role, in another one of our programs in 2021. The township funded the Senior Home Maintenance program, which provides funds for maintenance and repairs to homes of seniors in Stephenson County, in 2020 and allocated additional funds in 2021. The foundation granted funds to expand the program to Jo Daviess County seniors in 2021. We administer the program. It has been well received and benefited many individuals. For more information, including how to apply, see the story on Page 15.

SONJA CONTINUED ON PAGE 3

Senior Resource Center's Upcoming Activities

Contact Amanda at afaivre@srcntr.org for more information on the following activities.

HOLIDAY CLOSINGS

The Senior Resource Center will be closed on New Year's Eve, Dec. 31, and Martin Luther King Jr. Day, Jan. 17. Pretzel City Area Transit will close by 6 p.m. New Year's Eve and be closed all day New Year's

Day, Jan. 1, 2022. It will operate on Martin Luther King Jr. Day. Looking ahead, the Senior Resource Center will be closed on President's Day, Feb. 21, 2022. Pretzel City Area Transit will be open that day.

SUPPORT GROUP MEETING

The Jo Daviess County Caregiver Support meetings are held at the Jo Daviess County Senior Resource

Center from 11 a.m. to 1 p.m. on the fourth Thursday of the month. The January meeting will be on Jan. 27. The meetings are held in an open format, meaning that people can join or leave at any time.

DRIVER SAFETY CLASS

An AARP Smart Driver Class will be held from 8:30 a.m. to 12:30 p.m. Thursday and Friday, March 24 and

25, at the Freeport Public Library, 100 E. Douglas St., Freeport. It is sponsored by the Senior Resource Center and the Freeport Public Library. Cost is \$20 for AARP members and \$25 for non-members. To register, call the Senior Resource Center at (815) 235-9777. Details are on Page 7.

How To Live Alone and Like It

It's a learning curve to live alone. Not all bad, not all good, but somewhere in between. It's what you make it.

You can call a friend to meet for lunch, take a drive or invite people to your home to stay in the swim of life. Accept invitations with enthusiasm and you'll likely be invited again. One of my older friends kept a few bottles of wine and boxes of candy on hand to take as hostess gifts. She was always prepared to be a gracious guest. Comforting rituals and traditions make each day worthwhile.

Morning exercises, feeding Pansy my cat, brewing coffee and deciding on what to have for breakfast starts my day. Having a favorite coffee cup and serving breakfast as if you are a guest makes my mornings special.

I motivate myself by keeping a list of things to do. Self care, housework, social activities and car maintenance ... there's always

something to put on the list. I find satisfaction in checking off completed tasks. It works for me and requires nothing but a piece of paper and pen.

My in-laws like to play dominoes. Making a few calls pulls a game together. It's a good thing to do on a winter afternoon. You might have neighbors or friends who enjoy games. Serve snacks and you have a little party.

Over the years I've collected decorations for every holiday. I always enjoy putting a few things around. Valentine's Day is coming soon, then Easter. It breaks up the winter months. These holidays provide a good time to invite friends to have dessert and a visit.

I do find winter to be a mystical time of year. During the holidays, I add extra candles and keep them out into the new year. The extra light makes the house cozy.

Although the routine is important, I'm thinking of adding

some new things to my winter months in 2022. Going out for coffee, visiting the library, country drives, reading books or painting are all on my list. Shaking up my routine is the plan.

When I'm in a rut, I find clipping a few fresh things from my garden and creating a simple arrangement lifts my spirits. Even in winter a few greens or dried flowers form a pretty bouquet. Many local stores sell fresh flowers which last a few days. Roses can be dried by hanging upside down. Dried flowers hanging in a window are pretty.

I admit: It does take pushing myself to keep going at times, but the effort always pays off in making



TAIT WEIGEL
Country Lifestyle
Enthusiast

the days living alone worthwhile. You and only you can improve your moods and make the most of your life alone. Once you take action it becomes easier. It's important to avoid self-pity or waiting for others to improve your situation. You set your own routine and make your life any way you like. It's all up to you.

Sudoku

SOLUTION ON PAGE 16

4						5	7	
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5		8			7			
	3		2				8	
	9	7						5

SONJA CONTINUED FROM PAGE 2

Our popular Living History Series returned this year via Zoom, again presented by the Freeport Community Foundation, as did our Virtual Senior Expo 2021 Presented by State Bank. We are so grateful to all our sponsors and the technology that make these events possible and to all who attended.

As we look ahead and dream our new dream that Lewis spoke about in the opening quote, we are planning to continue moving forward safely. As we said on Page 1, we expect to resume offering

our tax program in some fashion.

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Have a great January!

Garden Catalog Season Chance to Explore, Shop

RICHARD HENTSCHEL
Horticulture Educator
University of Illinois Extension

January begins the annual flight of vegetable, flower and fruit tree catalogs to your mailbox or inbox. Depending on your level of gardening, the catalogs are starting to arrive frequently and en masse. It times past you would get either a vegetable catalog or a fruit catalog or flower catalog. Many catalogs now contain something for everyone, including the garden gadget addicts.

Illinois gardeners should start by looking for plants that thrive in USDA Hardiness Zone 5. Many catalogs offer heirloom vegetables, flowers and fruit trees. These heirloom varieties can be some of the best tasting and/or more unusual looking fruits and vegetables we eat.

They are called heirloom because they have had no or very little traditional breeding. This can mean they will have more disease problems though and often less production as well.

With all the plant breeding work going on, vegetables can take on new colors that are a bit outside the lines. Consider a blue potato or perhaps peppers coming in every color besides green like yellow,

red, purple or orange. These look great in salads and other dishes. It used to be that Swiss chard was green, but it also now is available in shades of pink, orange, yellow, gold, white and purple. Newer varieties have a more slender stalk and can be used to brighten up salads or cooked as you would spinach. Small fruits such as strawberries come in a various shades of red now. More small fruits options also now are available. Plant breeders have had success transforming smaller fruiting shrubs such as currants, gooseberries and Aronia into well performing plants for the home garden. Rhubarb and asparagus are great additions to the garden.

Technology has been transforming gardening. There is a garden gadget for everyone. Gardeners who start their own seeds will find a variety of pots, seed starting soil mixes, markers and more. You can start your seeds in flats, individual cell packs like you see when you buy your annual flowers or even expanding pellets.

Planting can be done in pots made of plastic, bio-renewable materials or an organic fiber. Additional accessories that make seed starting easier include warming mats in sizes from



It used to be that Swiss chard was green, but it is now also available in shades of pink, orange, yellow, gold, white and purple.

one six-pack to a full tray, plant stands with growing lights and self-watering trays, or a variety of temporary outdoor structures to use to grow out and harden vegetable plants before they go into the garden.

Hand tools are forever evolving each with their own unique characteristics. Choose wisely and select what feels comfortable for

you. Your gardening style changes as you age and so will your tools.

If your mailbox is not quite full enough, go online and sign up for a few more. It is quick and easy.

The University of Illinois Extension is available to answer your home horticulture questions at (815) 235-4125 or visit us online to check out our program offerings at go.illinois.edu/jsw.

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[recipes]

Chicken Barley Soup

- 1 broiler/fryer chicken (two to three pounds), cut up
- 8 cups water
- 1-1/2 cups carrots, chopped
- 1 cup celery, chopped
- 1/2 cup medium pearl barley
- 1/2 cup onion, chopped
- 1 teaspoon chicken bouillon granules
- 1 teaspoon salt, optional
- 1 bay leaf
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon pepper
- 1/2 teaspoon rubbed sage

In a large stockpot, cook chicken in water until tender. Cool broth and skim off fat. Set chicken aside until cool enough to handle. Remove meat from bones; discard bones and cut meat into cubes. Return meat to pan along with remaining ingredients. Bring to a boil. Reduce heat; cover and simmer one hour or until vegetables and barley are tender. Discard bay leaf. Makes five servings (about 1 ½ quarts).

Nutrition Facts: 1 cup: 259 calories, 5g fat (0 saturated fat), 89mg cholesterol, 127mg sodium, 22g carbohydrate (0 sugars, 0 fiber), 31g protein. Diabetic Exchanges: 2-1/2 lean meat, 1 starch, 1 vegetable.
www.tasteofhome.com

Easy Slow-Cooked Potato Soup

- 5-1/2 cups cubed peeled potatoes, divided
- 2-3/4 cups water
- 1/3 cup butter, cubed
- 1-1/3 cups fully cooked ham, cubed
- 2 celery ribs, chopped
- 2/3 cup onion, chopped
- 3/4 teaspoon garlic powder
- 3/4 teaspoon paprika
- 1/8 teaspoon pepper
- 1/2 pound process cheese (Velveeta), cubed
- 2/3 cup sour cream
- Whole milk, chopped fresh parsley and coarsely ground pepper, optional

Place 4-1/2 cups of the potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 10 to 15 minutes or until tender. Remove from the heat (do not drain). Mash potatoes; stir in butter.

In a three-quart slow cooker, combine the ham, celery, onion, garlic powder, paprika, pepper and remaining cubed potatoes. Stir in the mashed potato; top with cheese. Cover and cook on low for five to six hours or until potatoes and other vegetables are tender. Stir in the sour cream until blended. If desired, thin soup with milk, and add parsley and coarsely ground pepper. Makes six servings.

Nutrition Facts: 1 cup: 451 calories, 27g fat (16g saturated fat), 86mg cholesterol, 982mg sodium, 35g carbohydrate (6g sugars, 3g fiber), 17g protein
www.tasteofhome.com

Mediterranean Broccoli & Cheese Omelet

- 2-1/2 cups fresh broccoli florets
- 6 large eggs, room temperature
- 1/4 cup 2 percent milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 cup Romano cheese, grated
- 1/3 cup pitted Greek olives, sliced
- 1 tablespoon olive oil
- Shaved Romano cheese and minced fresh parsley

Preheat broiler. In a large saucepan, place steamer basket over one inch of water. Place broccoli in basket. Bring water to a boil. Reduce heat to a simmer; steam, covered, until crisp-tender, four to six minutes.

In a large bowl, whisk eggs, milk, salt and pepper. Stir in cooked broccoli, grated cheese and olives. In a large cast-iron or other ovenproof skillet, heat oil over medium heat; pour in egg mixture. Cook, uncovered, until eggs are nearly set, 4-6 minutes.

Broil three to four inches from heat until eggs are completely set, two to four minutes. Let stand five minutes. Cut into wedges. Sprinkle with shaved cheese and parsley. Makes four servings.

Nutrition Facts 1 wedge (calculated without shaved Romano cheese): 229 calories, 17g fat (5g saturated fat), 290mg cholesterol, 775mg sodium, 5g carbohydrate (1g sugars, 1g fiber), 15g protein.

www.tasteofhome.com

RECIPES CONTINUED ON PAGE 9

What's your favorite recipe?

We want to feature some of the community's favorite recipes in the upcoming issues of the Rolling Stone.

If you would like to submit your recipe for consideration, please email your recipe to afaivre@srcntr.org or mail to 206 E. Stephenson St, Freeport IL 61032.

SR
CENTER

Senior Resource
Center

FUNDING STATEMENT: The Senior Resource Center is a private not-for-profit organization with services made available, in part, with funds provided under Title III-B and Title III-E of the Older American Act, GAP Filing Funds and the Illinois General Revenue Funds through Northwestern Illinois Area Agency on Aging. Funding for transportation is provided under the State of Illinois Donated Initiative from Title XX of the Social Security Act, through the Illinois Department of Human Services and the Illinois Department of Transportation. Transportation equipment is provided through Section 5310 grant, awarded through the Illinois Department of Transportation. Reimbursement is received from the Illinois Department on Aging for services under the Community Care Program and the Adult Protective Services Program. Reimbursement for transportation services is provided by the City of Freeport. Funding is additionally provided by United Way of Northwest Illinois, First Lutheran Church of Freeport Endowment, Freeport Community Foundation and the Community Foundation of Northern Illinois. A significant portion of the budget is derived from townships, donations, bequests, memorials and fundraising.

PHOTOGRAPHY POLICY: It is the policy of the Senior Resource Center that photographs of program participants will be used for marketing materials such as newsletters, website, bulletin boards, framed photos and newspapers. If a participant does not want their picture taken, they need to notify the photographer before the photo is taken. Children under 18 years old must have their parent or legal guardian's permission before their photograph can be used in marketing materials produced by the Senior Resource Center.

ADVERTISING POLICY: The Senior Resource Center does not assume any responsibility for advertisers' work performance. Remember to obtain references, determine work performance and fees involved. The Senior Resource Center does not favor or endorse any advertiser, political candidate or political party. The SRC considers itself politically independent. It follows long-held journalistic rules regarding political advertising. Any political advertising that is printed in The Rolling Stone is paid for by the candidate or their representative. The opposing party has been given the opportunity to place an ad as well. As a not-for-profit organization, the Senior Resource Center's first priority is to the people it serves. The issues that affect their lives are the ones the center represents.

[NICAA Golden Meals]

Experience Golden Meals! Meals that taste as good as they look and are healthy too.
Golden Meals offer a warm and caring atmosphere with friendship and fun. Come for a visit and see for yourself!
Golden Meals is for persons 60 and older and their spouses. Everyone is welcome.

The congregate meal site is closed until further notice because of COVID-19 concerns.
An announcement will be made when it reopens.
Meals for home delivery are available with 24-hour notice. Call (815) 232-8896 to order a meal.

JANUARY				
3 Chili Dog Oven Potatoes Baked Beans Wheat Bread	4 Baked Chicken Mashed Potatoes & Gravy Carrots Wheat Bread	5 Beef & Noodles Green Beans Fruit Wheat Bread	6 Turkey Tetrizzini Italian Green Beans Applesauce Wheat Bread	7 Tater Tot Casserole (Veggies in Casserole) Fruit Wheat Bread
10 Stuffed Green Peppers Carrots Applesauce Wheat Bread	11 Chicken Noodle Casserole Green Beans Fruit Wheat Bread	12 Scalloped Potatoes & Ham Peas Fruit Wheat Bread	13 Beef Stew Cornbread Applesauce	14 Italian Sausage Sauerkraut Fruit Bun
17 Closed for Martin Luther King Jr. Day	18 Chicken Alfredo Pasta Spinach Wheat Bread	19 Ham Loaf Sweet Potatoes Mixed Vegetables Wheat Bread	20 Tuna & Noodles Peas Fruit Wheat Bread	21 Ham Steak Mac & Cheese Carrots Wheat Bread
24 Sloppy Joes Oven Potatoes Mixed Vegetables	25 Spaghetti Peas Apricots Wheat Bread	26 Salisbury Steak Mashed Potatoes Creamed Corn Wheat Bread	27 Turkey Tetrizzini Italian Green Beans Applesauce Wheat Bread	28 Swedish Meatballs Buttered Noodles Mixed Vegetables Wheat Bread
31 Chili Dog Oven Potatoes Baked Beans Wheat Bread				

How will you be remembered?

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

Be Remembered as KIND.

**Senior Resource Center**





AARP Driver Safety Class Ready to Roll

For more than two years, the brakes have been on the AARP Smart Driver course that was regularly offered at the Senior Resource Center in Freeport. Lack of an instructor paused classes, then, when a new instructor was found, the pandemic struck. AARP halted all classes nationwide.

Now, AARP Smart Driver classes again have the green light, and the first class in Freeport is set from 8:30 a.m. to 12:30 p.m. Thursday and Friday, March 24 and 25, at the Freeport Public Library, 100 E. Douglas St. The class is being held in partnership with the Senior Resource Center and the Freeport Public Library.

“We moved to the library to take advantage of their larger space and better accommodate social distancing required,” said Julie Hilliger, Senior Resource Center media and promotions coordinator. “This will enable us to host a larger group, and we are thankful to the library for their partnership on this project.”

A total of 25 people will be able to attend the two-day class. To register, people should call the Senior Resource Center at (815) 235-9777. The cost is \$20 for AARP members and \$25 for non-members. Members should bring their AARP card to the class with them. Attendees also will be required to sign liability waivers at the class.

Teaching the class will be Larry Murphy. He earned a bachelor’s degree from Rockford College and a master’s of science and education degree from Northern Illinois University. Murphy is a veteran of the U.S. Army Reserves, and worked for First National Bank early in his career before moving to higher education. He began working at Highland Community College in 1968 and spent 21 years there before ending his career with an 11-year stint at Rock Valley Community College. Since retiring, Murphy has been teaching AARP Smart Driver classes for six years in Stephenson, Boone, Whiteside,

Carroll, Ogle, Lee and Winnebago counties.

Murphy said he will be teaching a new curriculum that has been completely updated and will feature new videos as well. Attendees will learn defensive driving techniques, proven safety strategies, new traffic laws and rules of the road. Plus, there are no tests to pass. You sign up and learn. The course specifically covers the following:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

By taking the class, you may

receive a discount on your auto insurance. Illinois has mandated an insurance premium discount for participants age 55 or older in a driver safety program.

The AARP Driver Safety Program operates on various standards, which include the following:

- It is volunteer run. The program is delivered, managed and promoted locally by AARP-trained volunteers.
- Course duration. Depending on the state, courses must last a set time. In Illinois, that length is eight hours.
- Participant fees. AARP Driver Safety program fees are set by the AARP national office. The intent is to make the course as financially accessible as possible.
- Training. Instructor candidates must have completed a classroom course within the past 12 months and must actively participate in and complete all steps within the Instructor Training System before teaching a course.

Remember When?

Hello again and Happy New Year! As we face 2022, I have to wonder what historic times are ahead for this coming year. I am trying to be positive and hoping for the best. We have certainly already seen incredible milestones -- both good and bad in the past year. Let's hope for better days ahead. One thing's for certain: It will again be a year like no other. Enjoy these historic times and remember to remember.

I will be starting the year by buying a special anniversary card this month for myself. It was two years ago in January that this column debuted. This has been enlightening. Thanks to all for your feedback and interest. Please keep it coming. I sure could use some new questions and answers for future columns.

Conversations about local and area history are one of my favorite pastimes. You can reach me at (815) 232-3846 with your comments, questions, more information or just to chat. We are doing this for fun, and hopefully we can all learn from each other. I do ask that all conversations remain civil. Without further ado, here are the December answers, along with the questions to refresh your memory.

Remember when there was a building on the corner of Exchange Street and Galena Avenue in Freeport that played a significant part in the well-being of people in Freeport and the surrounding area? What was this building and what was its purpose?

The building was the Stephenson County Jail. In the 1960s, a fire caused a significant amount of damage to the structure. Eventually, the county board

decided to build new. The jail is now located on Singer Drive, on the south side of Freeport. When I was young, in the summer at Henney Park, park district counselors would take us kids on a tour of downtown to check points of interest and history. One place we visited was the old jail. I remember lots of inmates and lots of noise. To this day I cannot believe the park district put this building on the tour schedule. Not once, but twice. It shows how times have changed.

Remember when there were many more gas stations in Freeport than you see now? One of these was the Clark Station. Where was this station and what is its current status?

The Clark Station was on the northwest corner of Galena Avenue and, appropriately, Clark Street. The station, situated on the outskirts of downtown, has become run down. It does not enhance downtown Freeport. It has been like this for, it seems, 20 years. This closed station, along with Bee Line gas, always sold the cheapest gas in town.

Remember when there was a gossip columnist known across the country, especially in Hollywood, who was born and raised in Freeport? Who was this columnist and where was her family home?

The columnist was Louella Parsons. Her family home was on the southeast corner of Van Buren Avenue at Monterey Street. The dwelling now needs some tender loving care. Louella wrote a stinging column that either praised or criticized celebrities. Walter Winchell was another noted celebrity columnist and was always in fierce competition with Louella. The two were said to have never gotten along.

Remember when there was a hospital on Clark Street in Freeport? It was one of the first hospitals in town to serve our medical needs. What was the name of this hospital and who was its founder?

The hospital was The White Sanitarium. It was established by JT White in 1905 and closed in 1931. It is now an apartment house. The White Sanitarium had a nursing school and specialized in skin grafts and intubation techniques.

Remember when TV actors and characters were unforgettable? In this issue and beyond, I will name eight TV actors/actresses or characters. You name the television show. This month's actors or characters are: John Beresford Tipton, Mr. Wilson, David Nelson, Fred and Ethel Mertz, Pat Buttram, Mr. Moose, Col. Klink and Jack Webb.

John Beresford Tipton was in "The Millionaire." Mr. Wilson was in "Dennis the Menace." David Nelson, Ricky's brother, was in "The Adventures of Ozzie and Harriet." Fred and Ethel Mertz were in "I Love Lucy." Pat Buttram was the sidekick in "The Gene Autry Show" and played in "Green Acres." Mr. Moose was in "Captain Kangaroo. He was a kind moose and helped the captain with the rest of the characters. Col. Klink was in "Hogan's Heroes." The colonel ran a German prison camp. Sgt. Schultz assisted. Neither one was very bright. Jack Webb created, produced, and acted in "Dragnet." He played the part of Joe Friday and would say, "Just the facts, ma'am." I found the acting horrible but many loved the show.

JANUARY QUESTIONS

1. Remember when, on South Adams Avenue near Spring Street, there was a business that sold



CHUCK KLECKNER

Chuck Kleckner loves the past, present, and future.

agricultural products? What was the name of this business and what was special about the lot adjacent to the facility?

2. Remember when a public cemetery in Freeport was still used that has the distinction of being the smallest cemetery in the area? What is the cemetery's name and where is it located?

3. Remember when Freeport High School was not always located between Empire Street and Moseley Avenue? Where was its original location? When the new school was built, what happened to the old structure?

4. Remember when, on East Stephenson Street at the Illinois Central Railroad tracks, a structure stood that served a very important part in railroad safety? What was this structure and what was its purpose?

5. Remember when, in the 1950s and 1960s, television actors and actresses reigned supreme? Just like last month, I will name eight actors or actresses and you name the shows they appeared on. This month's actors are: Jack Bailey, Ralph Edwards, Bill Cullen, Art Linkletter, Bert Parks, Zsa Zsa Gabor, Spring Byington and Mary Tyler Moore.

Take a trip down memory lane and spend some time pondering these questions from the past. Take care, stay safe and enjoy January! Happy New Year!

Improve Your Health by Practicing Gratitude

Are you looking for something special to add to your life? A lift to help you feel better? Consider cultivating a habit of gratitude. This concept may seem far-fetched to some. However, a growing body of research supports an association between gratitude and well-being.

Preliminary research on this topic suggests grateful people have fewer health complaints than those who are less grateful. Numerous studies have examined the relationship between gratitude and sleep quality, heart health, inflammation, pain and other health-related issues such as headaches, gastrointestinal problems, and respiratory infections. Some researchers have found that those who are grateful have reduced symptoms of physical pain, lower levels of inflammation, lower blood pressure, better quality sleep and fewer health problems. More research is needed because it is unknown whether gratitude causes good health or if good health causes gratitude.

Gratitude is a feeling of appreciation or thankfulness for whatever you are dealing with in life. It is about focusing on what is good in our lives and being thankful for everything. It requires us to pause to notice and appreciate the things we often take for granted, such as having a safe and warm place to live, food to eat, clean water, friends and family. It allows us to reflect on how fortunate we are, especially when something good happens, even if it's just a small thing.

Gratitude can be incredibly powerful, and it is strongly and consistently associated with greater happiness. Let's face it, we all benefit from a little extra happiness

in our lives. Gratitude is a habit and practice that can help you cope with stress, build stronger relationships, and live a healthier lifestyle. However, like any good habit, gratitude must be developed and cultivated. Habits take time and intentionality to develop. The more you practice, the better you will get at it until it starts to occur automatically.

CULTIVATE GRATITUDE

- **Keep a gratitude journal.** Make it a habit to write down something you are grateful for. You can write about anything, such as something that you're looking forward to, a simple pleasure that you're grateful for, a happy memory or something you're thankful to have today that you didn't have a year ago.
- **Write a letter of gratitude.** Write a letter to your parents, spouse, children or friend expressing your appreciation of that person's impact on your life. Tell them how they have influenced and inspired you, give specifics and say thank you.
- **Say thank you.** Write a thank-you note. Saying thank you is the simplest form of expressing gratitude. When you say thank you, you learn to recognize that others have given or shared something with you. It could be a special gift, a favor, their time, assistance or their presence in your life. Saying thank you will not only make you feel better, but it will also help others. When others feel appreciated, you brighten their day in the smallest of ways, and they are more likely to pass that same wonderful feeling on to someone else.
- **Family gratitude jar.** Designate a special jar as your gratitude jar - place scratch paper and a pen

nearby. Ask family members to write down something they are grateful for each day and drop it into the jar. At the end of the week, sit together as a family and read the messages.

However you choose to cultivate gratitude, be intentional about practicing it. Remember, it will take time and work. You will need to do it daily, even when you don't necessarily feel like it. It will not solve all your problems. However, it may make them easier to manage, and you may feel healthier because of it. More



DIANE REINHOLD

University of Illinois Extension
Nutrition and Wellness Educator
and Registered Dietitian

importantly, you can see how your life changes in the coming months and years because you chose to walk this journey to wellness.

RECIPES CONTINUED FROM PAGE 5

Warm Chocolate Melting Cups

- 1-1/4 cups sugar
- 1/2 cup baking cocoa
- 2 tablespoons all-purpose flour
- 1/8 teaspoon salt
- 3/4 cup water
- 3/4 cup plus 1 tablespoon semi-sweet chocolate chips
- 1 tablespoon brewed coffee or hot chocolate
- 1 teaspoon vanilla extract
- 2 large eggs, room temperature
- 1 large egg white, room temperature
- Sliced fresh strawberries, optional

Preheat oven to 350 degrees. In a medium saucepan, combine 3/4 cup sugar, cocoa, flour and salt. Gradually stir in water. Bring to a boil; cook and stir for two minutes or until thickened. Remove from the heat; stir in the chocolate chips, coffee or hot chocolate and vanilla until smooth. Transfer to a large bowl.

In another bowl, beat eggs and egg white until slightly thickened. Gradually add remaining sugar, beating until thick and lemon-colored. Fold into chocolate mixture.

Transfer to 10, four-ounce ramekins coated with cooking spray. Place ramekins in a baking pan; add one inch of boiling water to pan. Bake, uncovered, at 350 degrees for 20 to 25 minutes or just until centers are set. Garnish with strawberries if desired. Serve immediately. Makes 10 servings.

Nutrition Facts: 1 dessert: 197 calories, 6g fat (3g saturated fat), 42mg cholesterol, 51mg sodium, 37g carbohydrate (33g sugars, 2g fiber), 3g protein.

The Case of the Missing Coffee Mug (Part One)

BUDDY T. SQUIRL

Resident Squirrel of
Walker Mortuary



Last month I received the best gift a curious squirrel like me could ever get. It came from the kind folks at Walker Mortuary and Cremation Services. I received a squirrel-sized Sherlock Holmes deerstalker cap, a Sherlock Holmes cape and a tiny magnifying glass. It was everything I needed to become a real-life squirrel detective.

And it couldn't have come at a better time because right after Christmas, my squirrel sleuthing skills were immediately needed. Justina had lost her coffee mug!

Now, this wasn't an ordinary mug. It was a special gift from her family, and it helped her start her mornings at Walker Mortuary. Of course, she could use another

mug, but I could tell that she was distressed that she couldn't find her favorite cup.

I knew I needed to find that mug.

I popped my new cap onto my head and slipped into my new cape. Then I held my magnifying glass in my paw and scampered down the tree and onto the outside windowsill of the second floor office. Some investigating needed to start.

I peered into the window and nearly lost my footing! Sarah had turned into a giant! Then, with a little embarrassment, I realized that I had also looked through my magnifying glass when I'd peeked through the window. I put the magnifying glass down. Whew, Sarah was back to normal.

I slowly scanned the room,

looking at all the suspects, I mean, occupants. Michelle, Sarah, John and Matt were all chatting about the day ahead of them. Of course, Justina was there, too, but I had ruled her out as a suspect because it was her mug after all.

The first thing I realized was that they were all drinking coffee, so they all had a motive to take the mug. I admit, it wasn't a great motive because they all had their own mugs, but, hey, I'm new at this, so a motive is a motive.

I decided I needed to concentrate on one suspect at a time. But which one should it be?

Suddenly Michelle laughed and then everyone else laughed too!

Either she had just told a funny story or, she was the ringleader!

That's it! She was probably the head of the whole mug-napping

cartel! I could feel it in my bushy-fluffy tail. Michelle was definitely hiding something.

The others went about their business. John and Matt went downstairs and then over to the crematory. Sarah went downstairs to drop off the mail. And Justina went to the front office to get ready to meet with a family. Which meant that Michelle was all alone.

I watched her slowly look around the room. Then she got up from her chair and tiptoed across the office to peek down the hall.

Very suspicious behavior if you ask me.

Then she quickly hurried back through the office into the break room. The scene of the crime! Don't they say the criminal always returns to the scene of the crime?

BUDDY CONTINUED ON PAGE 17

Blessings
in the *New Year*
from the Walker Family and Buddy too!

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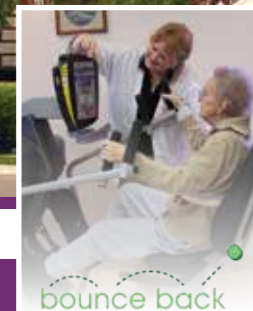
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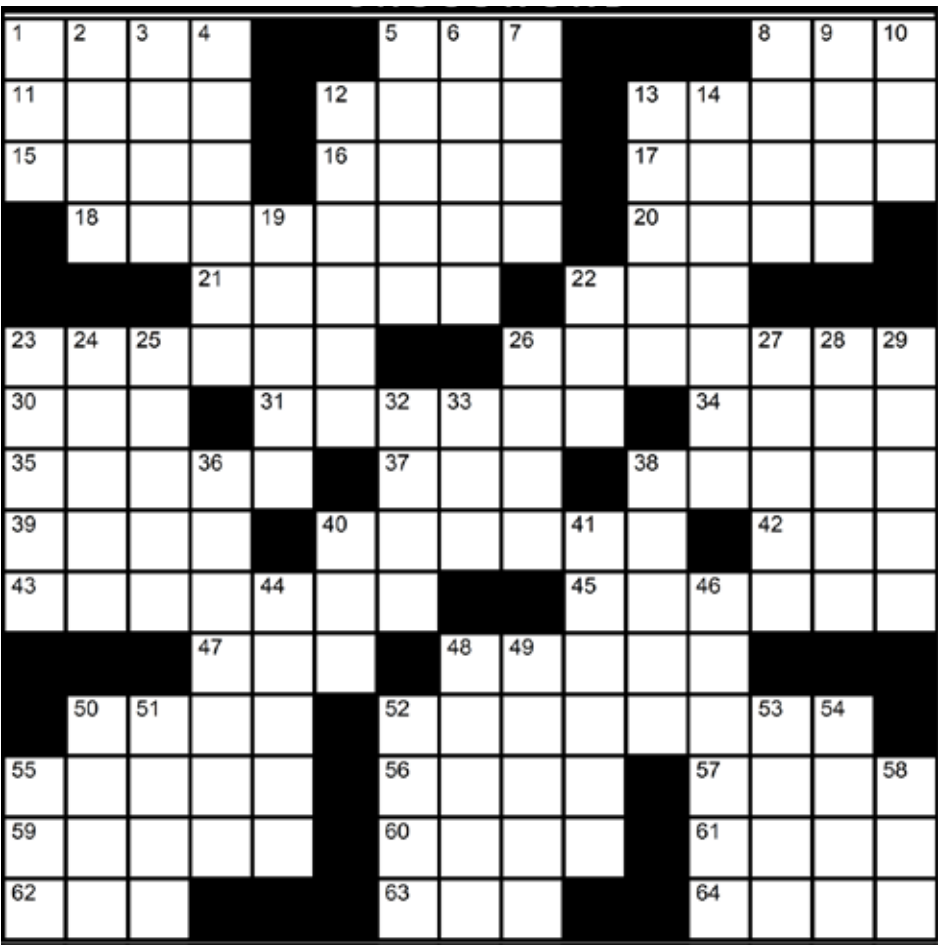
ACROSS

- 1. Coalition of countries
- 5. King trump-er, sometimes
- 8. Cuckoo bird
- 11. ____ weevil
- 12. Smelting waste
- 13. Kitchen-wear
- 15. Coke or Pepsi
- 16. Check-in via text, email, etc.
- 17. Settler transport
- 18. *2021 Super Bowl winner, two words
- 20. Before long, to Shakespeare
- 21. Jeopardy
- 22. Auction action
- 23. Puts down
- 26. Coroner’s performance
- 30. Band booking
- 31. Snicket of “A Series of Unfortunate Events”
- 34. Stravinsky’s “The ____ of Spring”
- 35. Mine passages
- 37. *Build Back Better ____
- 38. Eucharist plate

- 39. Table hill
- 40. Good review
- 42. “Tit for ____”
- 43. Buck feature, pl.
- 45. *First female VP
- 47. Evergreen creeper
- 48. It goes with gin, according to Snoop Dogg
- 50. Mongolian desert
- 52. *COVID-19, e.g.
- 55. Poison ivy or Poison oak
- 56. International Civil Aviation Org.
- 57. Distinctive smell
- 59. House coat
- 60. Asian cuisine food thickener
- 61. Pelvic parts
- 62. Gallery display
- 63. Self-proclaimed greatest boxer
- 64. Count on

DOWN

- 1. “Monty Python” broadcaster
- 2. Rioter’s take
- 3. Cantina pot
- 4. Fasteners or holders



SOLUTION ON PAGE 16

- 5. Cover story
- 6. *Suez ____, too tight for Ever Given
- 7. Like custard
- 8. Mythological ship
- 9. “High” time
- 10. Wayside stop
- 12. Thinly spread
- 13. Look forward to
- 14. * ____ Papers, leaked offshore account information
- 19. Banana refuse, pl.
- 22. Exchange for money
- 23. Old World lizard
- 24. *January 20th honoree
- 25. Anti-elderly one
- 26. Those not in favor
- 27. Pita, alt. sp.
- 28. Take without asking
- 29. Gossiper, Yiddish
- 32. *Perseverance landing spot
- 33. Edible tuber
- 36. *Kabul’s organization in power
- 38. *The Nobel ____ Prize was awarded to Ressa and Muratov
- 40. Snoop around
- 41. Snowmobile brand
- 44. Give the boot
- 46. *”Stronger” by Cindy McCain, e.g.
- 48. Southwestern hut
- 49. Sushi restaurant staple
- 50. ____ gum, food additive
- 51. Leave out
- 52. Home to the Leaning Tower
- 53. Not in use
- 54. One in mattress
- 55. Spot for a facial
- 58. *Actor Liotta, star in “The Many Saints of Newark”

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New Year's Resolutions You'll Actually Keep

StatePoint

It's no secret that many people wait for a new year to commit to implementing better habits. They'll start eating more vegetables next week, they'll cut out wine with dinner next month, and they'll use their gym membership next year. These are things you've heard before, and likely even things you've said yourself. So how do you make resolutions you'll stick to?

DECLUTTER.

Have you ever intended to use a free weekend to clean and organize and then felt defeated by the enormity of the task? If you resolve to declutter, start with one room a month, slowly working your way through your space.

CELEBRATE WITH FRIENDS.

Ever get so busy with commitments that you forget to celebrate those who mean the most to you until a special occasion

comes around? Celebrating at these times is certainly nice; but imagine how your loved ones would feel if they knew you were going out of your way to connect with them and celebrate an ordinary day?

CREATE A SLEEP ROUTINE.

Many people realize just how worn out and tired they are at the end of the year. When holiday breaks arrive, they may find themselves more inclined to relax and sleep than to celebrate. Starting in 2022, create a sleep schedule and stick to it. By sleeping enough each night, you'll likely wake up feeling refreshed, ready to take on commitments and energized to do more of the things you enjoy.

READ A DOZEN BOOKS.

Setting overly ambitious goals can be a downfall for New Year's resolutioners. Create small, realistic goals for a better chance of really sticking to them. For example, if your resolution is to read more, make it your goal to read one book per month. By tying a number and timeline to your goal, you'll feel a sense of pride when you accomplish it and be motivated to continue.

MAKE MEALS AT HOME.

Many people start the year with the intention of "eating healthier," but don't define what that means and get off track fast. You might start by committing to cooking dinner at home once a week. After a long day, ordering in or eating out can be tempting, but by committing to cooking once each week, you'll save money and likely eat more healthfully. It can also be a fun activity to look forward to with your spouse, roommate or children. The same can be said about your morning coffee. Instead of making a daily stop for coffee, find a coffee you love and make it at home. With smart strategies, you'll be able to see how your new habits have become a normal part of your daily routine by the end of the year.



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Library History Lecture Series Starting Via Zoom

Topics ranging from firefighting to big band jazz to the abolitionist movement will be covered when the Freeport Public Library's 2022 American History Lecture Series kicks off in February. All lectures will be presented via Zoom.

No pre-registration is required. Those who are interested should check the library's website, www.freeportpubliclibrary.org, or Facebook page to find the link for a particular lecture.

The free series is presented by the library and the Freeport Public Library Foundation. Each installment in the series begins at 6:30 p.m. The lectures are:
"Answering the Alarm: History of American Firefighting"
Thursday, Feb. 3, presented by Dr. Martin Quirk

The series begins with this presentation by Quirk, a professor

of history at Rock Valley College. He will explore the development of American firefighting via major historical events.

"The Story of Big Band Jazz"
Wednesday, Feb. 9, presented by Bill Petersen

Petersen is director of bands at Freeport High School and Highland Community College Big Band director. He will bring attendees through this genre of American music and its impact on American culture. His presentation will look back at the groundbreaking and greatest jazz orchestras, their legends, leaders



and music.

"John Brown and the Abolitionist Movement"
Tuesday, Feb. 15, presented by Josh Bost

Bost, a Freeport High School U.S. history and sociology instructor, will discuss the life and work of John Brown and his significance in the abolitionist crusade of the 1850s.

"The Challenge of the Great Lakes: How the Modern Transportation Revolution Brought Unintended Ecological Crises"
Thursday, Feb. 24, presented by Dr. Andy Dvorak

Dvorak will review how the Industrial Revolution created modern water engineering projects that left the Great Lakes vulnerable to invasive species which dramatically altered its ecosystem. These projects included the Erie Canal, the Chicago Sanitary and Ship Canal and the St. Lawrence Seaway.

"Who Owns Your DNA? The Supreme Court and DNA"
Thursday, March 3, presented by Eric Welch

Welch will give a short history of patent law and how businesses have used it to patent genes. He will discuss a landmark ruling, Association for Molecular Pathology v. Myriad Genetics Inc., and its implications for genetic research and human DNA ownership.

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JACK MYERS

Social Security
Public Affairs Specialist

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Retirement planning is essential for a secure future. And



your personal my Social Security account makes it easy. You can view your retirement estimates when you enter the age or date when you expect to begin receiving benefits and your estimated future salary amount. You can also view your estimated disability benefit on the Estimate Benefits page.

Home Maintenance Program Grants Available

Thanks to grants from two different organizations, the Senior Resource Center has funds available to assist older individuals in Stephenson and Jo Daviess counties with home repair and maintenance projects.

The Senior Home Maintenance program was launched in late 2020 with a grant from the Freeport Township and received boosts in 2021 when the Freeport Community Foundation and the Freeport Township awarded additional grants to continue funding the project. The foundation grant extended eligibility to Jo Daviess County residents.

To be eligible for the program, applicants must meet income guidelines and apply for assistance

through the Senior Resource Center.

"This program has been designed to assist our older residents with four potentially problematic areas of home maintenance for seniors," shared Patrick Sellers, Freeport Township supervisor. "Tasks such as landscaping, gutter cleaning, leaf and snow removal, along with the purchasing of fans/window air conditioner units are covered. Successful implementation of this program could result in fewer senior-related accidents involving such tasks while ensuring that properties occupied by seniors are well maintained. Last but not least, this program helps lift the burdens of such tasks off the minds of our older residents."

Home repairs are often low on the priority list for seniors, not by choice, but primarily due to issues with mobility, availability of assistance from family or friends, or lack of funds to complete needed maintenance. This can lead to unsafe conditions at home for the older homeowner, a scenario the program is seeking to eliminate. By disbursing funds to local seniors for such tasks as gutter cleaning, roof repair, heating and air conditioning, plumbing and other home maintenance items, the services provided by the Senior Home Maintenance Program aids older individuals in living independently in their homes.

"We are so pleased to partner with the Freeport Township and the Freeport Community

Foundation for this program and thankful for these organizations' generosity and their dedication to the well-being of our local seniors," said Sonja Shoemaker, Senior Resource Center executive director. "We share that dedication and are committed to the health and safety of our older adults and appreciate the opportunity to help provide a much-needed service for those we serve."

For more information on the Senior Home Maintenance Program, to determine eligibility, or to apply for assistance with home repairs or maintenance, call the Senior Resource Center at (815) 235-9777 and ask for Information & Assistance.

Ways to Make the New Year Healthier

StatePoint

While investing in your health and wellness can sound like an overwhelming goal, doctors say that there are easy, tangible resolutions you can make to feel your best and better protect your health.

“A new year is the perfect time to consider your personal goals, and how you can make positive health choices in the coming year,” says American Medical Association (AMA) President Gerald E. Harmon, M.D. “Small lifestyle changes today can have a lasting effect in improving your health.”

Not sure where to start? Consider these resolutions from the AMA:

1. Make sure your family is up-to-date on their vaccines, including the annual influenza vaccine for everyone age 6 months or older and the COVID-19 vaccine for everyone age 5 and older,

according to the American Medical Association. Anyone with questions about the COVID-19 vaccines should speak with their physician and review trusted resources, including getvaccineanswers.org.

2. Learn your risk for type 2 diabetes by taking a simple online two-minute self-screening test at DoIHavePrediabetes.org. Steps you take now can help prevent or delay the onset of type 2 diabetes.
3. Be more physically active. Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.
4. Know your blood pressure numbers. Take the time to visit ManageYourBP.org to better understand your numbers and take necessary steps to get high blood pressure -- also known as hypertension -- under control. Doing so will reduce your risk of heart attack or stroke.

5. Reduce your intake of processed foods, especially those with added sodium and sugar. Also reduce your consumption of sugar-sweetened beverages and drink more water instead.
 6. If your health care professional determines that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make you feel better if you have a virus, such as a cold or flu.
 7. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.
 8. Talk with your doctor about tobacco and nicotine use and quit. Declare your home and car smoke-free to eliminate exposure to secondhand smoke.
 9. If you are taking prescription opioids, follow your doctor’s instructions, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication.
 10. Manage stress. A good diet and daily exercise are key ingredients to maintaining and improving your mental health, but do not hesitate to ask for help from a friend or mental health professional when you need it.
- If you do not have health insurance, the AMA also encourages you to visit healthcare.gov to sign up for coverage. You may benefit from recent changes that improve access and affordability. The deadline to enroll for 2022 coverage is Jan. 15, 2022. More health resources and tips can be found by visiting ama-assn.org.
- For a happy, healthy 2022 and beyond, consider making these 10 doctor-recommended New Year’s resolutions today.

PUZZLE ON PAGE 12

B	L	O	C			A	C	E			A	N	I				
B	O	L	L			S	L	A	G		A	P	R	O	N		
C	O	L	A			P	I	N	G		W	A	G	O	N		
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				P	E	R	I	L			B	I	D				
A	B	A	S	E	S				A	U	T	O	P	S	Y		
G	I	G			L	E	M	O	N	Y		R	I	T	E		
A	D	I	T	S		A	C	T			P	A	T	E	N		
M	E	S	A			P	R	A	I	S	E		T	A	T		
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A	R	T						A	L	I				R	E	L	Y

SUDOKU PUZZLE ON PAGE 3

4	8	9	3	2	1	5	7	6
2	6	1	7	5	9	4	3	8
3	7	5	6	8	4	2	9	1
8	1	3	4	9	2	6	5	7
7	4	2	5	6	8	9	1	3
9	5	6	1	7	3	8	4	2
5	2	8	9	3	7	1	6	4
6	3	4	2	1	5	7	8	9
1	9	7	8	4	6	3	2	5

BUDDY CONTINUED FROM PAGE 10

I have to admit, I was a little sad. Michelle was always so nice. Maybe too nice. It's the nice ones you have to watch.

I pressed my nose up against the windowpane to get a better look. She was still back near the break area. What could she be doing?

Then she came out carrying... not the mug. She was carrying a large white box.

But maybe it held the mug. Maybe it was a mug in disguise. That could work!

She placed the large white box on her desk and opened it. I thought for sure I would find a collection of coffee mugs. But, instead, it was a collection of pastries. Delicious-looking, flaky and cream-filled pastries. And she was carefully taking them out of

the box and placing them on each individual desk.

Darn it!

She wasn't the head of a mugging cartel.

She wasn't a ringleader.

She wasn't even slightly nefarious.

She was ... nice. Really nice.

And when she slipped open the other window and placed a tiny bit of hazelnut pastry on the sill for me, she actually was elevated from nice to angelic in my eyes.

I guess I'm going to have to look for another suspect.

And I will.

Right after I eat my pastry.

I'll fill you in on more of the mystery next month.

The game's still afoot!

To be continued ...



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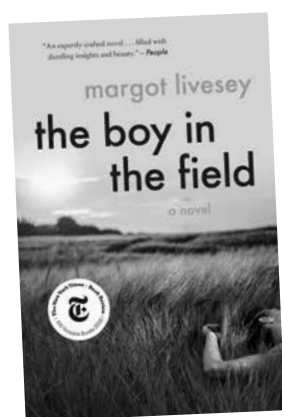
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The Book Lady

Carol Redmore



While walking the road home from school one September afternoon, three high school siblings notice a splash of red in the stubble of a harvested field. When they go into the field, they find an adolescent boy lying still in the warm sun, wearing shorts and a shirt, eyelids closed. At first they think he is wearing knee length red socks, but it was blood on his legs. His shorts had been ripped at the top. Duncan, the youngest at 13, was dispatched to stop a car, Zoe, 16, stroked the boy's arm, and 18-year-old Matthew studied the boy's face. Help soon arrived, and the three continued homeward. They were quiet. "Something enormous had happened," the trio surmised.

Indeed it had. Their quiet life in a village near Oxford had ended. Each of them has been catapulted into the first level of adulthood. Though they remained close as siblings, each now has their own emerging identity with which to cope.

So begins "The Boy in the Field" by Scottish-born Margot Livesey, 68. She is the author of nine novels, a collection of short stories and a collection of essays about writing. Her writing is lyrical, precise and beautifully crafted. Her characters are imbued with the sensitivity and grace of her writing style.

You might think this is a mystery thriller. It is not. Most readers probably expect the boy to be dead when found, but he is not. He is a wounded but living being. That fact contradicts what is expected.

The emphasis is not on finding the person who did this -- though that is important and comes to consume Matthew—but rather on the effect of that afternoon on the siblings.

Eventually they learn the boy's name, Karel, and meet him. Karel works at a children's hospital and is beloved by children and staff alike. Why should he be the one to suffer? He seems the very incarnation of goodness. Moreover, all of the main characters are good and decent people, but each is vulnerable and somewhat fragile. The reality of evil had been exposed in the blood on the boy's legs; each of the three is changed.

Matthew becomes absorbed in finding the perpetrator and frequently visits Detective Hugh Price, who tells him that he does not have the answer, at least not yet. Finally he says, "My diagnosis is that you are dealing with the problem of evil." His reply is not an effort to deflect blame from himself. It is his conviction. Meanwhile, family friend Anthony has been hit on his scooter by a car that speeds away. Why? "I wish it weren't all so random" says Matthew. And there it is — not only must we live with evil but often evil is random. It simply is.

Zoe asks her brothers if they think the attacker would "have done something to her" if she had been the one hitching a ride. Oh no, her brothers tell her, eager to reassure her. Unfortunately, this is not what Zoe was looking for. Her questions are about her identity. Would she be considered not old enough? Not pretty enough? She becomes driven to test her ability to attract men. When she catches the eye of a graduate student, Rufus, he is intrigued by her, but she pushes the relationship. By sheer luck, he is a fine and decent fellow who later confesses that he has a girlfriend

back home. Zoe's character shines through her devastation; she does not dissolve into hysterics nor slump into moody depression. Instead, she immerses herself in studies and work. Much later her relationship with Rufus is rekindled, but after some time she realizes they are drifting apart. She no longer needs the kind of validation she sought from him, and he, some years older, also seeks another way.

Duncan, however, is the center of the story. Home alone through summer days, he is lonely and asks for a dog. One is found, owned by a boy who has to move away. The dog, Lily, becomes Duncan's constant companion and loved by the family. Lily seems to have almost magical powers. She "smiles" and often gives messages of hesitancy or of affirmation. Lily understands.

Duncan is immersed in art, even studying it. He also has a passion to find his "first mother." Until discovering the boy in the field, he had been content to enjoy his life in his family, with no interest in finding this woman. He knew the father was Turkish; his mother was Greek. Duncan's adoptive mother, Betsy, is at first uneasy about his contacting his birth mother, but reconsiders and helps him. The woman does not live far away, and Betsy finds her quite easily and phones her. The woman, Esmaray gives her number and asks to have Duncan telephone her. She is happy to have heard from him but is leaving the next day for Greece to visit family and promises they will talk when she returns. As it happens, she appears at the Christmas Fair where she and Duncan meet. They put their hands side by side on a paper and are struck by how alike their hands are. Yet they make no further effort to meet again.

The book seems almost too smooth, with a glaze of sophistication, perhaps to hide deeper feelings. In general, I felt a certain detachment from the characters. They seem a bit shadowy, and a mist hangs over

all. And yet these are kind and decent people, doing their best and looking out for one another. Their supper conversation is always on philosophical or literary figures (which does seem quite unreal!) and yet they are together. Betsy handles both Zoe's and Duncan's questions and problems with sensitivity and tenderness. The father tells Matthew how he planned for college, but his father died suddenly and within days he was working at the forge. We learn he is having an affair, and the woman is pregnant. How does he face this? We never really discover, but ultimately he and Betsy find resolution. He somehow does the right thing, but his buried pain over his lost dreams and hope for warmth remain submerged.

Betsy is a solicitor, brisk and efficient, taking a course in Greek at night. She is steady and yet colorful -- but we do not know her at all.

They all seem to have the proverbial English "stiff upper lip," yet it seems to be not because of repression but rather out of quiet consideration for others.

When Matthew and Karel met, Karel thanked him for saving him but later said quietly that sometimes he wished that he had not been saved. We know almost nothing of his family except that he lived with his father and his brother. We also learn of Karel's untimely demise later in the story.

This is a quiet book. The forces of evil run underneath, and the characters drift in the mist, but the quiet tenderness of the family seems to persevere over darkness. It is a story of endurance.

The story also could be thought of as a fable. When Duncan finishes art school and is presenting his degree show, the family attends. The most prominent of Duncan's several paintings is abstract, but they all know it is the boy in the field. Duncan had looked, and the mystery of the boy in the field is before them. And Lily the dog would say, "Well done."

[Classifieds]

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Medicare Prescription Drug Plan Phases

Every January, people head in to the pharmacy with new Medicare Prescription Drug plan cards. Depending on the plan, some people are in for a shock when they pick up their first prescription in January. Here's why – all prescription drug plans must follow the same basic structure and have the following phases.

DEDUCTIBLE PHASE:

Medicare's Standard Annual Deductible for 2022 is \$480. Some plan designs have this on every tier of medications, some place it only on higher tiers of medications. Some plans choose to have a lower deductible. Some plans choose to have \$0 deductible.

If your plan has a deductible, you will pay the full negotiated drug cost until the deductible is met. Most stand alone prescription drug plans have a deductible in some form. This would explain why you pay more early in the year and less later once the deductible is met.

Medicare Advantage plans vary – some have deductibles and some don't. If you are unsure of your coverage, check the Summary of Benefits or Evidence of Coverage.

INITIAL COVERAGE PHASE:

During this phase, you will pay the listed copays or coinsurance for each medication. Each plan has a slightly different design.

Generally, your Tier 1 and Tier 2 medications are low cost (often between \$0-\$10). Tiers 3 and 4 can be either a flat copay (often in the \$30-\$100 range) or a coinsurance (often 15%-50%). Tier 5 medications are typically 25-33%. Check your plan's Summary of Benefits or Evidence of Coverage for your plan specifics.

COVERAGE GAP PHASE (AKA DONUT HOLE):

All Medicare Prescription Drug plans follow this same process. Medicare keeps track of the total cost of your medications (what you are paying and what your plan is paying). When this total reaches \$4,430, you hit the coverage gap. During the donut hole, you spend 25% of the cost of your medications.

You should be receiving monthly statements from your drug plan that track where you are toward the donut hole. When people suddenly pay more at the pharmacy mid-year, it's typically because they hit the donut hole.

CATASTROPHIC COVERAGE PHASE:

You reach this level when your total drug costs reach \$7,050. If you get to this point, your medication costs go down to 5%, so you'll feel some relief in this phase.

The drug phases run on a calendar year, so every January we reset back to zero and the calculations begin again.



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