

****Dementia Friendly Movie Days Update****

The Naperville Park District has made changes to the very successful Dementia Friendly Movie Days program. Movies are still free to participants and the room is still sensory sensitive (low volume, low light), however advance registration is now required.

You can register by calling 630-848-5000; in person at the Alfred Rubin Riverwalk Community Center, 305 Jackson Ave. (where the movies take place); or online using [this link](#). Scroll down to “Dementia-Friendly Movie Musicals,” then click on the “View Sub-Activities (4)” drop-down arrow to see the movie choices. You must set up an account first to register online.

Additionally, movies are now assigned by date. The November movie will take place on Friday, Nov. 22, NOT Thursday, Nov. 21, as previously reported.

Moving forward, movies will be listed in the Park District’s Program Guide. The next set of movies for January through March will be listed in the Winter 2025 Program Guide.

The Senior Task Force apologizes for any confusion.

Our Voice Fall 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!

Keller and Miller Are 2024 ‘Seniors of the Year’

The Mayor and City Council honored Vicki Keller and Kenn Miller with the 2024 Senior of the Year Award at the Oct. 15 City Council meeting. The award recognizes Naperville residents 65 or older who demonstrate a history of community service and giving back selflessly.

Vicki Keller moved to Naperville in the late 1960s and joined the Naperville Municipal Band, for which she still plays the clarinet. She worked at Naper Settlement for 20 years and continues to collaborate with the museum today as a member of Naperville’s First Congregational Church, preserving the church’s photos and bulletins.

From 2017 to 2019, Keller was active in the Save the Old Nichols Library Committee (now called the Naperville Preservation Committee) to protect the historic landmark from demolition. She has volunteered for several church ministries, most notably as chair of the

Community Life Ministry and as the lead in the Arts in Worship Committee. She worked with Naperville leaders to construct the street sign “Ron Keller Commemorative Way,” honoring her husband Ron Keller, who directed the Naperville Municipal Band for 57 years.

Kenn Miller has lived in Naperville for 29 years, serving as a City Councilman for eight of those years. Applying his entrepreneurial background to help others, Miller co-founded Autism Home Support Services, Hub88 and West Suburban Angels investment group. He served on numerous boards, often in leadership positions, including Safe Suburbs, Naperville Responds for Veterans, the Naperville Board of Fire & Police Commissioners, the Downtown Naperville Alliance, and the KidsMatter Trustees, to name a few.

In 2017, on behalf of Good Shepard Church and in partnership with the Naperville Police Department, he led the Mental Health Awareness Ministry initiative. This event brought local leaders, law enforcement, and the faith community together to address addiction and mental health concerns.

Congratulations to this year’s winners!



Vicki Keller, pictured with Mayor Scott Wehrli, was named Naperville ‘Senior of the Year.’



**Are you caring for a
loved one with dementia?**

Memory Cafe

**A social gathering of individuals
living with dementia and
their care partners.**

**Held the second Tuesday of
every month 2 - 3:30 pm**

Register online at naperville-lib.org

**Dementia Caregiver
Support Group**

**Held the fourth Tuesday of
every month 1 - 2 pm**

**RSVP to [DementiaFriendlyNaperville
+info@gmail.com](mailto:DementiaFriendlyNaperville+info@gmail.com)**

Both held at

**Naperville 95th Street Library
3015 Cedar Glade Drive**

More info: [Lisa Kirchner 630-710-7502](tel:630-710-7502)

**Sponsored by Dementia Friendly Naperville
and Naperville Senior Task Force**



From left, Kathy McGowan, Rob Williams, John Eckerle and Lisa Kirchner recently completed their terms on the Senior Task Force.

STF Thanks, Bids Farewell to 4 Longtime Members

Four Senior Task Force members recently completed six-year terms of service. These members and their accomplishments include:

Kathy McGown — former task force co-chair and affordable housing advocate.

Rob Williams — former task force co-chair; in charge of Silver CPR.

John Eckerle — a willing volunteer at presentations and community events.

Lisa Kirchner — Dementia Friendly advocate; in charge of Memory Café.

The contributions and dedication of these members have enriched the Naperville senior community immensely. The task force will continue to champion these projects and many more in the coming years. THANK YOU!

Last Chance to Sign up for Silver CPR in 2024

The Naperville Senior Task Force will end 2024 by offering its fourth quarterly opportunity to be trained in the lifesaving skills of basic CPR, the use of an automated external defibrillator and choking intervention.

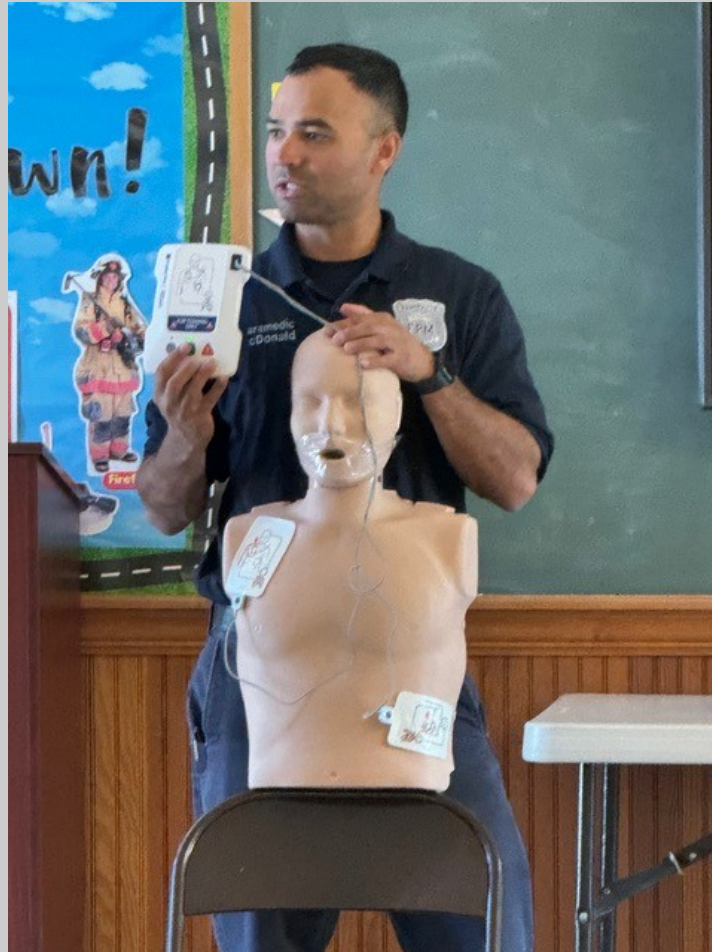
Silver CPR classes are free to participants and taught in a relaxed setting by Naperville Fire Department paramedics. Classes are scheduled for 10 a.m. and 12:30 p.m. on Wednesday, Nov. 20, at the A. George and Patricia Pradel Safety Town of Naperville, 1320 Aurora Ave.

To register for one of the classes, click the link below:

[10 a.m. on Wednesday, Nov. 20](#)

[12:30 p.m. on Wednesday, Nov. 20](#)

For more information, send an email message to silvercpr2024@gmail.com. More sessions are planned for 2025.



The Naperville Senior Task Force
Taught by a Naperville Firefighter Paramedic

Classes at Safety Town
1320 Aurora Ave,
Naperville

Silver CPR Training

Free for seniors 50+

10 am
or
12:30 pm

Wednesday, November 20, 2024

Register at: silverCPR2024@gmail.com

Demeaning 'Elderspeak' Can Affect Mental Health



By Arlene Orr

Senior Task Force Member

Do you automatically speak more slowly, loudly and simply to seniors? Do you use terms such as “dear,” “honey” and “young lady/man” when addressing them? These are all examples of elderspeak — and although they may stem from good intentions — speaking to seniors this way can be very harmful.

Elderspeak is a particular way of speaking to senior citizens in a tone that is condescending, similar to using baby talk to speak to children. Some characteristics of elderspeak include using simplified grammar, slower speech, louder voice, high-pitched tone, and endearing names such as “dear.” People may also use the plural pronoun “we” (as in, “Do we want breakfast?”). Although the action is often not deliberate and the intent not malicious, it is a result of negative stereotypes or beliefs that all seniors are in cognitive decline, are hard of hearing, and have limited understanding. Elderspeak becomes a form of ageism, meaning that seniors are mistreated or discriminated against because of these stereotypes about their age. It ultimately feeds the stigma that aging is negative.

Elderspeak is most common in health care settings, with 50% of seniors receiving health care reporting being spoken to this way. The tone of elderspeak comes across as condescending and expresses pity, and most seniors find it to be disrespectful and demeaning.

Importantly, when seniors are spoken to as if they have limited understanding and are addressed as children, it can affect their mental health. They can become unhappy, depressed, resentful, embarrassed, and exhibit low self-esteem. Dignity and self-worth decrease. And, it can have a self-fulfilling prophecy if seniors start to believe that they are incompetent and begin a downward spiral.

Some suggestions for speaking to seniors:

- Ask seniors how they would like to be addressed.
- Use a respectful tone and speak as you would to any adult.
- Don’t assume seniors are hard of hearing. Speak normally, but distinctly. If someone *is* hard of hearing, talk louder but don’t change the tone or pitch.
- Be patient. Slower processing of an answer does not mean a senior is not as smart as they once were.

Reflecting on your own interactions with seniors will result in positive relationships with them. And remember, if our children see us avoiding elderspeak, they will be more likely to avoid it as well. In this way, we can help to end the stigma of negative aging.



The Constructive Corner: Things to do, discover and Digest

City of Naperville Public Libraries — for a full listing of events, visit www.naperville-lib.org

Your Immigrant Ancestor's Experience

From the mid 1850s to the late 1910s, our European immigrant ancestors flooded the shores of America with hope in their hearts and nothing in their pockets. Learn about their trip across the ocean and what they likely experienced once they stepped onto American soil. Discover where to find and how to examine ship passenger lists, naturalization records and other documents to gain a greater insight into the lives of your immigrant ancestors. ***Registration required.**

This program will be presented via Zoom. An email containing the link to join automatically will be emailed once registration is complete. [Click here to register](#).

7 to 8:30 p.m. on Monday, Oct. 28
Online

AI & You

Artificial intelligence is becoming part of our everyday lives. In this program, you will learn what AI is, as well as the perceptions, misconceptions and realities. We will discuss how AI is currently used — both for good and bad — and what we expect to see in the near future. Topics include AI in health care, image and text creation, misinformation, personal assistants and much more.

6:30 to 8 p.m. on Tuesday, Oct. 29
Meeting Room A/B; 95th Street Library

Journeying Through the American Indian Way of Life

Ojibwa author and speaker Kim Sigafus will present on the native way of life as it pertains to historical Illinois. She will talk about day-to-day living and the northern Trail of Tears that ran through the southern end of the state. Kim will introduce the audience to the native drum with her own singing and drumming. She will bring with her native items people can handle and view up close.

2 to 3 p.m. on Saturday, Nov. 9

Meeting Room A/B; 95th Street Library

Rightsizing: Knowing What to Let Go and How to Do It

Learn how to decide what to keep, what to do with items that should be let go, and how to make tough decisions. Participants will discover that the result is not a downsizing, but rather a rightsizing.

7 to 8:30 p.m. on Monday, Nov. 11

Meeting Room B, 95th Street Library

Icy Worlds

Ice: It's not just the stuff you shovel off the sidewalk. Many different types of ice exist all over our solar system and ice can be fascinating. We'll investigate ice on hot planets and cold comets, moons made mostly of ice, flowing and floating glaciers, and even ice volcanoes. Usher in the cold season by joining us as we explore icy worlds! ***Registration required.**

This program will be presented via Zoom. An email containing the link to join will automatically be emailed once registration is complete. [Click here to register.](#)

7 to 8 p.m. on Tuesday, Nov. 12

Online

Senior Tech Club

At Senior Tech Club, we discuss topics that concern seniors and show how technology can help everyone in their daily lives. Can't make this session? Senior Tech Club meets at Nichols Library on the third Friday of every month. No registration required.

9:30 to 10:30 a.m. on Friday, Nov. 15

Coworking Space, Nichols Library

Holiday Tips and Tricks with Chef Art Smith

Join Chef Art Smith to learn about his culinary journey and bring some culinary inspiration into your holiday season. A two-time James Beard Foundation award winner, Smith says, "The art of cooking, the act of feeding people, is the most engaging, most memorable way to connect with people."

Named Chicagoan of the Year by *Chicago* Magazine and Humanitarian of the Year by the James Beard Foundation in 2007, Smith is currently executive chef and co-owner of restaurants in Chicago, Orlando, Atlanta and Washington, D.C. He is the founder of Common Threads, a nonprofit organization teaching low-income children to cook wholesome and affordable meals. ***Registration required.** [Click here to register.](#)

7 to 8 p.m. on Wednesday, Nov. 20

Online

From Sicily to Chicago's "Little Hell" Neighborhood

This program tells the story of a Sicilian immigrant who landed with \$50 and became a wealthy Lincoln Park landowner 20 years later. The tale follows his journey to Chicago life during the Black Hand extortion era, Prohibition and Capone gang wars. The emphasis is on conflict resolution within a rich historical context.

7 to 8 p.m. on Thursday, Nov. 21

Meeting Room A/B; 95th Street Library

Volunteer Opportunities

Morton Arboretum

The Arboretum's volunteer program benefits from the contributions of a diverse group of more than 1,000 volunteers a year. Browse the many exciting opportunities and consider joining this dedicated, tree-loving team. Volunteer positions are in high demand and fill up fast, so check back frequently for [current opportunities and deadlines](#). Volunteer applications will be kept on file and qualified applicants will be contacted for interviews as opportunities become available. Apply now via this [online form](#).

Visit mortonarb.org/join-support/volunteer/ for more information.

Cantigny Park

Volunteers make day-to-day operations possible at Cantigny Park. Cantigny is currently looking for volunteers to greet and assist visitors at its Visitors Center information kiosk.

Volunteers should have a desire to share their passion, knowledge and time with others, as well as open-mindedness and patience to work with a diverse public and staff.

For questions about the Cantigny volunteer program, contact Liz Omura, volunteer manager, at 630-260-8265 or volunteer@cantigny.org.

Naper Settlement

Naper Settlement volunteers play an essential role in inspiring and engaging thousands of visitors from all over the world. Volunteers founded the [Naperville Heritage Society](#) in 1969 and they remain the core of the Society's mission. Dedicated and passionate volunteers interact with and support more than 300,000 annual museum visitors from the greater Naperville community, statewide, nationally and internationally.

For more information, visit napersettlement.org or text "volunteer" to 630-228-9859 to learn about current opportunities.

Books Recommended for Seniors

"The Murmur of Bees," by Sofia Segovia. If you like Spanish mysticism, this work of fiction will take you on a magical journey. Spanning generations, it's the saga of a family in Mexico and an adopted child who changes the course of all their lives.

"The Hundred-Year-Old Man Who Climbed Out the Window and Disappeared," by Jonas Jonasson. Awaiting his 100th birthday party, Allan Karisson decides to make a run for it. He climbs out the window and embarks on an adventure where he has noteworthy escapades while looking back on a life well-lived. A perfect novel for the young at heart.

"The Book Thief," by Markus Zusak. This best-selling novel set in Nazi Germany tells the story of a young girl named Liesel who is sent to live with a foster family. It is a beautifully written and emotional read that explores themes of love, loss, and the power of words.



Hobbies Can Help Fill Your Free Time With Purpose

By Gwenn Lloyd

Senior Task Force Co-Chair

Boredom is a terrible thing. Plus, it's just a waste of time. How often in past years did you wish for time to do what you wanted? Not what had to be done, or what others were asking you to do, but the luxury of being in control of your likes, dislikes, goals or dreams?

Perhaps now you don't have others waiting for you to do something for them. Or maybe you do, but you still have time during the day that's "your time." But you might not know what would make you feel fulfilled and happy.

Homewatch CareGivers of Naperville, Lockport and Plainfield provided a list of 10 hobbies for seniors in its August 2024 newsletter. They include:

- Art
- Indoor or outdoor gardening
- Reading
- Cooking or baking
- Learning or practicing music
- Playing board games
- Lifelong learning classes
- Exploring the great outdoors
- Creative writing

If you haven't researched your family ancestry yet, then you haven't gotten lost in hours and hours of stories and problem solving. Try something new every day until you discover the thing — or several things — that make you look forward to tomorrow. Now is the time!

Medical Lending Closets Provide Free Equipment for Short-Term Rehab

By Gwenn Lloyd

Senior Task Force Co-chair

Medical lending closets offer used walkers, wheelchairs and other mobility and home

healthcare equipment for individuals to borrow or rent at a reasonable cost. Lending closets can be found nationwide through some churches, townships, community organizations and senior centers. There may be geographical boundary restrictions that require those who borrow to reside within a certain area.

Local lending programs provide medical equipment for surgery rehabilitation and temporary equipment needs during short-term recovery periods at home. Loan periods vary from three to six months, with opportunities for extensions if there is no waitlist or demand for the equipment. These programs can help participants save time finding equipment, as well as money.

Elderwerks, a nonprofit organization based in Cary that assists older adults, maintains a list of local lending closets on its website, [Elderwerks.org](https://elderwerks.org). Another place to check is with local townships. The City of Naperville is composed of several townships, all requiring you to reside within the specific township to borrow equipment.

Contact information for townships is found below. You may also donate your own used equipment to some of these programs.

Township Contact Information

- Naperville Township — 630-355-2786, extension 4403
- Lisle Township — 630-968-2087
- DuPage Township — 630-759-1317
- Milton Township — 630-668-1616



Older Adults Facing Food Insecurity and Hunger

By Gwenn Lloyd

Senior Task Force Co-Chair

Older adults who lack regular access to adequate nutritious food may be at risk for food insecurity, according to [an article published by Moneygeek.com](#). This can increase the risk of chronic diseases such as heart disease and diabetes, as well as mental health issues for these seniors. While you may think this is primarily an economic issue, the article points out that some impacted seniors live above the federal poverty line.



Senior Discounts: An Embarrassment of Riches

By Gwenn Lloyd

Senior Task Force Co-Chair

Everybody loves getting a deal. Whether you need one — or want one — discounts are a perk of being a senior citizen today. Have you stood at the checkout counter and been asked if you are a senior and, therefore, get a discount? The first time I was asked, I wasn't sure whether to be insulted that I actually looked my age or to refuse the offer because I was embarrassed!

Well, saving money is nothing to be insulted or embarrassed about. Look at it as a perk for being out and about — and a thank you for years of paying full price. For more information, check out [Money Geek's Guide to Senior Discounts](#).

Wanted: You! STF Looking for New Members

The Naperville Senior Task Force is looking for new members. If you are a Naperville resident who is interested in senior issues, we encourage you to apply.

In-person meetings are held from 6 to 8 p.m. on the second Tuesday of the month at the Naperville Municipal Center. Visit www.naperville.il.us/government/taskforces/senior-task-force to download the application. We encourage you to share your time and talents!

DON'T FALL FOR 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 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.

Dementia Friendly Training Begins With Churches

By Amy Friedman

Senior Task Force Member

Through the efforts of the Senior Task Force and a committee of individuals from numerous organizations in the community, Naperville is proud to have been named a Dementia Friendly City in late 2020. This designation from [Dementia Friendly America](#) showcases Naperville as a community that "fosters the ability of people living with dementia to remain in the community and engage and thrive in day-to-day living."

The Dementia Friendly organization uses a multisector approach to provide resources and support to people living with dementia and their caregivers. The Senior Task Force implemented a plan to reach out to community institutions that encounter families dealing with dementia. The first step was reaching out to houses of worship, since people living with this disease tend to rely heavily on their faith. STF reached out to 60 area churches, mosques and synagogues, offering training on how best to serve members dealing with this disease in a compassionate and inclusive way.

Six churches responded and have received training, with approximately 60 people trained to date. Groups as small as two people and as large as 30 have been trained. In addition, St. Timothy Lutheran Church has trained 100% of its staff.

The training starts with defining dementia, as there are more than 50 types. Training highlights the four most common types, as well as the signs and symptoms of the disease. The difference between normal aging and dementia is discussed. The training also includes suggestions about how to make a person living with dementia and their caregiver feel included and supported in society so they can thrive in their daily routine and not become isolated.

The Senior Task Force's goal is to make Naperville a 100% Dementia Friendly Community. In addition to Naperville, 19 towns and cities in Illinois have adopted this nationwide initiative. People overwhelmingly have responded positively to the training, and have shared a sense of relief to know the initiative is in place.

The next phase of training includes plans to reach out to restaurants, financial institutions, libraries and retail stores, as well as the transportation and health care sectors. If you are a business owner or an employee interested in training for your staff, please contact Senior Task Force member Arlene Orr at 331-701-5031 or via email at orrlene@hotmail.com.

Update on Affordable Housing for Seniors

The Naperville Planning and Zoning Commission met on Oct. 16 to consider several permit and variance requests for the affordable housing project proposed for the southeast corner of 103rd Street and Route 59. Gorman & Company, the project developer, is also waiting to hear back on federal and county funding requests for the project.

According to Ron Clewer, the president of Gorman's Illinois market, once these issues are resolved construction could begin in May 2025. Completion is planned for November 2026, with lease signing projected for early 2027.

Members of the Naperville Senior Task Force attended this meeting to show their support for the project and for affordable senior housing in general. The Task Force also noted that, for many seniors, the three-year waiting period for the very few available affording housing options in the area is untenable. Seventy-one units will be built by Gorman on the site. A quarter of those will be leased to adults with intellectual and developmental disabilities, while the remainder are designated for seniors 62 and older.

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 US

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