

# Our Voice

Summer 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](http://naperville.il.us/seniortaskforce) for information and updates. Thank you!

## Seeking Senior of the Year Nominations



By John Gallagher  
STF Member

Every year, the Senior Task Force chooses two seniors – one man and one woman – to recognize with the Senior of the Year Award as an honor for their selfless service. Every year we receive many nominations, and every year, and it is difficult to choose just two.

Please take a moment to think of those special people you would like to nominate. These may be neighbors, friends, relatives, church members or local citizens – any of the countless self-sacrificing seniors who serve when no one knows about it. The only criteria are

nominees must be 65 or older and a Naperville resident who gives back selflessly. We look forward to meeting these hidden gems of our community.

Mayor Scott Wehrli will recognize Senior of the Year Award recipients at the City Council meeting at 7 p.m. Tuesday, Oct. 17 in Council Chambers at the Naperville Municipal Center, 400 S. Eagle St. NCTV17 will broadcast the presentation.

To submit a nomination, email the [nomination form](#) available at [naperville.il.us/seniortaskforce](http://naperville.il.us/seniortaskforce) to [jjmg4423@comcast.net](mailto:jjmg4423@comcast.net) or mail it to John Gallagher, 23W 271 Creek Court, Naperville, IL 60540-9430. Feel free to add photos, articles and anything that will enhance your nominee's information. For questions, call 630-362-5105. Thanks so much for finding these special Naperville seniors!



## 2023 Senior of the Year Award

**Know a senior who gives back to Naperville?**

The Senior Task Force is now accepting nominations for this year's Senior of the Year!

### Nominees should

- ✓ Have a history of community service
- ✓ Give back selflessly
- ✓ Be 65 or older and a Naperville resident

**Nomination form at [naperville.il.us/seniortaskforce](http://naperville.il.us/seniortaskforce)**

Nominations due by **Aug. 31, 2023**  
Email John Gallagher at [jjmg4423@comcast.net](mailto:jjmg4423@comcast.net),  
or send the form to: John Gallagher  
23W271 Creek Court  
Naperville, IL 60540-9430



**Questions?** Call John Gallagher at (630) 362-5105

**Winner will receive the award during the  
Naperville City Council meeting at 7 p.m. Tuesday, Oct. 17**

## Grandparenting in a Digital Age

By Arlene Orr  
STF member

In today's world, it is not uncommon to live far away from our beloved grandchildren. We want to be part of their lives – witnessing them growing up and sharing a connection. But sometimes it feels impossible. You may be using digital technology to stay connected, but sometimes that doesn't feel enough. What can we do? Believe it or not, there is hope!



Continuing to use technology – but in a more creative way – may help. For instance,

using Facetime or a video chat allows you to see your grandchildren the closest to in-person, but why limit yourself to using it in one place? Take your phone outside and show them what you're doing, or what's going on in your home. It will make them feel like they are there with you. Encourage your grandchildren to send videos of their birthdays and milestones, or Facetime with them while they blow out the candles on their birthday cake. You can also use digital technology to play virtual games – trivia, Scrabble, chess and more. Often, grandchildren will have a favorite game, and playing with Grandma or Grandpa will be a thrill.

Building a relationship does not have to consist solely of video chats. Finding a shared interest can be beneficial. Choosing a special television show to watch remotely together (there are ways to stream programs together) or reading the same book can help create a strong bond. Whichever way you use your digital media, do it often – and predictably – for increased connection to your grandchildren.



## Keep Your Mind Sharp This Summer

By Arlene Orr  
STF Member

As we grow older, physical fitness is not the only thing that becomes more important; exercising the mind is just as crucial. Keeping our brains active can help improve memory, daily life skills and most of all our mental health, which is essential for living independently in our

senior years.

Not sure where to start? Give these brain games and activities a try!

**Cards anyone?** Any game of cards reduces stress, promotes cognitive function, benefits hand-eye coordination and can be played with a group or alone. Card-matching games are especially helpful to improve memory.

**Word puzzles** (crosswords, jigsaw and brain teasers) are all excellent activities that can train your brain to retrieve memories, concentrate and think strategically. They also boost self-esteem and help combat stress. Logic puzzles help enable lateral thinking and can strengthen neural pathways that aren't often used. Jigsaw puzzles help us relax and reduce blood pressure.

**Not into word puzzles?** Games such as chess, checkers, charades and **board games** help with forward planning and strategy. **Arts and crafts** help fine motor skills and improve focus. **Reading** helps cognition, enhances lost vocabulary and helps with isolation. **Trying something new** has great advantages too: an online class, a new hobby, learning a new dance (or even making one up), writing letters and painting are all mentally boosting activities.

---

## New Finance Counter Hours Now in Effect

The Finance Department front counter at the [Naperville Municipal Center](#) is now operating under new hours designed to provide a consistent schedule for customers. The counter, located on the west side of the first floor at 400 S. Eagle St., is open 8 a.m. to 4:30 p.m. Monday through Friday, excluding City holidays. To make an in-person transaction, visit the Finance Department front counter on the west side of the first floor at the Naperville Municipal Center, 400 S. Eagle St.

Finance Department call center hours for billing and payment questions remain unchanged. The call center is available from 7 a.m. to 7 p.m. Monday through Friday and from 8 a.m. to noon Saturday at 630-420-6059.





## FINANCE DEPARTMENT FRONT COUNTER:

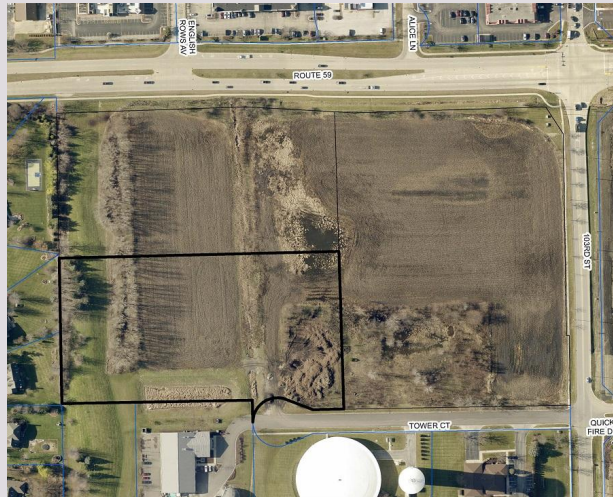
**New Hours Now in Effect!**  
**8 a.m. to 4:30 p.m. Monday - Friday**

West side of the first floor  
Naperville Municipal Center, 400 S. Eagle St. | 630-420-6059

## Commitment to Affordable Senior Housing Continues

By Kathy McGowan  
STF Co-Chair

The Senior Task Force is pleased that the property at 103rd Street and Route 59 will be dedicated to an [affordable housing development](#) for seniors and the IDD (Intellectual or Developmental Disability) community. Since its inception, the task force has been committed to ensuring housing developers consider setting aside some units as affordable for seniors and groups such as veterans and people with disabilities.



Development at this site will be delayed for about a year after the chosen developer, Gorman and Company, LLC, was unsuccessful in its application for funding from the Illinois Housing Development Authority. Gorman will meet with officials from the IDHA before resubmitting its funding request during the next cycle in 2024. In projects such as this, developers often look to “layering” funding from grants and other sources. All potential developers considered by a selection committee, which included a Senior Task Force member, said they would seek funding from the IDHA to support the project.

The City and Gorman remain committed to this important project to benefit seniors and people with disabilities. In the meantime, the task force continues to review projects presented to the Planning and Zoning Commission to ensure that affordable housing remains a priority.

## The Constructive Corner: Things to Do, Discover and Digest

### Free Library Educational Opportunities

#### Remembering Route 66

Learn why Route 66 remains so indelibly associated with the lore of the American road trip. What was Route 66 like at its pinnacle -- and what is it like today?

**95th Street Library** – 1 p.m. Thursday, July 20

**Online\*** – 1 p.m. Thursday, July 20 \* [Registration required](#) for online access

### **The British Invasion of America - Popular Culture of the 1960s and 70s**

From James Bond to the Beatles and The Avengers to the miniskirt, British movies, music, TV, fashion and theater have had a profound influence on American society. Join Dr. John Lyons as he brings to life the British invasion of the American mind through music, video and photos from the 1960s and 70s.

**95th Street Library** – 7:30 p.m. Thursday, July 27

**Online \*** – 7:30 p.m. Thursday, July 27 \* [Registration required](#) for online access

### **Nazi Propaganda: Fueling Hate & Genocide**

Join us for a virtual experience of Illinois Holocaust Museum's core exhibition as we explore techniques the Nazis used to build support and acceptance of their vision for Germany's future.

**95th Street Library** – 1 p.m. Thursday, Aug. 17

**Online\*** – 1 p.m. Thursday, Aug. 17 \* [Registration required](#) for online access

Visit the library's website for a full [calendar of events](#) and to register.

## **Books Recommended for Seniors - July 2023**

**The Immortal Life of Henrietta Lacks** by *Rebecca Skloot*

**The Musical Comedy Murders of 1940** by *John Bishop*

**The Handmaid's Tale** by *Margret Atwood*



## **Volunteering: The Best Part of Retirement**

By Gwenn Lloyd  
STF Member

Nothing beats this wonderful stage when we can set our own timetables and enjoy the activities we want. Do you have things to do?

According to SeniorLiving.org and the AARP, volunteering helps us age better. Those who regularly volunteer report lower mortality and depression while enjoying increased happiness and self-esteem. Studies show that the older a person is, the greater the potential upside of volunteering – meaning the simple act of giving back is an essential part of staying healthy.

Beyond good feelings and a sense of purpose, seniors who volunteer can make friends, learn new skills and keep their minds sharp. Unlike a traditional job, volunteering offers the flexibility to fit into your schedule and the freedom to explore different opportunities.

The following offer local volunteer opportunities:

- City of Naperville: Visit [naperville.il.us/volunteerism/](http://naperville.il.us/volunteerism/)
- Naper Settlement: Visit [napersettlement.org/115/Volunteer](http://napersettlement.org/115/Volunteer), email [nshr@naperville.il.us](mailto:nshr@naperville.il.us) or text VOLUNTEER to 630-228-9859.
- Naperville Public Library: Visit [naperville-lib.org/161/Volunteer](http://naperville-lib.org/161/Volunteer) email [jking@naperville-lib.org](mailto:jking@naperville-lib.org) or call 630-637-2226.
- Cantigny Park: Visit [cantigny.org/support-us/volunteer/](http://cantigny.org/support-us/volunteer/) or contact Magan Ascher, director of visitor services, at 630-260-8266 or [volunteer@cantigny.org](mailto:volunteer@cantigny.org).
- The Morton Arboretum: Visit [mortonarb.org/join-support/volunteer/volunteer-opportunities/](http://mortonarb.org/join-support/volunteer/volunteer-opportunities/)

## **Dementia Friendly Naperville Launches New Resource Guide**

By Jack Kreger  
STF Member



In March, the [Dementia Friendly Naperville Resource Guide](#) went live on the City of Naperville's website. Members of the Naperville Senior Task Force's Dementia Friendly Naperville committee developed the guide in support of our mission to maintain Naperville's standing as a nationally recognized Dementia Friendly Community.

Designed to answer the question, "Where can I go for information and assistance?" the Resource Guide is easy to search and navigate. Viewers can easily download or print individual pages, groups of pages or the entire 32-page document. The most recent version contains 119 resources, including where to find local financial/legal assistance, adult day services, home care, memory care and other mental health resources.

The Resource Guide is available at [naperville.il.us/dementiafriendly](http://naperville.il.us/dementiafriendly). For comments and suggestions, email [dementiafriendlynaperville@gmail.com](mailto:dementiafriendlynaperville@gmail.com).

Naperville was named a Dementia Friendly Community in late 2020, as the result of a joint effort between the Senior Task Force and a committee from several community organizations. A Dementia Friendly Community, as defined by [Dementia Friendly America](#), is a place "that is informed, safe and respectful of individuals with the disease, their families and caregivers and provides supportive options that foster quality of life."



## Join us at the Memory Café

The Memory Café is a social gathering for people with dementia and their care partners, including spouses, children, friends and professional caregivers. Memory cafes are not a form of respite care. Instead, they offer a place where both care partner and care recipient can socialize and connect with others in similar situations. Activities at these events vary, including games, education, music, dancing and arts.

The [Memory Café](#) meets on the second Tuesday of each month from 2 to 3:30 p.m. at the 95th Street Library, 3015 Cedar Glade Drive. Please join us for this FREE event. The Memory Café is sponsored by the Senior Task Force and Dementia Friendly Naperville.

For details, contact Lisa Kirchner at 630-710-7502.

## Silver CPR Classes Coming in September:

Silver CPR is a program at no charge to senior participants who want to learn basic CPR, use of an AED and choking intervention. Here is the opportunity for seniors to learn these valuable skills in a relaxed setting, instructed by your local Naperville Fire Department paramedics, who understand the capabilities of older Naperville citizens.

The classes will be held in the morning and afternoon on Thursday, Sept. 21 at A. George and Patricia Pradel Safety Town of Naperville, 1320 Aurora Ave. Each session will be approximately three hours long. Each class can accommodate 25 participants, and slots fill quickly. To sign up, email [seniortaskforce@naperville.il.us](mailto:seniortaskforce@naperville.il.us).

## **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](http://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

[Unsubscribe info@naperville.il.us](mailto:info@naperville.il.us)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [info@naperville.il.us](mailto:info@naperville.il.us) powered by



Try email marketing for free today!