When you don’t know where to start, START WITH US!

Senior Services is designated as the aging and disability resource center for the Oak Park and River Forest area. We strengthen our communities through programs that help improve the health and well-being of all residents. We assist residents, family members, and caregivers with information and linkage to needed programs and resources.

Our trained, professional, and caring staff are available to assist you.

Monday-Friday from 9:00am–5:00pm
708-383-8060

If you need information outside of our regular business hours, we have a new resource for you:

211 is a new, free resource connecting Chicago and suburban Cook County residents with the support they need, such as food, housing, utility assistance, access to health care, and other vital resources.

* Trained, local specialists are available 24/7
* One simple number to call for help: 2-1-1
* Assistance via phone, text, web chat, and database search
* https://211metrochicago.org/

What 2-1-1 IS NOT

- An agency providing direct service
- An emergency medical assistance or dispatch line, i.e., 9-1-1
- A tool for surveillance, evaluation of services, or reporting on individuals or agencies
- A replacement for the 9-8-8 suicide and crisis lifeline

Key Components of 2-1-1 align with our service to you!

Live Support * Information * Data * Awareness

Dine-In Meals and Programs EXPANDED!

We are serving a nutritious lunch daily from 11:00am-1:00pm. First come, first served basis. We continue to follow safety guidelines.

Masks required. Meal Pickup service:
Tuesday/Friday 12:00pm-1:00pm
River Forest Township & Library Events
Programming with the River Forest Public Library: Come to the Barbara Hall Meeting Room. No need to register, except for Yoga in April. Visit the website riverforestlibrary.org/or call 708-366-5205
Coffee Mondays, the first Monday of the Month from 10:00 -11:00am
April 3: Roz Byrne, End-of-Life Options Coalition Leader, will talk to us about our options as we near the end of our lives and discuss planning for these choices.
May 1: Join the Citizens Utility Board (CUB) to learn about energy savings, consumer protections and how to decode your gas and electric bills.
June 5: Devin Andrews, Township Senior Services, Programs to Support Caregivers.

Celebrating Seniors All Year Long Programs
(Details on library website)
April 2: The essential Houdini with Magician William Pack 2:00 - 3:30pm
April 8: All levels Yoga Registration required 2:00 -3:00pm

Note: Be sure to check the events for Celebrating Senior Week from May 11th –18th on the Celebrating Seniors Website: celebratingseniors.net/events

Oak Park Township - Upcoming Events
These free events are held at 130 S Oak Park Ave, Oak Park, unless otherwise specified. All communities are welcome!
Registration required for all programs through our Senior Services Activity and Nutrition Hotline at:
(708) 725-9129

April 5: Bunny Bingo 10:00 - 11:00am
June 15: Chicago Symphony Orchestra “Open Rehearsal” 10:00-12:00pm

ONGOING EVENTS
Tai Chi for Fall Prevention/Arthritis: Every Monday 1:15-2:15pm
Book Club: 4/11, 5/9, 6/6 1:00-2:00pm
Memory Café: A coffee house atmosphere with engaging programs for individuals living with memory changes and their care partners. Meets virtually on the 3rd Tuesday of each month from 2:00-4:00pm.
Join at https://us02web.zoom.us
Meeting ID: 838 8489 6252 or Call-In: (312) 626-6799
BINGO: Every Wednesday, 10:00-11:00am
Free Conference Call-In: (425) 436-6394
Access Code: 506198 . Join us for lunch after BINGO!
Slow fire Multi-Media Art Classes: Every Wednesday 1:00-2:00pm
Line Dancing: Every Thursday 1:15-2:15pm
Knit /Crochet Club: Every Friday 10:00-11am
Senior Nutrition Advisory Council: 4/4, 5/9, 6/6-1:00-2:00pm

Senior Services will be closed:
Monday, May 29th - Memorial Day & Monday, June 19th- Juneteenth Day
ICE PACKETS NOW AVAILABLE IN OAK PARK AND RIVER FOREST!

Make sure you have an ICE (In Case of Emergency)

Packet in your freezer!

ICE Packs contain Medical Information Forms which you fill out and store in the freezer in your home, right where the paramedics know to find it in an emergency! A decal is provided for the front of the freezer to alert paramedics that you have a completed ICE Packet inside.

Please call Senior Services for more information 708-383-8060

Residential Key Box Program

The Oak Park and River Forest Fire Departments participate in the Key Box security program. This program allows firefighters to access your residence in the event of an emergency through the installation of an industry-leading key box that can only be opened by a fire department master key.

Note: These boxes are small and may only hold one or two keys. Suitable for installations at single-family homes and individual apartment/condo units.

Senior Services provides financial assistance to eligible residents for the purchase and installation of a secure key box!

Call 708.383.8060 and ask for intake or email ccureferrals@oakparktownship.org for details.

CAPABLE Project

CAPABLE stands for Community Aging in Place, Advancing Better Lives for Elders. This program helps individuals living independently stay in their home and more fully engage in daily activities. Many adults prefer to age in place by remaining in their home and community. However, physical challenges may impede a person’s ability to remain safely in the home. This innovative program coordinates the services of an occupational therapist, a nurse, and handyperson to assist with a person’s self-identified key challenges and make home repairs to assist with these goals.

Who Is Eligible: Residents age 62+ living in Oak Park or River Forest

- The OT and nurse services are cost free
- There may be a small fee for the Handyperson and materials that are determined by the OT for home safety depending on income.

For information or to make an appointment, call NWHP at 847-969-0561 or email: paulabush@nwhp.net

Prescription Collection Site now at Oak Park Township

Drop off expired, unused, and unwanted medications for safe disposal anytime in the southwest corner of the Oak Park Township parking lot at 105 S. Oak Park Ave.

Please remember that sharps and liquids CANNOT be collected.

Home Meds can be especially beneficial for some who:
- Receives prescriptions from multiple doctors
- Takes over the counter medications
- Experiences frequent falls or dizziness
- Takes blood thinners or diabetes medications
- Had a recent hospitalization/ER visit

If you would like to learn more about this program, please contact Bianca Ingwersen or your Care Coordinator at Senior Services, 708-383-8060 or send an email to homemedsreferrals@oakparktownship.org.
Oak Park & River Forest Townships

Senior Services Personnel Directory

Administrative Offices:
- Pamela Mahn: Director
- Maureen Delaney: Assistant to the Director
- Christopher Fox: Operations Manager
- Caroline Wilz: Older Adult Benefits Administrator
- Pleshette Davis: Older Adult Benefits Specialist
- Yazmin Morales: Information & Assistance/Housing Specialist
- Marsha Steen: Information & Assistance Specialist

Case Management:
- Bianca Ingwersen: Adult Protective Svcs & Choices for Care Supervisor
- Mary Ann Ojeda: Community Support Services Manager
- Amanda Bradley: Behavioral Health Care Coordinator
- Ashley McKinley: Case Liaison
- Audrey Crowder: Care Coordinator
- Bonnie Noe: Behavioral Health Care Coordinator
- Ericka Fox: Intake Specialist/Care Coordinator
- Jatese Barbour: Care Coordinator
- Jennifer Fryer: Choices for Care
- Michael Joffe: Team Lead for Care Coordination
- Michelle Hampton: Care Coordinator
- Susan Hooper: Care Coordinator
- Taylor Gilbert: Billing & Quality Assurance Specialist
- Tovara Poffenberger: Care Coordinator
- Vivian Holt: Adult Protective Svcs & Money Management Coordinator

Lunch Program:
- Laura Valcour: Nutrition Program Manager
- Janice Underwood: Nutrition Program Assistant
- Colleen Nash: Food Service Worker
- Sojourner Yearby: Food Service Staff Lead
- Doug Strubel: Food Service Worker
- Pat Riley: Data Entry Clerk/Greeter

Transportation:
- Lori Strong: Transportation Manager
- Yvette Dotson: Transportation Dispatcher
- Edward Timothy McCoy: Driver
- Milton White: Bus Driver
- Terry Woodard: Bus Driver