

Our Voice

Fall 2023



Welcome to the Naperville Senior Task Force's (STF) quarterly newsletter: **Our Voice**. The STF enhances quality of life for Naperville seniors through supportive independent living, promotion of their health and well-being, education opportunities and recognition of their self-worth and community belonging. Please visit naperville.il.us/seniortaskforce for information and updates. Thank you!



The Constructive Corner: Things to Do, Discover and Digest

Free Library Educational Opportunities

(No registration required unless the program is online)

Shipwrecks: Treasures of the Great Lakes

Join internationally acclaimed and award-winning shipwreck photographer and diver Cal Kothrade as he takes attendees on a visual tour of 10 of the most photogenic and commonly explored shipwrecks in the Great Lakes. Breathtaking images and a brief story of each tragedy help to tell the tale of life and loss on the tempestuous Great Lakes. ***Registration required**

7 to 8 p.m. on Thursday, Nov. 9 (Online)

Singing Bird & Native American Women in Illinois

Dressed in her native regalia, Kim Sigafus will provide a history of native people in Illinois focusing on native women, or what was considered "The Hidden Half." Kim will bring the audience into the day-to-day lives of women such as Singing Bird, Black Hawk's wife, and Hononegah, a Ho Chunk/Potawatomie woman, with stories of courtship, marriage and child-rearing. She will also discuss women's roles in their husbands' lives, and how those lives affected Illinois history. The audience for this interactive experience will have the chance to view and handle items women would have used in their daily lives, learn native language and music, and play instruments.

7 to 8:30 p.m. on Tuesday, Nov. 14 (95th Street Library, Meeting Room A/B)

Genealogy Drop-Ins

6:30 to 8:30 p.m. on Tuesday, Nov. 7 (Nichols Library)

12:30 to 2:30 p.m. on Thursday, Nov. 9 (95th Street Library)

6:30 to 8:30 p.m. on Tuesday, Nov. 14 (Naper Blvd. Library)

3 to 5 p.m. on Thursday, Nov. 16 (Nichols Library)

Books Recommended for Seniors

"Disrupt Aging: A Bold New Path to Living Your Best Life at Every Stage" by Jo Ann Jenkins.

Written by American Association of Retired Persons Chief Executive Officer Jo Ann Jenkins, this book changes the conversation about age. Jenkins focuses on three areas: health, wealth and self, and inspires people to live each year to the fullest.

"Prime of Life" by P.D. Bekendam

This book about a doctor who leaves his luxurious career behind to become a janitor at a retirement community is for anyone who likes unexpected storylines. It's filled with tons of humor and quirky characters!

"The Little Old Lady Who Broke All the Rules" by Catharina Ingelman-Sundberg

A group of seniors who are fed up with early bedtimes and soft foods decide to reclaim their independence by committing a robbery. This comedy of errors will keep readers turning pages until the very end.



Calling All Crossword Fans

Are you a fan of crossword puzzles? According to a [Nov. 29, 2022, article](#) by Dr. Andrew E. Budson, contributor and editorial advisory board member of Harvard Health Publishing, web-based crossword puzzles may be good for you.

According to Budson's article, "A study published in *NEJM Evidence* found that people with mild memory problems who did web-based crossword puzzles showed improvement in cognition and experienced less brain shrinkage, compared to those who played web-based cognitive games." Participants in this [18-month study](#) were between 62 and 80 years of age with [mild cognitive impairment](#), meaning that their thinking and memory were impaired compared to healthy older adults. Twenty-five percent identified as Black or Latino. Thus, the results are likely to be able to be generalized to the population of the United States — at least regarding race and ethnicity.

Those who took part in the study were highly educated, with most participants having a college education. The AARP website has a link to [daily crossword puzzles](#). Enjoy one with your morning coffee!

Volunteering in Naperville

By Gwenn Lloyd
STF Member

Are you looking for a way to volunteer within Naperville? Do you live with someone with extra time on their hands who needs to share their talents with our community?

Naperville Community Unit School District 203 has a wonderful volunteer group called HURRAH — Happy, Upbeat Retirees (& other) Residents Actively Helping. HURRAH volunteers support teachers, help students feel good about themselves, and offer guidance that can become a powerful force in shaping the future of Naperville youth.

Volunteer opportunities are available in the following areas:

- Mentoring (helping students with time management, organizing their studies)
- Tutoring (work one-on-one or in small groups)
- Readers (share a love of reading with children)
- Classroom Participation (guest lecture on your real-life experiences)
- Study Skills Academy (tutoring after school)
- Miscellaneous (administrative support, field trip assistants)

For more information, visit [the HURRAH Program webpage](#), or call the District 203 Community Relations Department at (630) 420-6475.



HURRAH program volunteers at work.

Decorating on a Budget

By Arlene Orr
STF Member

Looking for ways to spruce up your nest without spending a lot? Try some of the following suggestions to give your home a boost:

- The easiest way to transform a space is to **rearrange the furniture**. Split up a sectional, move a bed, push an end table to a different spot, relocate photos to different walls in varying arrangements, or change up your fireplace mantel.
- **Adding flowers or greenery** to a room can give your space a fresh look.
- **Painting** is fun and doesn't need to be limited to just walls: Try painting a bookshelf, picture frames, or a small end table to create a focal point and attract interest. Use a color wheel for ideas about which colors complement one another. Trust that when these colors are used together in a room, the result will be a great look!
- **Adding a trendy pop of color** can be done quite easily and can transform a room.

This goes for paint or fabric. For instance, choosing metallic-colored fabric cushions will add shimmer and sparkle, giving your room a chic and elegant dimension.

- For that designer look, **display items such as candles, pictures and objects** on tables or nightstands in groups of three or five. These groupings are more appealing to the eye and add visual depth.
- **Hang curtains high** to give the illusion of height and add a grand feel to a room.



Seasonal Interior Decorating

By Arlene Orr
STF Member

Now that fall and winter are upon us, how do we create a warm and cozy feel to a room? Adding texture can achieve the cozy factor. Hello pillows and blankets! Have an assortment of blankets or throws on hand and use them! Draping a throw over a chair, sofa, or the end of a bed creates a look that says “use me!” to your guests.

Using warm colors such as soft and earthy wood tones can warm up a white room, as can adding a rustic element to your room. Perhaps using a memory item as an art piece can help create the feeling of a warm, inviting space.

Creating the illusion of more light and space in a room can be achieved by carefully placing mirrors — but remember, mirrors should always reflect something beautiful. Decluttering kitchen counters creates a fresh and clean look, and often, simple things such as decorative tissue box covers and soap dispensers give your space a luxe look.

At the end of the day, changing things up is good for the soul — and having a little fun with it is even better!



Rob Williams Honored With Proclamation

Mayor Scott A. Wehrli in August presented Rob Williams, former co-chair of the Naperville Senior Task Force, with a proclamation thanking him for his many contributions. Rob has served on the task force since November 2018 and will remain a member until October 2024.

Rob's leadership resulted in many successful programs during his tenure, including the Silver CPR program. Congratulations, Rob!



Rob Williams

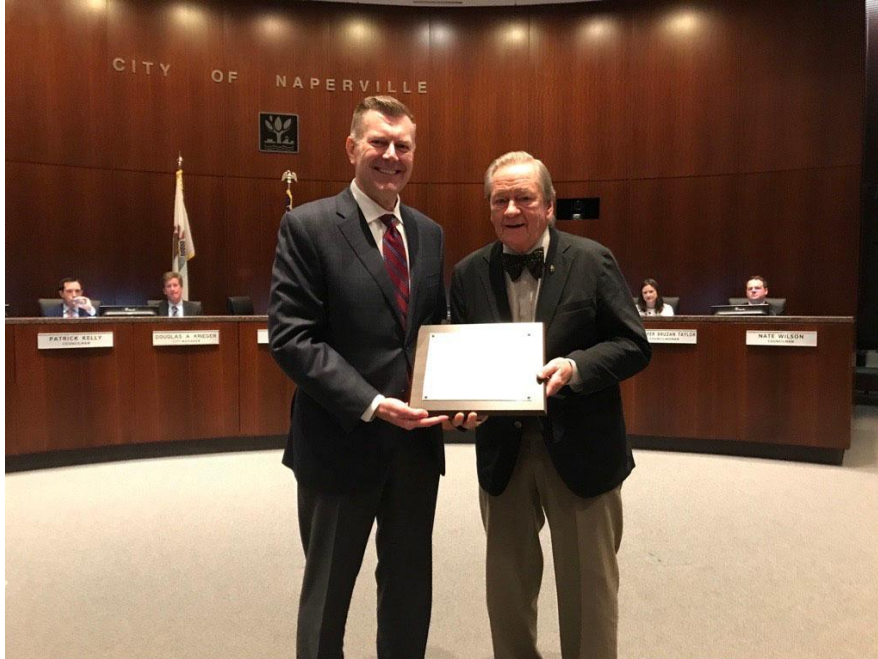
Bobosky and O'Donnell Honored as 'Seniors of the Year'

The Mayor and City Council honored **Brand Bobosky** and **Bonnie O'Donnell** with the 2023 Naperville Senior of the Year award at the Oct. 17 City Council meeting. Those who are chosen to receive the annual award must be a Naperville resident aged 65 or older and demonstrate a history of community service and giving back selflessly.

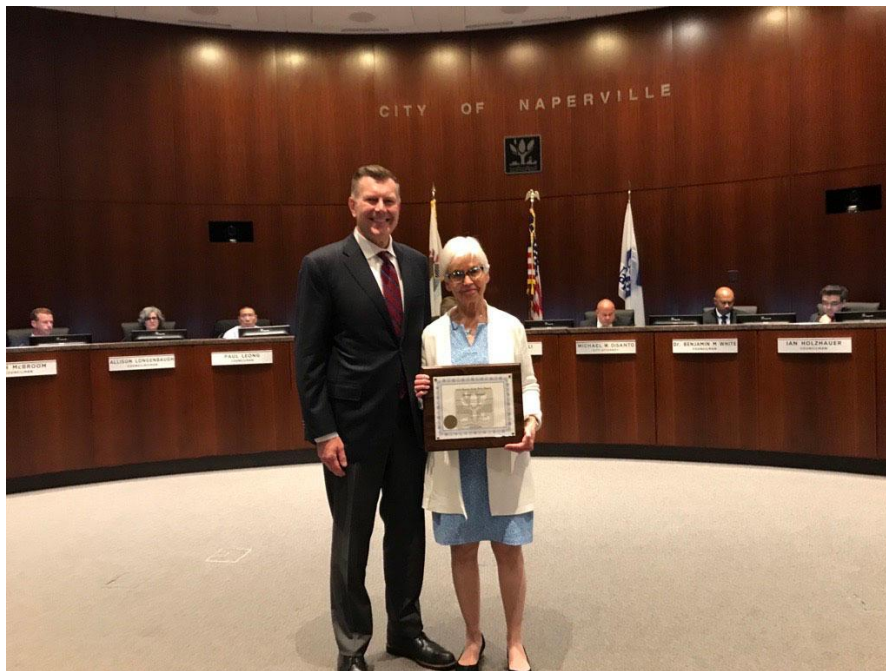
Bobosky founded Century Walk Corp., a public art nonprofit that has created artwork at 53 locations throughout Naperville. In 27 years, the group has coordinated more than \$4.3 million in total funding from the Illinois Arts Council, the City of Naperville's Special Events and Community Arts grant, and other public and private sources to create art that spotlights Naperville's unique heritage. Bobosky has also served as a volunteer to numerous other organizations, including the Naperville Area Chamber of Commerce, Edward Hospital, Little Friends and Naperville Community Unit School District 203.

O'Donnell is described by friends as the "humble servant of Naperville," with service to St. Patrick's Residence and Saints Peter and Paul Catholic Church since moving to Naperville from Pennsylvania in 1974. O'Donnell has been a longtime fundraiser and volunteer supporting the residents, religious sisters and staff members of St. Patrick's. Additionally, her volunteer time at the Serendipity resale shop has benefited Little Friends.

Hearty congratulations to this year's award winners!



Naperville Senior of the Year Brand Bobosky with Mayor Scott A. Wehrli.



Naperville Senior of the Year Bonnie O'Donnell with Mayor Scott A. Wehrli.



Monthly Memory Cafés at 95th Street Library Provide Connection

The Senior Task Force, in conjunction with Dementia Friendly Naperville, hosts a free gathering every month for community members with dementia issues and their caretakers. This very successful event is becoming increasingly valuable for caretakers. It is a way to connect with others in similar circumstances and share resources and concerns.

The Memory Café takes place from 2 to 3:30 p.m. on the second Tuesday of every month at the 95th Street Branch of the Naperville Public Library. Provided activities for attendees allow caretakers to mingle and exchange information. This is one of the few opportunities

in the area of attendees to connect in this way — and other communities are starting to take notice and think about starting their own Memory Cafés. Naperville is not the only location with a dementia population but one of the few with such a program.

Naperville should also be very proud that its police and fire departments are now 100% dementia friendly trained. What does that mean? It means they know that 911 calls and community incidents require different conflict management techniques. They have been trained to recognize the differences and react accordingly.

Register online at www.naperville-lib.org. Walk-ins are welcome. For more information, call Lisa Kirchner at (630) 710-7502.

Dementia Friendly Naperville Resource Guide Gets an Update

By Jack Kreger
STF Member

Version 1.4 of the [Dementia Friendly Naperville Resource Guide](#) is now available on the City of Naperville's website. (To access, scroll down, then click on the blue box.) The updated guide features a new section focused on support groups for care partners of persons with dementia.

Though there are currently no in-person care partner support groups in Naperville, the guide lists some found in surrounding communities. In addition, there are several support groups listed that connect care partners electronically, with tools ranging from Zoom meetings to private Facebook groups.

Dementia Friendly Naperville, an action committee of the Naperville Senior Task Force, produces the guide to provide user-friendly access to information and programs for persons affected with dementia and their care partners.

Silver CPR Sessions Offered in November



By Rob Williams
STF Member

The Naperville Senior Task Force is once again offering Silver CPR to teach seniors lifesaving skills of basic CPR, use of an automatic external defibrillator and choking intervention. Learn these skills before the holidays! Seniors can use these skills to assist as a bystander if someone suffers a cardiac event. Lifesaving knowledge also can be a comfort for grandparents who are recruited to be the daycare supervisors of their grandchildren.

Silver CPR classes are free to participants and taught in a relaxed setting by Naperville Fire Department paramedics who understand the capabilities of older Naperville residents. New guidelines issued by both the American Heart Association and the American Red Cross emphasize compressions-only CPR, so no "rescue breaths" or mouth-to-mouth resuscitation is required.

Silver CPR classes are scheduled for 10 a.m. and 12:30 p.m. on Thursday, Nov. 16, at the A. George and Patricia Pradel Safety Town of Naperville, 1320 Aurora Ave. To register, please send an email message to silverCPR2023@gmail.com indicating which session you would like to attend.

Our Voice Newsletter Sign-up

Sign up for the STF *Our Voice* quarterly newsletter by registering for the City's eNews at naperville.il.us/enews. Don't forget to check the "Senior Newsletter: Our Voice" box!

Disclaimer: The distribution of this information does not imply
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