

Welcome to the Naperville Senior Task Force's (STF) quarterly newsletter *Our Voice*. We are committed to helping connect you with services and initiatives that enhance your quality of life. Please visit the Senior Task Force web page for more information and updates: www.naperville.il.us/seniortaskforce. Thank you!

2019 Seniors of the Year: Anne Henriksen and James Kauffman

The Senior Task Force is proud of this year's *two* Senior of the Year award recipients. Each truly helps make Naperville a wonderful city in which to live. Senior of the Year Award recipients have a history of community service, give back selflessly, are 65 or older, and a Naperville resident. Learn more about the 2019 award winners below!

Anne Henriksen

Anne works with the Naperville Newcomers and Neighbors Club and is active in her church, Bridge Communities, and Families Helping Families. Anne has been very active with kids and homeless youth and is known as an individual who is "always there to help."

Anne Henriksen is pictured with Mayor Steve Chirico after receiving her award on Aug. 20, 2019.



James Kauffmann

Jim's passion has always been to help others, both personally and professionally. He is known as a friend and a listener and has been the go-to person in his condominium community, overseeing landscaping projects, helping neighbors with maintenance work, and working tirelessly to make it a better place to live. If there is a problem, Jim is there to fix it. He has also been very active in his church.

James Kaufman is pictured with Mayor Steve Chirico after receiving his award on Aug. 20, 2019.





Fall Prevention Tips

by Dina Kartsonas, OTR/L

Did you know that falls are the leading cause of injury-related emergency department visits for older adults? Falls account for most hip fractures and are responsible for more than half of fatal head injuries. **Did you also know that falls can be prevented?** The National Council on Aging (NCOA), Centers for Disease Control (CDC), and the Department of Aging collaborated to increase awareness of risk factors:

Physical: Impaired vision (macular degeneration, glaucoma, diabetic retinopathy); medications (may cause dizziness and blood pressure changes); lower extremity weakness or foot pain (such as neuropathy); vitamin D deficiency (contributes to impaired bone, muscle, and nerve health). Check with your doctor - all can impact balance.

Environmental: Make your home free of trip hazards (clutter, throw rugs); provide good lighting (use of nightlights); install grab bars, shower chairs, and elevated toilet seats.

Behavioral: Plan ahead, pace yourself, and recognize risky behaviors; use your strengths to compensate for things you're no longer able to do (e.g. choosing to sit on a higher chair rather than a low sofa).

Falls can be prevented by staying active and healthy! Consider taking an exercise or balance class, yoga, tai chi, or physical therapy for balance training.

Dina Kartsonas is a registered/licensed occupational therapist (OTR/L) and Fall Prevention Ambassador at Fyzical Therapy and Balance Center in Naperville.



Parking Lot Safety – Watch Where You Walk

It's only October, but store shelves are stocked with holiday merchandise and many of us are already going out shopping.

Several parking lots in Naperville have concrete tire stops. These keep cars from blocking access to stores, but they also create a tripping hazard, which gets worse when the stops are covered in snow. An STF member was seriously injured this year when she tripped over one. Her advice: Watch where you walk!

Fortunately, there are better alternatives to concrete tire stops, and we've developed a brochure that explains them to building owners. If you see a parking lot that looks unsafe, email us at seniortaskforce@naperville.il.us.

Finally, [here are helpful tips from AARP](#), insurance companies, traffic experts, and others to help you avoid holiday traffic and parking headaches.



This picture is an example of what a concrete tire stop looks like. Please pay special attention in parking lots and be careful if you are parking near one of these tire stops!

United States[®]
Census
2020



Importance of 2020 Census

The 2020 Census count starts next March. The count determines how federal and state funds are distributed to cities. These funds are used for our schools, roads, and a variety of other purposes. Did you know that for every person not counted, Naperville loses almost \$2,000 in federal and state funds? That's why it is so important we count everyone.

You may have heard that the 2020 census will be done online. That's correct, but you can also choose to fill out a paper census form.

Between March 12 and 20, 2020, most households will receive a postcard invitation to respond online. Those who do not answer will then receive a paper form in the mail. If a household still does not respond, the bureau will send a census taker to collect the household's data. For more details on the 2020 census, here's a great [article from AARP](#).

Understanding Osteoporosis

from [Eatright.org](#)

According to the National Osteoporosis Foundation, osteoporosis is a disease that consists of weakened bones and increased fracture risk. It's sometimes called a "silent disease" with few, if any, noticeable changes to your health to indicate you have it – until you break a bone.

Taking steps to build bone health while you are young can literally make or break what will happen to your bones as you age. However, at every age, a healthful diet and regular weight-bearing exercise are important, helping to ensure bone tissue continues to build.

What can you do? Be active. Make sure you get enough calcium in your diet: Women over age 50 and men over age 70 need at least 1,200 milligrams of calcium a day. Read more at the Academy of Nutrition and Dietetics' website: [Eatright.org](#)

Senior Task Force Survey

We want to hear from you! Tell us what you like and don't like about living in Naperville. What should the STF suggest to the City to make Naperville more senior friendly? Please complete our survey at www.surveymonkey.com/r/MFSTMDX.

Our Voice Newsletter Sign-up

Sign up for the STF Our Voice quarterly newsletter by registering for City of Naperville's e-News at www.naperville.il.us/enews. Don't forget to check the Senior Newsletter: Our Voice box!

Silver CPR Classes Nov. 13

Partnering with the Naperville Fire Department, the STF is offering Silver CPR classes for seniors on Wednesday, Nov. 13 at 9 a.m. or 1 p.m. at Safety Town, 1320 Aurora Ave. The class is free to seniors and covers basic CPR, use of an AED, and choking prevention for adults, children, and infants. Register at <https://naperville.enrollware.com/schedule> by selecting "CPR for Seniors" towards the bottom of the page and selecting the class date/time of your choice. Class size is limited to 25 per session, so sign up today!



STF at TRIAD's Healthy, Wealthy & Wise

STF staffed a table at the Naperville & Lisle TRIAD's Healthy, Wealthy & Wise (HWW) conference, held on Sept. 13, 2019 at the Naperville Municipal Center. Hundreds of seniors visited the event to learn more about a variety of topics and visit numerous vendors.



Pictured L-R: Nancy Rivera-de la Hoz, Kathy McGowan, Jim Hill.

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