

Our Voice

Spring 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!



Free Silver CPR Class Offered to Seniors

The Naperville Senior Task Force is once again encouraging seniors to take Silver CPR to learn the lifesaving skills of basic CPR, the use of an automatic external defibrillator and choking intervention.

Silver CPR classes **are free to participants** and taught in a relaxed setting by Naperville Fire Department paramedics. Classes are scheduled for 10 a.m. and 12:30 p.m. on Thursday, May 2, at the A. George and Patricia Pradel Safety Town of Naperville, 1320 Aurora Ave.

To register for the time that works best for your schedule, click on the appropriate link below:

[Register to attend at 10 a.m. on May 2](#)

[Register to attend at 12:30 p.m. on May 2](#)

Games, Music and Friends: 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 vary, but may include games, education, music, dancing and arts. All offer socialization. Spring activities are planned for the next few sessions.

Gatherings take place 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 Café is sponsored by The Naperville Senior Task Force and Dementia Friendly Naperville. For more information, please contact Lisa Kirchner at 630-710-7502.



Adult Day Services Promote Well-Being of Seniors

By Shazia Khan
STF Member

Adult day services play a critical role in the community by offering a supportive environment for adults who need assistance during the day, while providing respite for caregivers. These services are essential in promoting the well-being, independence, and social interaction of older adults, individuals with disabilities, and those recovering from illnesses.

What Are Adult Day Services?

Adult day services are a vital resource for communities, offering a multifaceted approach

to care that benefits participants, caregivers, and the broader healthcare system. These programs enhance the quality of life for adults needing assistance, support caregivers in their critical roles, promote social interaction, and provide economic benefits by reducing healthcare costs. As the population ages, the demand for such services is expected to grow, highlighting the need for continued support and expansion of adult day services to meet the needs of communities across the country.

Enhancing Quality of Life

Adult day services significantly enhance the quality of life for participants by offering a range of activities designed to promote physical, cognitive and social health. Activities such as exercise classes, music and art therapy, and group outings stimulate mental and physical engagement, which is vital for maintaining cognitive abilities and physical health. These programs are tailored to meet the individual needs of participants, ensuring a personalized approach to care and engagement.

Supporting Caregivers

One of the primary benefits of adult day services is the support they offer to caregivers. Caring for a loved one can be a full-time responsibility, often leading to caregiver burnout. Adult day services provide caregivers with a much-needed respite, allowing them to work, run errands, or simply take a break for self-care. This support is crucial in maintaining the health and well-being of caregivers, ensuring they have the energy and resources to continue providing care.

Promoting Social Interaction

Social interaction is a key component of adult day services, helping combat participants' loneliness and isolation. These services provide a community setting where adults can engage with peers, form friendships, and participate in group activities. For many participants, this socialization aspect is vital, enhancing a sense of belonging and improving overall mood and mental health.

Preventing Institutionalization

Adult day services play a crucial role in delaying or preventing the need for more intensive forms of care, such as nursing homes or long-term care facilities. By providing comprehensive daytime care, these services allow individuals to remain in their homes and communities longer. This not only benefits the participants by allowing them to maintain a sense of independence and familiarity, but also reduces the financial burden on families and the healthcare system.

Economic Benefits

From an economic perspective, adult day services offer significant cost savings compared to alternative forms of care. By delaying institutionalization and reducing the need for emergency medical services through ongoing health monitoring, these programs contribute to a more sustainable healthcare system. Furthermore, by allowing caregivers to maintain employment, adult day services support the economic stability of families.

Access a [listing of Adult Day Services for Naperville seniors](#) from the City of Naperville's website.



Just Sing: Music Connects Us to the Past

By Arlene Orr
STF Member

When trying to decide on a title for this article about the benefits of singing as we age, the phrase “Sing to the Mountains” popped into my mind. For some reason, this title was familiar to me — and then I realized it was a song I had sung many times in church growing up. Before I knew it, I was searching YouTube and singing full-on, music blaring, to this catchy tune. I didn’t even realize how much I loved it until the words came back to me. It brought back so many memories of being together with my family on Sundays — and to my surprise I remembered every word!

Music is an integral part of life and songs are powerful in the sense that they can put us in touch with our feelings, connect us to the past, and can unite us. Songs help us celebrate the good times and navigate the rough times. Songs stay with us as powerful parts of our lives.

While it’s true that everyone loves listening to a good song, the act of singing in and of itself is often overlooked as having powerful benefits, especially when it comes to aging. For one thing, singing enhances memory and cognitive function. When we sing, we are required to recall lyrics and rhythms. This, in turn, exercises the memory muscles in our brain. In fact, several brain regions are stimulated while singing: The auditory, cortex, language centers, and motor regions are all ignited.

Singing also boosts mood and emotional well-being. Not only does singing bring joy, but it can also lessen anxiety and have a positive overall effect on the brain. When you are focusing on the words, you aren’t focusing on your worries. It can be a powerful distraction tool. Singing in a group such as a choir promotes positive social bonding and social connection to others, which is important as we grow older.

Singing is a way to communicate. With dementia and Alzheimer’s Disease, language deteriorates over time, yet often the ability to sing old tunes doesn’t. Therefore, it is especially important to use singing as an effective means of communication for those who have lost, or are losing, the ability to communicate. It invokes happy memories of days gone by. Play an old song and be a witness to something amazing!

Writing or inventing your own songs is also good for creativity and just plain fun. So, go ahead, sing your heart out! It’ll improve your breathing, your posture, and your life expectancy!

in life and fall in love, even though they are an unlikely pair. It's a heartwarming, sentimental read. Warning: You may need tissues!

“The Silent Patient” by Alex Michaelides. This murder mystery will keep you on the edge of your seat. It twists and turns — and is guaranteed to surprise.

“The Art of Racing in the Rain” by Garth Stein. This novel told from the perspective of a wise and loyal dog named Enso is a heartwarming and emotional read that explores themes of love, loyalty, and the human condition.

“When Waves Rise: Navigating Difficult Moments Associated with Dementia,” by [Sarah Viola](#), Naomi Evans (foreword). “When Waves Rise” is a must-read for care providers of a loved one at home, professionals who support these care providers, and direct service providers who wish to be more effective with patients. Viola handles a difficult topic with care as she condenses 11 years of experience serving those with dementia.

Tips on Safe Shoes (Courtesy of [parentingagingparents.com](#))

Debora writes: *Hello. Any shoe suggestions for an 80+ lady on a walker? Mom wears Bzees, a slight platform with a strap, but they are no longer safe. She won't wear the straps, so outside of a new pair of Brooks sneakers for physical therapy (which are clunky), I'd welcome suggestions. She does seem to have trouble with completely flat shoes, so a platform would help. Thanks!*

Here are some of the ideas shared:

- SAS shoes
- I've purchased multiple type of slip-on Skechers for my mother-in-law. One pair even looks like nice black dress shoes.
- My 93-year-old mom likes Tom's. You can always take out the factory insert and replace it with a gel insert with arch support, etc.
- Slip-on sneakers are the only shoes mom wears.
- Our mom loves her Kizik brand shoes.
- Bzees has different styles, same comfort.
- Everyone's feet are different, but I love Sanita.
- Allbirds are comfy.

Scammers Try to Fool Victims With These Common Tricks

By **Arlene Orr**
STF Member

Scammers often target seniors because they perceive them as having more savings, being trusting and being new to the digital age. They are also less likely to report the crime — whether from embarrassment or fear of losing their independence. The truth is that those ages 20 to 29 report more fraud cases than seniors, but the amount lost by those 70 and older is two to two-and-a-half times greater, according to information from the Federal Trade Commission.

According to Julie Smith, crime prevention specialist with the Naperville Police Department, one of the most common frauds seen nationally, as well as in Naperville, is “imposter or impersonation” scams. This type of fraud happens when scammers call, email, text or send mail asking for money.

Says Smith, “People make up lots of stories on why you need to send them money. It might be that you won a prize, you owe taxes, or your Social Security number is jeopardized. The current favorite is that there's a problem with your Amazon account. Whatever the example or ‘story’ is, they need you to send them money right away.”



Countless scams exist, but a clue to spotting and stopping a scam can be found in the way scammers ask you to pay — with a gift card or wire transfer, for example. “Scammers want to get your money as quickly as possible, and they don’t want you to be able to get it back,” Smith says.

Scammers might ask you to pay with gift cards, and ask for the activation numbers off the back. Often, they will stay on the line while you purchase the card. Once you provide the activation number, the money is gone and not traceable. Scammers ask for gift cards from many different places, but some common ones include iTunes, Amazon, Target and Apple.

The same principle applies with a wire transfer: Once the wire goes through, your money is next-to-impossible to get back. Scammers tend to be located in foreign countries. And they can be extremely convincing, with stories that are well-rehearsed and believable. “Their full-time job is to swindle you out of money, and they will do that any way they can,” Smith says.

More information on scams can be found on the [Naperville Police Department's website](#).

STOP CRYPTOCURRENCY SCAMS

Does this sound familiar?

- Are you being encouraged to send cryptocurrency to repair a virus on your computer?
- Have you been told the only way to protect your money is by making deposits to cryptocurrency ATM's?
- Did someone ask you to lie to the bank or keep the reason for your cryptocurrency purchase a secret?
- Are you in a relationship with someone online who is asking you to send them cryptocurrency purchased at an ATM?
- Has someone promised you high returns on a cryptocurrency investment?
- Has someone representing a government agency or law enforcement organization demanded you provide cryptocurrency to satisfy a warrant, a fine, or to post a bond for a relative in jail or prison?



STOP! IT'S A SCAM



**Scammers use cryptocurrencies because the transactions are irreversible and hard to trace.
Do not send any money.**

If you believe you have been the victim of a scam or are unsure whether someone is trying to scam you, please call the Naperville Police Department at (630) 420-6666.





‘Visitability’ Features Would Make Homes Accessible to All

By Gwenn Lloyd
STF Member

Earlier this year, the Naperville Accessible Community Task Force (ACTF) reached out to the Senior Task Force about a project to promote “Visitability.” Visitability means that a home is accessible for visits by relatives, friends, and others who may have disabilities; that it accommodates short-term occupancy by people with disabilities; and facilitates additional adaptations that may be needed by an individual.

In Naperville’s 2016 Community Survey, nearly 10% of households reported having a member with a disability recognized by the Americans with Disabilities Act. That number increased to 13 percent in the 2023 community survey. Additionally, a percentage of homeowners may experience temporary mobility issues each year because of orthopedic surgeries or injuries that require temporary use of crutches or wheelchairs.

Most Naperville homes cannot easily accommodate individuals with mobility issues entering through the front door or accessing bathrooms. For this reason, individuals with mobility issues are often unable to join in the fun of social gatherings at single-family homes.

According to the ACTF, visitability is an inclusive design approach integrating a few core features into routine construction practice. Examples include:

- A zero-step entrance
- Minimum 36-inch width for ground-floor doorways and 42 inches for hallways
- A ground-floor bathroom that is physically maneuverable by a person in a wheelchair, with blocking added to the underlying structure to ease the future installation of grab bars.

The ACTF is encouraging the City of Naperville to include these principles in building codes for new housing. The ACTF’s position is that the City should promote housing diversity to ensure Naperville offers homes that are comfortable, affordable, and inclusive to all. These features will appeal to seniors, new families and multigenerational households.

The Senior Task Force officially endorses the concept of visitability for our residents. More information can be found on the [Accessible Community Task Force’s web page](#).

Create a Plan to Care for Aging Parents at Home

If you have parents who wish to continue living at home as they age (or they plan to move in with you), there are many things to consider. [This story from Parenting Aging Parents' partnering sponsor Harmar](#) has insights about how to plan for their health and mobility, as well as home accessibility tips and helpful tools to ensure safety.

**F
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**SENIOR
HOUSING
OPTIONS
EXPO**

**APRIL 11 5-7 PM
APRIL 12 9AM-12**

**GRACE POINTE CHURCH
1320 E CHICAGO AVENUE, NAPERVILLE**

- HOUSING** Home Sharing, Independent Living, Assisted Living, Memory Care
 - FINANCES** Reverse equity home loans, insurance, elder law
 - HEALTH** In home care, adult day services, audiology, Medicare
 - COMMUNITY** Government resources, transportation choices
 - PROPERTY** Safety modifications, organizing/downsizing, moving/relocation
- AND MORE**



**COME SPEAK WITH LOCAL EXPERTS ABOUT AVAILABLE RESOURCES
FOR YOUR
HOME, HEALTH, FINANCES & SAFETY**



Caregiver Support Group

Presented by:

Alzheimer's Association

Illinois Chapter

The Fourth Tuesday of the Month
1:00 - 2:00 p.m.
Naperville Public Library - 95th Street Library

3015 Cedar Glade Drive
Naperville, IL 60564

To RSVP call Lisa at (630)710-7502 or our 24/7 Helpline at 800-272-3900.

Visit alz.org/illinois to learn more about caregiver programs and resources. To further extend your network of support, visit ALZConnected®, our online community, at alzconnected.org.]

Build a support system with people who understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

800.272.3900 | alz.org®

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!

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