

Wilson, Marie

From: City of Naperville <kevin@naperville-il.ccsend.com> on behalf of City of Naperville <info+naperville.il.us@ccsend.com>
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Our Voice

Winter 2023



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. Thank you!

DuPage County 211 is Here to Help



On Nov. 15, 2022, DuPage County launched 211, a free, confidential information and referral service that provides a central access point to local health and human services 24-hours a day, 365 days a year. The DuPage County Board's allocation of \$1.6 million in federal funds from the American Rescue Plan Act made the launch of this free information

system possible. The County has partnered with the Village of Addison and the Addison Consolidated Dispatch Center to handle calls.

Anyone in DuPage County now can obtain immediate referrals to mental health services, addiction support and rehabilitation, crisis counseling, supplemental food programs, shelter and affordable housing options, employment and education support, financial support and more by calling 211.

Get Connected. Get Help. 211 is the number to call when you don't know who to call. To get help, please call 211 or visit 211dupage.gov.



2023 Elections: Learn About Local Candidates

April 4 is the date of the next Consolidated Election. Candidates are on the ballot for seats on the Naperville City Council, local school boards and the Naperville Park District Board of

Commissioners. These next few months are the perfect time to read up on candidate qualifications so you can cast an informed vote.

Local news sources such as [Positively Naperville](#), [NCTV-17](#), the [Naperville Sun](#) and the [Daily Herald](#) typically cover local elections with information such as candidate questionnaires, issue-focused articles and endorsements. For one such source on City candidates, check out Positively Naperville's Consolidated Election Campaign article [here](#).

Candidate Forums: Save the Dates

The Naperville Senior Task Force invites everyone to attend this series of candidate forums, which is cosponsored by the STF, Positively Naperville and the Naperville Area Homeowners Confederation. All forums take place at 7 p.m. in Council Chambers at the Naperville Municipal Center, 400 S. Eagle St.

Tuesday, Jan. 31: City Council Candidates - Introductions

Tuesday, Feb. 28: City Council Candidates - Q&A

Tuesday, March 14: Mayoral Candidates - Introductions and Q&A

Memory Cafés Offer Positive Connections for Dementia Community

Dementia Friendly Naperville and the Naperville Senior Task Force offer free monthly Memory Cafés for people with dementia and their care partners. These gatherings – which take place from 2 to 3:30 p.m. on the second Tuesday of the month at the 95th Street Library, 3015 Cedar Glade Drive – allow both care recipient and caregiver to socialize and connect with others in similar situations. Activities include education, music, next Memory Café is scheduled for Tuesday, Feb. 14. Registration is available online by visiting the events calendar at naperville-lib.org; however, walk-ins are welcome. For details, call Lisa Kirchner at 630-710-7502.



Memory Café participants



AgeGuide: Resources for Caregivers

AgeGuide offers the following practical resources for caregivers to help those taking care of seniors find the supports they need so they and their care recipients can thrive. For further resources, visit ageguide.org.



Resources for Caregivers (IL)



- Illinois Family Caregiver Support Program
 - <https://www2.illinois.gov/aging/xxprograms/caregiver/Pages/default.aspx>
- AARP Illinois
 - <https://states.aarp.org/illinois/caregiver-resources>
- Illinois Respite Coalition
 - <http://www.illinoisrespitecoalition.org/caregiver-resources.html>

The Constructive Corner: Things to Do, Discover and Digest

Free Library Educational Opportunities

Zev & Shifra Karkomi Virtual Holocaust Exhibition

Learn about the Holocaust through more than 500 artifacts and photographs.

95th Street Library – 7 p.m. Thursday, Jan. 26

Online* – 6:30 p.m. Thursday, Jan. 26 * *Registration required for online access*

How to Sell Things Online

Learn which sites to use, how to set the right price and ways to make your items stand out.

Nichols Library – 2 p.m. Monday, Jan. 30

The World's Fairs of Chicago

Through financial despair and dubious crimes, learn the exciting history behind the 1893 and 1933 Chicago World's Fairs.

95th Street Library – 7 p.m. Tuesday, Jan. 31

Online* – 7 p.m. Tuesday, Jan. 31 * *Registration required for online access*

Brown Bag Lecture: Buffalo Soldiers

Learn about the history and achievements of the Buffalo Soldiers, Black soldiers who served during the American Civil War.

95th Street Library – 1 p.m. Thursday, Feb. 2

Online – 1 p.m. Thursday, Feb. 2 * *Registration required for online access*

The History of Stevie Wonder

Using performance and interview clips, trace the arc of Stevie Wonder's amazing career.

95th Street Library – 7 p.m. Tuesday, Feb. 21

Online – 7 p.m. Tuesday, Feb. 21 * *Registration required for online access*

Visit the library's website for a full [calendar of events](#).

Nearby Community Events

Seedy Saturday Seed Swap

Hygeia Cabaal, greenhouse grower, and Ellen Meyer, Cantigny Park horticulture volunteer (and verified seed-a-holic), will guide our seedy swap meet -- a first at Cantigny Park.

Cantigny Park Education Center, 1S151 Winfield Road, Wheaton – 1 to 2:30 p.m.

Saturday, Feb. 18

Cost: \$5 **Registration required*

Visit [Cantigny Park's website](#) for details and [registration](#).

Books Recommended for Seniors - January 2023

The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics by *Daniel James Brown*

The Devil in the White City: Murder, Magic, and Madness at the Fair that Changed America by *Erik Larson*

I am Malala: How One Girl Stood Up for Education and Changed the World by *Malala Yousafzai*



Financial Help for Seniors: More Accessible Than You Think

By Arlene Orr
Senior Task Force Member

Even seniors on fixed incomes can ensure they have a safe, warm and comfortable home during the winter cold -- thanks to several local programs.

For help paying natural gas, propane or electric bills, consider the Low-Income Energy Assistance Program, or LIHEAP, which is accepting applications until May 31 or until funding is exhausted. This state program offers assistance to people making up to two times the federal poverty level, which translates to a 30-day gross income of roughly \$2,265 for a single person or \$4,625 for a family of four. LIHEAP will make one-time payments directly to energy service providers on behalf of recipients. To apply, visit helpillinoisfamilies.com or call 833-711-0374.

For mortgage assistance, consider the Illinois Housing Development Authority's mortgage assistance program, which is accepting applications until 11:59 p.m. Jan. 31. This program can provide up to \$30,000 to eligible homeowners, which will be paid directly to the mortgage servicer, taxing body or other approved entity. For details, visit illinoishousinghelp.org or call 866-454-3571.

For emergency financial assistance, consider these groups, which help seniors in need:

- [Loaves & Fishes Community Services CARES Programs](#): 630-355-3663
- [Naperville Township](#): 630-355-2786 ext. 4406
- [Lisle Township](#): 630-968-2087
- [Wheatland Township](#): 331-229-3917
- [DuPage Township](#): 630-759-3411

Oh, The Places You'll Go!

By Arlene Orr
Senior Task Force Member

Ready for a fun escape? Traveling can help you recharge, stay active and improve your well-being. Traveling as a senior can have enormous benefits – whether as a couple, with a group or solo – but it does come with challenges. Putting in the time to research and plan will help you fully enjoy the adventure. Here are some tips:



Ensure that you have all documentation (passport, I.D.) in a handy place for easy access. But try to keep your money hidden as much as possible. An investment in a money pouch is a great way to protect yourself against pickpockets.

Ensure you are familiar with your phone plan's roaming fees. Discuss what your plan will be if you get separated from your companion(s). Apps on phones or air tags can be helpful in locating someone or something that is lost.

Traveling during the off-season is a great way to avoid large crowds, reduce wait times and save money. Taking afternoon sightseeing tours is also less busy and sometimes cheaper. And don't forget to ask for the senior discount! It can't hurt!

If mobility is an issue, be sure to notify the airline, train, or bus of any special equipment and request assistance. Call the customer service line to see what is available when it comes to special medical or mobility equipment. Check if the hotel, Airbnb, or guest house meets your accessibility needs. It is also a good idea to bring a list of all medications (some may require a doctor's note to travel).

Traveling solo later in life can be daunting, but also extremely liberating. After all, you only have yourself to please! If you have never traveled solo, you may want to start small. Perhaps start with city trips, such as taking in a museum for an afternoon, or going to an art gallery. How about enjoying a coffee or a meal at an outdoor café where you can watch the world go by? Sitting in a dark theater with a bag of freshly buttered popcorn and a great afternoon movie is the ultimate bliss and is a gentle first step to getting out alone.

You may want to consider finding a tour operator that caters to age-specific tours or where most of the guests are solo. This will increase the chances of making new friends. Cruises are a great way to travel solo, especially ships that are smaller (200 passengers or less). They offer more opportunities to meet other people.

You may want to inject some volunteering into your trip. While volunteering doesn't have to be the entire focus, it can allow for the opportunity to deeply connect with others and make lasting friendships.



Need Help with Snow Removal?

Many seniors feel isolated and trapped in their homes when bad winter weather arrives. Seniors can find free snow removal services by contacting local Boy Scout troops. Many churches and veterans' groups sponsor scout troops. Contact the American Legion at 630-728-7519, the VFW at 630-420-9820 or a nearby church if you need assistance. They are here to help!

Ride Assist Naperville: Volunteer Drivers Needed

Ride Assist Naperville (RAN) is looking for volunteer drivers to transport seniors to medical appointments. For more information or to volunteer, please call (331) 330-2257 or visit rideassistnaperville.org.



***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

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