



**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**

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

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- Farmers Market Coupons
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- July Lunch Menu

news&views

Enhancing the quality of life for seniors in our communities

Summer 2018

Elder Abuse: Break the Silence

Elder abuse is not a pleasant topic to think about, but it is one that needs attention given that one in ten older adults are victims according to the National Center on Elder Abuse. Abuse can take various forms: physical abuse, sexual abuse, emotional abuse, financial exploitation, passive neglect and willful deprivation. In Illinois, 58% of adult abuse reports allege financial exploitation, 45% allege emotional abuse, 38% allege active or passive neglect, and 20% allege physical abuse.

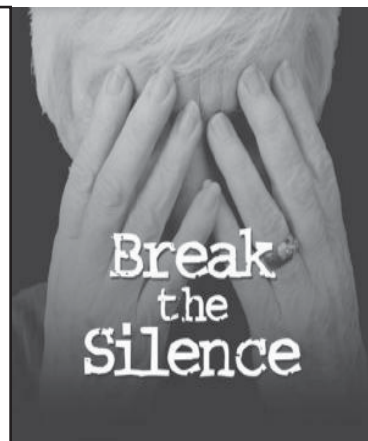
Fortunately, highly trained Adult Protective Service (APS) workers are available throughout the State to investigate reports of abuse against older adults and disabled individuals aged 18 and older. While certain professionals are mandated to report cases of suspected abuse, anyone can make a call to file a report.

In order for an abuse report to be taken, the adult must be age 60 or older, or 18-59 with a disability, and reside in a domestic setting. Additionally, the allegations must meet the definitions of abuse and the alleged abuse must have occurred by a known third party.

When an Adult Protective Service report is taken, the case will be assigned a priority based on the severity of the alleged abuse. The caseworker will make a face-to-face visit with the alleged victim to investigate the claims and intervene to prevent further mistreatment.

If you suspect abuse of an older adult or person with a disability, or suspect that person is no longer able to care for themselves, please call **(708) 383-8060** in Oak Park or River Forest or the Statewide Adult Protective Services Hotline at **(866) 800-1409**, 24 hours a day, 7 days a week.

Remember, all information will be kept confidential.



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.

Friday, July 13 at 7:30pm

Dooley Brothers Concert-on the library lawn

Thursday, August 9 at 7:00pm

*Fun Places We Loved/Rare footage of Chicago landmarks & music we grew up with, including *The Aragon, Riverview, and Kiddieland**

Sunday, September 9 at 2:00pm

Windows 10 Basics, with an educator from Very Smart People

Sunday, September 23 at 2:00pm

The Six Wives of Henry VIII, with Martina Mathisen

Connect with Tech - free consultations:

July 11, August 8, September 11 10:00-11:30am

Learn how to get more out of your smartphone, E-reader, tablet or personal computer; for beginner tech users in a small, intimate group setting.

New! Film Lover Fridays at RF Library

Hosted every 3rd Friday of the month, Noon-2:30pm. Light refreshments served, but feel free to bring a sack lunch to enjoy before the movie.

- **Friday, July 20** - *Shadow of a Doubt*
- **Friday, August 17** - *On the Town*
- **Friday, September 2** - *Movie TBA*

To learn more about services offered to River Forest older adults, call (708) 366-2029 or visit

www.RiverForestTownship.org or on Facebook at www.facebook.com/RiverForestTownship.

Call or email Carla Sloan at 708.366.2029 or cvsloan.rftownship@gmail.com with questions.

River Forest Seniors: Be Sure to Get an ICE packet for your freezer! Obtain an ICE (In Case of Emergency) packet for your freezer. The ICE packet contains a Medical Information Form which you fill out and store in the freezer, right where the River Forest paramedics know to find it in an emergency! A decal is provided for the front of the freezer to alert paramedics that you have a completed ICE packet inside. Pick up ICE packets at the RF Township offices (at the RF Community Center), Village Hall, or the RF library. You may also contact Cathaleen Roach at 708.771.6159, ext 234, or croach.rftownship@gmail.com.

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 383-8060.

Bingo on Wednesdays at 10:20am

Oak Park Book Bike on Thursday, July 19
10:00am-12:00pm

Knitting Club on Mondays, 11:45am-2:00pm

Walking with Ease on Mondays, 12:15pm-1:15pm

Illinois Rules of the Road Class on July 11, 1:30pm-3:30pm. Please call for reservations.

Save the Date: Township Day, September 21

Oak Park Township Senior Services will be closed on July 4th and September 3rd in observance of the holidays.

Oak Park Township Adopts New Mission, Vision, and Values

Our Mission:

Provide locally governed supportive services to our community

Our Vision:

To be a well-known and respected community partner and the leading provider of proactive, responsive, and supportive services for all residents at every stage of life

Our Values:

Service

We embrace our responsibility to manage and preserve the resources entrusted to us to provide equitable, accessible social and civil services for all residents of Oak Park.

Community

We are a community of professionals dedicated to the dignity and well-being of ALL of the residents of Oak Park regardless of their means, backgrounds, or abilities.

Caring

We act in the best interests of ALL of our residents and each other by responding with respect, empathy, compassion, and professionalism

ID Bracelets

Emergency Identification Bracelets are available to any Oak Park and River Forest resident who has a disability, medical condition, or other special needs. These bracelets are intended to give officers a means of quickly locating necessary info to help these residents in emergencies, while maintaining sensitivity and confidentiality of personal data.

For Oak Park residents, applications are available at the Oak Park Police Department, 123 Madison Avenue. You will need your medical information and emergency contact information to complete this form. This bracelet program is being sponsored by the Community Mental Health Board of Oak Park.

For River Forest residents, contact Officer Glen Czernik via email (gczernik@vrf.us), or at (708) 714-3543. The River Forest bracelet program is funded by the River Forest Police Department.

Farmer's Market Coupons

Farmer's Market coupons are available for distribution in the lunch room at 130 S. Oak Park Ave. to suburban Cook County residents. Each booklet contains five coupons worth \$5.00 each. Individuals are entitled to one booklet of coupons per year.

The Farmer's Market Coupon Program is a state funded program that provides fresh fruits and vegetables to seniors age sixty or older, who have a gross monthly income of \$1,872 or less for a single household or \$2,538 for a couple. Distribution schedule is as follows while supplies last:

Monday: 9:00am-11:00am

Wednesday: 12:00pm-3pm

Friday: 11:00am-1:30pm

When you don't know where to start, start with us!

Finding the right help for you or a loved one can be overwhelming. That is why our professionally trained staff are here to help.

Options counselors can help you develop your own personal long term care plan and connect you to the supports you may need to enable you to remain independent within the community.

For more information, call us at

(708) 383-8060

Beat the Heat!

Oppressive summer heat is more than uncomfortable. High temperatures and humidity can pose a health and safety threat. Check on relatives, neighbors, and friends. Drink lots of water and natural juices. If you don't have air conditioning, keep shades drawn and blinds closed but windows slightly open. You may also visit one of the following cooling centers:

West Suburban Medical Center

3 Erie Court
Lobby open 6:30am-8:30pm
7 days a week

Rush Oak Park Hospital

520 S. Maple Ave. (ground level,
off of Wisconsin Ave.
8:30am-5:00pm

Oak Park Township Senior Services

130 S. Oak Park Ave.
Congregate Dining Room
8:00am-2:00pm, M-F

Oak Park Library-Main Branch

834 Lake Street
(708) 383-8200

Oak Park Library-Maze Branch

845 Gunderson Ave.
(708) 386-4751

Oak Park Library-Dole Branch

255 Augusta Street
(708) 386-9032

River Forest Community Center

8020 Madison Street
(708) 366-6159

Township Transportation

Call to make a reservation

708-383-4806

Oak Park and River Forest Townships' Senior Transportation provides a curb-to-curb service within the communities of Oak Park and River Forest. Suggested donation is \$1.00 per ride. Special group trips outside of the service area are available throughout the year. (Some require an additional donation.)

Senior Building Trips

Mills Park Tower, 1025 Pleasant Place:

- Pete's Fresh Market - Wednesdays 12pm-2pm
- 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 # of passengers needed per trip; all pick-ups begin at 9:00am)

Millennium Park

- Monday, July 16th, 10:00am-1:30pm - \$5.00 for bus ride

Cernan Planetarium "Stars of the Pharaohs"

- Monday, August 20th -1:00pm show - \$5.00 for bus ride

Shedd Aquarium

- Monday, September 17 10:00am-1:30pm - \$5.00 for bus ride

July 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
TURKEY BURGER, POTATOES, MIXED VEGETABLES, PINEAPPLES, BUN	BREADED BEEF STEAK W/ GRAVY, GREEN BEANS, MASHED POTATOES, BISCUIT, PEACHES, GRANOLA BAR	CLOSED IN OBSERVATION OF FOURTH OF JULY HOLIDAY	PESTO CHICKEN W/ PESTO CREAM SAUCE, SUCCOTASH, RICE PILAF, KIDNEY BEAN SALAD, ROLL, JUICE	ITALIAN MEATBALL SANDWICH W/ PEPPERS & ONIONS IN RED SAUCE, ALT: WHITE FISH W/ CITRUS SAUCE, PASTA, MIXED VEGETABLES, BREAD
9	10	11	12	13
PORKCHOP W/ GRAVY, MASHED POTATOES, CARROTS, APPLESAUCE, BREAD, OATMEAL COOKIE	CHICKEN W/ MUSHROOM SAUCE, MIXED VEGETABLES, PASTA, BEAN SALAD, FRUIT COCKTAIL, BREAD	BRATWURST, DICED POTATOES, CORN, BUN, CINNAMON APPLES	SOUTHWEST CHICKEN W/ PEPPERS & ONIONS, ALT: BAKED TILAPIA W/ BUTTER SAUCE, REFRIED BEANS, SPANISH RICE, CORN SALAD, FLOUR TORTILLA, ORANGE	COUNTRY SMOKED HAM, SWEET POTATOES, CANNELINI BEANS, MUFFIN, TROPICAL FRUIT SALAD, GRAHAM CRACKERS
16	17	18	19	20
POLISH SAUSAGE, POTATOES, CORN, BUN, TROPICAL FRUIT SALAD	SOUTHERN CHICKEN W/ GRAVY, MASHED POTATOES, CORN, BISCUIT, PINEAPPLE, OATMEAL BAR	PRIME RIB W/ AU JUS, PARSLEY POTATOES, GREEN BEANS, WHEAT BREAD, PEACHES, OATMEAL COOKIE	VESUVIO MEATBALLS, ROTINI, MIXED VEGETABLES, SALAD, MUFFIN, APPLE	STUFFED CABBAGE W/ RED SAUCE, ALT: CREOLE WHITEFISH, MASHED POTATOES, CARROTS, ROLL, PEARS, OATMEAL BAR
23	24	25	26	27
BBQ CHICKEN W/ WHEAT BUN, MASHED POTATOES, MIXED VEGETABLES, PEACHES	MEATBALLS STROGANOFF W/ MUSHROOM SAUCE ALT: LEMON PEPPER WHITEFISH, PASTA, PEAS, COLESLAW, ROLL, PINEAPPLES	ITALIAN SAUSAGE WITH RED SAUCE, SPAGHETTI, MIXED VEGETABLES, BROCCOLI SALAD, FRUIT SALAD, BUN	ROAST PROK W/ GRAVY, WILD RICE, PEAS & CARROTS, BLACK BEAN SALAD, BREAD, CARROTS	GRECIAN CHICKEN, MIXED VEGETABLES, WILD RICE, BEAN SALAD, BREAD, APPLES
30	31			
HAMBURGER, POTATOES O'BRIEN, PEAS & CARROTS, FRUIT COCKTAIL	CHICKEN CACCIATORE, ONIONS, PEPPERS & MUSHROOMS, PEAS & PEARL ONIONS, PASTA, ROLL, COLESLAW, ORANGES			

August and September lunch menus unavailable at time of publication

Lunchroom opens 8:00 AM-2:00 PM., Mon.-Fri. Lunch service is 11:00 AM-1:00 PM. \$1.50/meal suggested donation.

Oak Park Township Senior Services 130 S. Oak Park Ave Oak Park, IL 708-383-8060

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

James Flanagan
Chairperson

Jean Buckley Sally Gibbs
Margaret Rudnik
Ann O'Connell
Ruth Reko

Karen Taubman
Trustee Liaison

Senior Services Staff Directory

Administrative Offices:

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:

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

Lunch Program:

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

Transportation Office:

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.