



news & views

Enhancing the quality of life for seniors in our communities

Fall 2023

Senior Services

130 S. Oak Park Avenue
Oak Park, IL 60302

Main: (708) 383-8060

Transportation: (708) 383-4806

seniors@oakparktownship.org

Office Hours:

Monday-Friday, 9:00am-5:00pm
(Flexible appointments available upon request)

Case Management

Senior Dining Programs

Home Delivered Meals

Information & Assistance

Senior Advocacy

Money Management

Caregiver Support Programs

Benefit Access Applications

Adult Protective Services

Memory Café

Find us online at:

oakparktownship.org

riverforesttownship.org

[Facebook.com\oakparktownship](https://www.facebook.com/oakparktownship)

[Facebook.com\riverforesttownship](https://www.facebook.com/riverforesttownship)



RECOGNIZE



ASSIST



INCLUDE



SUPPORT



ENGAGE

National Family Caregivers Month

Families are the primary source of support for older adults and people with disabilities in the U.S.

Many caregivers work and also provide care, experiencing conflicts between competing responsibilities. Research indicates caregiving also takes a significant emotional, physical, and financial toll. With nearly half of all caregivers over age 50, many are vulnerable to a decline in their own health. Studies show that coordinated support services can reduce caregiver depression, anxiety, and stress, and enable them to provide care longer, which avoids or delays the need for costly institutional care.

Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

Free to participate!

- **Caregiver Support Group** meets the 2nd & 4th Thursdays of the month
- **Grief Support for Caregivers** meets the 1st & 3rd Thursdays of the month
- **Memory Café** Every 3rd Tuesday of the month

For more information or to register, call or email

Devin Andrews, Caregiver Support Specialist, at:
(708) 725-9116

dandrews@oakparktownship.org

INSIDE THIS ISSUE:

- OPRF activities
- Benefits
- Open Enrollment
- Super Seniors Mobile event
- PEARLS
- Affordable Wills

River Forest Township & Library Events

Programs provided in partnership with the
River Forest Public Library
Visit the website: riverforestlibrary.org/
or call 708-366-5205

Coffee Mondays, the first Monday of the Month from 10:00 - 11:00am

October 2: Annese Piazza, Will address how prescription drug changes will impact seniors in 2024

November 6: Sgt. Ben Ransom will present "A Crime Prevention Approach to Fraud and Scams"

December 4: Dan Urben from Cantata Adult Life Services will talk about their Take 2 HomeCare Program

Celebrating Seniors All Year Long Programs

Sundays From 2:00– 3:30pm
(Details on library website)

October 22: Paranormal Research and Author Chad Lewis

November 5: Leslie Goddard Portrays Queen Elizabeth II

November 12: Gangster History in Oak Park and River Forest with John Binder

December 10: Tis the Season: Holiday Traditions from Radio's Golden Age with Steve Darnall

December 14: Holiday Themed Craft and Chat 7:00pm-8:00pm (Register in advance) - Thursday

ONGOING EVENTS (check with library)

Games for Grownups

Second Friday 1:00-2:00pm

Film Lover Friday:

Third Friday, 12:00-2:30 pm

Yoga with Rhonda Fentry: (Registration required)

Second Saturday, 2:00-3:00pm

Please call /email Betsy Kelly, 708-366-2029x13 or bkelly.rftownship@gmail.com with questions or suggestions.

Oak Park Township - Upcoming Events

These free events are held at 130 S Oak Park Ave in Oak Park, unless otherwise specified. Residents of all communities are welcome!

Registration required for all programs through our Senior Services Nutrition and Program Hotline at: (708) 725-9129

Oak Park Library BOOK BIKE: 11:00am-Noon on the last Wednesday of the month

MAD4 MATS: Woven with Love Community Project weaving mats for local shelters/churches.

10:00am-1:00pm. Every Thursday

Fit n Strong: 9:30am–11:00am Tuesdays and Fridays.

Pre-registration Required. WAIT LIST ONLY

ONGOING EVENTS

WE'RE OPEN DAILY FOR LUNCH
11:00am-1:00pm

Book Club: 10/31, 11/28, 12/19 1:00-2:00pm

BINGO: Every Wednesday, 10:00-11:00am

Free Conference Call-In: (425) 436-6394 Access

Code: 506198#. Join us for lunch after BINGO!

Slowfire Art Classes: Every Wednesday

1:00-2:00pm

Line Dancing: Every Thursday; 1:00-2:00pm

Zumba GOLD: Every Monday -9:30-10:15am

Nutrition Advisory Council: 10/10, 11/7, 12/12

1:00-2:00pm

Senior Services will be closed:

- Monday, October 9th - Indigenous People Day
- Friday, November 10th- Veteran's Day
- Thursday, November 23rd - Thanksgiving Day
- Friday, November 24th - Friday after Thanksgiving
- Monday, December 25th- Christmas Day
- Tuesday, December 26th - Day after Christmas Day

Benefits

Benefit Access Applications for Older Adults age 65 years of age or older, and adults with a disability (age 18+). Residents are able to make an appointment with our Older Adults Benefit Specialist.

BAA Benefits include:

- Ride-Free Card
- Reduced Fare License Plate Renewal Fees

Additional application assistance also available for:

- SNAP Card, Medicare D, Medicare Savings, Medicaid Applications, and more

To make an appointment, please call Senior Services at **(708) 383-8060**

Get started with Medicare

Medicare is health insurance for people 65 or older. You may be eligible to get Medicare earlier if you have a disability, End-Stage Renal Disease (ESRD), or ALS (also called Lou Gehrig's disease).

Some people get Medicare automatically, others have to actively sign up, it depends if you start getting retirement or disability benefits from Social Security before you turn 65.

**Open enrollment starts on
October 15 to December 7.**

A SHIP counselor is available at the Township to help navigate and answer any questions.

Please call for an appointment with our trained and certified counselors at (708) 383-8060.



Don't forget!

Super Seniors Mobile Event from the Illinois Secretary of State– *October 23*
River Forest Township from 10:00a.m-2:00p.m

**Contact Caroline Wilz to register and for more information:
(708)383-8060 ext. 3118**

REDUCE DEPRESSION AND FEEL BETTER

Program to Encourage Active Rewarding Lives (PEARLS)

This is a new, free, evidence-based program designed to reduce depressive symptoms and improve quality of life in older adults. PEARLS provides confidential high-quality wellness care for those who want to improve the way they feel.

HOW IT WORKS:

Participants work with a coach at home or virtually (6-8 sessions) enhancing problem-solving skills and behavioral techniques that help:

- ◇ Recognize the symptoms of depression
- ◇ Identify and solve life problems
- ◇ Increase personal activities

To receive assistance through our PEARLS program or for additional questions, call (708)383-8060

Advance Directives & Affordable Wills

The Center for Disability & Elder Law (CDEL) helps qualified seniors age 60 and over and persons with disabilities prepare Power of Attorney and Living Will documents for free. Each program has its own eligibility criteria, please call:

312.376.1880

**For low-cost will services; please call
Senior Services at:
708-383-8060**



OAK PARK
TOWNSHIP



RIVER FOREST
TOWNSHIP

Oak Park & River Forest Townships

Senior Services Personnel Directory

Township Officials

Oak Park Township Supervisor:

Clarmarie I. Keenan

Trustees:

Eric Davis
Tim Thomas
Ade Onayemi
Margaret Trybus

Township Clerk:

DaToya Burtin-Cox

Assessor:

Ali ElSaffar

River Forest Township Supervisor:

Carla Sloan

Trustees:

Helene Connolly
Deana Herrman
Keith Strom
Karen Taubman

Township Clerk:

John Becvar

Assessor:

Pamela Kende

Senior Committee Members:

Oak Park Township

Valerie Lester, Chairperson

Andrew Roskos, Vice Chairperson

Patricia Koko Sabryna Joi King-Bell

Joy Aaronson Jean Peterman

Margaret Nafiseh

Eric Davis, Trustee Liaison

River Forest Township

Jean Buckley Lydia Manning

Mike Carioscio Jim Flanagan

Carolyn Foster Briselda Gjikondi

Ruth Reko

Betsy Kelly, serving as Liaison for

Trustee Karen Taubman

Administrative Offices:

Pamela Mahn Director
Maureen Delaney Assistant to the Director
Mary Anne Ojeda Senior Manager Social Services

Aging & Disability Resource Center:

Caroline Wilz Older Adult Benefits Administrator
Yazmin Morales Information & Assistance/Housing Specialist
Marsha Steen Information & Assistance Specialist

Caregiver Program:

Devin Andrews Caregiver Support Specialist

Case Management:

Bonnie Noe Care Coordination Unit Supervisor
Amanda Bradley Behavioral Health Care Coordinator
Ashley McKinley Care Coordinator
Audrey Crowder Behavioral Health Care Coordinator
Ericka Fox Intake Specialist/Care Coordinator
Michael Joffe Team Lead for Care Coordination
Michelle Hampton Care Coordinator
Taylor Gilbert Team Lead Billing & Quality Assurance
Tovara Poffenberger Care Coordinator
Vincent Hartnett Care Coordinator

Adult Protective Services, Choices for Care, Money Management:

Bianca Ingwersen Adult Protective Svcs & Choices for Care Supervisor
Vivian Holt Adult Protective Svcs & Money Management Coordinator
Jennifer Fryer Care Coordinator/Choices for Care
Susan Hooper Care Coordinator/Choices for Care

Nutrition Program:

Mercedes Nash Nutrition Site Supervisor
Janice Underwood Nutrition Program Assistant
Asia Moore Data Entry Clerk/Receptionist
Doug Strubel Food Service Worker
Tracey Griffin Food Service Worker
Sarah Cerda Food Service Worker

Programs and Engagement:

Laura Valcour Program & Engagement Administrator

Transportation:

Lori Strong Transportation Manager
Yvette Dotson Dispatcher/Driver
Edward Timothy McCoy Driver
Kimberly Loggins Bus Driver
Milton White Bus Driver
Terry Woodard Bus Driver