

Our Voice

July 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. Thank you!

Dementia Friendly Naperville: Updates

Website: The STF is working with Naperville's communication staff to add more dementia-specific resource information to the City's [Senior Services and Resources](#) web page. We plan to add a Dementia Patients and Caregivers category to make it as convenient as possible to find resources and services.

The Alzheimer's Association is offering several online education events in July. Participants can watch online or listen by phone. To register, call (800) 272-3900 or [sign-up online](#).

Coffee Klatch: Homewatch CareGivers of Naperville has partnered with Naperville-Lisle Triad, Lisle Park District, Naperville Township, and Independence Village to hold an engagement program called "Coffee Klatch," a Zoom social group that meets weekly at 11 a.m. Seniors get to know and look out for each other, offer each other suggestions, and become friends. They are also looking for volunteers to run additional groups as they want to keep the group size to under 8 seniors. For more information, visit www.homewatchcaregivers.com/naperville/our-story/in-the-community/.

Background: The Dementia Friendly Action Team includes representatives from the STF and Edward Hospital, the Naperville City Council, the City's police and fire departments, Naperville Public Library, Naperville Township, and senior service organizations. The team meets quarterly. To become a Dementia Friend, go to www.dementiafriendsusa.org.

COVID-19: Update from the City

Late last month, Naperville joined the rest of the state in moving to Phase 4 of the Restore Illinois plan. Movement into this revitalization phase loosens restrictions that were previously in place and includes restaurants opening for indoor dining and the re-opening of entertainment establishments, such as health clubs, movie theaters, museums, zoos, and more.

What has not changed is the need to continue to practice personal safety measures to help mitigate the spread of COVID-19, which remains a significant concern throughout the state. Guidelines regarding social distancing, occupancy limits and face coverings should be closely followed to prevent a resurgence of the virus. Additionally, residents are still encouraged to stay home when sick, practice social distancing, and wash/sanitize their hands and frequently-touched surfaces regularly.

Doing Business with the City

To keep the community and City staff safe, visits to the Naperville Municipal Center should be reserved for business that must be done in person. Visitors should enter the building through the doors adjacent to the upper-level parking deck near the fountain, wear a face covering, and use available hand sanitizer stations. The public may visit the Finance Department or the City Clerk's office; other departments are



available by appointment only.

For a complete guide to accessing City services remotely, please visit the [City Services Guide](#). For more information on Naperville's response to COVID-19, a listing of all local executive orders issued, and more, visit www.naperville.il.us/coronavirus-resources.



Technology Assist Naperville

Developed by the STF, Technology Assist Naperville helps seniors use technology in their daily living activities to stay connected to families and friends. There is no charge for services, which include setting up your new computer, tablet, or smartphone; setting up your home Wi-Fi network; and troubleshooting applications.

Contact us at seniortaskforce@naperville.il.us or call (630) 640-0804. Please give a brief description of what help you need, and we will assign a volunteer to get in touch with you. For more information, please see our [Technology Assist Naperville description sheet](#) linked on the STF web page.

Senior of the Year Award

The Senior Task Force is still accepting nominations for the 2020 Senior of the Year!

Nominees should have a history of community service, give back selflessly, be 65 or older and be a Naperville resident. **Nominations are due by July 31** by emailing the [nomination form](#) and any supporting documentation such as newspaper articles, letters of support, etc., to Senior Task Force member Nancy de la Hoz at nrdelahoz@sbcglobal.net or Jim Hill, 714 Celtic Ash Court, Naperville, IL 60540. Please call Nancy de la Hoz with questions at (630) 220-3692.

The winner will be announced on Senior Citizens Day on August 21, 2020. The winner will also be honored at a Naperville City Council meeting in September, as social gathering guidelines allow.



Senior Home Fire Safety Surveys

Note: Due to COVID-19, suspended Senior Home Fire Safety Surveys are tentatively scheduled to resume on August 1, 2020.

To keep Naperville seniors safe, the Naperville Fire Department provides no-cost Senior Home Fire Safety Surveys to seniors living independently who request a visit.

These surveys identify home features that might make your residence susceptible to fire or injuries due to falls and will also advise on ways to eliminate or reduce these hazards. Every home visit includes a written home safety survey with smoke detectors (if needed), a carbon monoxide detector, kitchen fire extinguisher, and other goodies. To schedule a survey, please contact Soraya McLaughlin, Public Education Specialist, at (630) 305-7055 or mclaughlins@naperville.il.us.

Senior Housing: In the News

The Naperville Housing Advisory Commission has made several recommendations to the City Council on

measures the city should adopt to increase the supply of affordable housing.

According to a June 17 article in the [Naperville Sun](#), "The advisory board recommendations mark the first large-scale measures to address affordable housing to come from a city agency." Community Grants Coordinator Ruth Broder notes, "If the council OKs the measure, city staff would have to decide what percentage of new developments would need to be affordable, how to define affordable and whether there could be any exemption to the affordability requirement, such as a fee-in-lieu payment structure."

Healthy Posture Tips: Computer Use

Many of us sit for hours in front of computers on kitchen counters, dining tables, and even coffee tables. Many of us also experience chronic back and neck pain as a result! Ergonomic chairs and home work spaces can be expensive. Here are some low- to no-cost tips on how to "MacGuyver" existing furniture for better posture and back health.

According to Physical Therapist Carrie Hall, "You want a chair that has a relatively high back, adjustable armrests, and has a seat depth to support your thighs. The height of the chair back is to remind you not to lurch your torso and head forward. Try to keep your back against the chair back and your head centered with ears between shoulders."

Other tips include:

- Lumbar support is key. If your chair doesn't have it, roll up a bath towel and place it behind your lower back.
- Hall recommends armrests to reduce the pull of arms on the neck. If your chair's armrests aren't adjustable, try raising or lowering the seat. If the seat isn't adjustable, add a pillow or place sturdy blocks under the table legs.
- Arms should be bent at 90-degree angles and kept near the torso. Hips and thighs should also form 90-degree angles.
- Set feet flat on the floor. If needed, support them with a footrest or stacked books. Avoid crossing the knees or ankles.
- Computer screen height should be at eye level, with the keyboard and mouse at elbow level. Therefore, don't set a laptop on your lap! Elevate it to eye level and use a separate keyboard. Stand up to reach anything that can't be comfortably reached while sitting.
- Get up, stretch, and walk around every 30 minutes! Your body will thank you.
- View more information on home ergonomics [here](#) and computer ergonomics [here](#).

Carrie Hall, PT, MHS is president of [Movement Systems Physical Therapy](#).

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/.



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.

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. 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.