

Our Voice

Winter 2026



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!



Aging in Place Possible With Support, Prep

By Arlene Orr

Senior Task Force member

As the senior population increases, the concept of "aging in place" is receiving more attention than ever. Aging in place refers to the ability for seniors to remain in their own homes safely, comfortably and independently for as long as possible. It reflects autonomy, secures familiarity and allows seniors to continue engagement with their community.

Safety is one of the most critical factors in aging in place. Thankfully, advances in technology are making it easier for seniors to remain in their homes. Smart home systems, automated lighting, voice-activated assistants and medical alert devices can all

provide peace of mind. Also, practical home modifications, such as walk-in tubs, grab bars and stair lifts all reduce the risk of injury and make daily activities easier.

It is also important to have support services. Meal delivery, housekeeping assistance and visiting healthcare professionals all help to maintain independent living.

Aging in place doesn't just happen though. It requires thoughtful, proactive planning. Financial preparedness is key, but emotional and logistical considerations are just as important. Having a dependable support network — including family, friends and professional caregivers — helps ensure that help is available when needed. Planning for transportation is also essential, especially when it comes to medical appointments, errands and social events. Having reliable transportation contributes to the well-being of seniors because it allows them to maintain important social ties.

Though many seniors prefer to remain at home, this choice isn't suitable for everyone. Individuals with significant mobility challenges, high fall risk or limited social contact may require more structured support. Recognizing personal needs and understanding limitations are crucial to make informed and compassionate choices.

With realistic expectations, proper planning and a web of support, aging in place allows seniors to maintain control, dignity and a strong connection to the community. It becomes not just a living arrangement, but a fulfilling lifestyle.



First Quarterly Silver CPR Session Offered Feb. 18

Have you taken advantage of the Silver CPR classes sponsored by the Naperville Senior Task Force? **Classes are free** to participants and taught in a relaxed setting by Naperville Fire Department paramedics. Attendees learn about the lifesaving skills of basic CPR, the use of an automatic external defibrillator and how to intervene when someone is choking.

The next classes are scheduled for 10 a.m. and 12:30 p.m. on Wednesday, Feb. 18, at the A. George and Patricia Pradel Safety Town of Naperville, 1320 Aurora Ave. Space is limited to 30 participants per class.

To register, click on the link for the appropriate class:

[Feb 18 AM Registration](#)

[Feb 18 PM Registration](#)

Once registered, please enter the event into your personal calendar. Nothing is more disappointing than having no-shows at an event that others are waiting to attend.

For more information, send an email message to silvercpr2026@gmail.com.



Fall Prevention Education Seminar Available

Interested in learning how to prevent falls? A Senior Task Force member is trained to facilitate the Centers for Disease Control and Prevention's STEADI program (Stopping Elderly Accidents, Deaths & Injuries) for free to interested organizations.

STEADI is an information program that addresses how falls can cause significant injury to older adults. One in four older adults falls each year in the United States.

The presentation includes general information about falls, as well as tools and resources for preventing them. If your organization is interested in the free seminar, please contact aorrpresentations@gmail.com.



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. A little planning and preparation can ensure a safe and enjoyable trip while managing diabetes. 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're healthy to travel and make necessary adjustments to your medication, allowing time to see how they work before your departure. If you're traveling internationally, check whether your destination requires vaccinations beyond routine immunizations given in the United States. 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 listing 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.

Wearing a medical ID bracelet

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.

Smart packing 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 clothes and shoes to prevent blisters and foot injuries.
- Inform your travel companions of your diabetes so they can assist in an emergency.
- Monitor your glucose 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!



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.

Traveling Internationally with Technology

6:30 to 8 p.m. on Tuesday, Jan. 20

Meeting Room C, 95th Street Library

Planning on bringing your favorite tech devices on your next trip abroad? Learn everything you need to know, from mobile phone coverage to power adapters, so your tech stays connected and secure no matter where you go. **No registration is required, but space is limited to 40 participants.**

Google Suite for Beginners

6 to 7 p.m. on Wednesday, Jan. 21

Computer Classroom, 95th Street Library

Dive into Google Suite and discover how its tools can simplify your daily tasks. You'll learn how to confidently navigate its features and how to make them best work for you. **No registration is required, however space is limited to 10 participants.**

Genealogy Club

10 to 11:30 a.m. on Thursday, Jan. 22

Coworking Space, Nichols Library

Whether you're just getting started or facing challenges with a tricky branch of your family tree, our genealogy team is here to answer your questions as you dive into your family history!

Tech Tutoring

5 to 6:30 p.m. on Thursday, Jan. 22

Meeting Room C, 95th Street Library

Have a question about your tech devices? Our teen tech tutors are here to assist! They can help you troubleshoot a problem or teach you about using your smartphone, tablet or apps more effectively.

Superfoods

2 to 3 p.m. on Saturday, Jan. 24

Nichols Library, Community Room

Healthy eating doesn't have to be boring! Join Chef Cherise Slattery to learn how to prepare quick breakfasts, nutritious lunches and tasty Blue Zone recipes, while you learn about the power of superfoods. You'll also get to sample delicious Oats'n Flax Granola and Ikaria Village Salad.

Puzzle Swap

1 to 2:30 p.m. on Saturday, Jan. 31

Meeting Room A/B, 95th Street Library

Do you have a beloved puzzle that you're ready to pass along to a new home? Join us for a fun puzzle swap! Bring in new or used puzzles in good condition to swap for something new-to-you. Please arrive at 1 p.m. to drop off your puzzles, then return at 1:30 p.m. and let the swap begin! Puzzles should be geared toward adults, with a recommended minimum of 500 pieces. Any leftover puzzles will be donated to the Library.

Genealogy Basics: Vital Records

10 to 11 a.m. on Tuesday, Feb. 3

Computer Classroom, 95th Street Library

Dive into your family history! Whether you're new to genealogy or simply want to learn about the Library's ancestry resources, join our staff for this interactive introductory workshop.

Trivia Night

6:30 to 8:30 p.m. on Wednesday, Feb. 4
Meeting Room A/B, 95th Street Library

Put your trivia skills to the test in an exciting night of fun and knowledge! Join us as we challenge you with questions across a wide range of topics. You can compete individually or as part of a team. **No registration is required, but space is limited to the first 75 participants.**

Coffee and Networking

9:30 to 11 a.m. on Thursday, Feb. 5
Coworking Space, Nichols Library

Grab a cup of coffee and join us for our monthly networking event, where you can connect with fellow entrepreneurs, small business owners and others in the local business community. This is a great opportunity to share ideas, forge valuable relationships and discover potential collaborations in a relaxed and friendly atmosphere.

In the Belly of the Beast: King in Chicago

1 to 2 p.m. on Thursday, Feb. 5
Meeting Room A/B, 95th Street Library

Dr. Martin Luther King's journey to the mountaintop included many stops along the way. Between Montgomery and Memphis, he visited Chicago many times, where he made powerful inroads in the pursuit of justice that history often overlooks. In honor of Black History Month, join historian Clarence Goodman for a look at these lesser-known chapters of Dr. King's life and their lasting impact.

Canva for Beginners

10 to 11:30 a.m. on Wednesday, Feb. 11
Computer Classroom, 95th Street Library

Discover how to create eye-catching designs using Canva, a free online tool to help you elevate your posters, cards and more! We'll show you the basics, from setting up your account to designing and sharing your work with others. **No registration is required, but space is limited to 10 participants.**

Criminal Spines

7 to 8:30 p.m. on Thursday, Feb. 12
Program Room (Naper Blvd.), Naper Blvd. Library

Join our book club for fans of mysteries, thrillers, true crime, and all things suspense. We'll keep you on the edge of your seat with a mix of thrilling reads that vary in excitement and intensity from title to title. This month we will be discussing "Shutter Island," by Dennis Lehane.

Love Notes: A Concert by West Towns Chorus

7 to 8 p.m. on Friday, Feb. 13
Meeting Room A/B , 95th Street Library

Experience a night of heartfelt love songs performed by one of Chicagoland's top men's a cappella groups. Since 1948, the West Towns Chorus has wowed audiences with barbershop, jazz, pop and show tunes. Get ready for a night of captivating harmonies!

Comets and Asteroids: Cosmic Storytellers

7 to 8 p.m. on Tuesday, Feb. 17
Online

What can comets and asteroids tell us about the birth of our solar system and life on Earth? Explore what we've learned so far and the big questions scientists are still working

to answer. ***Registration required. This program will be presented via Zoom.** [Click this link to register](#) through Zoom directly, and an email containing the link to join will automatically be emailed to you.

Senior Tech Club

9:30 to 10:30 a.m. on Thursday, Feb. 19
Meeting Room C, 95th Street Library

Master a new technology topic each month at Senior Tech Club! Stay up-to-date with the latest tech trends and gain confidence in using your devices to make life easier. Can't make this session? We cover the same topics at the Nichols Library session on the third Friday of every month.

Shakespeare and Stardust: The Romance of Vivien Leigh and Laurence Olivier

1 to 2 p.m. on Thursday, Feb. 19
Meeting Room A/B, 95th Street Library

Vivien Leigh and Laurence Olivier were two of the most iconic figures in the history of theater and film. Join film historian Dr. Annette Bochenek for a closer look at their iconic partnership, unforgettable performances, turbulent romance and lasting legacies today.

Celebrating the Lunar New Year

7 to 8 p.m. on Thursday, Feb. 19
Online

Join educator Yvonne Wolf as she shares the traditions, foods, symbols and ways you can celebrate the Lunar New Year at home. Whether you're new to the holiday or it's part of your annual tradition, get ready to welcome the Year of the Horse in style. ***Registration required. This program will be presented via Zoom.** [Click this link to register](#) through Zoom directly, and an email containing the link to join will automatically be emailed to you.

Mysterious Creatures of Illinois

6 to 7:30 p.m. on Friday, Feb. 20
Community Room, Nichols Library

From Bigfoot to vampires, join cryptid researcher Chad Lewis for a spine-tingling evening of folklore, legends and the unexplained. Through eerie photographs, chilling eyewitness accounts and tales passed down through generations, you'll find yourself face-to-face with the mysterious creatures lurking in the Midwest.

Estate Planning Explained

7 to 8 p.m. on Tuesday, Feb. 24
Meeting Room A , 95th Street Library

Join us for a comprehensive overview of the estate planning process from start to finish. We'll explore the importance of planning, examine common techniques and review the essential documents involved in estate planning. This class clarifies the distinctions between wills and trusts while addressing key topics such as probate, power of attorney for healthcare and financial matters and guardianship appointments. By the end of the session, you will have a solid understanding of the steps necessary to safeguard your spouse and heirs, equipping you with the knowledge needed to make informed decisions regarding your estate.

I'm More Than You Think I Am with Chef Tony Cannon

2 to 3:30 p.m. on Saturday, Feb. 28
Meeting Room A/B , 95th Street Library

In honor of Black History Month, join Chef Tony Cannon for a cooking demo featuring a delicious three-course meal, including an African-based dessert. Sample each dish, grab recipes to take home and stay for a community discussion on the African American experience. Chef Tony worked in restaurants for more than 15 years, attended culinary school at The Art Institute of Nashville and owns three local food companies: Aunt Tina's Kitchen, Aunt Tina's Sound Bites Food Truck and That Rub Seasoning Company.

Books for Seniors

“The Thursday Murder Club,” by Richard Osman. A group of senior friends, united by their love of solving cold cases, use rather unorthodox methods to try to solve a murder. This book makes a terrific read for crime fiction lovers!

“West with Giraffes,” by Lynda Rutledge. Based on a true story, this novel follows the journey of a struggling journalist who tries to save two orphaned giraffes that survive a hurricane during the Great Depression. As the story unfolds, readers discover an unlikely bond between the young man and the giraffes during their cross-country journey.

“Chestnut Street” by Maeve Binchy. “Chestnut Street” is a collection of heartwarming short stories set in a fictional Dublin neighborhood. The author takes us behind the closed doors of some of the town’s residents to show how small but meaningful moments shape everyday life.



Simple Tips for Safe Driving for Seniors

By Amy Friedman
Senior Task Force Member

Driving keeps us connected. For many seniors in Naperville, getting behind the wheel means visiting friends, attending local events and staying active in daily life. That independence is precious, and with a few mindful habits, older drivers can continue enjoying the road while keeping themselves and our community safe.

Staying healthy is the foundation of safe driving. Regular eye exams and hearing tests ensure that glasses and hearing aids are used when needed. Clear vision and sharp hearing make it easier to spot hazards and respond quickly. Staying physically active also helps, improving flexibility for checking blind spots and strength for handling the wheel.

Safe driving also means smart choices. Always wear a seat belt, limit distractions like cell phones and plan your route ahead of time. Consider upgrading to a newer car with

modern safety features such as lane assistance or blind-spot monitoring. These tools can provide extra confidence and protection on busy roads.

Weather and timing matter too. When in doubt, don't go out — especially if conditions are poor. If you must drive in rain or snow, leave plenty of space between your car and the one ahead, and use defrosters to keep windows clear. Avoid rush hour traffic and times when the sun is low, like sunrise or sunset, when glare can be blinding.

Finally, never drive after drinking alcohol or taking medications that affect alertness. Even small amounts can slow reaction times. Choosing safety means protecting yourself, your passengers and your neighbors.

Driving is part of what keeps Naperville vibrant and connected. By practicing these habits —staying healthy, using modern safety tools, and making smart choices — seniors can continue to enjoy the freedom of the road while helping keep our community safe.

Prevent Skids With These Tips From the Naperville PD

Rain, snow and ice can make roads slippery and dangerous to navigate. Skidding can occur when a vehicle's tires lose traction on the road surface and too much brake or acceleration is applied.



While you cannot prevent every skid situation, minimize the chances of it happening by following these tips:

- Reduce your speed on wet roadways and especially when navigating turns.
- Avoid the need to brake quickly by increasing the distance at which you follow other vehicles.
- Have your tires properly inflated. Tires that are over or underinflated can increase the risk of skidding because they don't grip the road properly, thereby reducing traction.

Even careful drivers can experience skids. Here are some steps to take if you do go into a skid:

- Stay calm. Avoid panicking and making sudden movements.
- Avoid slamming on the brake. Let off the gas and brake pedals.
- Steer in the direction of the skid. Look where you want the front of the car to go and turn the steering wheel in that direction.
- Counter-steer. As the vehicle straightens out, you may need to steer in the opposite direction to prevent over-rotating and fishtailing.
- Return to center. Once the vehicle is moving in the correct direction, straighten the steering wheel.
- Resume control. Gently and gradually apply the accelerator or brake as needed once you have regained traction.

For more information on winter roadway safety visit www.naperville.il.us/ASaferNaper and select the December 2025 campaign from the "Topics" archive.

(Information courtesy of the Naperville Police Department's "A Safer Naper" campaign.)



Free Dementia Friendly Employee Training Available to Businesses and Local Organizations

The Senior Task Force's Dementia Friendly (DF) initiative provides free presentations to businesses and organizations interested in learning to understand the needs of customers who may be living with dementia. Customer service is about fair and informed interactions. Restaurants and retail shops are high-traffic spaces where families dealing with dementia may experience private issues turn into public misunderstandings.

Dementia Friendly training is beneficial to a business or organization because:

1. DF training helps businesses/organizations understand the needs and challenges of customers living with dementia.
2. DF staff training reduces confusion and stress for customers by providing communication and patience.
3. Training creates a more inclusive environment where everyone feels respected and supported.

Trained Senior Task Force members provide a one to two-hour ***free*** slide presentation, which includes information about many aspects of dementia, including defining dementia, signs/symptoms/behaviors of dementia and effective tools and strategies that organizations and businesses can use to support their customers who live with dementia.

Please contact Senior Task Force member Arlene Orr at aorrpresentations@gmail.com for more information and to schedule this free training.

Police Department Social Services Available to Community

Naperville Police Department (NPD) has offered social services for decades, although the program has changed over time to fit changing needs. Currently, NPD has four master's-level licensed clinicians who assist with a wide variety of needs. While their primary responsibility and training falls under law enforcement, they are available citywide as needed.

NPD clinicians are highly trained in areas of mental health, mental illness, child/elder abuse, family matters, counseling needs, victim advocacy and suicide, as well as crimes against persons including sexual assault, battery, stalking and homicide and substance

use. They are bound by the confidentiality under their licenses and cannot provide follow-up feedback unless a client expresses consent.

The main areas of their work include police report follow-up, crisis intervention and officer/employee peer support. One of the clinicians works alongside a patrol officer Monday to Friday to respond to 911 and other calls for services as a part of a unit called The Mobile Crisis Intervention Team.

NPD clinicians work weekdays but can be called out for emergencies as required. Please send referrals or questions to npdsocialservices@naperville.il.us. For senior citizen requests, referrals or questions, please contact Ali Smith Wieringa at 630-305-7061, or smithwieringa@naperville.il.us.



SAFE, AFFORDABLE
& DEPENDABLE
TRANSPORTATION
FOR SENIORS

Ride Assist Naperville

RAN is a nonprofit dedicated to improving the quality of life for Naperville seniors and their caregivers by providing safe, affordable, and dependable transportation to medical appointments.



How it works:

Our friendly volunteer drivers provide reliable door-to-door service. They'll pick you up from home, take you to your appointment, wait for you, and ensure a comfortable ride back when you're ready. Rest easy knowing your transportation is taken care of!

Become A Volunteer

- Make meaningful impact by providing door-to-door transportation for seniors.
- Enjoy the flexibility to create your own schedule!
- Take the first step by completing an application on our website or giving us a call today.

www.RideAssistNaperville.org

(331) 330-2257

info@rideassistnaperville.org

The Empowered Caregiver Series

ALZHEIMER'S AND DEMENTIA

An education program presented by the Alzheimer's Association®



Dates in 2026:

All programs are 2 pm - 3 pm

January 8th: Building a Foundation of Caregiving

February 12th: Supporting Independence

March 12th: Communicating Effectively

April 9th: Responding to Challenging Behaviors

May 14th: Exploring Care & Support programs

**Join us for the
Empowered Caregiver
Series!**

**Location: Fort Hill Activity
Center, Multipurpose
Room #3**

**Address: 20 Fort Hill Dr,
Naperville, IL 60540**

FORT HILL
ACTIVITY CENTER

**ALZHEIMER'S
ASSOCIATION**
Illinois Chapter



Are you caring for a
loved one with
dementia?



**The Naperville Senior Task
Force's Dementia Friendly
Initiative hosts the
following:**

Memory Cafés

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

The First Tuesday of the month

1:00 p.m. – 2:30 p.m.

Fort Hill Activity Center, 20 Fort Hill Drive
Naperville, IL 60540

The Second Tuesday of the month

2:00 p.m. – 3:30 p.m.

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

**Dementia Caregiver Support
Groups**

*Develop a support system
Learn about community resources*

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

The Third Thursday of the month

3:00 p.m. - 4:00 p.m.

Alfred Rubin Community Center, Room 201
305 W. Jackson Ave
Naperville, IL 60540

For more information or to register email:

DementiaFriendlyNaperville+info@gmail.com

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

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