

Oak Park & River Forest Townships

Senior Services

Case Management
Senior Dining Programs
Home Delivered Meals
Information & Assistance
Senior Advocacy
Special Support Services
Caregiver Support Program

General office hours:

9:00am-5:00pm
Monday-Friday

130 S. Oak Park Ave.
Oak Park, IL 60302

(708) 383-8060

Fax (708) 383-5168

Senior Transportation

(708) 383-4806

Fax: (708) 445-8372

e-mail:

seniors@oakparktownship.org

website:

www.oakparktownship.org

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Editor: Dana Ferdinand

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It's Medicare Open Enrollment Time

The Medicare annual open enrollment period begins on October 15. Until December 7, this is the only time that those without specific circumstances are permitted to enroll or disenroll from their current Part "D" prescription plan, or Medicare Advantage plan. This is likewise the opportunity when beneficiaries can decide to return to Original Medicare from an Advantage plan which could include a drug component. Under this latter situation, it is important for the individual to then enroll in a free standing Part "D" plan which would cover their medications, or risk a late enrollment penalty, and the possibility of being unable to enroll again until the next annual election period. All plan enrollments during this time will go in to effect on January first of the following year.

Because drug plans might change considerably in terms of their premiums or what drugs may or may not be covered under the plan formulary for the upcoming year, it is important that beneficiaries review their existing coverage in order to make an informed decision as to whether their existing plan continues to satisfy their current needs and budget. It is not a wise decision to continue with a plan that might have been satisfactory in the past on this basis alone, due to a reluctance to change existing coverage.

Through it's Senior Health Insurance Program (SHIP) counselors will be available once again to assist beneficiaries in navigating the various options and help to select a drug plan for the coming year. If a change of plans is requested, the counselor can also enroll the individual in to the new plan of his or her choice. As scheduling is done strictly on an appointment basis, interested parties are encouraged to phone Oak Park Township Senior Services at **(708) 383-8060** and arrange a day and time to be seen. It is asked that at the time of the meeting, a copy of one's Medicare card be provided, along with a drug list which includes the name of the medication, dosage, and quantity.

Celebrate Seniors All Year Long In River Forest

Come pursue lifelong learning opportunities with these offerings as part of Celebrating Seniors All Year Long. Programs are free of charge and residents from any community are welcome:

River Forest Public Library

Sunday, October 9 at 2:00 PM

Historical portrayer Terry Lunch presents Pierre Salinger and the one thousand days of Kennedy's *Camelot*

Sunday, November 6 at 2:00 PM

Edu-tainer Martina Mathison presents *Cleopatra*

Sunday, November 13, 2:00 pm

The Making of a Legend: *Gone with the Wind* with historical edu-tainer Leslie Goddard

Saturday, December 3, 2:00 pm

Christmas in the Holy Land with travel historian Bill Helmuth

New Members Wanted

Sunday, December 10, 4:00 p.m.

Good Shepherd Lutheran Church, 611 Randolph in Oak Park. Free Concert by the newly-formed Oak Park /River Forest Encore Chorale. This choral group is co-sponsored by River Forest Township, for singers 55 years of age or older. Registration is now available for the new Encore session beginning Tuesday, January 17, with weekly rehearsals at Trinity High School in the mornings. For more information please contact Linda Crabtree Powell at **312-342-7227** or by E-mail at **crabtreepowell@gmail.com** or contacting General Encore Illinois at **encoreillinois@gmail.com**

In Case of an Emergency (ICE) Packets Offered

The River Forest Township and Fire Department paramedics are offering an ICE Packet for your freezer. Within is a Medical Information Form to complete and store in case of an emergency, with a decal for the front of the freezer to alert paramedics. River Forest seniors can pick up ICE Packets at the Township office, Village Hall or public library. Quantities are available for church groups, organizations, or condo/apartment buildings.

To learn more about these or additional programs and services offered through River Forest Township, please phone: **(708)366-2029** or by E-mail at **www.RiverForestTownship.org** or visit us at **www.facebook.com/RiverForestTownship**

Featured Oak Park Events

AUTOMOTIVE SAFETY

Rules of the Road: Wed., October 12; 1:30 PM; Second Floor. Phone to enroll at 708-383-8060.

BINGO

Every Wednesday in October, November and December; 10:30 AM. First Floor.

BIRTHDAY CELEBRATIONS

The last Thursday in October and December.

CAREGIVER RESOURCE CENTER

Caregiver Support Group: Second & fourth Friday of October. 10:00 AM to 12:30 PM. Second Floor.

Memory Screening: Friday, November 18 9:00 AM to 2:00 PM. Second Floor.

Held in conjunction with the Alzheimers Association of America.

For more information about either of these programs or to register, contact Steven Smith at **708-383-8060**.

DINE OUT PROGRAM

Coupons are sold on First Floor Lunch Room Tues., Wed, & Thurs.; 9:00 AM-Noon

HEALTH & WELLNESS PROGRAM

Hearing Screenings: Second Wednesday of the month. 10:00 to 11:30 AM. First Floor. Conducted through Connect Hearing. Appointment times are preferred. Schedule at **708-383-8060**.

ADDITIONAL EVENT

Benefit Access Application Preparation:

Counselors are available to help prepare and submit an online application in order to obtain a free ride transit pass, and/or license plate discount for those who qualify for the program by income. This service is available on an appointment basis to those age sixty-five or older or disabled. To schedule contact Oak Park Township Senior Services at: **(708) 383-8060**

New to Senior Services

Vivian Holt, MSW

Case Manager

Vivian is both Adult Protective Services/Comprehensive Care Coordination certified, having interned with the Chicago Department on Aging's Central West Case Management and afterwards, at the North Shore Senior Center. Vivian graduated with her Masters in Social Work from the University of Illinois at Chicago and has a Bachelor of Arts degree in Sociology from the University of Michigan.

Abigail Weidhuner, MSW

Case Manager

Abigail received her Masters in Social Work from Dominican University and a Bachelor of Arts degree in Spanish from the University of Kentucky. Prior to accepting her position with Oak Park Township Senior Services, she interned as a Care Coordinator with Aging Care Connections in La Grange.

Charles Barnes

Transportation Coordinator

Charles has been in the transportation industry for over twenty years. Most recently, he was employed at a trucking company as a terminal manager for the operation, where he was responsible for transporting goods to Whole Foods retail stores throughout the midwestern region of the country.

What's New In The Lunchroom

New Zumba Gold class offered

Zumba Gold came about as a modified version of original dance moves such as cha-cha, rumba, tango, and salsa specifically geared to active older adults or unconditioned beginners, by addressing the biomechanical and anatomical needs which accompany aging. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination and is broken down in a slow and manageable manner. The main objective is to have fun and move a little even if one's performance isn't perfect. No experience is required, but check with your doctor before beginning an exercise program.

These weekly sessions will begin on Thursday, October 13 from 1:30 to 2:30 PM and run for sixteen weeks, for interested parties age sixty or older. This program is sponsored by Age Options.

Thank you to our Dine Out restaurants

Our thanks to Cozy Corner, located at 138 N. Marion Street, and to Robinson's Ribs which will be moving soon to 848 W. Madison. Watch for more information.

Book Group Meeting

First Tuesday of the month from 1:00 to 2:30 PM

Discussion of the book "Counterparts", a pairing of stories which deal with art, war, fidelity, and death begins in November. This event is sponsored jointly between Oak Park and River Forest Townships Senior Services and the Concordia University Gerontology Program.

For more information or to register for any of these programs, phone or E-mail Celeste Duignan at:

(708) 383-8060 ext. 134 or

cduignan@oakparktownship.org



transportationschedule

October

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 Pete's Fresh Market 10:30 AM– 1:00 PM	6	7 River Forest Library 1:00-2:30 PM
10 OFFICE CLOSED COLUMBUS DAY	11 Fair Share 1:30- 2:30 PM	12 Trader Joe's 9:00-10:30 AM	13	14 Downtown OP 10:30 AM– 1:00 PM
17 Carnival Foods 10:00 AM– 12:30 PM	18	19	20 RF Town Center 10:30 AM-1:00 PM	21 Meijer & NR Mall 12:30– 2:00 PM
24 Oak Park Library 1:00– 2:30 PM	25 Wal-Mart 10:00–2:00 *MEXICAN MUSEUM	26 Bed Bath & Beyond 10:30 AM– 1:00 PM	27	28 OP Conservatory 10:00 AM– 12:30 PM
31				

November

	1	2 Pete's Fresh Market 10:30 AM– 1:00 PM	3	4 Melrose Park Target 10:00 AM– 1:00 PM
7 Whole Foods 10:00 AM– 12:30 PM	8 Fair Share 1:30– 2:30 PM	9 Trader Joe's 9:00-10:30 AM	10	11 OFFICE CLOSED VETERANS DAY
14 Carnival Foods 10:00 AM– 12:30 PM	15	16	17 RF Town Center 10:30 AM– 1:00 PM	18 Downtown OP 10:30 AM– 1:00PM
21 Oak Park Library 1:00– 2:30 PM	22 Wal-Mart 10:00–2:00 *YORKTOWN MALL	23 Bed Bath & Beyond 10:30 AM– 1:00 PM	24 OFFICE CLOSED THANKSGIVING HOLIDAY	25 OFFICE CLOSED THANKSGIVING HOLIDAY
28	29 Wal-Mart 10:00 AM– 2:00 PM	30 Broadview Target 10:00 AM– 2:00 PM		

December

			1	2 Melrose Park Target
5	6	7 Pete's Fresh Market 10:30 AM– 1:00 PM	8	9 River Forest Library 1:00– 2:30 PM
12 Whole Foods 10:00 AM– 12:30 PM	13 Fair Share 1:30- 2:30 PM	14 Trader Joe's 9:00-10:30 AM	15	16 Downtown OP 10:30 AM– 1:00 PM
19 Carnival Foods 0:00 AM– 12:30 PM	20 Wal-Mart 10:00–2:00 *OAKBROOK MACY'S	21	22 RF Town Center 10:30 AM– 1:00 PM	23 OFFICE CLOSED CHRISTMAS HOLIDAY
26 OFFICE CLOSED CHRISTMAS HOLIDAY	27	28 Bed Bath & Beyond 10:30 AM– 1:00 PM	29	30

Call the number above to reserve your space on these trips or other preferred destinations if they can be arranged.

Seating is limited. Suggested donation is \$1.00 per trip.

*Denotes special excursion trip. Round trip fare is \$5. 10:00 AM– 1:30 PM.

Building trips: **THE OAKS:** Each month Wal-Mart: First Tues.; Aldi: Third Tues. **HERITAGE HOUSE:** Jewel: Each Thurs.; Wal-Mart: Each month second Tues. **MILLS PARK TOWERS:** Jewel: Each month Wed., 9-10:30; Aldi: First Fri. 10:30-noon; Wal-Mart: Third Fri. 10:30-1:00



october lunch menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 SPAGHETTI AND MEATBALLS, VEGETABLE MEDLEY, BABY CARROTS, FRENCH BREAD, PEACHES	4 OPEN FACE TURKEY ON BREAD, MASHED POTATOES AND GRAVY, PEAS AND PEARL ONIONS, PINEAPPLE CHUNKS, GRAHAM CRACKERS	5 HOTDOG ON A WHEAT BUN, DILL BUTTER CARROTS, DICED POTATOES, CHERRIES	6 CHICKEN ALA KING, VEGETABLE BLEND, BROWN RICE, BEET SALAD, WHEAT ROLL, FRUIT JUICE	7 LEMON PEPPER WHITEFISH, ALT: BBQ PORKCHOP, POTATO WEDGES, BAKED BEANS, RYE BREAD, BAKED APPLE, WHOLE GRAIN MUFFIN
10 CLOSED COLUMBUS DAY	11 CHICKEN PICATTA, MIXED VEGETABLES, ROASTED RED POTATOES, WHEAT ROLL, APRICOTS, OATMEAL BAR	12 CHILI MAC, CHILI WITH BEANS AND MACARONI, COLE SLAW, CORN BREAD, FRUIT SALAD	13 SMOKED SAUSAGE, SCALLOPED POTATOES, PEAS, WHEAT BUN, TROPICAL FRUIT SALAD	14 WHITE FISH WITH CITRUS SAUCE, ALT: PORK CUTLET, MASHED POTATOES WITH GRAVY, GREEN BEANS, APPLESAUCE, MULTIGRAIN BREAD
17 CHICKEN PESTO, BROWN RICE, PEAS AND CARROTS, VEGGIE SALAD, WHEAT BREAD, FRUIT SALAD	18 BAKED HAM WITH PINEAPPLE SAUCE, GREEN BEANS, SWEET POTATO, RYE BREAD, GRANOLA BAR, PEARS	19 PRIME RIB WITH AUJUS, ROSEMARY RED POTATOES, MIXED VEGGIES, WHEAT ROLL, WHOLE GRAIN MUFFIN, CINNAMON APPLES	20 BEEF TACO, SPANISH RICE, TOSSED SALAD, CORN TORTILLA, SALSA, ORANGE	21 BAKED TILAPIA, ALT: GRILLED HAMBURGER, CHEESY POTATOES, BAKED BEANS, APPLESAUCE
24 STUFFED CABBAGE ROLLS, GARLIC POTATOES, CARROTS, WHEAT ROLL, PEACHES, MUFFIN	25 CHICKEN WITH CAJUN CREAM SAUCE, OVEN BROWNEED POTATO, NORTHERN BEANS WITH SPINACH, TROPICAL FRUIT SALAD, WHEAT BUN	26 MEATBALLS WITH WILD MUSHROOM SAUCE, PASTA, GREEN BEANS, BROCCOLI SALAD, RYE BREAD, APPLE	27 SOUTHERN STYLE PORK WITH COUNTRY GRAVY, MASHED POTATOES, MIXED VEGGIES, FRUIT COCKTAIL, BISCUIT, OATMEAL BAR	28 MEDITERRANEAN LEMON WHITEFISH, ALT: MEDITERRANEAN LEMON CHICKEN, OVEN BROWN POTATOES, PEAS, PINEAPPLE, WHEAT BREAD
31 POLYNESIAN CHICKEN, BROWN RICE PILAF, VEGGIE BLEND, PEA SALAD, MULTIGRAIN ROLL, ORANGE				

November and December lunch menus unavailable at time of publication

Lunch program open 8:00AM-2:00 PM. Monday thru Friday. Lunch served at 11:00 AM. \$1.50 /meal suggested donation.

Oak Park Township Senior Services 130 S. Oak Park Ave Oak Park, IL 708-383-8060

OAK PARK & RIVER FOREST TOWNSHIPS



Township Personnel Directory

Oak Park Township Officials

Township Supervisor:

F. David Boulanger

Trustees:

Mary Cozzens Clarmarie I. Keenan
James J. Taglia Ade Onayemi

Township Clerk:

Gregory P. White

Assessor:

Ali ElSaffar

River Forest Township Officials

Township Supervisor:

Carla Sloan

Trustees:

Helene Connolly Mark Kelty
Mary O'Brien Anna Marie Romeo

Township Clerk:

Karen Taubman

Assessor:

Abby Schmelling

Senior Committee Members:

Oak Park Township

Dr. Kenneth Blair, Vice Chairman
Joy Aaronson Barbara Bodner
Patricia Koko Brett McNeil
Sandra Rowe Phyllis Russell
Mary Cozzens, Trustee Liaison

River Forest Township

James Flanagan, Chairperson
Jean Buckley Carol Cox Sally Gibbs
Chris Hauri Ruth Reko Dr. Katherine Walsh

Non-Discrimination: Oak Park Township Senior Services does not discriminate in admission to programs or activities in compliance with the Illinois Human Rights Act, Section 504 of the Rehabilitation Act; the Americans with Disabilities Act; the Illinois and U.S. Constitutions. If you feel that you have been discriminated against, you have the right to file a complaint. For information, call (800) 252-8966 (voice and TDD) or contact SeniorServices at (708) 383-8060.

Township Senior Services Staff Directory

Administrative Offices:

Desiree Scully-Simpkins	Director
Pamela Mahn	Assistant to the Director
Christine Brooks	Information & Assistance
Barbara Heinrich	Case Management Support
Deborah Sitter	Administrative Support/Reception
Steven Smith	Caregiver Support Specialist/Money Management
Dana Ferdinand	Special Programs/Community Outreach

Case Management:

Shawn Lewis	Case Coordination Supervisor
Bianca Ingwersen	Case Coordination Supervisor
Rachel Bazan	Case Manager
Jennifer Fryer	Case Manager
Nancy Hickey	Case Manager
Vivian Holt	Case Manager
Heidi Jasien	Case Manager
Michael Joffe	Case Manager
Jamie Perez	Case Manager
Megan Salisbury	Case Manager
Abigail Weidhuner	Case Manager

Lunch Program:

Celeste Duignan	Nutrition Program Manager
Deborah Denny	Food Service Staff Leader
Vanessa McNeil	Food Service Worker
Colleen Nash	Food Service Worker
Bernadette Pittman	Home Delivered Meals Driver
Sandra Shanks	Home Delivered Meals Driver
Pat Riley	Data Entry Clerk

Transportation Office:

Charles Barnes	Transportation Coordinator
Markeita Armstrong	Bus Driver
Donnell Brooks	Bus Driver
William Fairchild	Bus Driver
Gilbert Garcia	Bus Driver
Stephen Heinrich	Bus Driver
Lori Strong	Transportation Clerk/Bus Driver