



# OAK PARK TOWNSHIP SENIOR SERVICES

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## SENIOR SERVICES COMMITTEE MINUTES FOR OAK PARK AND RIVER FOREST TOWNSHIPS

### CALL TO ORDER

The quarterly meeting of the Senior Services Committee of Oak Park and River Forest Townships was held on Wednesday, March 21, 2018 and called to order by Christopher Fox at 7:10 p.m.

*Present Oak Park Committee: Patricia Koko; Joy Aaronson; Sandra Rowe; Barbara Bodner; Margaret Trybus, Trustee Liaison.*

*Absent Oak Park Committee: Dr. Kenneth Blair*

*Present River Forest Committee: Jean Buckley; Ann O'Connell; Margaret Rudnik; Cathaleen Roach, River Forest Township Senior Outreach Coordinator; Karen Taubman, Trustee Liaison*

*Absent River Forest: Sally Gibbs; Ruth Reko; James Flanagan; Carla Sloan, River Forest Township Supervisor*

*Also Present: Pamela Mahn, Director for Senior Services of Oak Park & River Forest Township; Christopher Fox, Assistant to the Director*

### INTRODUCTIONS

Brief introductions were made by the group.

### APPROVAL OF THE MINUTES

The committee reviewed the minutes from the January 2018 meeting. Jean Buckley moved to approve the minutes. Sandra Rowe seconded the motion which passed unanimously.

### PUBLIC COMMENTS

None.

### OPT LIAISON'S REPORT

Trustee Margaret Trybus reported the following:

- Oak Park Township employees and elected officials participated in a strategic planning session on March 7, 2018. The purpose of the meeting was to brainstorm ideas for a new mission and vision statement for the Township that more succinctly describes what we do.
- Trustee Trybus announced the creation of a Township Oversight Audit Committee to reinforce the Township's value of public accountability and transparency for the use of our tax payer dollars. There will be an application and interview process to select residents for this Committee.

March 21, 2018

- Trustee Trybus reported that the Township’s directors and supervisors are participating in a book study. They are reading a book entitled “Smarter, Faster, Better,” to learn ways to be more efficient and looking at what leadership requires to be able to serve the community.

### **RFT LIAISON’S REPORT**

River Forest Township Senior Outreach Coordinator, Cathaleen Roach, reported the following:

- River Forest Township is offering five free programs at the River Forest Community Center for Celebrating Seniors week. There will be two humor programs. Other topics for these programs will cover legal issues, low cost opportunities with local colleges/universities, and safety.
- River Forest Township is launching new efforts in movement. They recently had a program “Movement and Memory for Joyful Aging”, emphasizing that exercise is important to improve cognitive strength. Senior Pickle Ball opportunities are also being launched to help with movement.
- River Forest Township supports the efforts of Impact. They have three events coming up that will focus on vaping, safe prom orientation, and drug awareness and prevention to parents of 3<sup>rd</sup> to 8<sup>th</sup> graders.
- River Forest Township is working with several local groups on suicide prevention. There is a program called “Text-a-tip,” which is a texting program that is answered by a clinician, to help someone who is at risk of suicide. They can text and get immediate help. Roll out of this program is expected in early May.

### **DIRECTOR’S REPORT**

The written Director’s report was distributed at the meeting. Director Mahn fielded questions on the printed report and reported/highlighted the following information:

- The Park District, in collaboration with other organizations, is looking at creating a “Senior Park” that would have exercise equipment geared to older adults to help with flexibility and balance.
- Director Mahn highlighted the partnership with Northwestern for their Successful Aging Study as documented in her report.
- Director Mahn highlighted the partnership with Concordia University where students conducted surveys and made video stories from participants at our nutrition site.
- The Park District will be coming on-site to help seniors sign up for activities because their online registration has been cumbersome for some older adults. They can also help seniors apply for scholarships to help cover the costs of the programs.
- The OPPL Book Bike will be bringing books on-site monthly.

### **SUB-COMMITTEE UPDATES**

#### **Celebrating Seniors Sub-Committee**

Pat Koko reported the following:

- Celebrating Seniors will be held from **April 26, 2018-May 3, 2018**.
- Pat reviewed various events that will be part of Celebrating Seniors week. (A complete listing of events can be found at [celebratingseniors.net](http://celebratingseniors.net) )

### **Reach Out Sub-Committee**

Director Mahn reported that she has pending dates to meet with Oak Park Police Department's Sgt. Jacobson. They will meet with the group of resident beat officers to talk to them about the program and see if they can identify some block captains to be a part of this program. She also reported that she is meeting with River Forest Supervisor Carla Sloan to coordinate similar conversations with the River Forest Police Department.

### **Information Line Sub-Committee**

Director Mahn reported that the Township is exploring the creation of a Senior Services blog that could serve as a clearing house to connect older adults with businesses in the area. (i.e. handy man services).

### **NEW BUSINESS**

None.

### **OTHER BUSINESS & ANNOUNCEMENTS**

The Senior Committees of Oak Park and River Forest will be moving from a quarterly meeting schedule to monthly meetings. There was a discussion of whether the more frequent meetings should include educational presentations, including those by the Program Managers of the various programs/services of their department. Joy Aronson talked about a presentation she can facilitate regarding "ageism." Other ideas of how to use the expanded meeting time were discussed. Director Mahn also suggested that certain committee reports can be provided in writing as an alternative to giving verbal reports during the meeting.

### **NEXT MEETING**

The next meeting of the Senior Committee will be held on Wednesday, April 18, 2018 at 7pm in the first floor dining area of 130 S. Oak Park Ave.

### **ADJOURNMENT**

Christopher Fox adjourned the meeting at 8:10 p.m.