Townships of the Year!

Senior Services of Oak Park and River Forest won the award for Township of the Year at the recent Township Officials of Illinois Conference. Out of 27 state townships, Oak Park and River Forest were chosen by the Illinois Township Association of Senior Citizen Services Committees (ITASCSC) for their "outstanding commitment to meeting the needs of older adults."

In addition to this partnership of Townships sharing programs and services for older adult residents in both Oak Park and River Forest communities, they also collaborate with several agencies, organizations, and government entities to provide older adults and people with disabilities an array of services to support their independence and engagement in the community.

ITASCSC was officially recognized by the Township Officials in 1982 and formed as a result of a number of township representatives meeting to address the need to enhance senior services for the growing number of seniors in their communities.

The mission of ITASCSC is to enable townships to provide services necessary to empower older adults to maintain independent lifestyles within their own communities.

"A debt of gratitude is owed to all of our partner organizations, local resident partners, and those who have worked before us and alongside us for the benefit of older adults in our communities," said Pamela Mahn.
River Forest Township and Library Events

All events below are jointly sponsored by River Forest Township and River Forest Library and are held at the Library, 735 Lathrop Ave., River Forest at no charge. All communities are welcome!

Sunday, January 12th, 2:00pm: Using Genealogy & Historical Research to Make a Wonderful Memoir, with Charlie Thomas. Come learn in real-time how to access great historical web sites.

Sunday, February 9th, 2:00pm: The Chicago Arab Music Ensemble explores the songs, instruments and people who make the beautiful songs of the Arab world.

Sunday, February 16th, 2:00pm: Everything You Need to Know about the 2020 Census. Come learn about the Census as local efforts move into high gear.

Sunday, February 23rd, 2:00pm: Chicago’s Most Wanted, with author and entertainer, Laura Enright, who explores Murderous Mobsters, Midway Monsters, and Windy City Oddities from her book.

Sunday, March 1st, 2:00pm: Harriet Tubman Speaks, with Marlene Rivero who slips into the persona of the former slave and shares her story of faith, determination, and courage.

Sunday, March 8th, 2:00pm: Entering the Blue Zones: Living Vibrantly into your 90’s and Beyond, with RN Joan Davis, who travels to the Blue Zones to discover the secrets to living longer with better health in this interactive program.

Sunday, March 15th, 2:00pm: Join The Irish Heritage Singers, who are back by popular demand and share Ireland’s rich musical heritage.

Sunday, March 29th, 2:00pm: Redlined: A Memoir of Race, Change, and Fractured Community in 1960’s Chicago. Learn about the impact of the federal government’s lending policy that segregated America and its effect on the author’s family and the local West Side community.

Coffee Mondays: at River Forest Library, 735 Lathrop, River Forest, 10:00-11:00am. We gather the first Monday of every month (unless a holiday) for conversation, and free coffee and bagels. (January 6th, February 3rd, March 2nd)

Social Stitching: Wednesdays at River Forest Library. (January 22nd, February 26th, March 25th). 10—11 am.

Film Lover Fridays Returns! Fridays at River Forest Library. (January 17th, February 21st, March 20th). Noon—2:30pm.

Join us for more! www.riverforesttownship.org or at www.facebook.com/riverforesttownship. Call or email Carla Sloan at (708) 366-2029 or cbsloan.rftownship@gmail.com with questions.

Oak Park Township Upcoming Events

All events below are held at Oak Park Township Senior Services, 130 S. Oak Park Avenue, on the First Floor at no charge. All communities are welcome! For more information call Kristin Norman at (708) 383-8060.

BINGO: Wednesdays at 10:20am
One of the most popular activities. Come win prizes! Guest Bingo Callers!

MOVIE & POPCORN: Mondays at 11:45am
- January 6: The Good Liar
- January 13: Downton Abbey
- January 27: Judy
- February 3: The Big Sick
- February 10: Harriet
- February 19: The Simple Life of Noah Dearborn
- February 24: The Hate U Give
- March 2: True Grit
- March 9: Ladies in Black
- March 16: Mommie Dearest
- March 23: Cat on a Hot Tin Roof
- March 30: Guys and Dolls

NEW! TAI CHI CLASS: Mondays, 3:00pm-4:00pm (starting 1/13)

STRENGTH & BALANCE CLASS: Tuesdays, 9:00am-10:00am

KNITTING CLUB: Mondays, 11:45am-2:00pm
Bring your yarn, needles, and great conversation.

YOGA: 2nd and 4th Fridays, 12:30pm-1:30pm
You set the pace in this fun and gentle chair yoga class.

COOKING DEMOS: Last Thursday of each month, 10:20am
- January 30: Cherry Coconut Smoothie & No Bake Peach
- February 27: Peach Green Tea Smoothie
- March 26: Mango Ginger Turmeric Smoothie

HEALTH PRESENTATIONS: 11:00am (unless noted)
- January 7: UIC Nutrition Talk
- February: TBA
- March: TBA

Oak Park Warming Centers

<table>
<thead>
<tr>
<th>Oak Park Hospitals</th>
<th>Other Locations</th>
</tr>
</thead>
<tbody>
<tr>
<td>West Suburban Medical Center</td>
<td>Oak Park Village Hall</td>
</tr>
<tr>
<td>Rush Oak Park Hospital</td>
<td>Oak Park Township Senior Center (60+)</td>
</tr>
</tbody>
</table>

Housing Forward (Overnight Shelters in various locations)
888-338-1744

If transportation is needed to a center, please call the Oak Park Police Department non-emergency number at (708) 386-3800.
Older Americans have historically been more likely than other age groups to return their U.S. census forms and make sure they were counted. But as the country gears up for the 2020 census this March—the first that will be completed largely online—experts say there will be challenges in getting older people to participate. Between March 12th –20th, the majority of households will receive a postcard invitation to respond online to the 2020 census. Those who don’t answer will then receive the traditional paper form in the mail. If a household still does not respond, the bureau will send a census taker to that household to collect the data. These household visits will start in May 2020, and a census taker may visit the households up to 6 times. If you choose to have a census taker come to your house, check to make sure the person has a valid ID badge with his or her photograph, a Department of Commerce watermark, and an expiration date. If you suspect fraud, please do not engage with that person and call your local police.

Why Participate?
- More than 300 federally funded programs will rely on census data to distribute more than $675 billion to states and localities, including funds for older adult programs.
- The results of the census are used to reapportion the House of Representatives determining how many seats each state gets.
- Residents use the census to support community initiatives involving legislation, quality-of-life, and consumer advocacy.

It is also a Job Opportunity!
Census takers will typically be employed for several weeks or up to a few months-typically for 6 weeks (May-July 2020). Apply early as it takes several weeks from the time you get the job offer to the time you begin work as a census worker. For more information or to apply online, please visit www.census.gov/jobs. If you have any questions about the census, please do not hesitate to call Oak Park Township Senior Services at (708) 383-8060.

Be Neighborly and Become a Great Neighbor!
Be a part of a new movement in Oak Park and River Forest to create intergenerational friendships and help older adults age in place in their community. The Great Neighbor program promotes interactions between neighbors to prevent isolation and loneliness. Volunteers are available to do a variety of activities with their older neighbor. Some examples include: spending social time together, going on outings, helping with a pet, going grocery shopping, sharing a meal, playing games, and helping with errands. Are you interested in signing up for a visit from a “Great Neighbor”? This program is open to individuals 60 or older who would like to be more connected to their neighborhood. For more information on how this program can help you, or to become a Great Neighbor, call (312) 604-7234 or visit www.great-neighbors.org.

The Great Neighbor program is offered in partnership with Little Brothers Friends of the Elderly, Arbor West Neighbors, and Senior Services of Oak Park and River Forest Townships.

Free Tax Prep Sites*

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Contact</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forest Park Community Center</td>
<td>7640 Jackson Blvd. Forest Park</td>
<td>(708) 771-7737 appointment required: (starts taking appts. 1/2)</td>
<td></td>
</tr>
<tr>
<td>Triton College</td>
<td>2000 5th Avenue River Grove</td>
<td>(708) 456-0300 ext. 3895 appointment required: (starts taking appts. 1/21)</td>
<td></td>
</tr>
<tr>
<td>Prosko Park Room</td>
<td>3001 Wisconsin Ave Berwyn</td>
<td>(708) 945-3943 NO appointment required: Saturday, February 1st 8:00am-2:00pm Future Dates TBA</td>
<td></td>
</tr>
<tr>
<td>Riverside Public Library</td>
<td>1 Burlington Road Riverside</td>
<td>(708) 442-6366 appointment required: (starts taking appts. 1/8)</td>
<td></td>
</tr>
</tbody>
</table>

* May have income limitation requirement
Special Excursion Trips

(limited seats; minimum number of passengers needed per trip; all pick-ups begin at 8:45am and return back to the Township at 2:00pm.)

Suggested Donation: $5 per trip

January 14: Oriental Museum
10:00am-1:30pm

February 11: DuSable Museum
10:00am-1:30pm

March 10: Botanical Gardens
10:00am-1:30pm

Senior Building Trips

Mills Park Tower, 1025 Pleasant Place:
Pete’s Fresh Market - Mondays, 11am-1pm
Jewel River Forest - Thursdays, 12pm-1:30pm
Aldi’s - 2nd Friday of the month, 1pm-2:30pm
Walmart - 3rd Friday of the month, 12pm-2pm

Heritage House, 201 Lake Street:
Walmart - 2nd Tuesday of the month, 1pm-3pm
Jewel River Forest - Thursdays, 12:30pm-2pm

The Oaks, 114 S. Humphrey:
Walmart - 2nd Monday of the month, 10:00AM-Noon
Jewel Oak Park - Fridays, 12:30pm-2pm

Regular Shopping Trips

Jewel River Forest
Thursdays and Fridays
9am-10:30am

Trader Joe’s
2nd Monday of the month
1pm-3pm

Medical Lending Closet

The Township has a medical lending closet where you can borrow an item free of charge for as long as you need it. We have gently used canes, walkers, rollators, and other medical equipment. We also have shower chairs, tub transfer benches, raised toilet seats, and wheelchairs. We accept gently used equipment for our inventory.

Call (708) 383-8005 to learn more about what we have in stock or to reserve your medical equipment today.

Upcoming Holidays

Oak Park Township Senior Services will be closed in observance of the following federal holidays:

Wednesday, January 1 New Year’s Day
Monday, January 20 MLK Day
Monday, February 17 Presidents’ Day

We provide curb-to-curb bus service for residents of Oak Park and River Forest age 60 or older. Rides can be arranged for any purpose to locations within Oak Park and River Forest. Transportation to local hospitals outside the service area may be considered based on availability. Special group trips are offered periodically.

Call to make a reservation
(708) 383-4806
**January 2020**

**Dining Hours:**
Monday-Friday: 11:00 AM - 1:00 PM

- **Monday, January 6:**
  - Baked Meatloaf w/ Gravy:
    - Mashed Potatoes, Broccoli, Melon, Bread

- **Tuesday, January 7:**
  - **Closed**

- **Wednesday, January 8:**
  - **Closed**

- **Thursday, January 9:**
  - **Closed**

- **Friday, January 10:**
  - **Closed**

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**Suggested Meal Contribution:**
$1.50

This program is funded in part by Age Options and Title III-C of the Older Americans Act.

**Oak Park Township Senior Services,**
130 S. Oak Park Avenue, Oak Park, IL, 60302. (708) 383-8060.

Although Congregate and Home Delivered meals are similar, some menu items may vary. If you are a home-delivered meal participant, please contact our Senior Nutrition team with any questions regarding the daily menu.

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**Menu:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Meal 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-6</td>
<td>Baked Meatloaf w/ Gravy: Mashed Potatoes, Broccoli, Melon, Bread</td>
<td><strong>Closed</strong></td>
<td><strong>Closed</strong></td>
<td><strong>Closed</strong></td>
</tr>
<tr>
<td>7-13</td>
<td>Baked Meatloaf w/ Gravy: Mashed Potatoes, Broccoli, Melon, Bread</td>
<td><strong>Closed</strong></td>
<td><strong>Closed</strong></td>
<td><strong>Closed</strong></td>
</tr>
<tr>
<td>14-20</td>
<td>Baked Meatloaf w/ Gravy: Mashed Potatoes, Broccoli, Melon, Bread</td>
<td><strong>Closed</strong></td>
<td><strong>Closed</strong></td>
<td><strong>Closed</strong></td>
</tr>
<tr>
<td>21-27</td>
<td>Baked Meatloaf w/ Gravy: Mashed Potatoes, Broccoli, Melon, Bread</td>
<td><strong>Closed</strong></td>
<td><strong>Closed</strong></td>
<td><strong>Closed</strong></td>
</tr>
<tr>
<td>28-31</td>
<td>Baked Meatloaf w/ Gravy: Mashed Potatoes, Broccoli, Melon, Bread</td>
<td><strong>Closed</strong></td>
<td><strong>Closed</strong></td>
<td><strong>Closed</strong></td>
</tr>
</tbody>
</table>

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**January 2020 Senior Lunch Program**

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**Title of the document:**
Oak Park Township Senior Lunch Program

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**Note:**
Menu items are subject to change. Diabetic meals will receive a substitute for dessert. All meals served with 1% or Skim Milk.

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**Caption:**
Although Congregate and Home Delivered meals are similar, some menu items may vary. If you are a home-delivered meal participant, please contact our Senior Nutrition team with any questions regarding the daily menu.

---

**Notice:**
Menu items are subject to change. Diabetic meals will receive a substitute for dessert. All meals served with 1% or Skim Milk.
Oak Park Township Supervisor: Clarmarie I. Keenan

Trustees: Eric Davis
Michelle Mbekeani-Wiley
Ade Onayemi
Margaret Trybus

Township Clerk: Gregory P. White

Assessor: Ali ElSaaffar

River Forest Township Supervisor: Carla Sloan

Trustees: Helene Connolly
Holly Economos
Mark Kelty
Karen Taubman

Township Clerk: Abby Schmelling

Assessor: Pamela Kende

Senior Committee Members:

Oak Park Township
Dr. Kenneth Blair
Vice Chairman
Joy Aaronson
Barbara Bodner
Patricia Koko
Lydia Manning
Michelle Thomas
Valerie Lester
Margaret Trybus
Trustee Liaison

River Forest Township
Ruth Reko
Chairperson
Jean Buckley
Sally Gibbs
Ann O’Connell
James Flanagan
Ruth Reko
Micah Hibler
Margaret Rudnik
Karen Taubman
Trustee Liaison

Senior Services Staff Directory

Administrative Offices:

Pamela Mahn
Christopher Fox
Barbara Heinrich
Christine Brooks
Catherine Rison

Case Management:

Shawn Lewis
Bianca Ingwersen
Calvin Berg
Amanda Bradley
Jennifer Fryer
Nancy Hickey
Vivian Holt
Michael Joffe
Jakeeta Mchnis
Bonnie Noe
Pleshette Davis

Madeline Pietryla
Kristin Norman
Colleen Nash
Latara Spence
Daphane Patterson
Sandra Shanks
Pat Riley

Charles Barnes
Lori Strong
Carole Carter
Donnell Brooks
Terry Woodard
Sheena Womack

Senior Lunch Program Manager

Activity Assistant
Food Service Worker
Lead Food Service Worker
Home Delivered Meals Driver
Data Entry Clerk

Transportation Coordinator
Transportation Clerk/Bus Driver
Bus Driver
Bus Driver
Bus Driver

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 Senior Services at: (708) 383-8060.