

# Our Voice

Spring 2022



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 [www.naperville.il.us/seniortaskforce](http://www.naperville.il.us/seniortaskforce) for information and updates. Thank you!

## Join Us at the Memory Café in Naperville

We meet on the second Tuesday of each month from 2 to 3:30 p.m. at the 95th Street Library, 3015 Cedar Glade Drive. Please join us for this FREE event.

A memory café is a social gathering for individuals living with dementia and their care partners (spouses, children, friends and professional caregivers). Memory cafés are not a form of respite care. Instead, they offer a place where both caregiver and care recipient can socialize together and connect with others in similar situations. Activities at these events will vary, including games, education, music, dancing and arts. All will offer socialization. The Memory Café is sponsored by the Naperville Senior Task Force and Dementia Friendly Naperville. For more information, you may contact Lisa Kirchner at (630) 710-7502.



*Memory Café participants*

## Dementia Friendly Resource Guide

[Click here](#) to view or download a copy of the *Dementia Friendly Caregivers Resource Guide*. This helpful document is a collection of resources to give a helping hand to caregivers and those affected by dementia.



## Affordable Housing for Seniors and Individuals with Developmental Disabilities



City-owned property near the intersection of 103rd Street and Route 59 will be used to expand quality, affordable housing in Naperville for seniors and individuals with developmental disabilities. The projected timeline includes six phases, two of which have been completed:

**Phase I:** Four firms responded to a request for proposals issued by the City in September 2021 to develop this housing, which was directed by the City Council in accordance with recommendations to use public lands to address affordable housing needs. The City of Naperville assembled a

Procurement Selection Committee to review proposals for affordable housing for seniors and those with intellectual and developmental disabilities. Representatives from several City departments are staffing the committee, with participation from the Naperville Development Partnership, the Accessible Community Task Force, the Human Rights and Fair Housing Commission, City Council and the Naperville Senior Task Force.

**Phase II:** After a careful review, two firms -- Gorman & Company LLC and Mercy Housing Lakefront -- presented their proposals and answered questions at a public meeting March 7, 2022 in Council Chambers hosted by the Human Rights and Fair Housing Commission.

**Phase III (current) -- March - May 2022:** Major business terms are defined. During this phase, City staff is working with the short-listed firms to define key business terms related to the site. This may include specific definitions of terms including "affordable" and "senior," as well as the timeframe to maintain affordability, number of units, building height, open space expectations and more.

**Phase IV (May - June 2022):** Development team selection by City Council.

**Phase V (June 2022 - completion):** Entitlement Process.

**Phase VI:** Property transfer and construction. The property will be conveyed to the selected development team by City Council.

More details can be found at the webpage for the [Affordable Senior and Individuals with Developmental Disabilities Housing Project](#).

*Since its inception, the Naperville Senior Task Force (STF) has made affordable housing for seniors a top priority. A subcommittee of the STF reviews the position of the group, studies new housing opportunities that are being promoted and planned and confers with other groups such as the Advisory Commission on Disabilities and the Human Rights and Fair Housing Commission. The STF also relates to various community groups who have affordable housing as a focus.*

### Movie Buffs Welcomed to Silver Screenings

Naperville and Lisle Townships Triad has been offering a program called Silver Screenings for the past year. We would like to invite seniors with an interest in movies, new and old, to join us at 7 p.m. on Wednesday evenings for lively discussions. To sign up for the program, please email [robonmain429@gmail.com](mailto:robonmain429@gmail.com).



### STF Members Wanted

The STF is looking for new members to fill a three-year term. It would be very helpful if the candidate has experience writing,



editing or producing newsletters. Working closely with the City of Naperville Communications Division, the STF produces this quarterly newsletter, *Our Voice*, which is distributed by the City.

STF is engaged with other community groups in promoting, educating and helping seniors with a myriad of issues. If interested, please submit the membership application found on the STF web page: [www.naperville.il.us/seniortaskforce](http://www.naperville.il.us/seniortaskforce).

Thank you!

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## Nutrition Tips for Ages 60-Plus

Eating habits change throughout the life span. Simple changes can help you enjoy the foods and beverages you eat and drink to meet nutrient needs, help maintain a healthy body weight and reduce the risk of chronic disease. Here are some recommended ways to achieve these goals:

- Try adding seafood, dairy or fortified soy alternatives, along with beans, peas and lentils to your meals to help maintain muscle mass.
- Add fruits and vegetables to meals and snacks. Look for frozen, canned or ready-to-eat varieties if slicing and chopping is a challenge.
- Make eating a social event. Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A community center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.



The ability to absorb vitamin B12 can decrease with age, and the use of certain medications can decrease absorption. Eating enough protein and fortified foods, such as fortified cereals, can help you meet your vitamin B12 needs. If you use or are considering taking dietary supplements, it's important to track and discuss all dietary supplements with your healthcare provider to determine what is right for you. This includes beverage supplements, which can be a source of added sugars.

The My Dietary Supplement and Medicine Record can help you track your supplement and medicine use. For more information, please visit <https://www.myplate.gov/life-stages/older-adults>.



## AgeGuide Introduces New Podcast Highlighting Aging Issues

The AgeGuide podcast, *The Age Guide: Perspectives on the Aging Journey*, launched in February 2022.

**How Do I Find the Podcast?** Find a music streaming website that you like the most, such as Apple Music, Amazon Music or Spotify, and create an account. Links to podcasts are included in the AgeGuide newsletter or by searching for "The Age Guide" on your music app. The first episode, "Perspectives on the Aging Journey," features caregivers whose loved ones lived in long-term care during the COVID-19 lockdowns. Tune in to hear what it was like behind closed doors, what families

experienced and how caregivers fared.

**What Will I hear on The AgeGuide?** Guest interviews about their experiences and expertise, personal stories and unique perspectives about the aging journey. "Age Stage" which gives each guest a soapbox on which to talk about any topic, provides a platform for guests to share opinions and passions. AgeGuide is excited to feature some of the diverse and engaging older adults and advocates in our region.

**How Can I Become a Part of the Show?** Do you have any issues you're passionate about? Let them know! Each podcast has a Q&A segment to answer questions on aging. AgeGuide can be found on Twitter [@AgeGuide](#), on Facebook at [facebook.com/ageguide](#), on LinkedIn at [linkedin.com/company/ageguide-northeastern-illinois/about/](#) or via email at [ntantillo@ageguide.org](mailto:ntantillo@ageguide.org). For more information on the podcast and to subscribe to the Age Guide newsletter, visit [AgeGuide's website](#).

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### Safety Reminder: Beware of Utility Scams



Residents are reminded that the City of Naperville's electric and water utilities will never request payment for delinquent utility bills over the phone. If someone claiming to be with a Naperville utility department calls and threatens to turn off your water or electricity and demands payment for an alleged delinquent utility bill, hang up! Technology even exists to allow scammers to make 'City of Naperville' appear on your caller ID. Don't be fooled by this tactic.

Remember, the City of Naperville will send you a notice in the mail if your utility payment is overdue and will never demand payment over the phone. If there is any question about the status of your Naperville utility account, contact the Finance Department at (630) 420-6059 or "Ask a Question" through the City's online Help Center available at [www.naperville.il.us](http://www.naperville.il.us).

Learn about other common scams to be aware of at [www.naperville.il.us/fraudscam](http://www.naperville.il.us/fraudscam).

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### 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 (630) 864-3087 or visit [www.rideassistnaperville.org/home/drivers/](http://www.rideassistnaperville.org/home/drivers/)



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### Our Voice Newsletter Sign-up

Sign up for the STF *Our Voice* quarterly newsletter by registering for the City's eNews at [www.naperville.il.us/enews](http://www.naperville.il.us/enews). Don't forget to check the "Senior Newsletter: Our Voice" box!

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**Disclaimer:** The distribution of this information does not imply Naperville Senior Task Force or City of Naperville endorsement.