

Our Voice

Spring 2025



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!

STF and Naperville FD to Offer Silver CPR in May

The Naperville Senior Task Force and the Naperville Fire Department in May will host the second quarterly opportunity to be trained in the lifesaving skills of basic CPR, the use of an automatic external defibrillator and choking intervention. This is an ideal time for a CPR refresher before summer travel and family gatherings.



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 noon on Tuesday, May 13, at the A. George and Patricia Pradel Safety Town of Naperville, 1320 Aurora Ave. Space is limited to 25 participants per class.

To register, click on the link for the class that best fits your schedule:

- [10 a.m. on Tuesday, May 13](#)
- [Noon on Tuesday, May 13](#)

For more information, email silvercpr2025@gmail.com.

Two Monthly Memory Cafés Available

Are you caring for a loved one with dementia? A Memory Café is a social gathering of those living with dementia and their care partners. It is a place where both care partner and care recipient can socialize together and connect with others in similar situations.

Activities at this FREE event vary, but typically include education, music, games and art. Memory Cafés are sponsored by Dementia Friendly Naperville and the Naperville Senior Task Force.

Two Memory Cafés are now offered monthly:

First Tuesday of the Month
1 to 2:30 p.m.
Multipurpose Room #1, Fort Hill Activity Center
20 Fort Hill Dr., Naperville

Second Tuesday of the Month
2 to 3:30 p.m.
Meeting Room A/B, Naperville Public Library, 95th Street Branch
3015 Cedar Glade Dr., Naperville

To register for the cafés, send a message to dementiafriendlynaperville+info@gmail.com or call Lisa Kirchner at 630-710-7502.



Seniors and Food Insecurity: A Growing Challenge

By Shazia Khan
Senior Task Force Member

Food insecurity, defined as the lack of consistent access to enough food for an active, healthy life, is a pressing issue in the United States. Among the most vulnerable populations affected by this crisis are seniors. For older adults, food insecurity can have particularly devastating consequences, exacerbating existing health problems, undermining independence, and diminishing quality of life. Addressing this challenge requires understanding its root causes, its impact on seniors, and the multifaceted approaches needed to mitigate it.

The scope of the problem

According to data from Feeding America, millions of seniors face food insecurity each year. In 2021, approximately 5.2 million seniors ages 60 and older were food insecure, representing about 6.8% of the senior population. While this figure may seem modest, the implications are profound, especially given the unique vulnerabilities of older adults.

Food insecurity among seniors is not evenly distributed. Some groups are disproportionately affected, including:

- Low-income seniors: Those living below or near the poverty line are at higher risk.
- Minority populations: African American and Hispanic seniors experience higher

rates of food insecurity.

- **Rural residents:** Seniors living in rural areas often face additional barriers, such as limited access to grocery stores and social services.

Factors contributing to food insecurity among seniors

A variety of factors contribute to food insecurity among older adults. These include economic, health, and social dimensions:

- **Fixed incomes:** Many seniors live on fixed incomes, such as Social Security benefits or pensions, which may not keep pace with rising costs of living, including food, housing and medical expenses.
- **Health challenges:** Chronic health conditions, mobility limitations, and disabilities can make shopping for, preparing, and consuming nutritious meals difficult. Medical bills often consume a significant portion of a senior's budget, leaving less money for food.
- **Social isolation:** Seniors who live alone or lack social support are more likely to experience food insecurity. Isolation can make accessing resources, transportation, and community support services more difficult.
- **Geographic barriers:** Seniors in food deserts — areas with limited access to affordable, nutritious food — face additional hurdles in obtaining healthy meals. This is especially true for those who cannot drive or rely on public transportation.

The impact of food insecurity on seniors

Food insecurity affects seniors in ways that extend beyond hunger. Its consequences are wide-ranging and often intersect with other vulnerabilities:

- **Health outcomes:** Malnutrition and lack of access to nutritious foods exacerbate chronic conditions such as diabetes, hypertension and heart disease. Seniors facing food insecurity are more likely to experience hospitalizations and poorer overall health outcomes.
- **Mental health:** Anxiety, depression and stress are common among food-insecure seniors. The constant worry about where the next meal will come from takes a significant psychological toll.
- **Loss of independence:** Food insecurity can lead to a decline in physical health, increasing dependency on caregivers and reducing seniors' ability to live independently.
- **Mortality risk:** Studies have shown that food-insecure seniors have a higher risk of mortality compared to their food-secure peers, even when controlling for other factors.

Policy recommendations

To address senior food insecurity effectively, policymakers must prioritize:

- **Increased funding:** Expanding funding for programs like SNAP and Meals on Wheels can reach more seniors in need.
- **Simplified processes:** Streamlining application and enrollment processes for food assistance programs can reduce barriers to access.
- **Enhanced outreach:** Targeted campaigns to raise awareness about available resources can help seniors and their families navigate support systems.
- **Integrated healthcare solutions:** Collaborating with healthcare providers to identify and address food insecurity as part of routine medical care can lead to earlier interventions.
- **Strengthened social safety nets:** Ensuring affordable housing, transportation and healthcare options can free up resources for food purchases.

By addressing the economic, social, and systemic factors contributing to food insecurity, we can ensure that older adults have access to the nutrition they need to lead healthy, dignified lives. Collaboration among government agencies, nonprofits, healthcare providers and communities is essential to creating a society where no senior has to worry about their next meal.



Planning a Summer Trip?

These tips can help you create a memorable and safe journey

By Arlene Orr

Senior Task Force Member

Traveling to new places to visit family and friends is not only exciting, but also vital to our mental health. Travel can broaden your horizons and expose you to new ways of thinking. Visiting family and friends often helps to reduce stress and strengthen bonds by allowing time to gather and talk together.

When planning any sort of travel, there are some key factors to consider — especially for seniors. The overall success of your trip starts with pre-planning. Begin by taking an honest look at your mobility. Although climbing Mount Everest may be on your bucket list, if you haven't walked or trained a trip such as this could result in serious injury. Familiarize yourself with the physical demands that a particular trip may require and balance excursions with time to rest.

You should also know the risks involved with being seated for a long time on planes, trains and automobiles. By 80 years old, there is considerable risk of deep vein thrombosis when a person sits more than four hours, according to the Centers for Disease Control and Prevention.

Getting up and stretching your legs once per hour is recommended. With this in mind, book an aisle seat on planes when possible. Passengers seated in window seats are less likely to get out of their seats for fear of disrupting other passengers. Seniors flying at high altitudes are also at higher risk of dehydration, as the cabin on a plane has less humidity. Ensure that you drink plenty of water during your travels.

Pack lightly and invest in lightweight luggage. Heavy bags can contribute to lifting injuries and falls. Always carry medication with you in your carry-on. For any medication with street value, use original containers and obtain a doctor's note as an extra precaution.

Familiarize yourself with TSA rules. Some medical equipment and implants can set off alarms, so carrying a physician's statement/documentation is a good idea.

Lastly, have fun and make beautiful memories and you travel this spring and summer!



The Constructive Corner: Things to Do, Discover and Digest

City of Naperville Public Libraries — for a full listing of events go to: www.naperville-lib.org

Planning for Retirement

7 to 8:30 p.m. on Thursday, April 3
Online

Getting ready to retire? Join John Daly, certified financial planner, for this session about how to prepare for a comfortable and stress-free retirement. Learn what to consider about when to retire, how much money you will need, when to take Social Security, and how to invest in retirement. ***Registration required.**

Artemis: Returning to the Moon

7 to 8 p.m. on Tuesday, April 8
Online

In the coming years, NASA will make history by landing the first woman and the first person of color on the moon with the Artemis program. Join us as we discuss the exciting plans and cutting-edge technologies that will take us back to the moon for the first time since 1972, and later, send the first astronauts to Mars! ***Registration required**

The Art of Foraging with Alexis Nikole Nelson

7 to 8 p.m. on Thursday, April 10
Online

Alexis Nikole Nelson is a forager and an outdoor educator using her platforms, TikTok account [alexisnikole](#) and Instagram page [blackforager](#), to celebrate all the edible plants hiding in plain sight. She peels back historical layers on African American and indigenous food traditions that have traditionally been repressed and empowers those living in food deserts with greater self-sufficiency. Alexis Nikole Nelson will be joined in conversation

with [Natalie Evans](#), a wild edible foods instructor. ***Registration required.**

Decluttering Our Hearts and Home

7 to 8 p.m. on Tuesday, April 15

Online

"I can't get rid of that!" We've all said it before when facing the challenge of decluttering our homes and workspaces. In this presentation, we'll explore simple steps to declutter, dive into why we form emotional attachments to things, and discuss how to let go without losing meaningful connections. ***Registration required.**

Maps and Trails: Common Migration Paths from the 17th to 19th Centuries

7 to 8:30 p.m. on Thursday, April 17

Meeting Room A, 95th Street Library

Join your ancestors on their journey across the nation! From horse-pulled carts on rugged trails to shiny steam-powered locomotives, we'll uncover their travel routes and gain a deeper understanding of the landscapes they once called home.

Smartphone Photography for Beginners

10 to 11:30 a.m. on Friday, April 18

Computer Classroom, 95th Street Library

The best camera you have is the camera that you have in hand. Learn how to take better photos with your smartphone by mastering camera features, understanding composition principles, and using basic photo editing apps. **Space is limited to 20 participants.**

Plant Swap

10 to 11 a.m. on Saturday, April 26

Meeting Room C, 95th Street Library

Grow baby grow (your plant collection that is)! Bring a healthy plant to the library and choose a new one to bring home! Plant drop-off begins at 10 a.m. Swapping begins at 10:30 a.m.

Poverty: A Discussion with Matthew Desmond

7 to 8 p.m. on Thursday, May 15

Online

Join us to close out our fourth season with bestselling author Matthew Desmond, in conversation with award-winning journalist Natalie Moore. Desmond is a professor of sociology at Princeton University and author of the award-winning book, "Evicted: Poverty and Profit in the American City." His research focuses on poverty in the United States, city life, housing insecurity, public policy, racial inequality and ethnography.

Natalie Moore is an award-winning journalist based in Chicago, whose reporting tackles race, housing, economic development, food injustice and violence. Her work has helped shift the way Chicagoans today think about segregation in the region. ***Registration required.**

Smartphone Photography Intermediate

10 to 11:30 a.m. on Friday, May 16 Computer Classroom, 95th Street Library

Take your smartphone photography skills to the next level as we learn about the exposure triangle (aperture, shutter speed and ISO), additional composition tools and photo editing techniques. Completion of [Smartphone Photography Basics](#) or a basic understanding of photography concepts is recommended. **Space limited to 20 participants.**

Naper Settlement – for a full listing of events

visit: www.napersettlement.org.

Tours last approximately 60 minutes and cover about 2 miles. Pre-registration is required. Ticket sales end at 4 p.m. on each tour date. Tickets cannot be purchased at the door. Unless otherwise noted, tours will meet at Naper Settlement's main entrance, 523 S. Webster St. Tours will depart on time, so please arrive early to park and check-in ahead

of our tour time. Guests are encouraged to dress for the weather and wear comfortable walking shoes. Open to all ages.

Origins of Naperville Walking Tour

5:30 to 6:30 p.m. on Thursday, April 3, and Thursday, May 15

Cost: \$15/person

Listen to stories that range from Naperville's founding to the generosity of Caroline Martin Mitchell on a walking tour of the west side of downtown Naperville.

Downtown Naperville Architecture Walking Tour

5:30 to 6:30 p.m. on Thursday, April 17, and Thursday, June 5

Cost: \$15/person

Learn about the important and interesting architecture from the 1800s to today that makes downtown Naperville a beautiful place to live, work and play.

Naperville Cemetery Walking Tour

5:30 to 6:30 p.m. on Thursday, May 1

Cost: \$15/person

As you stroll through the serenity of this final resting place, you will step back into the past to learn the stories of pioneers, trailblazers, and everyday heroes who once breathed life into the very streets you walk today.

Your Friendly Neighborhood Historian: Naperville Riverwalk

11:30 a.m. to 12:30 p.m. on Tuesday, June 3

Cost: \$10/person

Learn about the history and growth of the Naperville Riverwalk and enjoy a brief tour of the original footprint.

Books Recommended for Seniors

“Major Pettigrew’s Last Stand,” by Helen Simonson. This is a delightful story about a retired British major who finds unexpected love and friendship, challenging societal norms and prejudices.

“The Guernsey Literary and Potato Peel Pie Society,” by Mary Ann Shaffer and Annie Barrows. This charming novel is set after World War II and told through a series of letters about a unique book club and the community it brings together. It’s a story of resilience and the love of literature.

“When Breath Becomes Air,” by Paul Kalanithi. In this poignant memoir, a neurosurgeon who faced terminal cancer reflects on life, death, and what makes life worth living.

Feeling lonely? Tips to help you build connections

By Gwenn Lloyd

Senior Task Force Member

Spring is arriving, and with it, some reprieve from indoor isolation that tends to happen during cold, winter months. December holiday activities are followed by several months of weather and travel constraints that can send many individuals spiraling into loneliness and depression. And if you happen to be dealing with sorrow from the death of a loved one or distance from a loving family, it can be enough to put the best natured of us into a blue funk.

Life, as well as the weather, has its seasons. And to deny loneliness and sadness is just not living in reality. But what to do? Harvard Health Publishing, a division of Harvard Medical School offers some suggestions in its article "[Advice for the Lonely Hearts Club.](#)"

The below story about seniors and pets also offers another way for seniors to cope with loneliness.



Pets Can Improve Quality of Life for Seniors

By Arlene Orr

Senior Task Force Member

It is a well-known fact that the human-pet bond is powerful. There are obvious benefits to owning a pet. However, there are also health benefits of having a pet that may not be quite as well known.

As more people decide to age in place, a pet can help with the changes that come after that decision. For instance, a pet can provide companionship after the loss of a spouse when a person might be feeling more alone. If a particular routine is suddenly changed, having a pet can help re-develop a routine, which results in regaining structure and a sense of purpose.

Pets provide emotional support, as well. Many seniors do not have the convenience of having friends and family close by, so a pet can provide the unconditional love, support and friendship that can be critical when someone is alone. Isolated seniors may lose the "power of touch" if they lack physical contact and affection and experience a decrease in human interactions. Petting a dog or cat can restore this emotional connection by releasing oxytocin, a hormone in the brain, which lowers stress and heart rate. Pets are never off duty and can often sense your mood, offering comfort when you are down without having to have a complex conversation.

Another health benefit of pet ownership is increased physical activity. Walking a dog, for example, may help to control weight and may also improve cardiovascular health. According to a [Harvard Medical School article](#), several studies have shown that dog owners have lower blood pressure than those who don't own a dog — likely because their pets have a calming effect on them and because dog owners tend to get more exercise. Several studies show that blood pressure also goes down when a person gets a dog.

Owning a pet may also have a positive effect on us socially. Taking pets to the vet, groomer, dog parks and other places requires getting out and socializing with others, which is critical to a healthy life.

Undoubtedly, there are many positive aspects to owning a pet, but there are also a few things to consider. Be realistic and assess the physical demands that different types of pets require. For instance, lifting a large dog will be very different from lifting a small dog. Pet age is also a consideration: An older pet is usually more calm, quiet and less maintenance than a younger one. Also to consider is your housing situation and whether pets are permitted, as well as the potential costs of pet ownership. And, probably most importantly, think about a contingency plan for your pet in case of hospital visits, injuries, or changes in living situations.

Having a pet as a senior can provide a sense of meaning and happiness in life. Pet ownership means making a promise to continue to be involved in another life — and this is one of the most important decisions you can make as you grow older.



Diabetes and Travel: A Guide for Older Adults

By Dr. Nuzhat Chalisa
Senior Task Force Member

For those who love to travel, having diabetes should never hold you back from exploring the world. While traveling can disrupt your diabetes management routine, a little planning and preparation can ensure a safe and enjoyable trip. Whether traveling domestically or internationally, staying on top of your health is essential.

Pre-travel preparation

Before setting off on your journey, check in with your doctor well in advance. Your doctor can ensure you are healthy to travel and make necessary adjustments to your medication, allowing time to adapt to the changes before departure. If you are traveling internationally, check whether your destination requires vaccinations beyond routine immunizations in the U.S. Ensuring you are up-to-date on these will prevent potential health issues abroad.

Packing your diabetes care kit

A well-prepared diabetes care kit is crucial for managing your condition while traveling. Be sure to include:

- A detailed medical history, including a list of medications and allergies.
- A letter from your doctor outlining all necessary medications, insulin, testing supplies, and devices like continuous glucose monitors or insulin pumps. This will

be helpful for airport security screenings.

- Extra refills of medication and insulin in case of loss or delay.
- A loaner insulin pump if you use one, as a backup in case of malfunction.
- Extra blood glucose monitors, test strips, and a glucagon kit for low blood sugar episodes.

Medical ID bracelets

A medical ID bracelet that states your diabetes and other chronic conditions can be lifesaving in an emergency. It alerts medical personnel to your condition if you are unable to communicate due to hypoglycemia or other complications.

Pack smart for your trip

When packing, divide your medications between your carry-on and checked baggage. Keep at least half of your medications in your carry-on bag so they are accessible. If you are on insulin, always pack it in your hand luggage, as checked baggage can be subjected to extreme temperatures that may reduce insulin effectiveness.

Bring healthy snacks, such as protein bars, peanut butter, crackers, and a refillable water bottle to keep you fueled in case of meal delays. It's also wise to research restaurant menus at your destination for healthy meal options that align with your dietary needs.

Choosing your seat on a flight

For air travel, selecting an aisle seat can be beneficial. It allows for easier access to the restroom, which is especially important if your blood glucose levels are not well-controlled. Additionally, it enables you to stretch and walk up and down the aisle periodically, reducing the risk of blood clots on long flights.

Managing time zone changes

If you are traveling across time zones, adjust your insulin schedule accordingly. Eastward travel shortens the day, which may require a reduction in insulin dosage, while westward travel extends the day, possibly necessitating an increase in insulin intake. Consult your doctor for specific recommendations tailored to your insulin regimen.

Additional travel tips

- Wear comfortable clothing and shoes to prevent blisters and foot injuries.
- Inform your travel companions of your diabetes so they can assist in an emergency.
- Monitor your blood sugar levels more frequently and adhere to your medication schedule.
- Check with your insurance provider about medical coverage abroad.
- Consider purchasing travel insurance for added security.
- Label all medications clearly to expedite security screenings.
- People with diabetes are exempt from the TSA's 3.4-ounce liquid rule for essential medications.
- Pack fast-acting carbohydrates like juice or glucose tablets in case of hypoglycemia.

By taking these precautions, you can confidently enjoy your travels while managing your diabetes effectively. With thoughtful planning, there's no reason diabetes should stop you from seeing the world and making unforgettable memories!

Try the MIND diet for brain-boosting benefits

By Monika Peterson
Senior Task Force Member

The **MIND diet** (Mediterranean-DASH



Intervention for Neurodegenerative Delay) is a hybrid of the Mediterranean and Dietary Approaches to Stop Hypertension (DASH) diets. The **Mediterranean diet** is a concept first invented in 1975 by the American biologist Ancel Keys and chemist Margaret Keys. The diet took inspiration from the eating habits and traditional food typical of Crete, much of the rest of Greece and southern Italy.

The **DASH diet** (Dietary Approaches to Stop Hypertension) is followed to control hypertension. It is promoted by the U.S.-based National Heart, Lung, and Blood Institute, part of the National Institutes of Health, an agency of the United States Department of Health and Human Services.

The **MIND diet** was developed by researchers at Rush University Medical Center in Chicago, led by Dr. Martha Clare Morris. Dr. Morris is a nutritional epidemiologist whose work focuses on the relationship between diet and cognitive health. The **MIND diet** was introduced in 2015 because of a study that analyzed the eating habits of older adults and their connection to brain health. Research has shown that the **MIND diet** may prevent or delay symptoms of memory loss, a symptom of Alzheimer's and related dementias. It is thought that foods promoted as part of this diet contain brain-boosting benefits that keep the brain healthy and performing at a higher level. Read below for foods to eat, as well as those to avoid, if you wish to try this diet.

Food to eat:

- **Green, leafy vegetables** such as kale, spinach and lettuce. They're packed with vitamins and low in calories.
- **Other non-starchy vegetables** such as carrots, cucumbers, bell peppers, green beans and broccoli. Starchy vegetables like potatoes are higher in calories and low in vitamins, which is why they should be eaten less.
- **Berries** including blueberries, strawberries, blackberries and raspberries. They're packed with healthy antioxidants!
- **Nuts** of any kind. Just remember that raw nuts are always best. Roasted and/or salted nuts contain high levels of oil and sodium.
- **Whole grains** that are used in whole wheat bread and pasta, as well as naturally found in oatmeal, quinoa, and brown rice.
- **Extra virgin oil** should be used as your main cooking oil.
- **Fish** that's high in omega-3 fatty acids, such as salmon, sardines, mackerel, trout and tuna.
- **Beans** of any sort, including lentils and soybeans. Just remember that most canned baked beans contain lots of added fat, sodium, and sugar, which is why they should be avoided.
- **Poultry** or other white meats, such as turkey, can be eaten in limited amounts.

Foods to avoid:

- **Butter or margarine** of any kind, including "low fat" spreads. Again, olive oil should be used in place of these foods whenever possible.
- **Cheese** of any kind. In fact, the MIND diet recommends limiting cheese consumption to less than once per week.
- **Red meat** such as beef, pork, lamb, and any products made from these meats, like hamburgers and hot dogs.
- **Fried food** of any kind, but particularly from fast food restaurants.
- **Sweets** including candy, ice cream, donuts, pastries, cookies, brownies and other foods that are packed with sugar, butter and/or oil and lots of empty calories.

The **MIND diet** is a well-researched approach to eating that aims to enhance brain health and reduce the risk of cognitive decline.



Mailing a Check May Increase Risk of Fraud

By Tahiti Weaver

Senior Task Force Member

My homeowners' association recently sent an email urging me to consider switching to a more secure method of payment. The email read, *"While mailing a check might seem straightforward, it does come with a few risks. Checks can be delayed or lost in the mail, leading to potential late fees, and more importantly, checks contain your sensitive banking information, which could be compromised if the check ends up in the wrong hands."*

I researched the prevalence of check fraud and found a January Federal Bureau of Investigations and United States Postal Service (USPS) warning that check fraud is on the rise, with a significant volume enabled through mail theft. The organizations said fraudsters gain access to legitimate checks and sensitive financial data by stealing mailed checks from USPS facilities or during delivery to the intended recipient. Seniors, especially those who are accustomed to writing checks for decades, are more likely to fall victim to check fraud.

Why seniors are at risk

- Vulnerability to scams: Seniors are targeted by fraudsters who know they may not be familiar with modern financial technology or scams.
- Sensitive information on checks: Checks contain personal information, such as bank account number, routing number, and the name of the account holder. If a check is intercepted, it can be used to create counterfeit checks, leading to significant losses.
- Slow response to lost or stolen checks: Seniors might not immediately realize a check is missing or delayed, giving fraudsters more time to misuse it. Fraud might not be detected until the account is overdrawn or late fee charged.
- Rising costs of mailing checks: Not only is it risky to mail checks, but the cost of checks and stamps add up over time. In the age of digital payments, these costs could be minimized or eliminated by switching to safer alternatives.

What to do if you are a victim of check fraud

If you or someone you know has fallen victim to check fraud — especially if checks were mailed and intercepted — take immediate action to minimize losses and prevent further damage:

1. Contact your bank immediately
2. Notify the police
3. Alert the U.S. Postal Inspection Service

4. File a complaint with the Federal Trade Commission
5. Consider identity theft protection and stay vigilant

If you're still writing checks to pay bills, perhaps now is the time to consider making the switch to online banking or digital payment methods. It's a step towards protecting your personal information and reducing the risk of fraud.

AI Offers Benefits to People of All Ages

By Tahiti Weaver

Senior Task Force Member



You've probably heard of "Artificial Intelligence" (AI). Have you considered how AI exists in your daily life already? From your smartphone to voice assistants like Siri or Alexa, AI works behind the scenes to make life simpler for you.

Artificial Intelligence refers to computer systems designed to perform tasks that normally require human intelligence. These tasks can include recognizing speech, making decisions, solving problems, or even predicting what you might want to do next. AI works by analyzing large amounts of data and then using patterns and insights to make decisions or recommendations.

While this concept might sound complex, AI is all around us and can be useful when understood.

Examples of AI

1. **Voice assistants:** If you use Siri, Alexa or Google Assistant, these voice-activated AI tools help you by asking questions or giving a command. You can set reminders, play music, check the weather, make phone calls, or even control your smart home devices — all without lifting a finger. Voice assistants can help reduce the need for physical effort and help you remember important tasks.
2. **Personalized recommendations:** Have you ever noticed how Netflix can recommend shows and movies you'll love? Or how your favorite shopping site suggests items based on your past purchases? That's AI at work. These systems use AI to analyze your preferences and make suggestions that match your interests.
3. **Health and wellness:** If you use AI-powered health apps and wearable devices, such as smartwatches, to monitor your physical well-being, these devices can help detect early warning signs of health issues, giving you and your doctor valuable insights.
4. **Improved accessibility:** For those with visual or hearing impairments, AI can be a game-changer. Voice recognition software and AI-powered reading apps can read texts aloud, convert speech to text for easier communication, and even translate languages in real-time.
5. **Safety and security:** AI helps to make online environments safer. It's used to monitor and prevent fraud — from detecting suspicious activity on your bank account to protecting you from phishing scams. AI-driven security systems can even alert you if there's an intruder near your home or if your smoke detector goes off.

It's easy to think AI is only for the tech-savvy younger generations. In reality, AI offers benefits to people of all ages. Whether you actively use AI or not, it's worth understanding how it works, and how it can make day-to-day activities simpler, safer, and more enjoyable.



Dementia Caregiver Support Group

Presented by:

Alzheimer's Association

Illinois

The Fourth Tuesday of the month
1:00 p.m. - 2:00 p.m.

Naperville Public Library - 95th Street Library
3015 Cedar Glade Drive
Naperville, IL 60564

To RSVP email: DementiaFriendlyNaperville+info@gmail.com

Call: Lisa Kirchner at 630-710-7502

or call Our Helpline 800.272.3900

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

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

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



Sponsored by Dementia Friendly Naperville and The Naperville Senior Task Force

Join us for a social gathering of individuals living with dementia and their care partners and connect with others in similar situations. Activities at this FREE event vary including education, music, games and arts.

Memory Café Schedule

1st Tuesday of each month from 1:00 – 2:30pm at
Fort Hill Activity Center (20 Fort Hill Dr.)

and

2nd Tuesday of each month from 2:00 – 3:30pm at
95th Street Library (3015 Cedar Glade Dr.)

For more information or to register email:
DementiaFriendlyNaperville+info@gmail.com

Walk Ins Welcome

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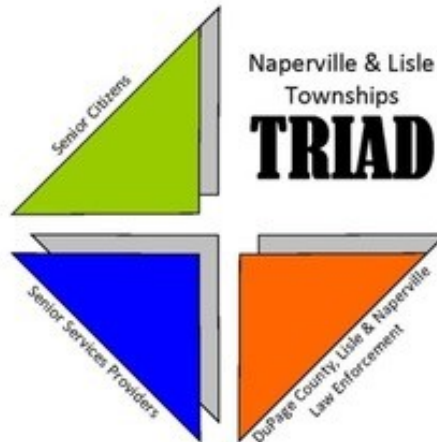
SENIOR HOUSING OPTIONS EXPO

APRIL 24 5-7 PM

APRIL 25 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**

***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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