

Our Voice

January 2020

Naperville
Senior
Task Force

Welcome to the Naperville Senior Task Force's (STF) quarterly newsletter *Our Voice*. The STF enhances the 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 Senior Task Force web page on the City's website for more information and updates: www.naperville.il.us/seniortaskforce. Thank you!



Dementia Friendly Naperville

The Senior Task Force (STF) is working to make Naperville more friendly for people with dementia and their caregivers.

Representatives from the STF, Naperville City Council, Edward Hospital, Naperville police and fire departments, Naperville Public Library, Naperville Township, and senior service organizations -- a Dementia Friendly Action Team -- met in November to discuss how our community can be more welcoming to, and understanding of, people with Alzheimer's and other diseases that involve dementia.

The team is developing educational and social programs for dementia patients and their caregivers. Education on dementia helps teach people to be patient and offer help instead of getting angry at someone who may look like they don't know what they're doing or are confused.

There is a tendency for people with dementia to withdraw from the community,



Stress-Busting for Caregivers

from AgeGuide Northeastern Illinois' Nov. 2019 newsletter

Over 220,000 people in Illinois are living with dementia due to Alzheimer's disease and related disorders. Another 588,000 residents are impacted by dementia as informal caregivers. We know that caregiving can be a stressful, exhausting role. That's why AgeGuide Northeastern Illinois is excited to offer a proven program to reduce stress and anxiety and improve caregiver quality of life. The program consists of 90-minute sessions that occur once per week for nine weeks and is conducted in a small-group setting with two trained group facilitators. Participants are provided with many resources as well.

The Stress-Busting Program teaches:

- The impact of stress on your health and how it relates to caregiving;
- How to deal with stress through relaxation techniques and problem solving; and

and when people with dementia withdraw, they often pull their caregivers with them. The team wants to make it possible for people with dementia and their caregivers to improve their lives and participate in the community.

Dementia Friendly Naperville is part of a nationwide initiative called Dementia Friendly America. For more information, visit www.dfamerica.org.

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

- How to care for yourself while providing better care for your loved one.

Participants will be given a session handbook and online access to a meditation exercise and relaxation strategies videos.

Caregivers who have completed this program feel significantly lower stress, depression, and anxiety and are able to enjoy a better quality of life. They have also experienced improvement in their ability to relax, manage stress, and feel better about themselves. Contact Colette Jordan at the [AgeGuide Northeastern Illinois](#) at (630) 293-5990.



Senior Home Fire Safety Survey

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 hazards.

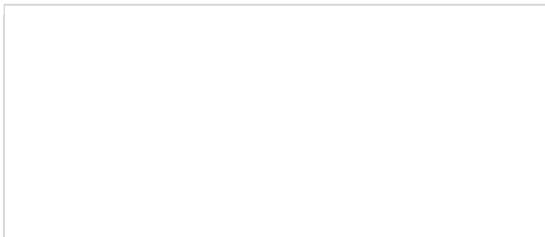
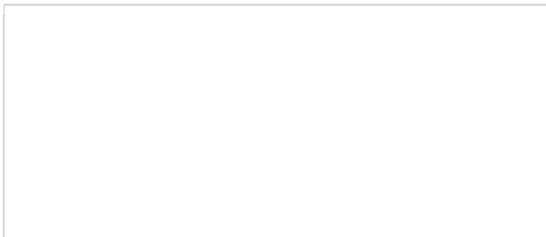
Every home visit includes a written home safety survey with smoke detectors (if needed), a carbon monoxide detector, kitchen fire extinguisher, and other goodies.

To schedule a visit, please contact Soraya McLaughlin at (630) 346-6182 or email soraya.mclaughlin@naperville.il.us.

Silver CPR Classes Feb. 11

Partnering with the Naperville Fire Department, the Naperville Senior Task Force is offering a Silver CPR class for seniors at 1 p.m. on Tuesday, Feb. 11, 2020 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 [this page](#) 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!





Don't Be Afraid to Call 911

As a public safety provider, the Naperville Fire Department embraces the concept of Community Risk Reduction and is proud to offer high quality services to the community.

Naperville Fire Chief Mark Puknaitis has emphatically stated: "Don't be afraid to call the ambulance." Some people think they don't need an ambulance. But there is absolutely no reason to not call! Chief Puknaitis has also said it's important to always play on the safe side. A delay in getting treatment can have serious consequences for you, and the ambulances have equipment and trained personnel that can save your life.

Also, if you are worried about cost, don't be. You will pay nothing out of pocket! The City will bill Medicare or your insurance company. If your insurance doesn't pay the full amount, or if you don't have insurance, the City won't bill you. This goes for all Naperville residents, even if you live in unincorporated Naperville.

For more information on ambulance service, visit the [City's website](#) or call the City at (630) 305-5900 Monday through Friday between 9 a.m. and 5 p.m.



For Better Brain Health, Preserve Your Hearing

from *The New York Times' Better Health* by Jane Brody, Dec. 30, 2019

Hearing loss is now known to be the largest modifiable risk factor for developing dementia, exceeding that of smoking, high blood pressure, lack of exercise, and social isolation.

Difficulty hearing can impair brain function by keeping people socially isolated and inadequately stimulated by aural input. The harder it is for the brain to process sound, the more it has to work to understand what it hears, depleting its ability to perform other cognitive tasks. Memory is adversely affected as well. Information that is not heard clearly impairs the brain's ability to remember it. An inadequately stimulated brain tends to atrophy.

The National Institute on Aging (NIA) is currently sponsoring a trial of 997 people aged 70 to 84 with mild to moderate hearing loss to determine how effective hearing aids can be in diminishing the risk of dementia. Results of the trial, called *Ageing and Cognitive Health Evaluation in Elders*, are expected in 2022.

[Read the full article](#) or visit the [NIH website](#).

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!

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

City of Naperville | 400 S. Eagle Street, Naperville, IL 60540

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