

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)

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Getting Around in Oak Park and River Forest Townships

Our Transportation boundaries have been expanded to help bring older adults to their medical appointments at select locations outside of Oak Park and River Forest. Rides to Loyola Hospital in Maywood, Hines VA, and Gottlieb Hospital in Melrose Park may be requested, based on availability. Call **(708) 383-4806** to make a reservation.

Reservation Hours: Monday through Friday 8:30am - 1:30pm

Appointments: 24 hours to 1 week in advance (subject to availability)

Ride Hours: Monday through Friday 7:45am – 3:45pm

Rate: Suggested donation of \$1.00 per ride

We provide curb-to-curb service within the communities of Oak Park and River Forest. Special group trips outside of the service area are available throughout the year. Advance registration is recommended.



Rides are available to visit us for lunch, join a program at our Senior Services center, or to the Farmers Market! Minimum 24 hours advance notice.

Call our friendly Reservations Team to register for the service, schedule a ride, reschedule, or cancel

708-383-4806

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
River Forest Township Senior Services

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

April 1: **Jeanette Guzman** Director of Community Relations at Victory Center in Galewood will talk about the Illinois Supportive Living Program.

May 6: **Susan Schwarting** Center for Serenity will present on Meditation and HealthRhythms.

June 3: **Sonya Tomkins** Attorney General's Office will talk about protecting yourself against Scams and Fraud.

Celebrating Seniors All Year Long Programs (CSAYL) 2:00pm-3:30pm

April 7: **Arabiqa** An Introduction to Arab Music, Dance, and Culture.

April 14: **Pastries and Poems from Around the World.**

May 11: **Grandma Goes to Antarctica** Jeanne Roppolo's presentation about her travels to Antarctica as an older adult.

May 16: Local author Mary Anne Mohanraj will share her experience as a breast cancer survivor (TBD).

June 1: **Chicago's Extraordinary Places and Spaces** Historian Beth Sair's presentation about some of the oldest and most notable buildings in Chicago.

ONGOING EVENTS (check with library)

Film Lover Friday: 3rd Friday of the month 1:00-3:30 pm

Yoga: (Registration required)

April 13, May 4, June 8, 2:00-3:00pm

Craft and Chat: (Registration required)

June 13, 7:00pm

Contact **Betsy Kelly**, (708) 366-2029x13 or
bkelly.rftownship@gmail.com
for questions/suggestions.

Oak Park Township - Upcoming Events

These free events are held at **130 S Oak Park Ave. Oak Park, IL** 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

ONGOING EVENTS

WE'RE OPEN DAILY FOR LUNCH

11:00am-1:00pm

Suggested Donation: \$1.50 per meal for age 60+

Fit n Strong: Tuesdays and Fridays 9:00-10:30am

Tai Chi for Fall Prevention: Mondays 1:30-2:30pm

BINGO: Wednesdays 10:00-11:00am

MAD 4 MATS: Thursdays 10:00am-1:00pm

Book Club: Tuesdays (April only) 1:00-2:00pm

May & June 10:00-11:00am

Memory Café: 3rd Tuesdays of the month 1:30-3:30pm

Senior Nutrition and Program Advisory Council:

2nd Tuesday of the month 12:00-1:00pm

APRIL

Slowfire Art Classes: Every Wednesday 1:00-2:00pm

Line Dancing: Every Thursday

Beginners 1:15-2:15pm

Advanced 2:15-3:15pm

MAY-JUNE

Lunch-n-Learn Chef/Dietitian Healthy Cooking

Demonstration: 5/1 12:00-1:00pm

Health Legacy: A Specialized Health Workshop for Women of Color - with Rush Hospital - Tuesday and Thursday 1:30-3:30pm

Community Blood Drive: 5/28 2:30-5:30pm

Senior Services will be closed:

- Monday, May 27 - Memorial Day
- Wednesday, June 19 - Juneteenth Day



OLDER AMERICANS MONTH

Celebrating Older Americans Month: *Powered by Connection*

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities. This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults, a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

To learn more about ways to connect with the community please come in or call:

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

A Brand New Newsletter is on the Horizon!



Our newsletter will be more comprehensive and have a new look for the next issue to arrive in your mailboxes on or before July 1, 2024!

If you know someone who would like to register for printed or digital version, please call (708)383-8060

Maintaining Independence at home and throughout the community

Senior Services offers programs and services that make it possible for people to continue to live independently in their homes.

- * Home delivered meals
- * Completing applications for financial assistance
- * Taking care of your health
- * Combatting social isolation
- * Linkage with legal resources
- * Transportation
- * Housekeeping
- * Safety
- * And more...



Some eligibility requirements may apply. Information for private-pay options is available upon request. Call us to learn more!

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National Volunteer Week: April 21-27

April is now designated as National Volunteer Month, and it serves as a reminder that even small acts of kindness can create a ripple effect of positivity, inspiring others to join the movement of volunteerism and serve our community.

We offer a sincere

THANK YOU

**to all of the volunteers who
help us serve the community
each day!**

**From the Oak Park and River Forest
Township Board Members, Staff, and
Members of the community!**



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 Caroscio Jim Flanagan
Carolyn Foster Briselda Gjikondi

Ruth Reko
Betsy Kelly, serving as Liaison for
Trustee Karen Taubman

Administrative Offices:

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

Aging & Disability Resource Center:

Caroline Wilz Older Adult Benefits Administrator
Ericka Watson Older Adults Benefits Specialist
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
Patrick Leavy Case Liaison
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
Sarah Cerda Food Service Worker
Tiffany Rice Food Service Worker

Programs and Engagement:

Laura Valcour Programs & Engagement Administrator

Transportation:

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