

Senior Center – Exhibit A

Senior Center Overview

The Senior Center will be located at 5509 East State Street, Rockford, IL 61108, and will occupy approximately 20,000 square feet. The Northwestern Illinois Area Agency on Aging (NIAAA) will utilize approximately 40% of this space for its future offices.

The facility will create a welcoming environment for adults aged 55 and older to connect, move, and thrive. It will offer opportunities for:

Socialization and Engagement

- Interaction with peers to reduce social isolation and loneliness, including:
 - Large group games such as bingo, Wheel of Fortune, and trivia nights
 - A coffee shop offering beverages and light snacks

Continued Learning & Informational Sessions

Educational presentations led by NIAAA staff, provider agencies, and community partners, including:

- Social service programs and supports available to older adults, such as:
 - Benefit Access Program (BAA)
 - Seniors Ride Free Transit Benefit
 - Persons with Disabilities Ride Free Transit Benefit
 - Secretary of State License Plate Discount
 - Low Income Home Energy Assistance Program (LIHEAP)
- “New to Medicare” informational sessions, including:
 - Medicare Savings Program (MSP) applications (QMB, SLIB) – assistance with Part B premiums
 - Extra Help / Low-Income Subsidy (LIS) for prescription assistance
- Senior Medicare Patrol (SMP) – education on preventing, detecting, and reporting Medicare fraud
- Elder Abuse identification and reporting, presented by Mercyhealth at Home’s Adult Protective Services (APS) program

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Health & Wellness Activities

- Physical activities led by trained professionals to improve balance, mobility, and overall wellbeing, such as:
 - Walking groups
 - Chair yoga
 - Yang-sang
 - Tai chi

Community-Based Programming

- Community events including:
 - Senior health fairs
 - Flu shot clinics
 - Blood pressure checks (facilitated by Rockford University nursing students)
- Technology tutoring and computer classes (transitioning existing collaborative programming with Rockford Public Library to the Senior Center)
- Peer-led activities such as book clubs, poetry readings, and music groups
- Support groups sponsored by NIAAA and partners, including:
 - Caregiver Support Group
 - Satori Pathway Early-Stage Memory Loss Support Group
- Nutrition education focused on healthy meal preparation and informed dietary choices

Collaboration with Rockford University

NIAAA has been in contact with Rockford University to develop intergenerational programming, including:

- Advancing lifelong learning through accessible, liberal arts-based educational opportunities for seniors
- Encouraging intergenerational dialogue between students and older adults
- Enhancing student learning through community service and experiential opportunities

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- Strengthening community connections and reinforcing Rockford University's role as a regional partner

Staffing & Operations

The Senior Center will employ one paid staff member, the Director, who will oversee daily operations with support from volunteers, including participants in the Retired Senior Volunteer Program (RSVP). NIAAA administration and staff will provide additional support as availability allows. Initially, a receptionist position will be provided by NIAAA at no cost to the Senior Center.

Added Value of On-Site NIAAA Offices

Housing NIAAA offices within the Senior Center will provide direct access to essential services and resources for participants. Individuals attending programs and events will be able to schedule appointments with NIAAA for follow-up services. Similarly, NIAAA clients will be exposed to Senior Center programming and may choose to participate in future activities, further strengthening community engagement and service integration.