



OAK PARK TOWNSHIP

SENIOR SERVICES

SENIOR SERVICES COMMITTEE MINUTES FOR OAK PARK AND RIVER FOREST TOWNSHIPS

Wednesday, January 18, 2023 at 7:00pm

Salerno's Restaurant – 7128 Roosevelt Rd, Oak Park

The purpose of the Committee includes promotion and outreach, strategic planning, evaluation, special projects, and recruitment of committee members. Committee members bring a wealth of knowledge and experience to Senior Services for the benefit of our residents and provide programmatic recommendations to our Board of Trustees.

CALL TO ORDER

The monthly meeting of the Senior Services Committee of Oak Park and River Forest Townships was held on Wednesday, January 18, 2023, and called to order by Chairperson Ruth Reko at 7:00 PM.

Present Oak Park Committee: Pat Koko, Drew Roskos, Valerie Lester, Sabryna Joi King-Bell, Joy Aaronson

Absent Oak Park Committee: Tim Thomas-Trustee Liaison.

Present River Forest Committee: Ruth Reko, Lydia Manning, Jim Flanagan, Margaret Rudnik, Briselda Gjikondi

Absent River Forest Committee: Carolyn Foster, Jean Buckley

Also Present: Pamela Mahn, Director for Senior Services of Oak Park & River Forest Townships; Yazmin Morales, Information and Resource Specialist for Senior Services of Oak Park & River Forest Townships, Betsy Burton-Kelly, Senior Outreach Coordinator for River Forest Township.

SERVING OAK PARK & RIVER FOREST

130 South Oak Park Avenue, Oak Park, Illinois 60302 | Phone: (708) 383-8060 | Fax: (708) 383-5168

oakparktownship.org | seniors@oakparktownship.org



OAK PARK TOWNSHIP

SENIOR SERVICES

INTRODUCTIONS

All the attendees had the opportunity to say their names and the Township they represent.

APPROVAL OF MINUTES

The committee reviewed the minutes from October 19, 2022, meeting. Joy Aaronson moved to approve the minutes. Valerie Lester seconded the motion, which passed unanimously.

SPECIAL GUEST

Special guest, Marc Blesoff, Chairperson of the Village of Oak Park Aging in Place Commission, was unable to attend this meeting. We will work to schedule him for the next meeting.

PUBLIC COMMENTS

- Jim Flanagan and Lydia Manning shared information, about the River Forest Age Friendly Ad Hoc Committee. An analysis of the surveys collected throughout the community will be completed by March 1st, 2023, and will cover age friendly findings and a recommended action plan.
- The Committee offered thanks for sharing Sabryna Joi King Bell's slides from her presentation on Safety. The "Leaving and Returning Home Whole" presentation was held in the Senior Services dining room and received much positive feedback.

OPT LIAISON'S REPORT

Oak Park representative Tim Thomas-Trustee Liaison was absent.

RFT LIAISON'S REPORT

Betsy Burton-Kelly, Senior Outreach Coordinator for River Forest Township presented the report:

- Wellness groups are no longer being offered by Concordia's Counseling Center. Dominican university was contacted, and Julie Bach said they could possibly offer a Reminiscence group. More information to follow.

SERVING OAK PARK & RIVER FOREST

130 South Oak Park Avenue, Oak Park, Illinois 60302 | Phone: (708) 383-8060 | Fax: (708) 383-5168

oakparktownship.org | seniors@oakparktownship.org



OAK PARK TOWNSHIP

SENIOR SERVICES

- Betsy talked with HomeShare American River in Sacramento while gathering more information to get the River Forest Township Home Sharing Program up and running. Some suggestions included: allow people to fill out forms online and use American Apartment Owners Association (AAOA) for background checks. Please spread the word and share information regarding this pilot program. Sabryna suggested a governmental Agency to certify fraud examiners as well.
- Silver Sneakers is on hold. Cheryl at the Sheridan of River Forest was slated to hold the sessions and currently has no time available to commit to this program.
- River Forest Park District offers several activities; Pickleball is open for beginners and a new class is starting up soon.
- Arbor West Neighbor did an Asset Map of the area (O.P, R.F & Forest Park) a few years back and would like to re-visit. Stakeholders will be meeting in March to talk about changes and additions needed.

DIRECTOR'S REPORT

Pamela Mahn, Director for Senior Services of Oak Park & River Forest Townships shared a written report and asked the committee for questions or comments. The following items were also reviewed:

- Pat Koko received the Senior Volunteer of the Year award recognition at the Township Officials of Illinois Conference. Photo and Illinois Township Perspectives magazine article shared with the committee.
- In Case of Emergency (ICE) Packets are coming soon to Oak Park – the packets are being assembled by Youth & Family Services participants and volunteers. We will have them available for home visits, benefits appointments, at the front desks for Township buildings, in the nutrition program, at outreach events, etc. Packets will also be available at the Fire Departments and the Village of Oak Park.
- Knox Home Key Boxes – These key boxes allow first responders safe and rapid access for both fire and medical emergencies. The cost of a Knox Home Box is generally less than the cost of replacing a door that may have been damaged by fire personnel needing to gain access. Oak Park Township can provide financial assistance for

SERVING OAK PARK & RIVER FOREST

130 South Oak Park Avenue, Oak Park, Illinois 60302 | Phone: (708) 383-8060 | Fax: (708) 383-5168

oakparktownship.org | seniors@oakparktownship.org



OAK PARK TOWNSHIP

SENIOR SERVICES

eligible residents to purchase and install this secure key box. Information can be found on the Village of Oak Park website <https://www.oak-park.us/village-services/fire-department>.

- Ecolane routing software implementation has been completed. Sample reports were shared and Township staff has provided positive feedback regarding the transition.
- The HomeMeds program will begin once staff has completed training. This evidence-based medication safety program is open to anyone living in Oak Park and River Forest. Referrals can be made to homemed referrals@oakparktownship.org or by calling (708) 383-8060. Information is gathered regarding prescriptions, supplements, and over the counter medications being used by the participant. Once entered into the data base system, the inventory is assessed for duplications and other potential medication risks. A pharmacist then reviews the HomeMeds analysis and identified risks and notifies prescribing physician.
- The Program to Encourage Active, Rewarding Lives (PEARLS) - is a national evidence-based program for late-life depression. Trained staff will serve as PEARLS coaches to empower individuals to take action and make lasting changes so they can lead more active and rewarding lives.
- Senate President Don Harmon visited the nutrition site for a meet and greet with older adults and Alcuin Montessori Middle school students on January 18th.
- Dr. Becca Levy's article: "Breaking Stereotypes about Aging" was distributed with the committee packet. Pam is working with Marc Blesoff and Becca Levy to develop a plan for research and raising awareness in the community.
- The board is considering an intergovernmental agreement with the Village of Oak Park Public Works department for vehicle maintenance on our buses and Home Delivered Meal delivery truck.

SUB-COMMITTEE UPDATES

Celebrating Seniors

Celebrating Seniors is in its 13th year, and the celebration will be May 11th-18th. There will be many activities planned for that week and we may see repeats of some previous work and

SERVING OAK PARK & RIVER FOREST

130 South Oak Park Avenue, Oak Park, Illinois 60302 | Phone: (708) 383-8060 | Fax: (708) 383-5168

oakparktownship.org | seniors@oakparktownship.org



OAK PARK TOWNSHIP

SENIOR SERVICES

events such as: Scavenger hunt, Cookie decorations, yard signs, etc. If anyone is interested to volunteer, please let Lydia or Jim know. the event application is ready, and Lydia can be contacted.

OTHER BUSINESS & ANNOUNCEMENTS

Sabryna provided a safety keychain with a flashlight, compass, and whistle, and educated the meeting attendees on the SOS first responders signals (long-short-long).

NEXT MEETING

The next meeting of the Senior Committee is scheduled to be held on Wednesday, February 15, 2023, at 7:00pm.

ADJOURMENT

Ruth Reko adjourned the meeting at 7:56 PM.

SERVING OAK PARK & RIVER FOREST