

Our Voice

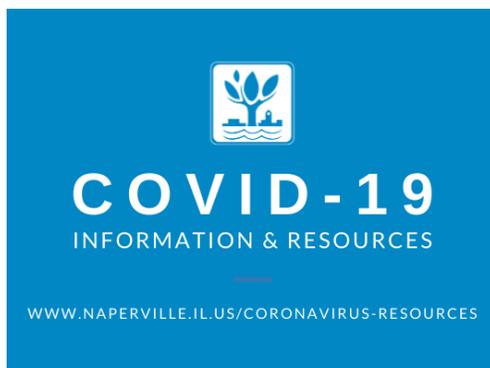
April 2020

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.

This issue comes to you during COVID-19 stay-at-home directives from the state. We hope you and yours are well. We appreciate your patience and understanding while programs and events are postponed until further notice. (Please see below for more information on how the City is responding to the ongoing COVID-19 pandemic.)

Please visit the STF webpage on the City's website for more information and updates: www.naperville.il.us/seniortaskforce. Thank you!



COVID-19 City Update

In response to the worldwide public health threat of COVID-19, the City continues to partner with organizations at all levels of government, including public health agencies, to minimize risk to our public and City employees while raising our level of preparedness and ensuring the continued delivery of critical City services.

Despite all City buildings being closed to the public since March and some changes to the delivery of non-essential City services and meeting schedules, City business has continued. Work has been conducted online, through email and phone calls, and in person, when necessary, using universal precautions.

Residents are encouraged to visit www.naperville.il.us/coronavirus-resources to stay up to date on the latest City news regarding the virus. Information specific to seniors can be found on the Senior Task Force webpage at www.naperville.il.us/seniortaskforce.

Please continue to check in with family members or neighbors, if you are able, to make sure they have the medications and supplies they need. Use technology and social media to connect with family and friends. Finally, do not be afraid to ask for help if you or someone you love is feeling emotional

distress. The following resources are available to you 24 hours a day, 7 days a week:

- Crisis Text Line – Text REACH to 741741
- DuPage County Crisis Hotline – (630) 627-1700
- Will County Crisis Hotline – (815) 722-3344

Dementia Friendly Naperville Update

At the February meeting, our Action Team reviewed its progress in providing Dementia Friendly training to first responders. We plan to conduct training sessions for library staff and hospital volunteers. We've also offered training to over 30 faith-based organizations in Naperville. Our Action Team participates in the Metropolitan Mayors Caucus Age Friendly Communities Collaborative to learn about Dementia Friendly initiatives in nearby communities and to share resources.



Our Action Team includes representatives from the Senior Task Force and Edward Hospital as well as the City's police and fire departments, library, City Council, Naperville Township, and senior service organizations. The team meets quarterly.

We encourage everyone to become an official Dementia Friend by watching a series of online videos that teach what it's like to live with dementia and how to offer assistance to someone you may encounter in a public place. To become a Dementia Friend, visit www.dementiafriendsusa.org.

** The image accompanying this article is used with permission from NCTV17.*

COVID-19 Senior-Related Cancellations and Postponements

Due to the COVID-19 pandemic, there are several cancellations and postponements of events geared towards seniors. Events being rescheduled will be done so based on health and safety guidance at the time; please visit the STF webpage for the latest information.

- The Naperville and Lisle Townships Triad's annual **Senior Housing Options Expo**, originally scheduled for April 23 and 24, has been **postponed**. Once rescheduled, the expo will feature exhibits from more than 50 organizations, with information on home modifications for safety and convenience; independent living, assisted living, and memory care communities; downsizing; home sharing; adult day services; elder law; transportation choices; senior property tax programs; and much more. For more information, visit <https://naperville-lisle-triad.org>.
- The **STF's Collaboration Conference**, originally scheduled for late March, was **postponed** and will be rescheduled to a future date. This will be an education and networking event for Naperville senior-serving agencies.
- The **Silver CPR class** for seniors, originally scheduled for Monday, May 18, has been **cancelled**.

Volunteer Drivers Needed

Although rides through Ride Assist Naperville

(RAN) have been suspended due to COVID-19, volunteer driver recruitment continues.

Ride Assist Naperville (RAN) is looking for volunteer drivers to transport seniors to medical appointments in the future once it is safe to do so. If interested or for more information, please call (630) 864-3087 or visit www.rideassistnaperville.org/home/drivers/.



Naperville Senior Task Force

Senior of the Year Award 2020

Coming soon! Please check the STF webpage for the Senior of the Year Award nomination form. Nominees for this annual award must be 65 or old and a current Naperville resident.

We recommend you read about last year's recipients, Anne Henriksen and Jim Kaufmann, on the STF webpage: www.naperville.il.us/seniortaskforce.



Useful Apps from Tech-enhanced Life

Many computer applications are not necessarily developed with older adults in mind. **Tech-enhanced Life** offers a curated collection of useful apps for older adults, seniors and Boomers. They have a research initiative devoted to finding apps and evaluating them. Some, but not all, of the apps currently reviewed:

- Quickly Getting Help for a Friend in Need
- Low Vision App Overview
- Best Pill Reminder App
- Driving, Ride-Hailing and Transportation Apps

About [Tech-enhanced Life](#): Together with a community of older adults called the Longevity Explorers, they explore the future of aging and the intersection of aging and technology.

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!

