

Our Voice

Winter 2024



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, and follow us on [Facebook](#). Thank you!



Learn CPR in Honor of Heart Month — and Save a Life!

The Naperville Senior Task Force is again urging community members to take its Silver CPR class, designed to teach seniors the lifesaving skills of basic CPR, the use of an automatic external defibrillator and choking intervention.

Learn these skills during Heart Month 2024, a national event sponsored by the American Heart Association. Seniors can use these skills to assist as a bystander if someone suffers a cardiac event. Lifesaving knowledge can also be a comfort to 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 compression-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, Feb. 8, at the A. George and Patricia Pradel Safety Town of Naperville, 1320 Aurora Ave. To register, choose your preferred class time below.

[Register for 10 a.m. class on Feb. 8](#)
[Register for 12:30 p.m. class on Feb. 8](#)

Or, for more information, send an email message to silvercpr2024@gmail.com

A Closer Look at Dementia Friendly Naperville

By Lisa Kirchner
STF Member

[Dementia Friendly Naperville \(DFN\)](#) is a committee that increases awareness and understanding of dementia and people who are living with dementia by offering training to key groups in the community.

DFN has reached its goal of training 75% of law enforcement, fire department, park district and library personnel.

The committee also serves people living with dementia and their care partners by increasing opportunities for socialization and addressing community needs. For example, DFN hosts a monthly **Memory Café** for those living with dementia and their care partners and has invited two “care partners” to join the group to provide their perspectives. DFN is currently in the process of starting in-person support groups for care partners. You can find more information on the [DFN webpage](#).



Join Us at the Memory Café in Naperville

The Memory Café is a social gathering for individuals living with dementia and their care partners (spouses, children, friends and professional caregivers). Memory Cafés are not a form of respite care. Instead, they offer a place where both care partner and care recipient can socialize together and connect with others in similar situations. Activities at these events vary, and might include games, education, music, dancing and arts. All offer socialization.

The group meets from 2 to 3:30 p.m. on the second Tuesday of each month at the 95th Street Library, 3015 Cedar Glade Dr. Please join us for this FREE event. The Memory Cafe is sponsored by The Naperville Senior Task Force and Dementia Friendly Naperville. For more information, please contact Lisa Kirchner at (630) 710-7502.



Stay Safe, Warm and Wise During Winter Weather

By Arlene Orr
STF Member

With spring-like temperatures for most of the “winter that wasn’t” last year, it’s easy to forget that Mother Nature could have different plans in store this year. If that’s the case, we all need to recommit to winter vigilance, including seniors!

I thought I’d list a few refresher tips to keep in mind when that “fun” weather returns. On those cold mornings, before venturing out, be aware of the temperature, wind chill, and humidity. There could be a thin layer of ice on porches, steps, sidewalks, driveways — and even car door handles. A quick trip to retrieve the mail could end in disaster if you aren’t careful to survey the ground first. It’s a good idea to have some type of de-icer and a shovel right at your door for easy access.

Most of us love to look at a pretty snowfall, but shoveling it is another story. Many people start at the top of the driveway and work their way down. The problem with this technique is that the closer you get to the base of your driveway, the heavier your shovel will become — and heavy shovels lead to an increased risk of injury. An alternative is to start in the center of your driveway and work your way out. An even better alternative is to ask for help! Only shovel if you have the physical capacity to do so, as over exertion can happen easily. Don’t forget that your friends and family love you and want to help you out. People feel good when helping others, so it’s a win-win!

When walking, try to keep your hands out of your pockets, as bracing yourself will not be possible if you slip and fall. Taking small steps when walking minimizes the chances of slipping back on your heels. And don’t forget footwear with slip-resistant treads. While assistive devices for walking are necessary, they can also be a hazard on slippery surfaces, so a deliberate and careful walking pace is recommended. Indoor floor surfaces can be just as dangerous. Stores with polished floors become surprisingly slippery beneath wet footwear. Even inside your home, it is wise to invest in an absorbent door mat to prevent puddles of water on your floor, which could become a slipping hazard.

When navigating outdoor steps, a good rule of thumb is to maintain three points of

contact: two feet on the ground and one on the handrail, or two hands on the handrail while one foot is on the ground. This applies to getting in and out of cars, as well, where your car door could serve as the handrail.

Driving is always a challenge in winter when roads continuously thaw and freeze, and black ice could be present. Give yourself two car lengths for extra time to stop, and leave plenty of space in front of you at a stoplight. When making a turn at an intersection, assume the oncoming car may not be able to brake if the light changes and the road is slippery.

As the saying goes, if you take an umbrella, it probably won't rain. Let's hope that if we are all prepared for more winter to come, we will see daffodils.

Family Caregiver Program Provides a Variety of Free Services

By Jack Kreger
STF Member

Are you a caregiver for someone aged 60 or over? Assistance may be available for them to remain safely in their home as long as possible through [AgeGuide's Family Caregiver Program](#).

Services available include chore, housekeeping, and grocery-shopping services; financial assistance with rent/mortgage and/or utilities; short-term medication; supplies; home improvements for accessibility and safety; and transportation including ride services, vehicle adaptations, and gas cards. Funds can also be used for technology devices such as wander prevention systems, cloud-based voice service devices (such as Amazon Alexa), security cameras, robotic pets and sensory quilts; dentures, hearing aids and wearable GPS devices; and in-home, facility, or adult day services for short-term respite.

The first step in requesting assistance is to complete an online Tailored Care (T-Care) assessment, which will help the Family Caregiver Program service provider develop an individualized menu of services. Applicants can expect to be contacted by the T-Care service manager for their county shortly after completing the assessment.

To complete the assessment, visit www.ageguide.org/family-caregiver-program, the AgeGuide website page for the Family Caregiver Program, and click the "Take the Questionnaire" button. There are no income or asset qualifications, nor is there any charge for services provided through the T-Care plan.

For more information and assistance, call the Family Caregiver Program service provider for your county: the DuPage Family Resource Center at (630) 407-6500 or the Will County Family Resource Center at (815) 723-9713.



The Constructive Corner Things to Do, Discover and Digest

Free Library Educational Opportunities

(For a complete event listing, visit www.naperville-lib.org)

The Emergence of Blues Music in America

What is the Blues? Discover the West African roots of American Blues music and its southern legacy as musician and oral historian Frutelard Jackson chronicles its emergence from the rural Mississippi Delta and the East Texas and Piedmont regions. Jackson will navigate the Blues' evolution from the Great Migration and emergence into the Chicago Style, and its inevitable influence on rock and roll. Program will include a 30-minute Blues concert.

- **1 to 2:30 p.m. on Thursday, Feb. 1;** Meeting Room A/B at 95th Street Library

Genealogy Drop-In

Hit a brick wall in your research? Stop in for help with your specific genealogy questions provided by volunteers from the Fox Valley Genealogical Society. If you have an Ancestry or FamilySearch account, please bring your login information to the session.

- **6:30 to 8:30 p.m. on Tuesday, Feb. 6;** NaperLaunch Small Conference Room at Nichols Library
- **12:30 to 2:30 p.m. on Thursday, Feb. 8;** Conference Room at 95th Street Library
- **6:30 to 8:30 p.m. on Tuesday, Feb. 13;** Adult Services Desk at Naper Blvd. Library
- **3 to 5 p.m. on Thursday, Feb. 15;** NaperLaunch Small Conference Room at Nichols Library

Restoring Old Long Playing Vinyl Records (LPs) Using Digital Tools

Remove LP clicks, pops, surface noise, and more with the tools available to you at the library. Please bring your own headphones or earbuds for this class. **No registration required, but space is limited to the first 10 participants.**

- **2 to 3:30 p.m. on Wednesday, Feb. 7;** Computer Classroom at 95th Street Library

Trivia Night: General Knowledge

Fire up your trivia skills as we test your knowledge on a variety of topics. Compete individually or as part of a team. **No registration required, but space is limited to the first 75 participants.**

- **6:30 to to 8 p.m. on Wednesday, Feb. 7;** Meeting Room A/B at 95th Street Library

Criminal Spines

A book club for lovers of mysteries, thrillers, true crime, and all things suspense. The level of violence will vary from title to title. This month we will be discussing "[Murder Your Employer.](#)" by [Rupert Holmes](#).

- **7 to 8:30 p.m. on Thursday, Feb. 8;** Lookout Room at 95th Street Library

Chicago's Sweet Candy History

Celebrate National Gumdrop Day with a delightful exploration of Chicago's sweet history led by historian Leslie Godard. Uncover the fascinating story behind the Windy City's candy legacy. For most of its history, Chicago produced a third of the nation's confections. Discover the iconic candies that originated here, from Snickers and Milky Way bars to Wrigley's gum, Cracker Jack, Baby Ruth, Butterfinger, Tootsie Rolls, and Frango Mints. Learn how immigrants played a critical role in shaping confectionery history, how Baby Ruth and Milk Duds got their names, and test your sweets knowledge with a fun candy quiz.

- **1 to 2 p.m. on Thursday, Feb. 15;** Meeting Room A/B at 95th Street Library

Senior Tech Club

Master a new technology topic each month, and get support for your phone, computer and other tech devices. **No registration required.**

- **9:30 to 10:30 a.m. on Wednesday, Feb. 21;** Nomura Room C at 95th Street Library

Researching Female Ancestors

Are you struggling to find female ancestors in your family history? Join us for this hands-on class and learn a few tips for finding these elusive relatives! **No registration required, but space is limited to the first 10 participants.**

- **1 to 2 p.m. on Thursday, Feb. 22;** Computer Classroom at 95th Street Library

Naper Settlement

(Free general admission offered to all Naperville residents)

For a full listing of events, visit www.NaperSettlement.org

Upcoming Temporary Exhibits:

"Local Art Inspired by the Naperville Fire Department's 150 Years" showcases local artists. Late January to early April.

"A Strong Back and a Strong Mind: 150 Years of the Naperville Fire Department" highlights the evolution of the City's Fire Department. Opens May 7.

Books Recommended for Seniors

[Ivy Malone Mystery series](#) by Lorena McCourtney. This series of mysteries is popular for its likable characters, including detective Ivy Malone, who is in her senior years. Readers will enjoy one mystery after another.

["Major Pettigrew's Last Stand"](#) by Helen Simonson. Set in the English countryside, this

novel features a retired British army officer and a Pakistani shopkeeper. They're drawn together, and over time, fall in love. However, the challenges from culture and tradition, akin to Romeo and Juliet, make it a compelling read.

[“Rules for Aging: A Wry and Witty Guide to Life”](#) by Roger Rosenblatt. A commentator on PBS’s NewsHour, Roger Rosenblatt gives practical advice through a wry sense of humor for those wishing to live longer, fuller lives.

Intergenerational Games

Winter months find all of us indoors and “looking for something to do.” Grandkids coming over? Are you interested in getting some friends together for a few hours? Group games are a fun way to spend time together.

A favorite game when families or friends gather is called [LCR \(Left, Center, Right\)](#). This dice game does not require reading skills and can have as many players as chairs around the table. Most people play this game with quarters, but dollar bills or poker chips that come with the game can also be used.

Each player starts with three chips or quarters (or whatever denomination you choose). On a turn, the player rolls the three dice marked with the letters, L, C and R. Depending on the roll, they pass a quarter to the player on their right, left, or to the center. The play continues until it’s down to the last two players, who battle it out until only one player still has a chip or coin. That player wins the pot in the center of the table. Let the competition begin!

Senior Services

Did you know that Naperville residents are offered the use of free medical equipment while rehabbing from surgery? Check it out!

Naperville Township Loan Closet, (630) 355-2786 ext. 4403

Loans an assortment of medical supplies, such as walkers, bath and shower benches, commodes and wheelchairs for a period of three months, with a one-time renewal.

Affordable Housing Remains an Important Priority for STF

By Kathy McGowan
STF Co-chair

Affordable housing for seniors has been a long-standing concern of the Naperville Senior Task Force (STF). From the inception of the STF, members have been advocating for more affordable senior housing in Naperville, and the STF presently has a committee on affordable housing. The Senior Task Force has even published a [position on affordable housing](#).



Other groups in the surrounding area share the concern about affordable housing, including the DuPage Housing Alliance, a group of concerned citizens, some of whom have professional experience with affordable housing. The DuPage Housing Alliance has shared its expertise with the City Council and Mayor to confer about the need and the amenities for seniors to live safely in apartments or homes. The [Accessible Community Task Force](#) also has been a voice promoting affordable housing, especially for individuals with developmental disabilities.

Presently there is a [housing development](#) approved for the south end of Naperville at 103rd Street and Illinois Route 59. Gorman & Company LLC is the project developer and is

currently in the process of securing grants to help with the cost of construction.

Jane French, a former STF member and freelance writer, wrote [a 2021 article outlining some of the obstacles to affordable housing](#). One of them is “zoning ordinances that restrict density, building height and land-use alternatives.” Another obstacle is that seniors may have inadequate incomes for market rate homes or apartments. Seniors living on a fixed income in these times can be quite limited in what they can afford.

That is why a complex such as Martin Avenue Apartments is such a blessing to the Naperville community and the seniors living there. However, facilities such as this one can have long waiting lists. This is why groups such as the Alliance and Task Forces must remain committed and dedicated to advocating for seniors and affordable housing.

Keep Your Heart Healthy With These Seven Tips for Seniors

Dr. Nuzhat Chalisa
STF Member



Maintaining cardiovascular health is crucial for the elderly population, who are at higher risk for cardiovascular diseases due to age-related changes and other underlying health conditions. Here are seven tips for promoting cardiovascular health as you age:

Physical Activity: Exercise helps improve cardiovascular fitness, manage weight, and maintain overall health. Walking, swimming, and weightlifting are all good exercises. However, those with limited mobility will find that upper-body exercise, chair yoga and simply moving hands and feet are also helpful to improve circulation.

Eat a balanced diet that includes fruits, vegetables, whole grains, lean proteins and healthy fats. Limit the intake of processed foods, sugary snacks and beverages high in added sugars. Taking small servings and sharing servings when eating out will help you watch your portion size. Remember, sugar is not only in desserts. Pasta, bread, rice, and cereals can have significant amounts of sugar.

It is important to **take your medications regularly** and at appropriate timing for managing cardiovascular conditions, such as high blood pressure, high cholesterol, or heart disease. Use of a pill box or a medication-dispensing system is strongly encouraged to avoid mistakes with medication intake.

If you are a smoker, take steps to **quit smoking**. Smoking is a significant risk factor for cardiovascular diseases, and quitting smoking can have immediate and long-term benefits for cardiovascular health.

Manage stress through relaxation techniques, hobbies, socializing, or engaging in activities you enjoy. Chronic stress can negatively impact cardiovascular health, so finding healthy ways to cope with stress is important.

Make sure you take appropriate measures to **prevent falls**, as falls can lead to injuries that impact cardiovascular health. It is important to maintain a safe home environment, use mobility aids if necessary, and engage in exercises that improve balance.

Ensure that you are getting enough **restful sleep**. Poor sleep quality or sleep disorders can impact cardiovascular health. Encourage a consistent sleep schedule.

There is joy in living a good, long life. The goal is to make it healthy, as well!

Naperville Launches Sharps Disposal Program

Many people in Naperville rely on syringes for medical needs. But what happens to these items once they've been used? Sharps can present a hazard at home and to the environment, as well as to people who come into contact with them, including City sanitation workers.

That's why the City of Naperville launched the [Residential Sharps Disposal Program](#) through a grant from the Illinois Environmental Protection Agency. The program is available to all Naperville residents (not businesses). It will run through at least June 30.




Here's how it works:

1. **Pick up your free container:** Head to the Naperville Fire Department Administration Center, 1380 Aurora Ave., from 8 a.m. to 3 p.m. Monday through Thursday. Mention the Sharps Disposal Program at the front desk to receive a sturdy Stericycle container.
2. **Store your sharps safely:** Containers hold about 36 used sharps. Please remember to put them in point-side first and screw the lid tightly to keep the container secure.
3. **Drop off when full:** To drop off the container, visit the Household Hazardous Waste Facility, 156 Fort Hill Drive, when it's open from 9 a.m. to 2 p.m. on Saturdays and Sundays. No appointment is required.


City of Naperville

Residential Sharps Disposal Program

How the Program Works:

- 1.**

Pick up a Free Sharps Container
- 2.**

Secure the Sharps Container
- 3.**

Dispose of the Sharps

***Only Naperville residents are eligible to participate in this program**



The Low Income Home Energy Assistance Program (LIHEAP) helps keep Illinois residents safe through initiatives that assist households with energy costs.

LIHEAP provides assistance to reduce the costs associated with home energy bills, energy crises, weatherization, and minor energy-related home repairs.

Applications opened to the general public on Dec 1. Eligibility requirements and applications can be found at dceo.illinois.gov.



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 Naperville Senior Task Force or City of Naperville endorsement.

City of Naperville | 400 S. Eagle Street, Naperville, IL 60540

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