Booster Shot Information

The CDC has approved COVID-19 booster shots for anyone age 18 and older.

- For individuals who initially received a Pfizer-BioNTech or Moderna COVID-19 vaccine, booster shots are recommended for those 18 and older who were vaccinated six or more months ago.

- For individuals who initially received the Johnson & Johnson COVID-19 vaccine, booster shots are recommended for those who are 18 and older and who were vaccinated two or more months ago.

You do not need to return to your original vaccine provider for a booster dose.

The COVID-19 vaccine and boosters are widely available right now at national pharmacies like CVS, Walgreens and Jewel-Osco. Most locations require appointments that can be self-scheduled online or on the phone.

With the new Omicron variant circulating, booster shots are more important than ever before to increase your body’s ability to prevent a COVID-19 infection. Getting vaccinated can help protect your health and the health of your family, friends and community. Always consult with your physician if you have questions about whether the vaccines or boosters are right for you.

If you want to get your shot, you may schedule with you healthcare provider or at your local pharmacy.

You can also visit MyShotCookCounty.com to find alternate vaccine sites near you, or call (833) 308-1988.

The CDC also offers a vaccine finder tool at www.vaccines.gov or (800) 232-0233 to search for locations near you.

Vaccinations and boosters are free.

Home Bound information and support:

If you need to submit a request for vaccinations for someone who is homebound, and technology is barrier, a phone number that will be answered by someone that can record your information is provided and can start the scheduling process. Please call (312) 682-6223.
River Forest Township and Library Events

All events below are jointly sponsored by River Forest Township and River Forest Library and are offered in person at no charge. All communities are welcome! Call Betsy for more information at (708) 366-2029 x13

River Forest Public Library:
Located at 735 Lathrop Ave, River Forest, IL 60305
All Events are in person at the library with no need for registration (except for Craft and Chat).

Coffee Mondays:
First Monday of the Month from 10:00-11:00am
January 3: Home Safety and Fall Prevention with Village of River Forest’s Fire Marshal, Kevin Wiley.
February 7: We Are Stewards of the Earth: Easy Ways to Reduce our Plastic Use. Hear local resident and activist, Phyllis Rubin, share ways we can help save the environment.
March 7: The River Forest Library Foundation would like to share what they have been doing, including upcoming projects.
April 4: Come learn about transportation and other services offered through Oak Park River Forest Township Senior Services.

Celebrating Seniors All Year Long:
Sunday, 1/16 from 2-3:30pm: Little Women of Baghlan: The Story of a Nursing School for Girls in Afghanistan, the Peace Corps, and Life before the Taliban
Friday, 1/28 from 7-8:30 pm: Fun ‘N Games Family Trivia
Sunday, 2/6 from 2-3:30pm: Jacqueline Kennedy: The Aesthetics of Style
Sunday, 2/20 from 2-3:30 pm: Not Quite: Asian Americans and the “Other” in the Era of the Pandemic and the Uprising.
Sunday, 3/6 from 2-3:30 pm: Betty Crocker: And her Cookbook That Changed How America Cooks

Other Programming:

YOGA:
Saturdays from 2:00 pm- 3:00 pm, 1/8 (Yoga Meditation with Soundbath), 2/12 (Gentle Yoga), 3/12 (All Levels Yoga)

FILM LOVER FRIDAYS:
Every 3rd Friday of the Month: Jan 21, Feb 18, March 18

CRAFT AND CHAT:
Thursday, March 10th at 7pm. You need to register in advance; spots fill up quickly!

Call Betsy Kelly with any questions and if you want to be on the monthly River Forest Email list and/or the weekly Community Connect Mail for residents in OP, RF and Austin and surrounding areas.
(708) 366-2029 x13 and bkelly.rftownship@gmail.com

Oak Park Township
Upcoming Events

All events below are offered at no charge. All communities are welcome! For more information or to register for one of these programs call Kristin at 708-613-1112.

To attend these virtual events go to www.zoom.us/join and enter the meeting ID and passcode when prompted.

Wednesday, January 19th
Let’s Craft: Join us for a crafting session via zoom making easy crafts that look amazing for home décor. Pick up supplies with Kristin by appointment only.
Register by calling 708-613-1112
11:30am-12:30pm
Meeting Id: 936 233 5947 (No passcode needed)

Wednesday, February 16th
Let’s Talk Health: Nutrition tips and Q and A with a licensed Nutritionist
Register by calling 708-613-1112
11:30am-12:30pm
Meeting Id: 960 0445 8841 (No passcode needed)

Wednesday, March 16th
Tai Chi and Wellness Checks: Join us for a fun hour-long Tai Chi session with great friends and great conversation.
Register by calling 708-613-1112
11:30am-12:30pm
Meeting Id: 980 7220 6902 (No passcode needed)

Bingo: (by phone until April)
Meets by phone every Wednesday from 10:30am-11:30am.
Call in #: (425) 436-6398
Code: 506198

Memory Café: Meets virtually on the 3rd Tuesday of each month from 2pm-4pm. Call 708-613-1112 for login instructions. Sponsored by Senior Services of Oak Park and River Forest, with support from the River Forest Library, Oak Park Library and AgeOptions.

Oak Park Township will be closed for these holidays:

Monday, January 3rd– In Observance of New Year’s Day
Monday, January 17th– In Observance of Martin Luther King
Monday, February 21st – Presidents’ Day
Emergency Contact Database

If you are an Illinois resident and hold an Illinois driver’s license, instruction permit, and/or identification card, you are eligible to register your emergency contact information.

The Emergency Contact Database allows you to voluntarily enter one or two individuals to serve as your emergency contacts in the event you are involved in a traffic accident or have a medical emergency where you cannot communicate directly with law enforcement or emergency responders. The Emergency Contact Database also allows you to enter basic medical information such as disabilities, medical conditions or special needs (i.e., drug allergies or taking certain prescription medication).

Your emergency contacts do not have to be Illinois residents.

In the event of an emergency situation, only law enforcement will have access to this information and can reach out to your emergency contacts on your behalf.

The Emergency Contact Database also allows you to modify your contact information. You can change the name, address, phone numbers or delete contacts at your convenience.

For more information call 217-785-0045 Mon-Fri, 8am-4pm or visit WWW.CYBERDRIVEILLINOIS.COM

Safe Disposal of Medications

Safely dispose of unused or expired medications in secure collection boxes in River Forest and Oak Park:

- Basement of River Forest Village Hall, 400 Park Avenue
- Lobby of Oak Park Police Dept at OP Village Hall, 123 Madison St.

Please:
- Pills or tablets ONLY.
- Prescription and over-the-counter meds accepted.
- NO liquids, creams, loose items, needles or other medical waste.

For convenience, dispose of pills/tablets in bulk in re-closeable plastic bags. This safe action removes potentially dangerous medications from the home and helps the environment.

Snow Removal Reminders

Village ordinance requires snow and ice to be removed from the public sidewalk in front of your house within 24 hours following any snow, sleet, or freezing rain.

- Property owners who shovel their sidewalks are doing more than making it safer for pedestrians of all ages. They are also complying with the law.
- Being a good neighbor is important, too. Property owners are urged to help those who may need help clearing a sidewalk.
- Remember to clear the crossing ramps to ensure safe travel by individuals with disabilities, especially those in wheelchairs who face extraordinary challenges navigating snow-clogged sidewalks.

The Village of Oak Park provides a Snow Shoveling Assistance Program to property owners who receive public assistance based on their income and have a documented medically diagnosed disability that prevents a person from shoveling snow.

For more information call (708) 358-5700 or email publicworks@oak-park.us.

If you need further resources, please contact Senior Services of Oak Park and River Forest Townships at (708) 383-8060.

Warming Centers

Anyone in need of a place to warm up as temperatures get colder can find a range of options in Oak Park. Local sites include the following:

- Housing Forward, overnight shelters in various locations, 888.338.1744
- Rush Oak Park Hospital, 520 S. Maple Ave. – open 24 hours, 708.383.9300
- Village Hall, 123 Madison St. – 8:30 a.m. to 5 p.m., weekdays, 708.383.6400
- West Suburban Medical Center, 3 Erie Court – 5:30 a.m. to 8:30 p.m., 708.383.6200

If transportation is needed, call the Oak Park River Forest Township Transportation Department at (708) 383-4806.

Call ahead - space limitations due to COVID-19 restrictions may be in effect

Dine Out Program

The Dine Out program provides seniors the opportunity to enjoy an affordable, well-balanced meal at participating local restaurants. Coupons may be purchased for $4.00 each. For more information, please call Senior Services at (708) 383-8060.
Oak Park & River Forest Townships
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 Herman
Keith Storm
Karen Taubma

Township Clerk:
Vanessa Druckman

Assessor:
Pamela Kende

Senior Committee Members:

Oak Park Township
Valerie Lester, Vice Chairperson
Patricia Koko
Joy Aaronson
Michelle Thomas
Andrew Roskos
Tim Thomas, Trustee Liaison

River Forest Township
Ruth Reko, Chairperson

Case Management:

Pamela Mahn
Christopher Fox
Christine Brooks
Pleshette Davis
Tonie Moody Sims
Yazmin Morales
Marsha Steen

Bianca Ingwersen
Mary Ann Ojeda
Devin Andrews
Michael Joffe
Vivian Holt
Bonnie Noe
Marysia Okoye
Taylor Gilbert
Amanda Bradley
Audrey Crowder
Jennifer Fryer
Michelle Kosn
Nancy Hickey
Susan Cooper
Laura Mena

Laura Valcour
Nicole Howard
Kristin Norman
Colleen Nash
Janice Underwood
Sandra Shanks
Pat Riley

Lori Strong
Yvette Dotson
Donnell Brooks
Markesha Chatman
Terry Woodard
Lana Daniels

Lunch Program:

Laura Valcour
Nicole Howard
Kristin Norman
Colleen Nash
Janice Underwood
Sandra Shanks
Pat Riley

Nutrition Program Manager
Lead Food Service Worker
Activity Assistant
Food Service Worker
Home Delivered Meals Driver
Data Entry Clerk/Greeter

Transportation:

Lori Strong
Yvette Dotson
Donnell Brooks
Markesha Chatman
Terry Woodard
Lana Daniels

Transportation Manager
Transportation Dispatcher
Bus Driver
Bus Driver
Bus Driver
Bus Driver

Administrative Offices:

Director
Operations Manager
Benefits Administrator
Older Adult Benefits Clerk
Office Manager
Information & Resource Specialist
Receptionist