

## 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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# Medicare Cost Changes for 2016

The Center for Medicare Services has released its beneficiary costs for 2016. For many, Social Security's "hold harmless provision" will be in effect. What this means, is that those individuals already receiving Medicare benefits will not be subject to an increase in their Part "B" premiums this year, and will remain at the current monthly deduction of \$104.90 in a majority of instances. Those new to Medicare though, will see a deduction of \$121.80 or higher depending upon reported income for 2014. The annual Part "B" deductible will increase for all beneficiaries though, from \$147 to \$166, as will the annual deductible for every sixty day Part "A" benefit period from \$1260 to \$1288, with daily coinsurance for inpatient hospital and skilled nursing care likewise increasing for longer stays.

The above applies to those individuals who receive their healthcare through original Medicare. Those who are enrolled in a Medicare Advantage plan receive their medical/pharmaceutical needs in a different manner. Medicare Advantage plans are those administered through a private insurance carrier, under contract with Medicare, or frequently through an employer or retiree plan. In these cases, costs, payments, and coinsurance are subject to the terms and conditions, established through the particular plan in which the individual is enrolled.

For those individuals who may qualify on the basis of income and assets, state or federal assistance might also be available to pay for Part "B" premium and prescription drug plan costs. The level of assistance subject to both these factors.

### Did You Know?

Oak Park Township Senior Services offers help with issues involving Medicare benefits and application assistance through the Senior Health Insurance Program. For more information or to schedule an appointment please phone **(708) 383-8060**.

# Winter Safety Precautions

With the winter season upon us, there are precautions all older adults should take to ensure they're properly protected during the cold weather months. Here are some simple and practical tips for preparing for the onslaught of whatever the season might offer:

## Clothing

Wearing two or three thinner layers of loose fitting clothing helps to retain body warmth better than one single, thick layer. Materials constructed of natural fibers are the most preferable.

## Snow Shovelling

Driveways and walkways that need to be cleared demand special precautions. If a person or service cannot be hired and one is required to rely on themselves, it's best to work slow while lifting small amounts of snow at a time and take frequent breaks. A sturdy, lightweight shovel should be employed to push instead of lift snow. This should never be attempted with by an individual in poor health or with a heart condition.

## Home Safety

Fires can be avoided by keeping clothing, curtains, and blankets away from devices which heat the residency. Make sure that all smoke and carbon monoxide detectors are in working order as well. Where a fireplace is present, always use a screen to prevent the scattering of sparks and logs.

## Falls

Icy or snowy sidewalks are always a major concern. These surfaces should be avoided if at all possible, in favor of pavement which is dry and cleared. Wearing boots with non-skid soles are advisable, and if using a cane, try and replace the rubber tip before it becomes worn and smooth. Some medical supply stores even carry an ice pick-like attachment that can fit to the end of a cane for additional traction.

# New Home Delivered Meals Truck Arrives



The new Home Delivered Meals truck in the Senior Services parking lot

Oak Park Township Senior Services has acquired a new Home Delivered Meal vehicle to transport one well balanced meal weekdays to eligible residents of Oak Park and River Forest age sixty and older, who are unable to leave their homes. The truck was a purchase made possible through a grant from Age Options.

## What is the Home Delivered Meals program and who qualifies?

In order to qualify, the resident must be homebound for three consecutive days or longer, because of an illness, incapacitating disability, or isolated due to extreme transportation problems. A spouse of an eligible person might also qualify if receipt of the meal is in the best interest of that homebound individual. Each meal meets one-third of the Recommended Dietary Allowance for proper nutrition.

To enroll in the program, phone the Senior Services Intake Coordinator at **(708) 383-8060**. After an intake has been completed, a case manager will call the prospective participant or specified contact to set up an in-home assessment.

# New to Senior Services

## **Megan Salisbury**

Megan comes to Oak Park Township Senior Services, after having worked at North Side Housing, where she served as a case manager, assisting individuals who were previously homeless to find permanent housing.

## **Dawn Kupperschmidt**

Dawn is a resident of Oak Park and received her degree from UIC – Jane Addams College of Social Work. She has worked in the past with housing programs for the homeless, foster care, and helping adult adoptees locate their birth parents. Most recently she worked with older adults in Chicago in a position similar to her work with Oak Park Township Senior Services.

## **Michael Joffe**

Michael previously worked as a case coordinator at West Suburban Senior Services in Bellwood and had worked with the Community Care Program since 2014. He received his Masters in Social Work in 2009 from DePaul University, specializing in work with the aging population. During his career, Michael has worked all over Chicago and the surrounding suburbs doing home visits for seniors since 2007. He has also interned with Little Brothers Friends of the Elderly and the Jewish Healing Network. In addition, he has worked with seniors living in Chicago Housing Authority residencies and for a home health care agency.

# The Latest Events Coming to River Forest Township and Library

The joint partnership between River Forest Township and library continues this winter with more "Celebrating Seniors All Year Long" programming:

## **River Forest Public Library Weekend Programs:**

*Iran with Bill Helmuth:* Sunday, January 10

*Talking Intelligently About Art with Jeff Mishur:*  
Sunday, February 20

*Womens' History Month Living History presents Marie Antoinette with Martina Mathiesen:*  
Sunday, March 6

All above presentations held from 2:00 to 3:00 PM

## **Ongoing Monthly Features**

### *Coffee Mondays*

The first Monday of the month 10:00 to 11:00 AM. Conducted at the River Forest Library and supported by Blue Max. During the winter, a new guest will briefly speak each month on a specific topic, leaving time afterwards for questions and conversation among guests.

January 4: River Forest Township's Cathaleen Roach will get you started on writing your own life story with "*Getting Started: The Whys and the Hows of Beginning your Life Story or Memoir Writing*".

February 1: For Valentine's month, two vocalists the Acappella Fellas, will entertain with their repertoire of 1930's to 1950's oldies songs, with an emphasis on popular love songs

March 7: River Forest Police Department's Officer Glen Czernik will be available to answer questions and briefly discuss current and common scams that are targeting local seniors.

### *Computer Learning Lab*

Wednesdays 10:00 to 11:30 AM. Held at the River Forest Library. From very basic to more moderately challenging, tutorial services and more can be yours if you drop in to the Computer Learning Lab. Laptops provided or bring your own. Instructors will be available to assist in enhancing or improving one's computer skills.

# events & transportation schedules

## Upcoming Events & Programs

All activities are conducted in the first floor lunch room unless otherwise noted. Scheduling subject to change. Additional programs might be added after the time of this publication.



### **AUTOMOTIVE SAFETY** **Rules of the Road**

Wed., Mar. 9: 1:30 PM; Second Floor  
Phone 708-383-8060 to enroll



### **BINGO**

Every Wed. in Jan., Feb., and Mar.; 10:30 AM



### **BIRTHDAY CELEBRATIONS**

Last Thursday in Jan., Feb. and Mar.



### **CAREGIVER RESOURCE CENTER** **Caregiver Support Group:**

Second and fourth Fri. in Jan., Feb. and Mar.;  
10:00 AM to 12:30 PM

For more information or to register for these events, contact  
Steven Smith at (708) 383-8060.



### **DINE OUT PROGRAM**

Coupons are sold on the days and times below:  
First Floor Lunch Room: Tues., Wed, & Thurs. (except  
holidays); 9:00 AM-Noon



### **HEALTH & WELLNESS PROGRAMS** **Hearing Screenings:**

Second Wed. in Jan., Feb., & Mar.; 10:00 to 11:30 AM  
Conducted through Connect Hearing. Appointment  
required. Phone (708) 383-8060 to schedule



### **SENIOR HEALTH INSURANCE PROGRAM**

Counselor available on the second floor by appointment.  
Phone (708) 383-8060 to schedule a day and time.

## Where do you want to go?

Call (708) 383-4806 for reservations.  
Suggested donation is \$1.00 per ride.

### **Forest Park Wal-Mart:** **Site orientation:**

#### Mills Park Tower:

Fri., Jan. 15, Feb. 19, & Mar. 18  
10:30 AM- 1:00 PM

#### Heritage House:

Tues., Jan. 12, Feb. 9, & Mar. 8  
10:00 AM- 12:30 PM

#### The Oaks:

Tues. Jan. 5, Feb. 2, & Mar. 1  
10:00 AM- 12:30 PM

### **Additional trips:**

Tues., Jan. 26 & Mar. 22  
10:30 AM- 1:00 PM

### **Aldis:**

#### The Oaks:

Tues., Jan. 19, Feb. 16 & Mar. 15

#### Mills Park Towers:

Fri., Jan. 8, Feb. 12 & Mar. 11  
Pick-up: 10:30 AM; return: Noon

### **North Riverside Mall:**

Wed., Feb. 17

Pick-up: 9:30-10:00 AM; return: 2:00 PM

### **Oak Park Trader Joe's:**

Wed., Feb. 10

9:00 to 10:30 AM

### **Special Excursions:**

Pick-up time for all excursions begins at  
9:30 AM; return at 1:30 PM. Round trip  
fare is \$5 unless otherwise noted.

#### Art Institute of Chicago:

Tues., Jan. 26

#### Chicago History Museum:

Tues., Feb. 23

#### Navy Pier:

Tues., Mar. 29

# january **lunch** menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>CLOSED</b> <b>NEW YEARS</b> <b>DAY</b>
<b>4</b> Chicken Fried Steak with Country Gravy, Mashed Potatoes, Peas and Pearl Onions, Rye Bread, Apple Slices, Graham Crackers	<b>5</b> Manicotti and Meatballs with Vodka Sauce, Venetian Blend Veggies, Tossed Salad, Whole Grain Bread, Pears	<b>6</b> Lemon Chicken, Noodles, Scandinavian Blend Veggies, Pea Salad, Multigrain Roll, Fruit Cocktail	<b>7</b> Roast Pork with Mushroom Gravy, Bread Stuffing, Winter Squash, Beet Salad, Wheat Bread, Orange	<b>8</b> White Fish in Citrus Sauce, ALT: Stuffed Cabbage, Whipped Potatoes, Carrots with Dill Sauce, Wheat Roll, Peaches, Cookies
<b>11</b> Meatballs with Marinara Sauce, Pasta, Green Beans, French Bread, Pineapple	<b>12</b> Chicken and Sausage Casserole, Rice, Peas and Carrots, Cajun Coleslaw, Wheat Bread, Fruit Salad	<b>13</b> Bratwurst on a Wheat Bun, German Potato Salad, Sweet Sour Red Cabbage, Peaches	<b>14</b> Chicken Italiano, Pasta, Mixed Vegetables, Wheat Roll, Tossed Salad, Apricots	<b>15</b> Fish Patty, ALT Chicken Patty w/Cajun Cream Sauce, Browned Potatoes, Beans w/Spinach, Tropical Fruit Salad, Wheat Bun
<b>18</b> <b>CLOSED</b> <b>MARTIN LUTHER</b> <b>KING'S</b> <b>BIRTHDAY</b>	<b>19</b> Italian Sausage with Red Sauce, Pasta, Mixed Vegetables, Tossed Salad, Whole Grain Roll, Apricots	<b>20</b> Prime Rib with Au Jus, Mashed Potatoes, Carrots, multigrain Roll, Peaches	<b>21</b> Chicken Cacciatore, Green Beans, Garlic Mashed Potatoes, French Bread, Plums, Granola Bar	<b>22</b> Crunchy Pollack, ALT: Oriental Chicken, Oriental Vegetables, Asian Rice, Asian Coleslaw, Wheat Roll, Fruit Cocktail
<b>25</b> Chicken, Black Beans, Fiesta Rice, Corn Salad, Flour Tortilla, Pears	<b>26</b> Pork Cutlet with Gravy, Peas and Carrots, Baked Potato, Swirled Rye, Prunes, Whole Grain Muffin	<b>27</b> Chicken Ala King, Rotini Pasta, Normandy Veggie Blend, Wheat Bread, Pea Salad, Apple Sauce	<b>28</b> Southern Fried Chicken with Country Gravy, Mashed Potatoes, Corn w/Peppers, Biscuit, Fruit Salad, Oatmeal Bar	<b>29</b> Creole Style White Fish, ALT: Sloppy Joes, Wheat Bun, Diced Red Potatoes, Baked Beans, Orange

**February and March 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:

Pamela Kende

### Senior Committee Members:

#### Oak Park Township

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

#### River Forest Township

James Flanagan, Chairperson  
Jean Buckley      Carol Cox  
Sally Gibbs      Chris Hauri  
Linda Ryan      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
Dawn Kopperschmidt	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:

Jeremiah Mabon	Transportation Coordinator
Markeita Armstrong	Bus Driver
Jim Bernasek	Bus Driver
William Fairchild	Bus Driver
Gilbert Garcia	Bus Driver
Stephen Heinrich	Bus Driver
Lora Strong	Transportation Clerk/Bus Driver