



Published Monthly by The Senior Resource Center

VOL 48, NO 12 | DECEMBER 2021

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.



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.

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Contact us toll free at
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Pretzel City
AREA TRANSIT
815-235-7433

[Letter from the Director]

Sonja Shoemaker, Executive Director

"During the holidays, may your walls know joy. May every room hold laughter and every window open to great possibility."

– Unattributed

As we greet December, I am looking forward to the holiday season. The decorations, food and traditions all will provide a great backdrop for our family gatherings this year. I hope many of you are able to safely reunite with your families during this special time.

Can you believe that it is time to celebrate again? Where did 2021 go? The calendar pages passed so quickly this year. Along the way, we achieved much at the Senior Resource Center and received so much community support. We are so grateful to all of you for your assistance. Thank you!

Exciting news is featured on Page 1! In case you missed it, we at the Senior Resource Center are partnering with the Freeport Public Library to host our first AARP Safe Driving Class in more than two years. The class will be on March

24 and 25 at the Freeport Public Library.

A Safe Driving class was scheduled for late March 2020, which was canceled when the pandemic struck. This will be the first opportunity we have to host a class since AARP begins offering in-person classes again in January.

Be sure to check out our Virtual Senior Expo 2021 Presented by State Bank. It is continuing through January 1, 2022. With a theme of Knowledge Is Power, you can stroll through the virtual exhibit hall and visit the virtual vendor booths, viewing their photos, brochures, videos, website links and even leave messages for vendors. To visit the expo, go to https://www.iabhp.com/events/virtual-senior-expo-2021-presented-by-state-bank/#vhf_employee_invite_html.

Much information is found at the expo, and it's a great way to learn about the vendors without leaving the comfort of home. You can visit as many times as you like. A list of vendors is on Page 9, while the event poster is on Page 7.



Medicare Open Enrollment is wrapping up Dec. 7. This is the time of year when you can make changes to your Medicare Advantage or Part D prescription drug plans. Although our appointments are full, you can still call us at (815) 235-9777 with any questions or concerns.

With the holidays here, the Senior Resource Center will be closed on Christmas Eve, Dec. 24, and New Year's Eve, Dec. 31. Pretzel City Area Transit will be closed Christmas Day, Dec. 25, and New Year's Day, Jan. 1, 2022. It will close by 6 p.m., Dec. 24 and Dec. 31.

Looking ahead, the Senior Resource Center will be closed on Martin Luther King Day, Jan. 17, 2022. Pretzel City Area Transit will operate that day.

Enjoy your December! Happy holidays to you and yours!

Senior Resource Center's Upcoming Activities

Contact Julie at jhilliger@srcntr.org for more information on the following activities.

SENIOR EXPO

The Senior Resource Center's Virtual Senior Expo 2021 Presented by State Bank continues through Jan. 1, 2022. You can access the expo at [https://www.iabhp.com/events/virtual-senior-expo-2021-presented-](https://www.iabhp.com/events/virtual-senior-expo-2021-presented-by-state-bank/#vhf_employee_invite_html)

[by-state-bank/#vhf_employee_invite_html](https://www.iabhp.com/events/virtual-senior-expo-2021-presented-by-state-bank/#vhf_employee_invite_html). Details are on Pages 7 and 9.

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 December meeting will be on Dec. 16 because of the holiday. The meetings are held in an open format, meaning that people can join or leave at any time.

HOLIDAY CLOSINGS

The Senior Resource Center will be closed on Christmas Eve, Dec. 24, and New Year's Eve, Dec. 31.

Pretzel City Area Transit will be closed Christmas Day, Dec. 25, and New Year's Day, Jan. 1, 2022. It will close by 6 p.m., Christmas Eve, Dec. 24, and New Year's Eve, Dec. 31. Looking ahead, the Senior Resource Center will be closed on Martin Luther King Jr. Day, Jan. 17, 2022. Pretzel City Area Transit will operate that day.

What Makes You Happy?

It's worth thinking about what makes you happy. If it's been a long time since you have experienced happy times, it's especially important to sit down with a piece of paper and pen and list things that you enjoyed or times you were happy. Realistically, we cannot always be happy, but just plodding through your days with no joy is not good for you.

People who are grieving can still find moments of comfort and joy. There is no need to think remaining miserable and sad shows respect to your loved one. Life is said to be for the living with good reason. Dwelling on what you miss doesn't make life easier. Instead, it can set up a downward spiral that may lead to depression.

It seems a good place to start on your "happy list" is with simple things you do daily: enjoying a good cup of coffee or tea, a chat with a friend or relative on the phone, reading an uplifting book, or watching movies or sitcoms. No matter how often my friend watches "Everybody Loves Raymond" reruns, she laughs. Her

losses are very real, but she is still able to find things to enjoy. Going out with friends for breakfast after church is something she likes to do on Sunday. She also drives to her sister's home and stays a few days from time to time. Getting away renews many of us.

Another of my friends enjoys baking cookies and delivering them to people. She goes to garage sales during the warm months and finds interesting containers to use for her cookie gifts.

A younger friend loves to work in her garden and loses track of time when planting and caring for her beautiful borders. Losing track of time is a good thing. Escaping your own life through reading, painting, playing golf or exercising can be beneficial physically and mentally.

Driving west in late afternoon and watching sunsets is one of my favorite things. Also driving through our local parks, watching walkers and observing the seasonal changes is uplifting. It's especially interesting because so many new trees have been planted to replace the many removed because of

emerald ash borer.

Get out of the house most days for at least a little time and challenge yourself to observe what is improved or beautiful. Try to avoid anything negative. Within a short time, you will notice your mood is improving.

Changing a few things in my house seasonally gives me a lift. Decorating for each holiday takes my mind to a happier level. As I wrote this in early November, Halloween was back in storage and a few turkeys were coming out. In early December, I'll start bringing out a few Christmas decorations and lights in the windows.

Spend a little time or money on things that make you happy. Denying yourself, if it isn't



TAIT WEIGEL
Country Lifestyle
Enthusiast

necessary, is a mistake. I think for many of us, having a house pet is one of our biggest joys. They show affection, are entertaining and require care that is a reason to get up in the morning.

Whatever brings you joy is beneficial. I'm challenging you to be happier in 2022. Thank you for reading my column. It makes me happy thinking of my readers while I'm writing it.

Sudoku

SOLUTION ON PAGE 16

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

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Holiday Cacti Gift That Keeps on Giving

KELLY ALLSUP
Horticulture Educator
University of Illinois Extension

With their vibrant floral displays and low-maintenance needs, holiday cacti are a great gift. Thanksgiving, Christmas and Easter cactus are each different species. They bloom reliably each year without much upkeep.

Every December, one plant in my office comes to life despite the minimal care it receives. The plant has remained in the 6-inch pot for nine years now, receives water when it is dry and has been used prolifically in propagation workshops for Master Gardeners.

Holiday cacti are easily distinguished by the stem margins as well as timing of flowering. These cacti don't have true leaves; instead, they have flattened stem segments that are used in propagation to grow new plants.

Illinois Extension Horticulture Educator Jenifer Fishburn says holiday cacti are the gift that keeps on giving. They are often passed down from generation to generation as family heirlooms because they are so long-lived.

Thanksgiving cactus, *Schlumbergera truncate*, has two to four saw-toothed projections resembling crab claws. Flowers are produced from late November to late December. Flower colors include white, red, lavender, salmon, orange and yellow.

Thanksgiving cacti are often forced into bloom and sold at Christmas time, and are often misnamed Christmas cacti.

Christmas cactus, *Schlumbergera x buckleyi*, has scalloped or rounded stem margins. Flowers are generally showy from late December through March. The flowers form at the tips of segments.



Easter cactus, *Rhipsalidopsis gaertneri*, has four to six rounded teeth along the stem edges and brownish hairs at the leaf tips. Flowers in shades of pink or red appear March through May. Easter cactus may rebloom.

Thanksgiving and Christmas cacti blooms are triggered by day length. They bloom when they receive 12 to 15 hours of darkness a day for five to six weeks and are exposed to cool night temperatures. Holiday cacti are commonly used to demonstrate propagation because leaf cuttings, rather than stem cuttings, can be used to generate new plants. However, cacti do not have true leaves. The leaves are actually

stems called cladophylls.

Despite being a cactus, these plants are native to the tropical rain forest and are watered regularly with other houseplants. Water cacti when the top inch of soil is dry to the touch.

To gift holiday cacti, look for 4-, 6-, and 8-inch pots at garden centers. Find a decorative container with a hole in the bottom of the same size. Remember these cacti are long-lived and can thrive in this pot for the next 15 years.

When transporting cacti, wrap and bag plants to prevent exposure to cold temperatures as the buds will be severely damaged by time spent outside.

Holiday cacti can bloom profusely for a month or two and may even bloom twice a year. While in bloom, use cacti as decorations, keep them away from heat sources and water regularly.

As a houseplant, place in front of a window and water regularly. In the summer, these tropical houseplants can go outside in a partially shaded area. Between April and October, fertilize every four weeks with a complete houseplant fertilizer.

If you have questions about taking care of plants you were gifted during the holidays, give us a call at the University of Illinois Extension, (815) 235-4125.

[recipes]

Janey’s Baked Steak

- 8 ounces mushrooms, sliced
- 2 stalks celery, sliced
- 1 lemon, thinly sliced
- 1 small red onion, thinly sliced
- 2 tablespoons olive oil
- Kosher salt and pepper, to taste
- 1 2-pound, 2-inch–thick sirloin steak
- 2 cloves garlic
- 1 cup ketchup
- 1/4 cup fresh lemon juice
- 1/4 cup Worcestershire sauce
- Baked potatoes, optional

Preheat oven to 400 degrees. In a roasting pan, combine the mushrooms, celery, lemon, onion, oil, salt and pepper.

Season the steak with 1 teaspoon each salt and pepper, rub with the garlic and place on top of the vegetables.

In a small bowl, whisk together the ketchup, lemon juice and Worcestershire sauce.

Spoon the ketchup mixture over the top of the steak and roast to desired doneness, 125°F for medium-rare, 30 to 35 minutes. Check at 25 minutes. Transfer the meat to a cutting board and let rest at least five minutes before slicing. Serve the steak with the vegetables and baked potatoes, if desired. Makes six servings.

Nutrition Information: Calories per serving: 414.

womansday.com

Green Beans with Orange and Almond Gremolata

- 2 pounds green beans
- 2 tablespoons olive oil
- 1 clove garlic, finely chopped
- 1 teaspoon chopped fresh rosemary
- 1/2 cup roasted almonds, roughly chopped
- 1 teaspoon orange zest
- 1/2 cup flat leaf parsley, chopped

Bring a large pot of water to a boil. Fill a large bowl with ice water. Add 1 tablespoon salt to boiling water, then in batches, cook green beans until just tender, three to four minutes. Transfer green beans to the ice water to cool; drain and set aside.

In a small skillet, heat oil, garlic and rosemary on medium heat until garlic sizzles around the edges and begins to turn golden, about two minutes. Remove from heat and toss with almonds and orange zest, then parsley.

Serve over warm or room temperature green beans. Makes eight servings.

Nutrition Information: per serving 125 calories, 8.5 g fat (1 g saturated), 4 g protein, 270 mg sodium, 11 g carb.

womansday.com

Peppermint Poke Cake

- 1 box chocolate cake mix,
- plus ingredients called for on box
- 1 teaspoon peppermint extract
- 2 1/2 cups marshmallow creme
- 1 tablespoon water
- 2/3 cup crushed candy canes, divided
- 2 cups whipped topping
- Chocolate fudge sauce, for garnish

Preheat oven to 350 degrees and grease a 9-inch x 13-inch pan. Prepare chocolate cake mix according to package directions adding peppermint extract and bake until a toothpick inserted in the center comes out clean, about 25 minutes.

While cake is still slightly warm, poke cake all over with a peppermint stick or the bottom of a wooden spoon. In a small bowl, microwave marshmallow creme and water for one minute, then stir until smooth. Stir in 1/3 cup crushed candy canes, then pour all over cake, making sure to fill the poked holes.

Frost cooled cake with whipped topping and garnish with remaining crushed candy canes and fudge sauce. Serve.

delish.com

Frozen Christmas Salad

- 1 can (20 ounces) crushed pineapple, drained
- 2 cups miniature marshmallows
- 1 package (8 ounces) cream cheese, softened
- 1/2 cup mayonnaise
- 12 red maraschino cherries, chopped and patted dry
- 12 green maraschino cherries, chopped and patted dry
- 1/2 cup chopped walnuts
- 1 cup heavy whipping cream

In a small bowl, combine pineapple and marshmallows. Set aside until marshmallows are softened, about 15 minutes.

Meanwhile, in a small bowl, beat cream cheese and mayonnaise until smooth. Stir into marshmallow mixture. Fold in cherries and walnuts.

In a small bowl, beat whipping cream until soft peaks form. Fold into marshmallow mixture. Spoon into a six-cup mold; freeze overnight. Let stand at room temperature for 15-20 minutes; unmold onto a serving plate. Makes 10 servings.

Nutrition Facts: 1 slice: 371 calories, 28g fat (12g saturated fat), 51mg cholesterol, 142mg sodium, 29g carbohydrate (24g sugars, 1g fiber), 3g protein.

tasteofhome.com

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

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.

DECEMBER				
		1 Salisbury Steak Mashed Potatoes Creamed Corn Wheat Bread	2 Turkey Tetrazzini Green Beans Applesauce Wheat Bread	3 Swedish Meatballs Wild Rice Peas Wheat Bread
6 Chili Dog Oven Potatoes Baked Beans Wheat Bun	7 Baked Chicken Mashed Potatoes Carrots Wheat Bread	8 Beef and Noodles Green Beans Fruit Wheat Bread	9 Ham Steak Mac & Cheese Spinach Wheat Bread	10 Tuna & Noodles Peas Fruit Wheat Bread
13 Stuffed Green Peppers Carrots Fruit Wheat Bread	14 Chicken Noodle Casserole (Veggies in Casserole) Fruit Wheat Bread	15 Scalloped Poatatoes & Ham Peas Fruit Wheat Bread	16 Beef Stew Corn Bread Applesauce	17 Italian Sausage Sauerkraut Mashed Potatoes Fruit Bun
20 Pulled Pork Sandwich Cheesy Potatoes Peas and Carrots Wheat Bun	21 Chicken Alfredo/ Pasta Spinach Wheat Bread	22 Ham Loaf Sweet Potatoes Mixed Vegetables Wheat Bun	Closed for Christmas	
27 Closed for Christmas	28 Spaghetti Peas Peaches Wheat Bread	29 Salisbury Steak Mashed Potatoes Corn Wheat Bread	30 Turkey Tetrazzini Green Beans Applesauce Wheat Bread	31 Closed for New Years

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**



Knowledge is POWER

Virtual Senior Expo 2021

Through Jan. 1, 2022

Presented by *State Bank*
Freeport, IL

“Knowledge Is Power,” and that’s why you should attend the all new Senior Resource Center expanded Virtual Senior Expo 2021. Each booth offers more information such as photos, brochures, videos and website links. Sponsors and vendors from insurance, health care, wellness, financial services, and community organizations are represented. See the expo vendor list on Page 9.

Visit today at www.iabhp.com/events/virtual-senior-expo-2021-presented-by-state-bank/#vhf_employee_invite_html



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Remember When?

Hello again! Can you believe that December is here? It seems the phrase “fast away the old year passes” have never been truer than this year. It seems like it was just yesterday it was spring and now we are getting ready for Christmas. The time truly is flying. I hope you have a great, safe holiday. May you reflect on holiday past and take time to make a few new memories.

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 November answers, along with the questions to refresh your memory.

Remember when, at one time, Freeport had six independently owned drug stores? All are now out of business. Name the six and where they were located.

The six were: Garrity Drug on East Stephenson Street, Crawford Drug on West Main Street, Emmert Drug Company on West Stephenson Street, Mook's Drug on South Chicago Avenue, Rexall Drug Store on West Stephenson Street and Cohn's Drug on East Iroquois Avenue.

Remember when Freeport had two companies that sold their products door-to-door and were very competitive? Their products were sold not only in this area, but also across the country and worldwide. What were the names of these companies and what were some of their sundry items?

The companies were Furst-

McNess and W.T. Rawleigh companies. Some of the items were spices, lotions, salves, puddings, elixirs, cinnamon, vanilla, mints and many more. The Watkins Company from Minnesota sold similar items but could not touch the hometown businesses. I was employed at Furst-McNess for a few years. If the wind was blowing in the right direction, it smelled like butterscotch. In my trips uptown, friends and associates often commented that McNess must be making butterscotch pudding. Not so. The odor was a combination of ingredients for many products. Believe it or not, butterscotch pudding only was made twice a year.

Remember when, in the late 1950s and early 1960s, there was a hangout where kids could dance and listen to music on the corner of Main Street and Walnut Avenue in Freeport? Name this facility and its acronym.

The facility was the Junior Educational Recreation Center, known as the JERC. It catered to Aquin High School and Freeport High School students. It was on the second floor of the Sports Bowl.

Remember when Freeport was a hot bed for bowling? Name some of the old bowling alleys and where they were located.

The bowling alleys were the Sports Bowl on West Main Street, Star Bowl on East Stephenson Street, Immanuel Lutheran School on South Chicago Avenue, YMCA on South Galena Avenue, YWCA on West Stephenson Street and the Germania Club on West Main Street. The only place to bowl now is at the 4 Seasons Bowling Center on West Galena Avenue. I was most

familiar with two of the alleys. The Sports Bowl had 10 lanes and cost 35 cents a game to bowl. Junior Funk owned and managed the facility and ran a strict operation. My wife's grandfather was a pin setter and would yell at those people who bowled too fast and knocked the pins into the setter. The Star Bowl had 30 lanes, a great lunch counter and pinball machines. The owners were Dale Otto and Monte Woolever. The pinball machines were very popular and a favorite of Junior Schubert.

Remember when, in the 1920s, a bank, a boy, a wagon and a gangster were involved in a money-making enterprise in Freeport? What was this all about?

I didn't expect you to answer this, but I found it interesting. The boy was 5-year-old Dale Nelson, who sold newspapers from his wagon next to the State Bank at Stephenson Street and State Avenue. The bank president always made sure Dale had enough change in his box. Occasionally, when Al Capone was in town visiting relatives, he would buy a newspaper from Dale and ask him, “How are you doing, little man?” A big thank you to Sylvia Garnhart Nelson who shared this interesting piece of history about her husband Dale with me. If you have stories like this, please call me. We have all witnessed history that others will want to know.

DECEMBER QUESTIONS

1. 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



CHUCK KLECKNER

Chuck Kleckner loves the past, present, and future.

Freeport and the surrounding area? What was this building and what was its purpose?

2. 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?

3. 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?

4. 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?

5. 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.

Take a trip down memory lane and spend some time pondering these questions from the past. Take care, stay well and enjoy December! Happy holidays!

NICAA Announces LIHEAP, Emergency Furnace Rules

Northwestern Illinois Community Action Agency (NICAA) has received funding from the Department of Commerce & Economic Opportunity (DCEO) to assist residents of Jo Daviess and Stephenson counties with home heating utility costs (gas, propane, electric) through the Home Energy Assistance Program (LIHEAP), Percentage of Income Payment Plan (PIPP) and Weatherization Programs.

In addition, NICAA also is offering the LIHEAP Emergency Furnace Assistance Program for income-eligible households of Stephenson and Jo Daviess counties who are homeowners and whose existing heating system is not operational (fails to operate, fails to produce adequate heat, operates in an unsafe manner) or has been red-tagged by their utility.

The LIHEAP and PIPP and furnace programs for Program Year 2022 began on Sept. 1. The furnace program ends on April 30, 2022, or when funds are exhausted. The LIHEAP and PIPP programs will close on May 31, 2022, or when funds are depleted. All income-eligible households can apply now. Propane customers are strongly encouraged to apply early when prices may be lower.

Under the LIHEAP program, applicants may apply for a direct vendor payment (DVP) or the PIPP program. The DVP is a one-time payment to gas or propane and electric utilities. Applicants with ComEd and /or Nicor Gas as utility providers may have the option of choosing the Percentage of Income Payment Plan (PIPP) instead of the DVP. The PIPP program is a bill payment program that assists eligible customers by paying a monthly state benefit while the customer pays a percentage of their household income. PIPP applications will be

taken on a first-come, first served basis until March 31, 2022, or until funding is exhausted.

With the emergency furnace program, the goal is to restore heat to the home. All LIHEAP- or PIPP-eligible homeowners may apply for emergency furnace assistance. The household must have active service with both primary and secondary heating utilities. Households with disconnected utilities are not eligible for this assistance.

Please call the NICAA office at (815) 232-3141 or (800) 883-1111 between 8 a.m. and 3:30 p.m. Monday-Friday to receive an application packet. All applications will be taken by mail, email, drop box or fax. Limited appointments for special needs may be made, depending on current conditions.

The following documents will be required to apply for LIHEAP, PIPP or weatherization assistance:

- Proof of Social Security numbers or Individual Taxpayer Identification Number (ITIN) for all household members. Individuals without an SSN or ITIN can still apply and NICAA will advise on how to proceed.
- Proof of all gross income for

all household members for 30 days including the application date such as pay check stubs, SSA/SSI/SSD income, pension/retirement statements, child support, unemployment reports, TANF/AABD/township general assistance notices, self-employment reports and proof of zero income.

- Complete current heat and electric bills issued within the last 30 days.
- Copy of current lease if any utilities are included in the rent payment.

The following documents will be required to apply for emergency furnace assistance:

- Social Security cards for all household members.

- Proof of all gross income for all household members for 30 days including the application date such as pay check stubs, SSA/SSI/SSD income, pension/retirement statements, child support, unemployment reports, TANF/AABD/township general assistance notices, self-employment reports and proof of zero income.
- Complete current heat and electric bills issued within the last 30 days.
- Copy of real estate tax bill.
- Copy of warranty deed, contract for deed or quit claim deed (all of these must be stamped and registered with the county clerk); or copy of current mortgage statement, or copy of the original title if a mobile home.

All who apply must meeting the following income guidelines:

Family Size	30-Day Income	Family Size	30-Day Income
1	\$2,147	6	\$5,930
2	\$2,903	7	\$6,590
3	\$3,660	8	\$6,737
4	\$4,417	9	\$6,883
5	\$5,173	10	\$7,029

For each add'l person add \$568

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Jan. 1, 2022!**

Details are on Page 7.

The Game Is Afoot

BUDDY T. SQUIRL
Resident Squirrel of
Walker Mortuary



I have always believed that this is the time of year where humans act like squirrels. They find treasures when they are shopping, bring them home in various containers and find places in their homes to hide them. Squirrels do that too – although mostly we just bury things in the ground. We rarely use the top closet shelf, under our beds or the garage to store our goodies.

Lately, the folks at Walker Mortuary and Cremation Services have been bringing bags back when they go to lunch. More often than not, they leave the bags in the office when they go home. So, I feel that it's my squirrel duty to

sneak inside the bags and find out what kind of treasures they are hiding. I like to think of myself as an amateur squirrel sleuth.

The bags Sarah leaves near her desk are filled with all kinds of fun items. I really don't want to give away any surprises, but some puppy is going to be very happy on Christmas morning. Some children will be happy too, but I'm not going to be a spoil sport.

I have also spent some quality time checking out the bags Justina and Michelle have left overnight. They are excellent shoppers, in my humble squirrel opinion, and their families are going to be really surprised.

Getting in and out of plastic bags is a little tricky. I have to admit that I don't always leave

things exactly the way I found them. And, I think Justina, Michelle and Sarah have caught on to me. One night after I'd been exploring, there was a small pile of Virginia peanuts on Justina's desk, with a note next to it. It read, "Dear Buddy, This is your first clue. Go to where the magic is brewed first thing in the morning. Justina."

What? The magic is brewed? It sounded like a line from a Shakespeare play.

Then it hit me –brewed ... simmered ... steeped. Coffee!

I scampered over to the coffeemaker in the small kitchen. Right next to it was another note, this one from Michelle. "Dear Buddy, Good for you! You solved the first clue. Come back tomorrow for your next one."

The next night I scurried back to the coffeemaker and found a piece of paper propped up against

the cups. "Dear Buddy, The pitter-patter of little feet. Where they play, there is a treat. Sarah."

It didn't take me too long to figure that one out. Justina converted a part of one of the offices into a playroom for her children. That had to be where the next clue was hidden.

I climbed down from the counter and hurried across the hall to the playroom. On top of the little table was another small pile of nuts and a note from Justina. "Dear Buddy, Tonight's the night when all through the house, no creatures should stir – not even a mouse. But we happen to know, in St. Nick's magic sleigh, there's a present for you that will brighten your day. So, come back in the morning, and look under the tree, for a package to you, from Sarah, Michelle, and me."

BUDDY CONTINUED ON PAGE 15

Finding Magic in the Holidays

REMEMBER • FEEL • CELEBRATE

A candle may melt and the fire may die, but the love
you have given me will stay as a flame in my heart.
~Anonymous



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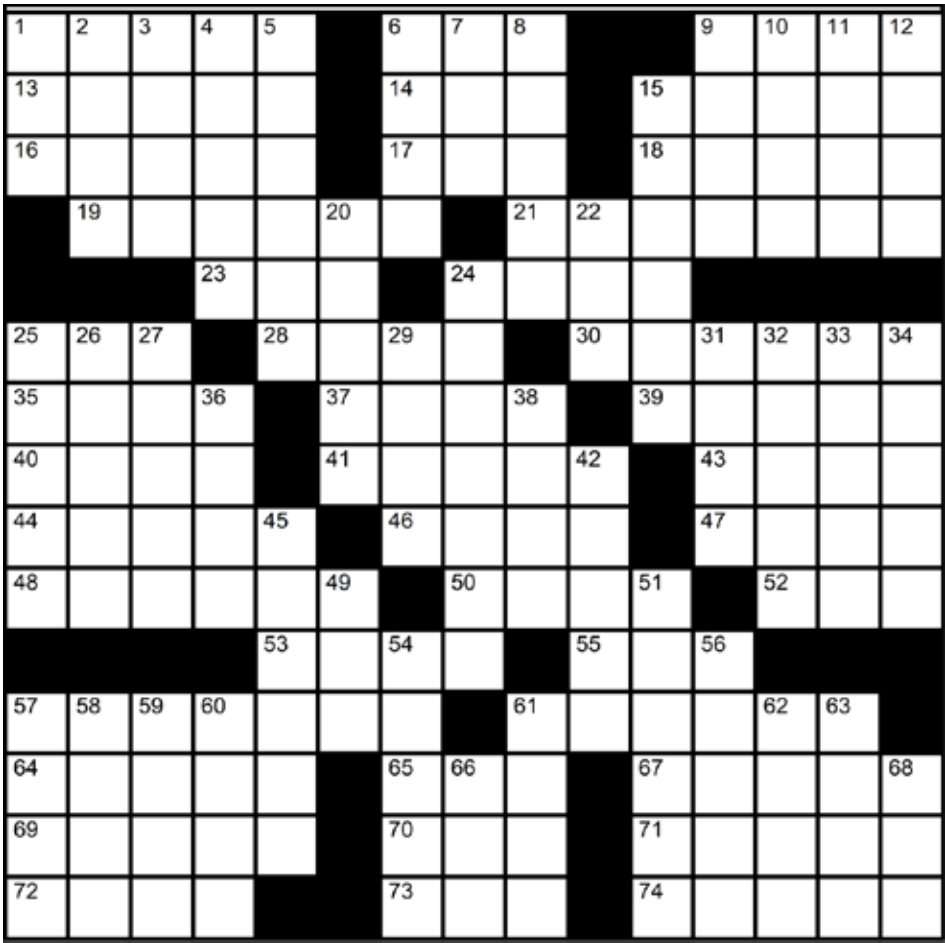
ACROSS

- 1. Lacking imagination
- 6. Afflict
- 9. Bob of boxing world
- 13. From then on
- 14. Ornamental pond dweller
- 15. Not asleep
- 16. Cuzco valley people
- 17. Overnight lodging
- 18. 5th of 7 canonical hours
- 19. *Brothers Grimm language
- 21. *Language considered to have most words
- 23. Man’s tasseled hat
- 24. Cross to bear
- 25. Retriever’s word, for short
- 28. Person, place or thing
- 30. Like a bow or a racket
- 35. Pale ____ beverage, pl.
- 37. It has multiple limbs
- 39. Mister in Madrid
- 40. Spare in a trunk
- 41. Manuscript changes
- 43. Romantic occurrence
- 44. Letter-shaped girder

- 46. Russian mountain range
- 47. Curved molding
- 48. HNO3 acid
- 50. Egyptian goddess of fertility
- 52. Rub the wrong way
- 53. CISC alternative
- 55. Cry of horror, in comics
- 57. *First language spoken in outer space
- 61. *Once considered the language of diplomacy
- 64. Like old cracker
- 65. What acrimony and acrobat have in common
- 67. Get ready to drive, on a golf course
- 69. It’s often rewarded with a medal in military
- 70. Sturgeon yield
- 71. Backyards separator?
- 72. “That was close!”
- 73. “C’ ____ la vie!”
- 74. “Silas Marner” novelist

DOWN

- 1. Pressure unit
- 2. A year in a trunk



SOLUTION ON PAGE 16

- 3. It’s sometimes enough
- 4. Cozy accessory
- 5. Unquestioning ones
- 6. Similar
- 7. H+, e.g.
- 8. Flax-derived fabric
- 9. Deserter’s acronym
- 10. Indian princess
- 11. Luau instrument, pl.
- 12. Mosquito net, e.g.
- 15. Teenagers’ emotions
- 20. Nitrogen, in the olden days
- 22. *Greek N, pl.
- 24. Relating to dreams
- 25. *”Veni, vidi, vici” language
- 26. “My wife can vouch for me”, e.g.
- 27. Prince’s “Raspberry ____”
- 29. *Pakistani language
- 31. Make over
- 32. Eel in a sushi restaurant
- 33. Annotator
- 34. *Hellenic language
- 36. Popular way to cook tuna
- 38. *Greek H, pl.
- 42. More like a fox
- 45. Quaggier
- 49. Langley, VA org.
- 51. Be full of anger
- 54. Rabbit trap
- 56. Land on patellas
- 57. Invitation acronym
- 58. One of Four Corners states
- 59. Price reduction
- 60. Snail-like
- 61. Guitar part
- 62. Ghana monetary unit
- 63. Designer Boss
- 66. Trigonometry abbr.
- 68. Favorite one

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Tips to Prevent Common Holiday Foot Problems

STATEPOINT

The holiday season is one of the most joyful times of year, but it can also lead to aching feet. One source of seasonal foot pain is gout, a type of arthritis exacerbated by consuming too much of certain holiday foods and beverages. As you celebrate, prevent gout flare-ups and other painful afflictions with these five tips for healthy holiday feet from the American College of Foot and Ankle Surgeons (ACFAS).

1. Do not overindulge in holiday cheer.

Your feet can sometimes feel the effects of too much holiday cheer. Foods and beverages high in purines, such as shellfish, red meat, red wine and beer, can trigger extremely painful gout attacks, a condition when uric acid builds up and crystallizes in and around your joints. According to foot and ankle surgeon and Associate Member

of the American College of Foot and Ankle Surgeons, Josh Sebag, DPM, AACFAS, “Often, it’s the big toe that’s affected first since it’s the coolest part of the body and uric acid is sensitive to temperature changes, but this may also occur in other parts of the foot and ankle.” If you do experience pain in your big toe or other parts of your foot or ankle, drink appropriate fluids, elevate your foot and immobilize it. Frequently, non-aspirin equivalents of non-steroidal anti-inflammatory medications are used to treat gout. In severe cases, contact your foot and ankle surgeon.

2. If the shoe fits, wear it.

When hitting the dance floor or shopping malls, do not compromise comfort and safety when picking shoes. Narrow or overly high-heeled shoes or shoes that are not worn often, such as dress shoes, can irritate feet, leading to blisters, calluses, swelling and even severe ankle injuries.



“Choose low-heeled shoes that fit your foot in length, width and depth while you’re standing,” says Sebag.

3. Be pedicure-safety conscious.

Heading out for your holiday pedicure? Nail salons can be a breeding ground for bacteria, including MRSA, a type of staph infection that causes fever and painful red bumps, and can be life-threatening if left untreated. Reduce your risk of infection. Choose a salon that follows proper sanitation practices and is licensed by the state. You may also want to consider bringing your own pedicure instruments for safety.

4. Watch for ice and snow.

Though winter wonderlands are beautiful, they can also be dangerous. Use caution outdoors, watching for ice or snow patches. The ankle joint can be more vulnerable to serious injury from falling on ice. “Ice accelerates the fall and often causes more severe trauma because the foot can move in any direction after slipping,”

Sebag explains. If you fall, take a break from activities until you can be seen by a doctor. Use RICE therapy (rest, ice, compression, and elevation) to reduce pain and control swelling around the injury.

5. Listen to your feet.

Do not let foot pain ruin holiday fun; inspect your feet regularly for evidence of injury, ingrown toenails, bruising, swelling, blisters, dry skin or calluses. “If you experience foot pain (while at rest or with activity), swelling or notice signs of problems, make an appointment with your foot and ankle surgeon,” Sebag says. “Often, especially for people living with diabetes, and those with altered foot sensation, what may seem like a simple issue can turn into a larger problem if medical care is delayed.” Treat your feet right. Being proactive, protective and preventive can mean a healthier holiday season for your feet -- and your whole body.

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FHN Festival of Trees Offers Family Fun

FHN will offer a full slate of family-friendly, pandemic-safe events for this year's FHN Festival of Trees.

Throughout the season, FHN invites children to write a letter to Santa and drop it off in the Freeport Public Library Youth Services Department or in the red bins in the lobby at FHN Memorial Hospital, FHN Family Healthcare Center – Burchard Hills or FHN Family Healthcare Center – Highland View Drive in Freeport. Parents can download a letter template at www.fhn.org/festivaloftrees. FHN asks that parents fill in the requested information so Santa can write back. Parents outside Freeport can take a photo or scan their child's letter and return it to wecare@

fhn.org. Please drop off children's letters by Dec. 13 to make sure Santa has time to write back.

The FHN Holiday Movie Series is back at the Classic Cinemas Lindo Theatre, 115 S. Chicago Ave., Freeport. Families are invited to enjoy a fun movie at the special price of \$4 compliments of FHN. All children attending will receive a holiday gift. Pandemic precautions will be taken, and masks must be worn in the theater.

Showtime each Saturday is 10 a.m., and doors open at 9:30. Seating is limited, and there are no advance ticket sales. This year's movies are:
Nov. 27 – "King Richard" (PG-13)
Dec. 4 – "Ghostbusters: Afterlife" (PG-13)

FESTIVAL OF TREES CONTINUED ON PAGE 18



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Social Security Benefits Increase in 2022

JACK MYERS

Social Security Public Affairs Specialist

Approximately 70 million Americans will see a 5.9 percent increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2022. Federal benefit rates increase when the cost of living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W).

The CPI-W rises when inflation increases, leading to a higher cost of living. This change means prices for goods and services, on average, are a little more expensive, so the cost of living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout December to retirement, survivors, and disability beneficiaries, SSI

recipients and representative payees. But, if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your my Social Security account at www.ssa.gov/myaccount. You can access this information in early December prior to the mailed notice.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal my Social Security account at www.ssa.gov/myaccount to opt out of a mailed COLA notice and any other notices that are available online by updating your Preferences in the Message Center. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you

– like your COLA notice. Only accounts created before Nov. 17, 2021, will be able to receive the 2022 COLA notice online.

January 2022 marks other changes that will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2022 will be higher. The retirement earnings test exempt amount will also change in 2022 and you can view that at www.ssa.gov/news/press/factsheets/colafacts2022.pdf.

Be among the first to know! Sign up for or log in to your personal my Social Security account today. Choose email or text under “Message Center Preferences” to receive courtesy notifications.

You can find more information about the 2022 COLA at www.ssa.gov/cola

BUDDY CONTINUED FROM PAGE 10

I had a hard time sleeping that night. Not only was Christmas the next day – but there was a package waiting. For me! I was so excited! I tossed and turned in my little nest and could swear I heard the stamping and pawing of eight tiny reindeer on the roof of Walker Mortuary and Cremation Services.

As soon as the sun rose the next morning, I was out of bed and across the rooftop in a snap. I climbed through my secret entrance and made my way downstairs to the tree. Underneath was a present wrapped in paper printed with frolicking squirrels. That had to be for me! I picked it up and shook it. (Doesn't everyone?) And then looked at the card. “Dear Buddy, You are our favorite squirrel in the whole world. We hope you like your present. Love, Justina, Michelle, and Sarah.”

A tiny tear of happiness spilled out of my eye and slipped onto my cheek. I don't think I'd ever been someone's favorite squirrel in the whole world before. I ripped the paper off the package. Inside were the most amazing gifts I'd ever received! There was a squirrel-sized Sherlock Holmes Deerstalker cap and Sherlock Holmes cape, and a tiny magnifying glass. Everything I need to become a real-life squirrel detective.

The game is afoot!

P.S. I have exciting news to share. The next Buddy book – “Notes, Notions, and Nuts – Musings from an Ordinary Squirrel (Book 2)” is now available at Walker Mortuary and Cremation Services. Call (815) 232-2136 to reserve your copy.

Women and Social Security

JACK MYERS

Social Security Public Affairs Specialist

More women work, pay Social Security taxes and earn credit toward monthly retirement income in the 21st century than at any other time in our nation's history. Women, on average, also face greater economic challenges in retirement than men.

Women generally live longer than men while often having lower lifetime earnings. Women may also reach retirement with smaller pensions and other assets compared to men. These are two key reasons why Social Security is vitally important to women.

Women and men may receive benefits based on their own work record or their spouse's. If you are a woman and you've worked and paid taxes into the Social Security system for at least 10 years, and have earned a minimum of 40 work credits, you may be eligible for your own benefits. Once you reach age 62, you may be eligible for your own Social Security benefit whether you're married and whether your spouse collects Social Security. If you're eligible and apply for benefits on more than one work record, you generally receive the higher benefit amount.

It's never too early or too late



to start saving and planning for retirement. We have specific information for women at www.ssa.gov/people/women. You can also read the publication What Every Woman Should Know at www.ssa.gov/pubs/EN-05-10127.pdf.

Please share these links with friends and family.

Keep Your Mind Sharp As You Age

STATEPOINT

It is important to keep your mind and body healthy through the years. Experts say that doing so can reduce your risk for cognitive decline. Try taking on these new hobbies to keep your mind sharp as you age:

• **COOKING:** Not only can the development of a new complicated skill such as cooking improve cognitive functions like problem-solving and concentration, but having the ability to create your own nutritious meals at home has the added benefit of being good for brain health. From TikTok tutorials to online classes taught by master chefs, today, there are more avenues for picking up culinary know-how than ever before.

• **MUSIC:** Learning to play a musical instrument has countless benefits for brain health, helping improve memory, hand-eye coordination and more. It's also a mood booster, which is important, as depression is considered a risk factor for dementia. Check out instruments designed to build skills quickly. Whether you're a total novice or taking up the piano after a long hiatus, music can help build your brain.

• **EXERCISE:** The mind-body connection is strong. For ultimate brain health, stay physically active; and if you can do so outdoors, all the better. Research suggests that connecting with nature is good for one's mental well-being, reducing stress, anxiety and depression. It could be advantageous to support your journey with tools that

track your activity and inspire you to delve further into adventures, whether that be hiking, fishing or rock climbing.

• **CAMARADERIE:** Having an active social life can improve brain function. Unfortunately, if you aren't proactive about it, there are not always that many opportunities to make new friends in adulthood. Whether it's a sewing circle or a bowling league, consider joining a club or team for camaraderie and fun. Just be sure to follow existing COVID safety protocols.

• **FAST FINGERS:** Did you know that you can use your calculator to keep your mind engaged when



there's downtime or you're on-the-go? Calculator games can build math skills, improve memory and keep your mind nimble.

Just as it is important to maintain physical fitness as you age, it's also critical to exercise your mind. Stay mentally active by trying new hobbies, building new skills and seeking out new experiences.

PUZZLE ON PAGE 12

P	R	O	S	Y		A	I	L			A	R	U	M	
S	I	N	C	E		K	O	I			A	W	A	K	E
I	N	C	A	S		I	N	N			N	O	N	E	S
	G	E	R	M	A	N		E	N	G	L	I	S	H	
			F	E	Z		O	N	U	S					
L	A	B		N	O	U	N		S	T	R	U	N	G	
A	L	E	S		T	R	E	E		S	E	N	O	R	
T	I	R	E		E	D	I	T	S		D	A	T	E	
I	B	E	A	M		U	R	A	L		O	G	E	E	
N	I	T	R	I	C		I	S	I	S		I	R	K	
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R	U	S	S	I	A	N		F	R	E	N	C	H		
S	T	A	L	E		A	C	R		T	E	E	U	P	
V	A	L	O	R		R	O	E		H	E	D	G	E	
P	H	E	W			E	S	T		E	L	I	O	T	

SUDOKU PUZZLE ON PAGE 3

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

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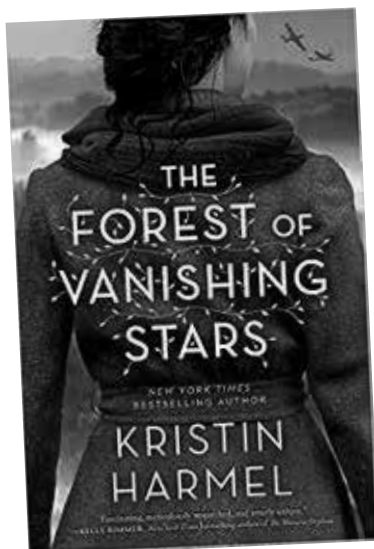
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The Book Lady

Dianne Ludwig



Set in the vast forests of Poland, “The Forest of Vanishing Stars” by Kristin Harmel offers a unique experience as a World War II novel. It is part fairy tale and part historical truth. Many novels of this time are set in the exciting cities of London or Paris where spies go about their work, or in the towns of France where the resistance operated to help Allied soldiers escape from the Nazis. Others are located in concentration camps, following the lives of a few individuals as they struggle to survive the most horrible conditions.

This novel takes us to the vast forests of eastern Europe where groups of Jews, escaped from the ghettos in many Polish towns, and Russian sympathizers lived for years off the land while avoiding certain death at the hands of German or Russian soldiers.

Yona, the main character, was rescued from her parents by a mysterious old woman when she was just 2 years old. The old woman, called Jerusza, senses a great fate for the small girl. When she slipped into the home of the

parents, into the child’s room, “she had been nearly overcome by a warm, white wash of light.” She doesn’t want a child, but something has called her to take this baby away from the man who “had been one of the first men in Berlin to join the National Socialist German Workers’ Party.” She goes to Yona under the cover of darkness and the old woman and the girl recognize each other immediately. “I have come for you,” says the old woman. “It is you,” replies the child. And with that, the girl disappears from Berlin and becomes companion to Jerusza.

Jerusza raises the girl, schooling her in all of the secrets of the forest. She teaches her how to hide, to eat, to kill and to heal. Yona learns several languages and a great deal about religions. Although Jerusza seems to be from Jewish stock, she claims no religion as her own but believes deeply in the presence and power of God. As Yona grows older, she questions some of Jerusza’s beliefs about religion and humankind, for she has been taught to fear and avoid all people because Jerusza believes that people bring “nothing but despair and danger.” She is vindicated when violence and unrest begin to pierce their solitude – gunshots and falling bombs, strange men in the woods with hard faces and guns. More than ever they need their ability to hide and disappear into the recesses of the forest.

Jerusza was 82 when she took Yona. In the early days of 1942, she dies and leaves Yona alone. Yona stays to the woods, avoiding all of the dangers, until a small, bloody

girl passes by her hiding place one day. And, like that, it is time for Yona to make a decision. From the religious teaching of Jerusza, Yona learned this: “Whoever saves a life, it is considered as if he saved an entire world.” These are the words Yona chooses to live by. She reveals herself to the girl and they go to the girl’s parents. They are Jews, escaped from the ghetto. They are the first of many Jewish people Yona finds in the forests. All over Poland people are escaping as they can and fleeing into the dark wilderness. Yona can

help them because she knows the forests.

There is magic, love, betrayal, brutality, hope and loss in this fine novel. It can be heartbreaking to read, but the author has a strong faith in God and allows her characters of all religions to demonstrate how faith can sustain and lead people to be merciful. “The Forest of Vanishing Stars” ends with hope and, as the days grow darker for us this time of year, provides a source of light.

FESTIVAL OF TREES CONTINUED FROM PAGE 14

Dec. 11 – “Encanto” (PG)

Dec. 18 – “Spiderman: No Way Home” (PG-13)

This year’s Classic Movie Series bonus movie is the holiday classic “National Lampoon’s Christmas Vacation” (PG-13) at 1 p.m. and 7 p.m. on Tuesday, Dec. 14. Admission is a free-will offering and/or a food drive donation. Ed Finch and Alan Wenzel will be offering fun trivia and information about the movie prior to the start of the film. Designed to offer movie-goers the experience of viewing time-honored American film classics on the big screen, the Classic Movie Series is hosted every spring and fall by the Lindo Theatre in Freeport in partnership with the Stephenson County Historical Museum and Highland Community College.

Join in for some Virtual Bingo– and prizes – at 6:30 p.m. Tuesday, Nov. 30. Families are invited to register online at www.fhn.org/virtualbingo to receive a virtual bingo card and a link to the Zoom activity. There is no cost

to participate, but registration ends Sunday, Nov. 28.

The Community Festival of Trees at the Freeport Public Library, 100 W. Douglas Street in Freeport, kicks off Monday, Nov. 29. Tour the library and see all the Community Festival of Trees entrants! This popular free event brings non-profit organizations together to decorate trees and compete for cash prizes. A panel of judges will award prizes in a number of categories, and you can vote for your favorite in the People’s Choice competition through Saturday, Dec. 11. The trees will be on display through Thursday, Dec. 23.

And finally, FHN Memorial Hospital is proud to join its neighbors on Freeport’s Stephenson Street and Lincoln Boulevard for this year’s Freeport Community Luminaria Night. Enjoy the soft light of luminaries beginning at dusk Sunday, Dec. 19.

Details on all Festival of Trees events are online at www.fhn.org/festivaloftrees.

[Classifieds]

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Stockton bargain hunter ready to dig for deals after wound healing complete



Mary Lynn Trost was eager to get her surgical staples out – all 50 of them – after having a successful hysterectomy for Stage 1A uterine and ovarian cancer at UW Madison hospital. Unfortunately, her incision reopened almost immediately after they were removed, right in the doctor's office.

She shares, "Here I thought I was healing, and this was a major setback. I mean, my incision was 5" wide, 10" long, and deep enough that my whole hand fit inside. They packed the wound with gauze and referred me to a home health or wound clinic. Lucky for me, FHN's wound healing center is close to home and they fit me in the very next day. It was a godsend."

The multidisciplinary specialists at the Center for Wound Healing at FHN Memorial Hospital went right to work getting Mary Lynn set up with an aggressive plan to address her issues. It required her to come for treatment three times a week for seven weeks.

She has great respect and appreciation for the Center's staff. "I can't get over how well I am healing, and the team here celebrates every milestone with me," she declares. "My nurse practitioner, Carrie Wright (below), has been fantastic. She communicates every detail of my care and helps me understand complex problems. She even checked on me when she was on vacation. She truly cares."

Now, Mary Lynn is nearly ready to move on. "I love to search for treasures at thrift stores and resale shops, sit at a campfire and laugh with my friends, and of course spend time making memories with my family. None of that would be possible without this great group of professionals from the wound center. I will always remember their skill and compassion."



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