

## 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](mailto:seniors@oakparktownship.org)

#### website:

[www.oakparktownship.org](http://www.oakparktownship.org)

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Editor: Dana Ferdinand

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## Enough Is Enough

Abuse of the elderly and adults with disabilities is the least recognized form of family violence. This abuse can take many different forms and in most cases, victims are subjected to more than one type of mistreatment. Whether physical, sexual, emotional, or involve confinement, passive neglect, willful deprivation, financial exploitation, or self-neglect, the issue is one which cannot or should not be ignored.

Anyone can report a case of abuse in good faith. The Adult Protective Services Act provides that people who in good faith report suspected abuse or cooperate with an investigation, are immune from criminal or civil liability or professional disciplinary action. The identity of the reporter is not disclosed except with the written permission of the individual reporting or by court order. Anonymous reports are accepted.

At the time of the report, the reporter should be prepared to answer questions to the best of his or her ability, regarding the alleged victim and abuser's name, address, phone number, and any other pertinent information, as well as the relation to each other, the circumstances involved, and if the victim is in any immediate danger physically or financially. After a report is made, the person has the right to accept or refuse services, as a competent person has the right to self determination. No decisions are made about a competent individual without that person's involvement and consent. When an individual has dementia or another form of cognitive impairment, the Adult Protective Services might petition for guardianship in order to insure that the person's needs are met.

Persons wanting to report abuse are asked to contact the Statewide Elder Abuse Hotline twenty-four hours a day at **1-866-800-1409** or contact Oak Park Township's Protective Services locally at **708-383-8060**.

# Events Coming To River Forest Library and Township

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

Friday, July 15 at 7:30 PM

*Live Music: Dance to the Dooley Brothers*

Monday, August 22 at 10:00 AM

*Downsizing and De-cluttering*

Expert organizer Anna Glielmi will take participants through the challenging but rewarding process of getting one's living space in order.

River Forest Township and Library continue their ongoing partnership with monthly Coffee Monday (except July) and its Computer Lab weekly programming. Phone (708) 771-6159 ext. 234 for further information.

## Caregiver Support Group

A new caregiver support group is underway through Concordia's Center for Gerontology, in partnership with River Forest Township. The group is open to all River Forest residents who are caregivers. Held the second and fourth Mondays at 4:00 PM at Concordia's Koehnke Community Center. Interested parties can contact Dr. Lydia Manning by telephone at (708) 209-3218 or by E-mail at: [lydia.manning@cuchicago.edu](mailto:lydia.manning@cuchicago.edu)

## River Forest Community Center

The new ICE ("In Case of Emergency") Packet is available free to River Forest seniors age sixty or older. Store your vital contact information and vital medical information for easy access by local paramedics in an in-home emergency.

September 28 at 1:30 PM

*Charles Troy dramatizes the story behind the making of My Fair Lady, in commoration of the Broadway show's fiftieth anniversary.*

To learn more about these or other Township programs and services, phone (708) 366-2029 or E-mail [www.RiverForestTownship.org](http://www.RiverForestTownship.org)

# Featured Oak Park Events

## AUTOMOTIVE SAFETY

**Rules of the Road:** Wed., July 13: 1:30 PM; Second Floor. Phone to enroll at 708-383-8060.

## BINGO

Every Wednesday in July, August, and September; 10:30 AM. First Floor.

## BIRTHDAY CELEBRATIONS

The last Thursday in July, August, and September. First Floor

## CAREGIVER RESOURCE CENTER

**Caregiver Support Group:** Second and fourth Friday of the month. 10:00 AM to 12:30 PM. Second Floor. For more information, 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.

## SENIOR HEALTH INSURANCE PROGRAM

Counselor available by appointment. Second Floor. Phone 708-383-8060 to schedule a day and time.

## License Plate Stickers

The Illinois Secretary of State's office is no longer sending reminders regarding vehicle registration renewals though the mail. To sign up for an E-mail reminder, drivers will need to enter their vehicle registration identification and VIN at: [www.cyberdriveillinois.com](http://www.cyberdriveillinois.com).

Further questions can be addressed by contacting the Secretary of State helpline at: 1-800-252-8980.

## Farmers Market Coupons

Farmers Market coupons will be available for distribution in the lunch room at 130 S. Oak Park Ave., to suburban Cook County residents only on Tuesdays from 8:00 to 12:00 PM, on Wednesdays from 10:00 to 2:00 PM and on Thursdays from 1:00 to 3:00 PM. The first fifty individuals arriving will be entitled to receive one coupon booklet per person per year. Each booklet contains five coupons worth \$5.00 each. Distribution will continue throughout the summer while supplies last. The Farmers Market is a state funded program which provides fresh fruits and vegetables to seniors age sixty or older, who have a gross monthly income of \$1832 or less for a single household or \$2470 for a couple.

## Women's Wellness Program

A new women's wellness program for those age sixty and older will be conducted at 130 S. Oak Park Ave. beginning Thursday, June 16 from 11:30 AM to 12:30 PM and continuing for six consecutive weeks. The focus of this program will be to explore topics which impact women's wellness in various areas such as late life legal concerns, nutrition, technology, medication management, staying active, and more. Participants can stay for lunch or be served a snack.

## Volunteers Sought

Oak Park Township Senior Services seeks volunteers with a car to deliver meals to older adults, one morning per week for approximately one and a half hours.

To either enroll in the above program or to volunteer, contact Celeste Duigan, Lunch Room Manager by phone at **(708) 383-8060 Ext. 134** or by E-mail at [cduignan@oakparktownship.org](mailto:cduignan@oakparktownship.org)

# The Senior Health Insurance Program

The Senior Health Insurance Program (SHIP) was initiated in the fall of 1988 within the Illinois Department of Insurance. SHIP currently has 186 offices throughout the state staffed by a total of over 600 volunteer counselors. All offices are volunteer-based and supported by local sponsoring organizations that offer services to Medicare beneficiaries. SHIP also provides a toll-free line for the Medicare beneficiaries and their caregivers. In April 2013, SHIP transferred from the Illinois Department of Insurance to the Illinois Department on Aging and its aligning mission to help older individuals maintain their health and independence while remaining in their homes and communities, with the purpose of educating, advocating, counselling, and empowering people to make informed healthcare benefit decisions. As an independent program funded by federal agencies, SHIP is not affiliated with the insurance industry and will not attempt to sell or solicit any type of insurance.

SHIP counselors have been trained to be able to educate consumers and answer questions regarding such issues as Medicare, Medicare supplemental and advantage plans, prescription drug coverage through Medicare, and Medicaid, and to advocate on behalf of consumers as to their beneficiary rights and guarantees for these programs.

During specific times of the year or due to individual circumstances, SHIP counselors are also available to assist beneficiaries in analyzing their current healthcare coverage, and enrolling the individual into another plan which might provide greater benefit.

For more information on this free program or to schedule an appointment to speak with a counselor, contact Oak Park Township Senior Services at **(708) 383-8060**.



# julylunchmenu

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> FISH WITH DILL SAUCE, ALT: SMOKED HAM WITH PINEAPPLE GLAZE, AUGRATIN POTATOES, CORN, FRUIT SALAD, RYE BREAD
<b>4</b> CLOSED INDEPENDENCE DAY	<b>5</b> PORKCHOP VESUVIO, OVEN ROASTED POTATOES, CARROTS, APPLESAUCE, WHEAT BREAD, OATMEAL COOKIE	<b>6</b> PESTO CHICKEN, SUCCOTASH, RICE PILAF, KIDNEY BEAN SALAD, BISCUIT, APRICOTS	<b>7</b> ITALIAN MEATBALLS ON A BUN WITH PEPPERS AND ONIONS, VEGETABLE MEDLEY, COLE SLAW, JUICE	<b>8</b> WHITE FISH WITH CITRUS SAUCE, ALT: BREADED CHICKEN FRIED STEAK, GREEN BEANS, MASHED POTATOES, BISCUIT, PEACHES, GRANOLA BAR
<b>11</b> GRILLED HAMBURGER ON A BUN WITH KETCHUP AND MUSTARD, OBRIEN POTATOES, PEAS AND CARROTS, PEARS	<b>12</b> COUNTRY SMOKED HAM, SEEET POTATOES, CANNELINI BEANS, MUFFIN, FRUIT COCKTAIL, GRAHAM CRACKERS	<b>13</b> CHICKEN CAESAR SALAD ON LETTUCE, BROCCOLI SALAD, PASTA SALAD, MULTIGRAIN BREAD, APPLES	<b>14</b> BRATWURST, DICED POTATO, CORN, BUN, TROPICAL FRUIT SALAD	<b>15</b> BAKED TILAPIA, ALT: SOUTHWESTERN CHICKEN, BAKED BEANS, SPANICH RICE, CORN SALAD, FLOUR TORTILLA, ORANGE
<b>18</b> BONE IN CHICKEN, WILD RICE, GREEN BEANS, BLACK BEAN SALAD, RYE BREAD, PEARS	<b>19</b> VESUVIO MEATBALLS, RICE, MIXED VEGETABLES, TOSSED SALAD WITH CUCUMBERS, MUFFIN, PINEAPPLE	<b>20</b> BBQ PULLED CHICKEN ON A WHEAT BUN, TWICE BAKED SMASHED POTATOES, CORN, FRUIT COCKTAIL	<b>21</b> JULIENNE SALAD (MEATS AND CHEESES) ON LETTUCE, POTATO SALAD, DINNER ROLL, MUFFIN, CHERRIES	<b>22</b> CREOLE WHITEFISH, ALT: STUFFED CABBAGE, MASHED POTATOES, CARROTS, WHEAT ROLL, APPLE, OATMEAL BAR
<b>25</b> GRECIAN CHICKEN, MIXED VEGGIES, WILD RICE, ROYAL BEAN SALAD, EIGHT GRAIN BREAD, GRAPES	<b>26</b> PRIME RIB WITH AUJUS, PARSLEY POTATOES, GREEN BEANS, WHEAT BREAD, PEACHES	<b>27</b> CHICKEN SALAD ON LETTUCE, BABY CAR- ROTS, FRUIT SALAD, WHEAT ROLL, GRANOLA BAR	<b>28</b> BAKED CHICKEN ITALIANO, ROSEMARY POTATOES, MIXED VEGETABLES, TOSSED SALAD, FRENCH BREAD, PEAR	<b>29</b> LEMON PEPPER WHITE FISH, ALT: MEATBALL STROGANOFF, PASTA, PEAS, COLESLAW, MULTIGRAIN ROLL, PINEAPPLE

August and September 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**



# transportationschedule

## July

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Melrose Park Target 10:00 AM-1:00 PM
4 OFFICE CLOSED INDEPENDENCE DAY	5	6 Pete's Fresh Market 10:30 AM- 1:00 PM	7	8 River Forest Library 1:00-2:30 PM
11 Whole Foods 10:00 AM- 12:30 PM	12 Fair Share 1:30- 2:30 PM	13 Trader Joe's 9:00-10:30 AM	14	15 Downtown OP 10:30 AM- 1:00 PM
18 Carnival Foods 10:00 AM- 12:30 PM	19 *NAVY PIER	20	21 RF Town Center 10:30 AM-1:00 PM	22 Meijer & NR Mall 12:30- 2:00 PM
25 Oak Park Library 1:00- 2:30 PM	26 Wal-Mart 10:00 AM-2:00 PM	27 Bed Bath & Beyond 10:30 AM- 1:00 PM	28	29 OP Conservatory 10:00 AM- 12:30 PM

## August

1	2	3 Pete's Fresh Market 10:30 AM- 1:00 PM	4	5 Melrose Park Target 10:00 AM- 1:00 PM
8 Whole Foods 10:00 AM- 12:30 PM	9 Fair Share 1:30- 2:30 PM	10 Trader Joe's 9:00-10:30 AM	11	12 River Forest Library 1:00- 2:30 PM
15 Carnival Foods 10:00 AM- 12:30 PM	16	17	18 RF Town Center 10:30 AM- 1:00 PM	19 Downtown OP 10:30 AM- 1:00PM
22 Oak Park Library 1:00- 2:30 PM	23 *PEGGY NOTEBAERT NATURE MUSEUM	24 Bed Bath & Beyond 10:30 AM- 1:00 PM	25	26 Meijer & NR Mall 12:30- 2:00 PM
29	30 Wal-Mart 10:00 AM- 2:00 PM	31 Broadview Target 10:00 AM- 2:00 PM		

## September

			1	2 Melrose Park Target 10:00 AM- 1:00 PM
5 OFFICE CLOSED LABOR DAY	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 10:00 AM- 12:30 PM	20 Wal-Mart 10:00 AM- 2:00 PM	21	22 RF Town Center 10:30 AM- 1:00 PM	23 Meijer & NR Mall 2:30- 2:00 PM
26 Oak Park Library 1:00- 2:30 PM	27 *SHEDD AQUARIUM	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. \$7 admission for the Peggy Notebaert Nature Museum.  
 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

# 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:

Pamela Kende

### Senior Committee Members:

#### Oak Park Township

Dr. Kenneth Blair, Vice Chairman  
Barbara Bodner      Patricia Koko  
Lydia Manning      Sandra Rowe  
Phyllis Russell  
Mary Cozzens, Trustee Liaison

#### River Forest Township

James Flanagan, Chairperson  
Jean Buckley      Carol Cox  
Sally Gibbs      Chris Hauri  
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
Maggie Hettman	Case Manager
Nancy Hickey	Case Manager
Heidi Jasien	Case Manager
Michael Joffe	Case Manager
Jamie Perez	Case Manager
Megan Salisbury	Case Manager

#### Lunch Program:

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

#### Transportation Office:

Markeita Armstrong	Bus Driver
Donnell Brooks	Bus Driver
William Fairchild	Bus Driver
Gilbert Garcia	Bus Driver
Stephen Heinrich	Bus Driver
Lora Strong	Transportation Clerk/Bus Driver