



Oak Park & River Forest Townships
Senior Services

130 S. Oak Park Avenue
Oak Park, IL 60302
(708) 383-8060

Senior Transportation
(708) 383-4806

Case Management
Senior Dining Programs
Home Delivered Meals
Information & Assistance
Senior Advocacy
Money Management
Caregiver Support Program
Benefit Access Applications
Adult Protective Services

Office Hours:
Monday-Friday
9am-5pm

(Flexible appointments available upon request.)

seniors@oakparktownship.org
www.oakparktownship.org
www.riverforesttownship.org

INSIDE:

- Featured Events
- Transportation Schedule
- April Activity Calendar
- Celebrating Seniors Events

news&views

Enhancing the quality of life for seniors in our communities

Spring 2019



CONNECT, CREATE, CONTRIBUTE MAY 2019

Every May, the Administration on Aging leads our nation's observance of Older American's Month. The 2019 theme is

CONNECT-CREATE-CONTRIBUTE:

Connect with friends, family, and services that support participation.

Create by engaging in activities that promote learning, health, and personal enrichment.

Contribute time, talent, and life experiences to benefit others.

Oak Park, River Forest, and Forest Park have been celebrating our seniors every year for the past 8 years. This year we will be Celebrating Seniors May 2nd – May 9th. A variety of activities, events and programs are scheduled to take place throughout our communities. Oak Park and River Forest Townships Senior Services are proud to help sponsor some of these events. Look for the listing of "60 over 60" Seniors, those who are being recognized for their contributions to our communities. Free resource guides will be distributed at several places, including Oak Park and River Forest Townships. The resource guide will also be in the Wednesday Journal. Included in this guide are special promotions and discounts offered by local businesses.



The Power of the Senior Market!

Older adults control 70% of America's disposable income, with \$1.6 trillion in spending power.

- * Seniors are the fastest growing segment accounting for 45% of the U.S. population.
- * Older adults account for more than 80% of leisure travel.
- * Seniors purchase 74% of all prescriptions.
- * Older adults spend more time online than teenagers!

Sources: U.S. Census Data 2010, SeniorMag.com

For a listing of activities, see page 3.

River Forest Township and Library Events

All events below are jointly sponsored by River Forest Township and River Forest Library and are **held at the Library, 735 Lathrop Ave., River Forest** at no charge. All communities are welcome!

CSAYL-Celebrating Seniors All Year Long

Sunday, April 14th, 2:00pm: *Cheese 101* with guest speaker from Caputo's, including samples!

Saturday, April 27th, 10:00am: *Spring Container Design with Good Earth Greenhouse*. Advance registration required. \$15 fee for materials. Sign up at RF Library, 2nd floor reference desk.

Friday, May 3rd, 6:30pm: *Terry Sullivan Trio Concert*. Intimate jazz concert with a vocalist.

Thursday, May 16th, 7:00pm: *Sunflower Chamber Orchestra Concert* –A RF local children's orchestra.

Sunday, May 19th, 4:00pm: *Paint Pouring at Creativia*. Held offsite in Forest Park, for grades 5-12 with an adult. **Advance registration required for child and adult**. Call RF Library to register, 708-366-5205.

Saturday, June 15th, 10:00am: *Healthy Living for your Brain and Body*. Presentation by Alzheimer's Assn. **Advance registration recommended**. Call RF Library to register, 708-366-5205.

Friday, June 21st, 7:30pm: *Dooley Brothers Concert*. Annual lawn concert at RF Library.

Thursday, June 27th, 7:00pm: *KonMari 101: Tidy Your Home, Change Your Life*, with Kristyn Ivey, a certified KonMari consultant. **Advance registration required**. Call RF Library to register, 708-366-5205.

LOSS-Loving Outreach to Survivors of Suicide—A monthly LOSS Grief Support Group for adults 18yrs and over who have lost a loved one to suicide. LOSS welcomes all persons, from any area, in a unique and supportive environment. Hosted by Catholic Charities for 40 years, there is no religious component to the meetings. The RF site meets the third Monday (April 15th, May 20th, June 17th) 6:00pm-8:00pm of every month at River Forest Community Center, 8020 Madison Street. Call (708) 771-6159 or visit www.RiverForestTownship.org

Fabulous Day Trips for ALL local Seniors

Attend matinee ballet, opera, musicals, casino and other trips. Bus and meals included in total trip cost. Call Denise Murray at Forest Park Mohr Community Center, 708-771-7737 or visit their website at www.forestpark.net.

To learn more about services offered to River Forest older adults, Facebook at www.facebook.com/riverforesttownship. Call or email Carla Sloan at (708) 366-2029 or cbsloan.rftownship@gmail.com with questions.

Oak Park Township Upcoming Events

All events below are held at **Oak Park Township Senior Services, 130 S. Oak Park Avenue**, on the First Floor. For more information call Kristin Norman at (708) 383-8060.

BINGO: Wednesdays at 10:20am

One of the most popular activities. Come win prizes! Guest Bingo Callers!

MOVIE & POPCORN: Mondays at 11:45am

April 1st: Caddy Shack

April 8th: The Naked Gun

April 15th: The Great Outdoors

April 22nd: Police Academy

April 29th: The Jerk

May 6th: The Upside

May 13th: The Burbs

May 20th: Major League

June 3rd: A Fish Called Wanda

June 10th: National Lampoon's Vacation

June 17th: Hail, Caesar

June 24th: Going in Style

KNITTING CLUB: Mondays, 11:45am-2:00pm

Bring your yarn, needles, and great conversation.

YOGA: 2nd and 4th Fridays, 12:30pm-1:30pm

You set the pace in this fun and gentle chair yoga class.

COOKING DEMOS: Last Thursday of each month, 10:20am

April 25th: Cranberry Apple Pecan Salad

May 30th: Kool-Aid Pie

June 27th: Strawberry Feta and Spinach Salad

APRIL, MAY, JUNE PRESENTATIONS:

April 16th, May 21st, June 18th: Memory Café - 1:30pm - 3:30pm

April 19th: Senior Medicare Presentation on Healthcare and Medicare Fraud - 11:30am-12:15pm

April 25th: Illinois Treasurer's Office assistance with ICASH Claims - 11:30am-12:20pm

April 25th: Book Bike is back! The book bike will be at the Township the 4th Thursday of every month, April-October, weather permitting.

OAK PARK REPAIR CAFÉ: What do you do with a chair when the leg has come loose? Or with a toaster or lamp that no longer works? Toss it? No way!

When: Third Saturday each month (April 20th, May 18th, June 15th) 10:00am-2:00pm

Where: Lifelong Learning Center at the Oak Park Arms
414 S. Oak Park Avenue

Phone: (708) 848-5251

Please call ahead of time if you can, to let them know what you're bringing so they can be prepared.

Activities

Oak Park

*All events below to be held at Oak Park Township Senior Services,
130 South Oak Park Avenue, Oak Park.*

Flower Power! Thursday, May 2nd, 10:00-Noon. We will be making flower pins and share ideas on how to dispel social isolation.

Presented by Arbor West Neighbors and OPRF Townships.

Chair Yoga. Thursday, May 2nd, 2:00pm. Learn to reduce stress, improve posture, and increase mental clarity.

An Introduction to Conscious Aging Workshops. Friday, May 3rd, 2:00pm. This innovative program will focus on creating dialogue around looking for guidance, meaning making, connection and community as we age.

Presented by Marc Blesoff and Sandy Prolman.

Live Painting Performance. Monday, May 6th, 1:30pm. Join us for a fascinating live performance where the artist Michelle Thomas will feed off the energy of music and interactions with the audience to create a beautiful work of art.

Choosing the Right Contractor. Tuesday, May 7th, 2:00pm. This seminar will teach you how to pick “the best” and weed out “the rest”.

Presented by the Village of Oak Park Development Customer Services.

Memory Café? Dementia Friendly? What does it all mean? Thursday, May 9th, 2:00pm. Learn about these incredible programs and opportunities for you to volunteer and/or participate in our community.

Memory Café and Dementia Friendly River Forest team members will be available to share information and register participants for the program.

Activities

River Forest

*All events below to be held at River Forest Community Center, 8020
Madison, River Forest (corner of Thatcher and Madison).*

Perspiration & Inspiration: Why Staying Active is for Everyone. Thursday, May 2nd, 10:30am-Noon. Representatives from West Cook YMCA Healthy Aging Program and a Gottlieb Personal Trainer for Seniors will demonstrate exercises and chair yoga.

Re-Imagining Aging, One Breath at A Time. Friday, May 3rd, 2:00pm-3:30pm. Join us for a blend of breathing exercises and mindfulness, with added experiences of reflection.

Between Generations: Interviewing for Genealogy Research and How It Promotes Family Connectedness. Monday, May 6th, 2:00pm-3:00pm. Genealogy experts will discuss and demonstrate interview techniques and at least two different ways to use the info you glean in your genealogy research.

Step-by-Step: Decluttering & Downsizing and What to Do With All That Stuff. Tuesday, May 7th, 1:00pm-2:30pm. Enjoy a great panel discussion including instruction, handouts, tips, and strategies on your decluttering or downsizing projects. Pre-registration recommended but not required. Email croach.rftownship@gmail.com or call (708) 771-6259, ext. 234, and leave your name.

IL Secretary of State “Super Seniors” Day. Wednesday, May 8th, 10:00-2:00pm. Obtain State ID. Renew Driver’s License. Vision screenings and Rules of the Road book instruction included. Call Oak Park Township (708) 383-8060 to register.

Elder Life Planning Using Legal Tools like Advanced Directives, Wills and TODI’s. Thursday, May 9th, 10:30am-Noon. The Center for Disability & Elder Law speaker will discuss important legal tools we can use for later life planning.

We are announcing a great opportunity to help...

plan for services and support networks that meet the needs and wants of our communities. The Committee on Strategic Development of Services in Arbor West Neighbors is holding focus groups during April in various areas of our communities. Please participate and share your ideas and experiences to develop and tailor services that foster connection and connection and community.

(If interested, email or call Barbara Mirel, bmirel@msn.com or (734) 320-5771, and we’ll respond right away.)

Township Transportation

Call to make a reservation

708-383-4806

We provide curb-to-curb bus service for residents of Oak Park and River Forest age 60 or older. Rides can be arranged for any purpose to locations within Oak Park and River Forest. Transportation to local hospitals outside the service area may be considered based on availability. Special group trips are offered throughout the year.

Senior Building Trips

Mills Park Tower, 1025 Pleasant Place:

Pete's Fresh Market - Mondays, 11am-1pm
Jewel River Forest - Thursdays, 12pm-1:30pm
Aldi's - 2nd Friday of the month, 1pm-2:30pm
Walmart - 3rd Friday of the month, 12pm-2pm

Heritage House, 201 Lake Street:

Walmart - 2nd Tuesday of the month, 1pm-3pm
Jewel River Forest - Thursdays, 12:30pm-2pm

The Oaks, 114 S. Humphrey:

Walmart - 1st Tuesday of the month, 12:30pm-2:30pm
Jewel Oak Park - Fridays, 12:30pm-2pm

Regular Shopping Trips

Jewel River Forest

Thursdays and Fridays, 9am-10:30am

Trader Joe's

2nd Monday of the month, 1pm-3pm

Walmart

3rd Monday of the month, 1pm-3:30pm



Special Excursion Trips

(limited seats; minimum number of passengers needed per trip; all pick-ups begin at 8:45am and return back to the Township at 2:00pm.)






























Suggested Donation: \$5 per trip

April 9th: **The Holocaust Museum** 10:00am-1:30pm

May 14th: **Navy Pier**, 10:00am-1:30pm

June 11th: **Adler Planetarium**, 10:00am-1:30pm

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
April Lunch Menu Not Available At Time Of Publication. All programs begin at 11:45 if not noted.	1 April Fool's Day  Caddy Shack Movie (11:45am) Knitting Group (11:45-2pm)	2 National Peanut Butter and Jelly Day Match Famous Duos Book Group (1-2:20pm)	3 National Party Day Revenge of The Nerds Movie (12pm) BINGO (10:20)	4 National Walk Around Things Day  Trivia	5 National Deep Dish Pizza Day Best Pizza Survey 	6 
7  Stop by Oak Park Senior Services at 130 S. Oak Park Avenue or visit our website: www.oakparktownship.org to get a copy of the monthly menus.	8 World Health Day  Trivia Naked Gun Movie (11:45am) Knitting Group (11:45-2pm)	9 Winston Churchill Day  The Holocaust Museum Trip (8:45-2:30)	10 National Sibling Day  Bring your Sibling to Lunch or Bring a Picture of Your sibling. BINGO (10:20) Alcuin Students Visit (12:30-3pm)	11 Eight Track Tape Day  1970s Crossword Puzzle	12 National Licorice Day  Licorice Candy Tasting Yoga (12:30-1:30)	13 
14  Patriot's Day  The Great Outdoors Movie (11:45am) Knitting Group (11:45-2pm)	15 National Stress Awareness Day  Healthy Downsizing Activity Memory Café (1:30-3:30)	16 National Cheeseball Day  Create the Most Cheesiest Saying/Cheeseballs BINGO (10:20)	17 International Juggler's Day  What Comedian Said This? Game Senior Nutrition Advisory Group Meeting (1:30-2:30)	18 National High Five Day Senior Medicare Portal Presentation(Health Care and Medicare Fraud(1:30))	19 National Pretzel Day  Make your own Chocolate covered Pretzel Desi Performance (10:50-12:15) Yoga (12:30-1:30)	20 
21  Earth Day  Police Academy Movie (11:45am) Knitting Group (11:45-2pm)	22 World Book Day  Book Exchange (11-1pm)	23 National Pigs In a Blanket Day  Steamer Wrap Game BINGO (10:20)	24 National Telephone Day  Monthly Birthday Cake ICASH Claim Day (11:30-12:30) Book Bike (11am) Food Demo: Cranberry Apple Pecan Salad (10:20am)	25 National Deep Dish Pizza Day Best Pizza Survey 	26 	27 
28  Scottish- American Heritage Month	29 International Dance Day  The Jerk Movie (11:45am) Knitting Group (11:45-2pm)	30 International Jazz Day  Jazz Greats Trivia Game	Oak Park Township Senior Services 130 S Oak Park Ave, Oak Park IL 60302 Phone: 708-383-8060 Fax: 708-383-5168			

Oak Park & River Forest Townships

Personnel Directory



Township Officials

Oak Park Township Supervisor:
Clarmarie I. Keenan

Trustees:

Eric Davis
Michelle Mbekeani-Wiley
Ade Onayemi
Margaret Trybus

Township Clerk:

Gregory P. White

Assessor:

Ali ElSaffar

River Forest Township Supervisor:

Carla Sloan

Trustees:

Helene Connolly
Holly Economos
Mark Kelty Karen Taubman

Township Clerk:

Abby Schmelling

Assessor:

Pamela Kende

Senior Committee Members:

Oak Park Township

Dr. Kenneth Blair
Vice Chairman

Joy Aaronson Barbara Bodner
Patricia Koko Lydia Manning
Michelle Thomas
Valerie Lester

Margaret Trybus
Trustee Liaison

River Forest Township

Ruth Reko
Chairperson

Jean Buckley Sally Gibbs
Ann O'Connell James Flanagan
Ruth Reko Micah Hibler
Margaret Rudnik

Karen Taubman
Trustee Liaison

Senior Services Staff Directory

Administrative Offices:

Pamela Mahn
Christopher Fox
Barbara Heinrich
Deborah Sitter
Steven Smith
Christine Brooks
Catherine Rison

Director
Assistant to the Director
Case Management Support
Administrative Support/Reception
Caregiver Support /Money Management
Older Adult Benefit Specialist
Information and Assistance Specialist

Case Management:

Shawn Lewis
Bianca Ingwersen
Calvin Berg
Amanda Bradley
Jennifer Fryer
Nancy Hickey
Vivian Holt
Michael Joffe
Jakeeta McInnis
Michelle Mercer

Case Coordination Supervisor
Case Coordination Supervisor
Case Manager
Case Manager
Case Manager
Case Manager
Case Manager
Case Manager
Case Manager
Case Manager

Lunch Program:

Madeline Pietryla
Kristin Norman
Colleen Nash
Lalara Spence
Daphane Patterson
Bernadette Pittman
Sandra Shanks
Pat Riley

Senior Lunch Program Manager
Activity Assistant
Food Service Worker
Food Service Worker
Food Service Worker
Home Delivered Meals Driver
Home Delivered Meals Driver
Data Entry Clerk

Transportation Office:

Charles Barnes
Lori Strong
Carole Carter
Donnell Brooks
Terry Woodard
Tumika Jackson

Transportation Coordinator
Transportation Clerk/Bus Driver
Bus Driver
Bus Driver
Bus Driver
Bus Driver

Non-Discrimination:

Oak Park Township Senior Services does not discriminate in admission to programs or activities in compliance with the Illinois Human Rights Act, Section 504 of the Rehabilitation Act; the Americans with Disabilities Act; the Illinois and U.S. Constitutions. If you feel that you have been discriminated against, you have the right to file a complaint. For information, call (800) 252-8966 (voice and TDD) or contact Senior Services at: (708) 383-8060.