

Our Voice

Summer 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!

Task Force Seeks Senior of the Year Nominations

Every year the Senior Task Force selects two seniors — one male and one female — to honor with the Senior of the Year award. The award recognizes their contributions to the community and selfless service. Nominations are open now through Aug. 31.

Mayor Scott A. Wehrli will recognize the Senior of the Year recipients at the City Council meeting at 7 p.m. on Tuesday, Oct. 15, in Council Chambers at the Naperville Municipal Center, 400 S. Eagle St. NCTV17 will broadcast the presentation.

Please consider nominating someone for this special acknowledgment. The only criteria are that the nominee must be 65 or older and a resident of Naperville who gives back selflessly. If you know a deserving senior, whether a neighbor, friend, relative, or coworker, take a moment to share.

Nomination forms are available at naperville.il.us/seniortaskforce. You can email completed forms to jjmg4423@comcast.net or mail to John Gallagher at 23W271 Creek Court, Naperville, 60540-9430. Feel free to include photos, articles, or anything else that will help tell the story of your nominee's accomplishments. Please contact John Gallagher at 630-362-5105 with any questions.

2024 Senior of the Year Award

Know a deserving senior?
Nominate today!



- Recognizes a female and male who serve the community selflessly.
- Must be 65 or older and reside in Naperville.
- Presented at the Naperville City Council Meeting, 7 p.m. Tuesday, Oct. 15.

Nominations due Aug. 31

Scan the QR code below for the nomination form or visit
naperville.il.us/seniortaskforce



Send nomination form to John Gallagher:
jjmg4423@comcast.net

John Gallagher
23W271 Creek Court
Naperville, IL 60540-9430

Questions?

Call 630-362-5105

Silver CPR Teaches Skills Needed to Save a Life

Have you taken advantage of the free cardiopulmonary resuscitation (CPR) classes offered for Naperville seniors? The Naperville Senior Task Force is once again urging all seniors to take Silver CPR to learn the lifesaving skills of basic CPR, the use of an automatic external defibrillator (AED), and choking intervention. If you are an active adult who is involved with family, neighbors or friends, learning the latest protocols about sudden emergencies could help you save a life.

Have you ever seen an AED? They are required in most public settings today. This is your chance to see an AED up close and learn about how it is used. Participants will also learn the differences between adult and child emergency techniques and practice CPR skills on a mannequin.

Silver CPR classes are free to participants and taught in a relaxed setting by Naperville Fire Department paramedics. **They are scheduled for 10 a.m. and 12:30 p.m. on**

Tuesday, September 17, at the A. George and Patricia Pradel Safety Town of Naperville, 1320 Aurora Ave. To register, or for more information, send an email to silvercpr2024@gmail.com.

The Naperville Senior Task Force
with
The Naperville Fire Department
invites you to register for the next
SILVER CPR
Tuesday
September 17, 2024
Ages 50+
10 AM or 12:30 PM
Safety Town
1320 Aurora Avenue
Naperville

Register at: silvercpr2024@gmail.com

When Ageism is a Barrier to Quality Healthcare



By Shazia Khan
Senior Task Force Member

In the realm of healthcare, where compassion and expertise should be paramount, a troubling trend persists — ageism. Ageism refers to prejudice or discrimination against individuals based on their age, often resulting in unequal treatment or negative stereotypes. This issue is particularly prevalent in healthcare settings, where older adults frequently encounter biases that can significantly impact their medical care and overall well-being.

The Impact of Ageism

Ageism manifests in various ways within healthcare systems. One of the most concerning aspects is the tendency to overlook or downplay symptoms in older patients, attributing them to aging rather than conducting thorough evaluations. This can lead to delayed diagnoses and inadequate treatment, worsening health outcomes.

Moreover, older patients may face dismissive attitudes from healthcare providers, who might assume they are less competent or less capable of understanding their own health issues. This can result in decreased patient satisfaction, reluctance to seek medical care, and a breakdown in trust between patients and providers.

Treatment Disparities

Another critical aspect of ageism in healthcare is the disparity in treatment options offered to older adults compared to younger patients. There is evidence to suggest that older adults are less likely to receive aggressive treatments or interventions, even when these options could potentially improve their quality of life or extend their lifespan.

This discrepancy can be attributed to stereotypes about aging and assumptions regarding the benefits versus risks of treatments in older populations. Such biases can lead to under-treatment or inappropriate medical decisions based solely on age rather than on individual health status and preferences.

Challenges in Communication

Effective communication between healthcare providers and older patients is crucial for ensuring quality care. Ageist attitudes can hinder communication by fostering a paternalistic approach, where providers may make decisions without fully involving the patient in the decision-making process.

Additionally, language barriers and cultural differences may exacerbate

misunderstandings, further marginalizing older patients who are already vulnerable due to age-related health concerns.

Addressing Ageism: Steps Forward

Addressing ageism in healthcare requires a multifaceted approach that involves education, policy changes, and cultural shifts within the healthcare system. Healthcare providers must undergo training to recognize and combat ageist attitudes, emphasizing the importance of treating each patient as an individual with unique needs and preferences.

Furthermore, healthcare policies should be revised to explicitly prohibit age-based discrimination and promote equitable access to care for all patients, regardless of age. Research into age-related health issues should also be prioritized to improve understanding and treatment options for older adults.

Empowering older patients to advocate for themselves and encouraging them to actively participate in their healthcare decisions is another essential step. This involves promoting health literacy among older adults and providing resources to support informed decision-making.

Conclusion

Ageism in healthcare is a significant barrier to achieving optimal health outcomes for older adults. By addressing ageist attitudes and practices within the healthcare system, we can ensure that all patients receive the respect, dignity, and quality care they deserve, regardless of their age. It is imperative that healthcare providers, policymakers, and society as a whole work together to dismantle ageism and create a healthcare environment that values and supports older adults in their pursuit of health and well-being.

For more information, visit [Combating Ageism in Health Care](#).



Financial Planning After a Dementia Diagnosis

By Arlene Orr Senior Task Force Member

After a diagnosis of Alzheimer's or other dementia-related illness, financial planning often

gets pushed aside because of the stress and fear this topic evokes. However, you can reduce stress by planning ahead.

Why plan ahead? Planning ahead is essential because being more financially prepared ultimately eases the burden on caregivers and families. It also allows the person with Alzheimer's or dementia to make their preferences known. It communicates their wishes ahead of time and allows those decisions to get to the right people.

So, how do you create a plan? If you can, begin by seeking professional advice.

A **financial planner** can assist with budgeting and health-care costs, which is essential. Take a look at your funds, both the current care needs that your loved one has, as well as the potential future costs. The key components of creating a comprehensive budget are assessing available funds, understanding care needs, and planning for potential cost increases.

Common care costs include:

- Ongoing medical treatment for Alzheimer's symptoms, diagnosis and follow-up visits.
- Treatment or medical equipment for other medical conditions.
- Safety-related expenses, such as home safety modifications or safety services.
- Prescription drugs.
- Personal care supplies.
- Adult day services.
- In-home care services.
- Long-term care.

An **attorney** can help with managing assets, tax implications and legal options, as well as creating wills, trusts and allocating a durable Power of Attorney. Legal documents help ensure that the wishes of the person with dementia are followed as the disease progresses and make it possible for others to make decisions on behalf of the person when he or she cannot.

A **health-care professional**, such as a geriatric nurse or social worker, can assist with long-term care decisions. As symptoms progress, long-term care may be needed. Your loved one and/or family members should begin planning for the possibility of long-term care as soon as possible.

And finally, how do you pay for all of this? You can pay from your personal assets, retirement benefits, and other assets such as real estate. Ensure that you understand your insurance options — it can make a big difference. Government assistance is also available by way of tax credit deductions, Social Security, Supplemental Security Income and Social Security disability income.

Taking the time to plan ahead will help you and your loved ones later, when symptoms of Alzheimer's or a related dementia may worsen.

For more information visit [Financial Planning for Alzheimer's and Dementia](#).

HEALTHY, WEALTHY & WISE

2024 Free Senior Conference

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

Friday, Sept. 6, 2024

Doors open 8:30 a.m.

Event 9:00 a.m. to Noon

Naperville Municipal Center

400 S. Eagle St.

Guest Speakers

Refreshments

Free Blood Pressure Screening

Free Diabetes Screening

***Free Boxed Lunch**

Advanced registration is required.

Visit naperville-lisle-triad.org to register.

Registration begins August 1, 2024

***Must attend entire conference**

Wanted: YOU! STF is Seeking New Members

The Senior Task Force (STF) is seeking more people to join its ranks. Consider applying if you have an interest in senior issues. The STF is organized to enhance the quality of life for Naperville seniors by supporting independent living and the health and well-being of seniors, as well as informing and educating seniors and contributing to their sense of self-worth and community belonging.

Specifically, the STF researches available services for seniors, meets with seniors and their caregivers, and networks with senior service providers to identify missing services and gaps in delivery. Group members attend various city and community meetings and forums to learn about new opportunities for seniors and provide input on the relevance and value of services and projects to the senior community. The STF keeps informed about demographic data on seniors and works to improve their quality of life.

The STF meets in person from 6 to 8 p.m. on the second Tuesday of each month at the Municipal Center, 400 S. Eagle St. Members are encouraged to participate in other community meetings and forums as their interests and time allow. This is an active and engaged community group known for rolling up its sleeves and getting things done. If you have the time and inclination, whether retired or working, the STF wants to hear from you. Applications are available on the [Senior Task Force page](#) on the City website.



The Constructive Corner: Things to Do, Discover and Digest

Naperville Public Library

(For a full listing of events at the Naperville Public Library, visit www.naperville-lib.org)

Senior Tech Club

9:30 to 10:30 a.m. on Thursday, July 18
Meeting Room C, 95th Street Library

At Senior Tech Club, we talk about topics that concern seniors and show how technology can help everyone in their daily lives. Can't make this session? We repeat the class at 9:30 a.m. on July 19 at Nichols Library. No registration required.

The Roots of Chicago Blues

7 to 8 p.m. on Friday, July 26
Meeting Room A/B, 95th Street Library

Playing a variety of blues music styles, the Donna Herula Band tips the hat to tradition while creating a fresh, contemporary perspective on blues and roots music. Donna Herula, blues singer, songwriter and resonator slide guitarist, will be joined by Marc Edelstein on upright bass, Tony Wittrock on guitar and mandolin, and Kenny Smith on drums for a fun show. The Donna Herula Band will perform a mix of blues styles from the Deep South to New Orleans to Chicago. In addition, they will play original songs from the award-winning blues album "Bang at the Door" that won "Best Acoustic Blues Album" at the 2022 Independent Blues Awards.

Restoring Old LPs Using Digital Tools

6:30 to 8 p.m. on Tuesday, Aug. 6 Computer Classroom, 95th Street Library

Digitizing vinyl records leaves you with files full of clicks, pops, and other noises found within old records. Using digital tools like Adobe Audition, you can easily make those records sound like new again. **No registration required, but space is limited to the first 10 participants.**

Rain Barrels, Rain Gardens, and Water Issues

7 to 8 p.m. on Tuesday, Aug. 6

Program Room, Naper Blvd. Library

Water is one of our most important resources. Jim Kleinwachter of the Conservation Foundation explains why we need to think of it as a resource to be conserved rather than a waste product to be removed. We'll provide tips and strategies for what a person can do to keep water local and clean and solve water issues on their property, as well as add a bit of color to their landscape with water-loving plants.

Ain't That a Kick in the Head: The True History of the Rat Pack

1 to 2 p.m. on Thursday, Aug. 15

Meeting Room A/B, 95th Street Library

What was "The Rat Pack," who were they, and why do we still care after all these years? Was it the music? The comedy? The cutting up? Or was it the era itself that created a niche for these showbiz legends? To learn more, please join Clarence Goodman for "Ain't That a Kick in the Head: The True Story of the Rat Pack."

Other Events Taking Place in Naperville

Join the Naperville Municipal Band in Central Park every Thursday night from June through August for ***Concerts in the Park***. Concerts begin at 7:30 p.m. and are free to the public, with bench seating provided.

July 18	Traveling the USA w/SoUSA
July 25	And the Winner Is ...
Aug. 1	Heard This?
Aug. 8	Celebration of the Big Band
Aug. 15	School Days

Fox Valley Genealogical Society Presents "Analyzing Your Research," by Maureen Brady. Find clues for further research "between the lines."

7 to 8:30 p.m. on Thursday, Sept. 12

Naperville Municipal Center, 400 S. Eagle St.

Books Recommended for Seniors

"I Remember Nothing," by Nora Ephron. "No one actually likes to admit they're old," writes Nora Ephron. "The most they will cop to is that they're older. Or oldish." Exactly. "In fact," she later writes, "looking back, it seems to me that I was clueless until I was about 50 years old."

Ephron's prose verges on poetry, her ideas explode into philosophy. So just sit back, empty your mind, and bathe in these reflections on growing older by the Queen of Growing Older.

"The Unlikely Pilgrimage of Harold Fry," by Rachel Joyce.

This is a novel about a retired man named Harold who embarks on a journey to visit a former colleague in a hospice. Along the way, he reflects on his past and discovers new insights about himself. It is a heartwarming and uplifting read.

“The Giver of Stars,” by Jojo Moyes. The “Giver of Stars” is a work of fiction crafted around Eleanor Roosevelt’s innovative pack mule library in Appalachia during the Depression. The story mingles romance, history and the power of women. It is both entertaining and informative.

Not Feeling Right? Loneliness Could be to Blame

By Gwenn Lloyd
Senior Task Force Member

Things change over time. We grow up, leave our first family and create new ones, we work, travel, change residences, explore new hobbies, buy new things, try new recipes. And then ... time may seem to stand still.



We live through changes that we didn’t ask for, didn’t need and didn’t want. These experiences are natural occurrences that come with life over time. Certain times in one’s life may be marked by feelings of emptiness, boredom or frustration with how things are going. And though there may be no diagnosed malady to explain just not feeling “right,” you might not be happy with how you feel.

According to the National Institute on Aging: “The number of older adults aged 65 and older is growing, and many are socially isolated and regularly feel lonely. Loneliness and social isolation are different, but related. Loneliness is the distressing feeling of being alone or separated. Social isolation is the lack of social contacts and having few people to interact with regularly. You can live alone and not feel lonely or socially isolated, and you can feel lonely while being with other people.”

Loneliness can cause emotional pain, which can then manifest as physical conditions such as high blood pressure, heart issues, weakened immune system and mental decline. Loneliness may be associated with the loss of a life partner, retiring from work, the inability to access transportation, struggles with money or hearing loss. These are just a few situations that can cause older adults to feel not “right.”

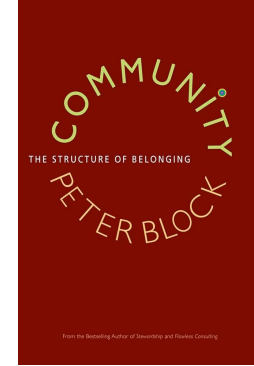
If this sounds familiar, know that there are resources and connections to help. For additional resources on older adults and social isolation and loneliness visit, [Expand Your Circles: Prevent Isolation and Loneliness As You Age](#).

City, Library Invite You to Read, Discuss Peter Block's Book, 'Community'

The City of Naperville and the Naperville Public Library invite the community to read along this summer and fall with the Embracing Community Book Read. In the selected book, “Community: The Structure of Belonging” (2018 edition; Berrett-Koehler Publishers, Inc.), author Peter Block describes how in a true community every person is a citizen, relationships are key, and focusing on what is

possible is transformative, writing “possibility is a declaration of what we create in the world each time we show up.” Block, who lives in Cincinnati, is the author of several books.

The Embracing Community Book Read begins with a book talk with Peter Block participating via Zoom at 7 p.m. on Wednesday, July 31. Participants may attend in person at Council Chambers in the Naperville Municipal Center, 400 S. Eagle St., or remotely via Zoom. The Book Read is free and open to all, but registration is required; please visit naperville.il.us/embrace-community for registration information. For those attending online, the Zoom link will be shared via email with registrants before the event.



Participants are invited to read the book during the Aug. 1 to Oct. 5 reading window. The book is available through book retailers and the [Naperville Public Library](#) system, including in audio and e-book formats. During the month of October, two sessions of volunteer-led small group discussions will be held at various times and locations, culminating with a final Inclusive Community Conversation on Nov. 7, during which readers will discuss various aspects of the book with the community at large. More specific information, including times and locations, for the small-group discussions and the Nov. 7 event will be shared with registrants later in the summer, as well as on the City’s website and through other channels.

**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](mailto:Lisa.Kirchner@naperville-il.gov) 630-710-7502

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

Dementia Friendly

MOVIE DAYS

August date is August 23rd

Last Friday every month 10 AM

Alfred Rubin Riverwalk Community Center

No registration needed

Featuring:

MUSICALS

Singing along encouraged !

305 W Jackson Ave Naperville

Low volume
Low light - not full darkness
Attendees choose the movie

Sponsored by Naperville Park District and Dementia Friendly Naperville



***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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