

Our Voice

April 2021



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 the STF webpage on the City of Naperville website for more information and updates:

www.naperville.il.us/seniortaskforce. Thank you!

Thank You, Jim Hill and Nancy Rivera-De La Hoz

On March 9, Naperville Mayor Steve Chirico presented a proclamation thanking outgoing STF members Jim Hill and Nancy Rivera-De La Hoz for their dedication and selfless service to the Naperville Senior Task Force since its inception and early days. Both have been instrumental in the creation and provision of vital senior programs, including Ride Assist Naperville, Technology Assist Naperville, the Vaccination Buddy program and Circles of Friends. Their efforts have positively affected the lives of hundreds of seniors in Naperville and will continue to enhance the quality of life for Naperville seniors for many more years to come.

Jim is relocating out of state and Nancy's term ended March 31. Thank you both for your service to the community!



Welcome, New STF Members

In January 2021, a request went out for new members to replace Jim Hill and Nancy Rivera-De La Hoz. The STF

received several applications, and we're thankful for the community-wide interest in volunteering on this task force. Please welcome new members John Gallagher and Sue Jain, as well as ad hoc member Gwenn Lloyd. Kathy McGowan is now co-chair, serving alongside Rob Williams.

STF Background: The STF was established at the direction of the 2014 Naperville City Council to promote coordination among existing senior service providers in the Naperville area; improve awareness among seniors of available resources to assist them; and develop recommendations to address service gaps related to transportation challenges, housing concerns and healthcare resources. Working with service providers, the STF promotes efficiencies and new partnerships that address local needs, as well as proactively reaches out to seniors for their thoughts and ideas via interviews, workshops, focus groups and surveys. Regular reports are issued to the Mayor and City Council on STF findings.

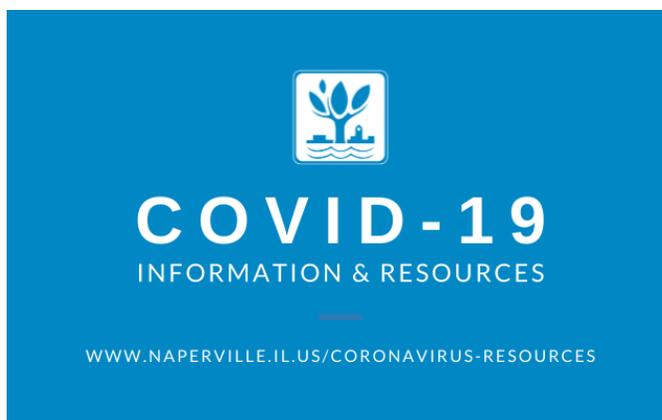


How to Schedule COVID-19 Vaccination Appointments

Vaccination against COVID-19 remains an important next step in protecting personal health and ending the pandemic. Some seniors are successfully booking appointments by calling their doctor's office or checking pharmacy websites for new time slots as they are posted. The options below can assist seniors who are not as web-savvy.

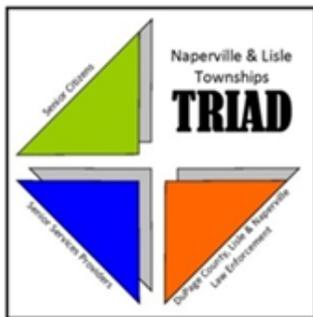
1. Call your County health department:
 - DuPage County COVID hotline: (630) 221-7030
 - Will County Senior Services: (815) 723-9713
2. Call the State of Illinois Vaccine Appointment Call Center: (833) 621-1284
 - The toll-free call center is available from 6 a.m. to midnight 7 days a week.
 - Agents will make an appointment on a caller's behalf if internet access is not available.

Please note, reputable services that assist with vaccination scheduling will not ask for any financial information or share information with the U.S. Immigration and Customs Enforcement agency. As vaccination efforts continue, it is also important to remain vigilant against scams related to COVID-19. [This information from the U.S. Department of Health and Human Services Office of Inspector General](#) shares ways to spot scams – which could take place via telemarketing calls, text messages, social media platforms or door-to-door visits – before you fall victim to them.



Vaccination Buddies Available to Help

Seniors who need help navigating the technology necessary to book an appointment to receive the COVID-19 vaccine can be paired up with a Vaccination Buddy through a program offered by Naperville and Lisle Townships TRIAD and the STF. **How it works:** A volunteer will schedule the senior for a vaccination appointment and can provide transportation to the appointment, if needed. **To**



seek help from a Vaccination Buddy, call (630) 343-9044. For details, see the [Vaccination Buddies flier](#).

TRIAD is looking for volunteers who can “buddy up” with a senior who needs help navigating the websites and emails and scheduling a vaccination appointment. To volunteer, email Rick Graffagna at rgraffagna@seniorsolutions3.com. Those not comfortable with driving a senior to their appointment are asked to include that in the email. They can still help, as the organization will pair that volunteer with a senior who doesn’t need transportation, but still will benefit from help with booking an appointment. To date, approximately 100 volunteers have spoken with 1,000 seniors and obtained vaccination appointments for more than 500 seniors.

A Valuable Resource: AgeGuide

[AgeGuide](#) (formerly known as Agency on Aging) is a nonprofit organization that works closely with the Administration on Community Living, Illinois Department on Aging and many other agencies to address both the immediate and long-range needs of older adults. This organization is dedicated to advocating for increased services, benefits and programs for older adults so they can age in place. One of AgeGuide’s primary functions is to award funding to local agencies in each county to provide vital Older Americans Act services. AgeGuide then monitors these services throughout our region to ensure they are of high quality and the funds are spent appropriately. To learn more, visit: <https://ageguide.org>



Circles of Friends Provide Healthy Socialization

Naperville and Lisle Townships TRIAD and the STF organized Circles of Friends to support healthy connections with friends and community. Seniors are encouraged to consider joining until it is safe to meet in person. Maintaining connections to friends and community is vital to personal well-being, especially during this challenging time. Each group in the Circles of Friends program allows for eight to 10 members to meet virtually once a week, on a day of their choosing, with a facilitator to manage the connection. These groups help participants make new friends, share stories, brag about their families, pray together, share information, play games and discuss common hobbies.

To join, please call (630) 276-6128 or email NLTriadOutreach@gmail.com. For technology assistance related to virtual meetings, please contact Technology Assist Naperville at seniortaskforce@naperville.il.us. Circles of Friends and Technology Assist Naperville are both available to all residents of the TRIAD service area, which includes Naperville and Lisle townships.

JOIN CIRCLES OF FRIENDS

Excited to join? Please email NLTriadOutreach@gmail.com and provide your address (ZIP code only is OK) and hobbies so we can evaluate grouping individuals by neighborhood and/or by common interests. For further information, please call (630) 276-6128. We look forward to connecting with you!

2021 Walk to End Alzheimer's

Mark your calendar for Sunday, Sept. 19. Plans are moving forward to host Walk to End Alzheimer's® in person this fall. The health and safety of participants, staff and volunteers

remains a top priority as decisions about event details are made. There will be options to participate online and in your neighborhood. For more information, visit the [Naperville event page](#).



Dementia Friendly Naperville News

Since being designated as a Dementia Friendly City in 2020, supporters continue to promote this important subject. In February and March, Naperville and Lisle Townships TRIAD presented a webinar: *Dementia Friendly Naperville: What does It Mean?* The webinar, led by Jennifer Brasfield, Executive Director of Riverwalk Adult Day Services and a founding member of the Dementia Leadership Network, discussed what it means to be a Dementia Friendly City. Brasfield also included ways to recognize the signs and symptoms of dementia and how to help someone affected by dementia.

A comprehensive list of resources for dementia patients and caregivers is available on the [City's website](#). This list includes adult day care providers, in-home care providers, memory care facilities, legal assistance, medical resources, and more. To become a Dementia Friend, visit <https://www.dementiafriendsusa.org>.

Need Help Paying Your Utility Bill?

The City of Naperville, in partnership with Loaves & Fishes Community Services, is offering temporary utility assistance for residents financially affected by the COVID-19 pandemic. Residents who are struggling to pay their utility bills can request a payment plan or apply for a grant of up to \$300. To apply, call (630)-355-3663 and press 4 to leave a message. Calls will be returned in the order they are received. For details, visit naperville.il.us/temporary-utility-assistance-program.

Volunteer Drivers Needed

Note: Due to COVID-19, non-essential rides have been suspended since July 1, 2020. Driver recruitment and training continues.

Ride Assist Naperville (RAN) is looking for volunteer drivers to transport seniors to medical appointments. If interested, or for more information, please call (630) 864-3087 or visit www.rideassistanaperville.org/home/drivers/.



Our Voice Newsletter Sign-up

Sign up for the STF *Our Voice* quarterly newsletter by registering for the City's e-News at www.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

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