

A City of Naperville Senior Task Force Publication

September 2016



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What's Happening

There's always something to do in Naperville! Below are links to event listings and calendars provided by the City of Naperville and the Naperville Convention and Visitor's Bureau.

[City of Naperville calendar](#)

[Naperville Convention and Visitor's Bureau calendar](#)

Stay Informed

The Senior Task Force is committed to helping connect you with services and initiatives that enhance your quality of life. Here's some reminders of where you can go for information.



It was a great day on Sept. 5 to be in the Labor Day parade!

Senior Task Force Update

Submitted by Karen Courney and Bev Patterson Frier, STF co-chairs

The Senior Task Force (STF) has had a busy summer, culminating with our first time participating in the Labor Day Parade, as you can see from the photo above. The weather could not have been better. We saw a lot of people we knew along the route. The only problem with our being in the parade is that we did not see the other entries except for those right in front and behind us! (It's a good thing NCTV17 replays the community events on its channel.)

Our focus in 2016 has been twofold: housing and transportation. In regard to housing, our team has met with several builders and developers and now realize that many of them don't understand the requirements for senior housing. An application for

[Senior Services & Resources website](#)

[Senior Task Force webpage](#)

[Our Voice eNewsletter sign-up](#)

Disclaimer

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A full disclaimer is available to view [here](#).

a building permit or approval of a subdivision goes through many approval processes before it gets to the Planning and Zoning Commission and then to the City Council. By that point, getting major changes made to a development is extremely difficult. The time for these criteria to be addressed is at the very beginning of the process. We believe Naperville needs to adopt criteria that will be required of developers/builders wanting to build senior housing and it needs to be publicized. If you're interested in learning more, please take a look at the article in this newsletter on Affordable and Accessible Housing.

We are seeing some wonderful success in the area of transportation for our seniors. We recently established a corporation for a volunteer driver program. "Naperville Seniors in Action d/b/a Ride Assist Naperville (RAN)" is an Illinois nonprofit corporation that is in the process of applying for 501 (c)3 status with the Internal Revenue Service. (Informally, the program will be called RAN.) If you were at the grand opening of the Park District's new Fort Hill Activity Center, you may have seen our display with information for drivers and riders. We hope to be operational in a couple of months. If you have sent an email or called to express an interest in becoming a driver, we will be sending the application and other documents to you shortly. If you have any questions or need more information on RAN, please email seniortaskforce@naperville.il.us.

We're also happy to announce we have four new STF'ers! Alan Hoffman is coordinating this newsletter. Nancy Leubke is writing articles, and Shirley DeCorte will be coordinating the Speakers Forum. Diana Kasper will be taking care of administrative responsibilities. Welcome to all!

Don't forget about Healthy, Wealthy and Wise this Friday, September 16 at the Municipal Center. (More information is included in this newsletter.) We will be there - stop by our table outside of Council Chambers and say hi!

Have a wonderful and safe fall season, and remember: we welcome your articles or photos for inclusion in *Our Voice*.

HEALTHY WEALTHY WISE & 2016 Senior Conference

Friday, September 16
8:30 a.m. to 12:15 p.m.
Naperville Municipal Center
400 S. Eagle Street

Registration and resource tables open at 7:30 a.m.

Free Parking • Raffle • Refreshments • Resource Tables

- Prepare to "Live Life in Style" when Dr. Zaid Jabbar of Edward-Elmhurst Health discusses how to preserve our health for longer, happier lives.
- Open the lines of communication regarding finances when Karre Parker of Arbor Financial Services, LLC explains why "Your Money Matters."
- Experience simple cognitive and physical exercise when Peggy Kinst from Ageless Grace presents "Exercise ... I Think I Will Sit This One Out!"
- Join the team from Microsoft as they discuss the use of social media, Skype and other applications as a way of "Connecting the Generations."



Reservations

Advance reservations are required.
Call (630) 969-0992
Reference event code 12171



Presented by the
Naperville and Lisle Townships TRIAD
and the City of Naperville



For more event and parking information, visit www.naperville-lisle-triad.org

Our Health - Your Liability Using Medicare Part D
By Carl Skrabacz, Senior Task Force member

In October, and lasting through December 15, you will be deciding on the same or a different Medicare Part D Plan. Regardless of the plan you choose, the following general guidelines will apply.

There are four phases to the standard benefit model for Med D.

1. Deductible phase

For 2016, patients may (depends on plan) be responsible for the first \$360 of drug costs before coverage becomes effective.

2. Initial coverage limit phase

After the \$360, the basic plan benefit design will cover 75% of the drug cost and you are responsible for the 25% coinsurance cost. (Note that insurers can offer enhanced plan designs that apply flat copay amounts in the initial coverage limit phase.) You will stay in this phase until your total drug spend (TDS) reaches \$3,330. (The TDS limit can change from year to year.)

3. Coverage gap phase (donut hole)

The complexity of the coverage gap phase creates confusion for everyone. For brand-name drugs, you receive a 50% discount and the health plan pays a 5% administrative fee; you are responsible for the 45% difference. For generic drugs you will pay 58% of the price. For 2016 you will stay in this third phase until you have paid \$4,850 (includes money you paid during the deductible phase.)

4. Catastrophic coverage phase

The catastrophic coverage phase considers true-out-of-pocket (TrOOP) costs. These include money spent during the deductible phase, cost-sharing responsibility during the initial coverage limit phase and the coverage gap phase and the drug manufacturer discount during the coverage gap phase.

After you reach the TrOOP threshold of \$4,850, the catastrophic coverage begins. You will remain in this phase until the end of the year. During this phase you are responsible for the greater of \$2.95 or 5% for generic and multisource drugs or the greater of \$7.40 or 5% for other drugs.

Keep in mind that specialty drugs cost many thousands of dollars. Patients can fall into the catastrophic coverage phase with the filling of just one prescription.

Affordable and Accessible Housing Needed for Naperville Seniors

By Nancy Leubke, Senior Task Force member

Jim Hill, chairman of the Senior Task Force Housing sub-committee, is concerned that the growing Naperville senior population faces a shortage of accessible and affordable housing options as they age.

"There are not a lot of housing options with accessibility for seniors with disability or mobility issues," Hill said. "We have a shortage now, and it's only going to get worse."

Hill is focused on housing suitable for independent living, and not just single family homes, but rental units, too.

He said that this issue affects all Naperville residents because younger residents may want their aging parents to move here, and residents in their 50s and 60s may be looking at what their options will be when they get older and are not seeing much affordable housing that will be suitable for living independently if they are disabled or dealing with mobility issues.

One of the Senior Task Force Housing sub-committee's recommendations Hill would like to see Naperville adopt is that builders set aside at least 10% of a building's units for seniors with incomes of less than \$36,000 per year. Rent for the age-restricted units should not exceed \$1,000 per month.

Hill has gathered universal design guidelines from the National Association of Home Builders that he hopes will be used as a consideration for any new senior housing development in Naperville. The guidelines include:

- **No-step entry.** There are no steps to get into a home or the home's main rooms.
- **One-story living.** Rooms for eating and sleeping, as well as bathrooms, are all on one barrier-free level.
- **Wide doorways.** Doorways are 32-36 inches wide to allow wheelchairs to pass through, and they also make it easy to move big objects into and out of the house.
- **Wide hallways.** Hallways should be 36-42 inches wide to allow people and items to move easily from room to room.
- **Extra floor space** so that people using wheelchairs have more room to turn.
- **Floors and bathtubs with non-slip surfaces** to prevent falls while bathing.
- **Thresholds that are flush with the floor** to make it easy for a wheelchair to get through a doorway.
- **Good lighting** for people with poor vision.
- **Lever door handles and rocker light switches** for people with poor hand strength.

These guidelines may also be used for seniors who may be planning some remodeling in the homes they hope to stay in as they age. Hill said he hopes that these guidelines will also have an impact on rental housing and will be used as a consideration for new development in Naperville.

Hill and Karen Courney, co-chair of the Senior Task Force, plan to meet with Naperville's Transportation, Engineering and Development (TED) Business Group to discuss adopting the design guidelines. If the City were to adopt the

guidelines, builders who hope to do business with the City will be able to see what the City recommends for their development.

The Senior Task Force is trying to establish parameters for senior housing construction that would keep the housing affordable. Hill said that it would be helpful to get ideas from the community as to what they want in future developments. Please submit your ideas by calling (630) 306-4613 or emailing seniortaskforce@naperville.il.us.

It's Time for the JUDD-A-THON!

Submitted by Mike Barbour, service officer, Judd Kendall VFW Post 3873 and veterans' advocate for Naperville Township

Mark your calendars, senior citizens! Sunday, September 18 is the 3rd annual JUDD-A-THON, a race designed for every man and woman in the area.

The length of the race is 0.1K. Yes, that's what I said, 0.1K, or about 103 yards, according to the GPS. We have 3-year-olds up to 95+-year-olds participating in this grueling event. Those who have walkers and canes also compete.

There will be a Marine DI leading us in warm-ups so no one pulls a hammy. A water station half way through the race will provide hydration for those parched from the event. EMTs will be at the end of the course to take care of any injuries or exhaustion. As an added bonus, Massage Envy will be there to give massages to relax those aching muscles.

This is a fun event. All the proceeds go to the VFW National Home For Children. Costumes are encouraged. I have had my third fitting for my costume this year. (See the picture to the right.) It will be a stunner!



Mike Barbour in his costume for the event!

The time of the race is 10:01 a.m. at Judd Kendall VFW Post 3873, 908 West Jackson Ave. in Naperville. We encourage you to be there by 9 a.m. to take part in all the pre-race festivities. Entry and sponsor forms are on the VFW website, www.napervfw3873.org.

I hope to see you there - it is a fun time for a great cause!

Caregiving: There's an App for That

Submitted by Mike Cooper, Naperville Senior Center

It's no secret: the technology industry is a young person's game. Despite the rising senior population, very few technologies cater to (or even accommodate) older generations. This is a real problem for caregivers who are struggling to find a happy medium between their loved one's needs and the ever-increasing presence of technology. But all is not lost for the modern day caregiver. Though few, there are apps out there that help with the tasks of caregiving. Here are some of our favorites:

1. **Care Zone:** If you have a large family, you know it's difficult to get everyone on the same page. Often times everyone knows some parts of the puzzle when it comes to your loved one's care, but a lack of communication leads to confusion and ignorance. Care Zone eliminates that problem. Through this app you can add anyone who watches over your loved one as a "Helper." Once listed as a Helper you can choose what features of the app they can view or edit, including meal time observations, medication information and more. Plus, if you ever need to quickly share a message to your whole support network, Care Zone has a feature where you can broadcast that news to up to 100 people at a time. What's better? This is all free!

2. **Pain Care:** Another great free app. Pain Care serves as a one-stop pain journal. Record intensity, pain triggers, time of day, treatments used and more all in one place. This app is very useful when trying to determine patterns of pain and discomfort. Maybe Mom feels the most pain when she has been sitting all day, maybe Dad needs to be at a healthy BMI to feel most comfortable or maybe there is a new medical treatment your doctor might consider. No matter what you find, Pain Care helps you navigate your loved one's symptoms in a way that paper methods just don't do.

3. **Lotsa Helping Hands:** For most caregivers, scheduling can be a daunting task. Trying to coordinate who does what, when and how is a job in itself. Lotsa Helping Hands eliminates this issue by facilitating all of the planning needed to care for an aging senior. Through this website you can mark which days care is provided, which days require extra help and which days need special attention. Once set up, it is easy for all members of your care community to access the calendar and volunteer to help out. No more phone tag or miscommunication- Lotsa Helping Hands happens in real time! The only problem is that there is no phone app to go along with the website as of now. This may change in the future, but for now, you need a computer to access this caregiving tool.

4. **INRFOOD:** If you're having trouble keeping track of which foods are safe for your loved one, INRFOOD is a wonderful app to try. The app keeps track of all dietary needs and preferences in the house and cross-references those needs when you are at the grocery store. Simply scan the product's barcode and the app can tell you everything. INRFOOD comes with a 30-day free trial and then you have to pay. However, the payment is a one-time fee of \$3. The one-time payment also adds features like video tips from dietitians and much more, which is well worth the price.

Technology is all about convenience, and caregivers need all the convenience

they can get. Even though most technology is designed for the young, apps like these ones reach across the age gap. At the very least they add peace of mind to your day!

Naperville Senior Center can provide respite as well as top notch care for your loved one. Give us a call at (630) 857-3017.

Naperville Seniors are Enjoying the New Fort Hill Activity Center

By Nancy Leubke, Senior Task Force member

Even before the new Fort Hill Activity Center officially opened in late August, a large number of seniors had already found their way to the new facility.

Brad Wilson, Director of Recreation at the Naperville Park District, said that there are a large number of seniors at the facility during the day, and about 80 percent of the group exercise classes are people 50 years and older.

The Fort Hill Activity Center, which had its grand opening on August 27, 2016, is located at 20 Fort Hill Drive in Naperville. The 80,000 square foot facility offers indoor Park District programs, exercise classes and equipment, a walk/jog track and courts for four sports: basketball, volleyball, badminton and pickleball.

A health membership for Naperville residents 60 years and older is \$29 per month; for non-Naperville residents 60 years and older the monthly fee is \$36.25. Annual memberships are also available. A health membership includes access to the fitness center, which has 50 pieces of cardio equipment; participation in over 40 group classes; access to the open gym and the courts for four different sports: basketball, volleyball, badminton and pickleball; and use of the walk/jog track.

The health membership also covers use of free weights, free WiFi and reduced rates on childcare, personal training and premier fitness classes.

The Fort Hill Activity Center is open Monday through Friday from 5 a.m. until 10 p.m., Saturday from 6 a.m. through 7 p.m. and Sunday from 7 a.m. to 6 p.m. For more information, visit www.napervilleparks.org/forthillactivitycenter or call (630) 995-8900.



A group of seniors took the Park District's WellFit Seated Strength Training Class at the Alfred Rubin Riverwalk Community Center recently.

Take a Park District Senior Program!

The below senior programs are being offered this fall at the Alfred Rubin Riverwalk Community Center, 305 W. Jackson Ave. in Naperville. Registration can be completed online at www.napervilleparks.org, by calling (630) 848-5000 or registering in person at the Alfred Rubin Riverwalk Community Center between the hours of 8:30 a.m. and 5 p.m. Monday through Friday.

Park District program registration is also available in-person at the Fort Hill Activity Center, 20 Fort Hill Drive, from 5 a.m. to 10 p.m. Monday through Friday, 6 a.m. to 7 p.m. on Saturday and 7 a.m. to 6 p.m. on Sunday as well as the 95th Street Center, 2244 West 95th St. Ste. 200, Monday through Friday from 8:30 a.m. to 5 p.m.

Senior Exercise Classes

Ageless Grace: Timeless Fit for the Mind and Body

Code 9529

Thurs. Sept. 8-Oct. 13

9:30-10:30 a.m.

\$30(R)/\$36(N)

WellFit Better Balance and Core - NEW!

Code 9518

Mon. Sept. 12-Oct. 3

10:15-10:45 a.m.

\$12(R)/\$14(N)

WellFit Seated Strength Training

Code 9517

Mon. Sept. 12-Oct. 3

9:20-10:05 a.m.

\$16(R)/\$19(N)

Senior Kung Fu - NEW!

Code 9861

Tues. Sept. 13-Oct. 25

9:30-10:30 a.m.

\$70(R)/\$84

Tai Chi for Health: Senior Level 1

Code 9524

Wed. Sept. 14-Oct. 26

9:10-10:10 a.m.

\$35(R)/\$42(N)

Tai Chi for Health: Senior Level 2

Code 9526

Wed. Sept. 14-Oct. 26

8-9:00 a.m.

\$49(R)/\$59(N)

Tai Chi for Health: Senior Level 3

Code 9528

Wed. Sept. 14-Oct. 26

10:30-11:30 a.m.

\$70(R)/\$84(N)

Senior Educational Classes**Widows: Understanding Grief and Emotions**

Code 5172

Wed. Sept. 21

11:30 a.m.-1:00 p.m.

Bridge 1

Code 10482

Mon. Sept. 12-Oct. 24

7-9:00 p.m.

\$30(R)/\$36(N)

Enhancing Your Memory

Code 5277

Thurs. Oct. 13

Noon-1:15 p.m.

Free (R)/(N)

Influenza: Be Prepared

Code 10500

Fri. Oct. 14

Noon-1:00 p.m.

Free (R)/(N)

Ladies, What's in Your Purse

Code 5270

Wed. Oct. 19

7-8:30 p.m.

Free (R)/(N)

Reverse Mortgage: Pros and Cons

Code 5222

Wed. Oct. 26

Noon-1 p.m.

Free (R)/(N)

Bridge 2

Code 5081

Mon. Oct. 31-Dec. 12

7-9:00 p.m.

\$45(R)/\$54(N)

Social Security Planning for Boomers

Code 9859

Wed. Nov. 2

Noon-1:30 p.m.

Free (R)/(N)

Products to Prevent Slips and Falls in the Home

Code 10479

Thurs. Nov. 10

Noon-1:30 p.m.

Free (R)/(N)

Bulletproof Your Future

Code 10458

Wed. Nov. 30

Noon-1:30 p.m.

Free (R)/(N)

Time Matters: A Woman's Retirement Outlook

Code 5276

Thurs. Dec. 8

Noon-1:00 p.m.

Free (R)/(N)

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

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