

# Our Voice

October 2020

Naperville  
Senior  
Task Force

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

## Senior of the Year 2020

The Naperville Senior Task Force has named Sandy Benson and Joe Jobst as its 2020 Seniors of the Year. Sandy is the Executive Council President of District 203's [HURRAH](#) (Happy Upbeat Retirees & Other Residents Actively Helping) program, a supporter of several other local organizations and an NCTV17 board member. Joe has volunteered at [West Suburban Community Pantry](#) (WSCP) for more than 10 years, logging hundreds of hours. He is now the Pantry Manager at WSCP and helps ensure families have high quality foods to meet their needs. Jobst also volunteers at a local cemetery engraving business. Sandy and Joe were recognized for their history of giving back to the community at the Sept. 1, 2020, Naperville City Council meeting. Congratulations, Sandy and Joe, and thank you for your commitment and dedication to Naperville.

*Pictured: Mayor Chirico (middle) with 2020 Senior of the Year recipients Sandy Benson (right) and Joe Jobst (left).*



**COVID-19: Update from the City**

As we enter the traditional cold and flu season alongside the COVID-19 pandemic, it is more important than ever to practice the 3Ws regularly: WASHING your hands often, WATCHING your distance from others to prevent close contact, and WEARING your face covering when inside a public building or anytime you cannot maintain six feet of separation from those around you. Following these guidelines will help minimize the spread of COVID-19 in our community in the coming weeks and months. Please discuss any concerns you may have about your ongoing health with your personal care physician.



We are also approaching the holiday season, which will have some unique considerations this year due to COVID-19. The Centers for Disease Control and Prevention (CDC) [has issued guidelines](#) about how to safely celebrate upcoming holidays and assigns various risk levels to different activities, gatherings and events so that you can make decisions that are safest for you and your loved ones. The City of Naperville also continues to update COVID-19 information on its website at [www.naperville.il.us](http://www.naperville.il.us), including a list of community resources that may assist those in need, as well as how you can help others impacted.

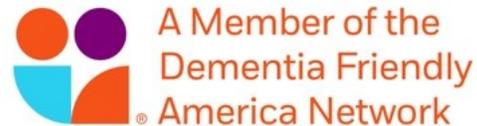


## Technology Assist Naperville

Since STF launched Technology Assist Naperville in July 2020, we've helped a dozen Naperville seniors solve their technology challenges. Assistance has included instruction on iPad use for Zoom and text messaging, new laptop setup, internet and email troubleshooting and new printer installation. We also helped a senior "cut the cord" from their cable provider, saving over \$100 a month on their cable bill! This program was recently featured in an episode of "Seniors Today" on NCTV17. You can watch the episode here: <https://www.nctv17.com/seniors-today/older-adults-and-technology/>

## Dementia Friendly Naperville

The National Association of Area Agencies on Aging has officially designated Naperville a Dementia Friendly Community. Naperville joins over 60 cities in the country, including 14 cities in Illinois, as a member of the Dementia Friendly America Network.



For a complete listing of Dementia Friendly communities, visit: <https://www.dfamerica.org/dfa-communities>.

The Naperville Senior Task Force serves as the champion organization for Dementia Friendly Naperville. In the fall of 2019, the STF recruited community leaders to form the Dementia Friendly Naperville Action Team. The team includes people from the Naperville City Council, Naperville Township, Naperville Public Library, Naperville Police Department, Naperville Fire Department, Naperville Park District, Naperville Area Chamber of Commerce, Edward-Elmhurst Health, AgeGuide, Metropolitan Family Services, Forest Preserve District of DuPage County and many assisted living, memory care and adult day care facilities. The Action Team meets quarterly and develops programs to raise awareness, reduce stigma, provide resources and increase support for those living with dementia and their caregivers. Activities include education, socialization opportunities and coordination and communication of resources.

## Cooking for One or Two

By Lourdes Chew, Registered Dietitian



Preparing meals for one or a couple can be as difficult as planning family meals, but planning reduces guess work and stress. Daily requirements for seniors:

- 6 servings of protein. 1 ounce is 1 serving. Example: 1 egg, ½ cup beans. For reference, a deck of cards is about 3 oz. of meat; choose lean cuts.
- 5 servings of fruits and vegetables. Example: ½ cup is a typical serving of frozen or canned fruit, or one medium-sized fresh fruit.
- 6 servings of grains. Example: ½ cup of pasta or potatoes, 1 slice of bread.
- 2 cups of dairy or dairy products: Low-fat variety is recommended.

Tips:

- Take an inventory of your pantry and refrigerator/freezer. Using items already on-hand helps cut food costs.
- Include favorite dishes and plan theme meals at least once a month.
- Check out frozen entrée selections and be sure to read sodium and fat content listings.
- Prepare a large quantity of ground meats that can serve as a base for dishes, such as chili, meatloaf or pasta. Freeze in small containers for later use.
- Salad preparation is easy: Change up dressings and contents with dried fruits, different nuts or canned beans.
- Make favorite soups in large quantities and freeze remaining portions to be enjoyed throughout the month.
- Sandwiches: Add variety with different types of breads and deli items.
- Use pre-cut vegetables and seasonal fruits. Frozen fruits are delicious and convenient.
- Alternating pasta and sauce types instantly refreshes a dish.
- Try baked potatoes with different toppings or serve a breakfast menu for dinner.
- Home delivery services of meal kits are now popular and offer a great way to try new flavors and recipes. Be sure to check your local grocery store for meal kits, as well.

\*Planning meals is KEY in helping reduce the stress of making any meal\*

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## Volunteer Drivers Needed

*Note: Due to COVID-19, non-essential rides have been suspended as of July 1. 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.rideassistnaperville.org/home/drivers/](http://www.rideassistnaperville.org/home/drivers/).



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## 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 take our survey at [www.surveymonkey.com/r/MFSTMDX](http://www.surveymonkey.com/r/MFSTMDX).

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## 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](http://www.naperville.il.us/enews). Don't forget to check the Senior Newsletter: Our Voice box!

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