

April 2019
Annual Report for Oak Park and River Forest Townships
Senior Services At A Glance

Submitted by: Pamela Mahn, Director of Senior Services

Oak Park and River Forest Townships Senior Services offers a broad continuum of supportive services in order to promote independence of the older adults in the communities of Oak Park and River Forest. These services include providing advocacy and support to older adults and their families and/or caregivers. In summary, the services encompass provision of information, education and assistance in accessing public benefit programs, transportation, nutrition, legal services, money management, mental health and wellness programs.

In the past year these direct services were provided to more than 4,350 participants:

Information & Assistance: 11,400 calls

Options Counseling: 40 counseling contacts to discuss options for supports in the community.

Transportation: 20,132 rides to doctor appointments, dialysis, shopping, sheltered workshops and adult day care services.

Meals: 60,662 Home Delivered, Congregate, and Dine-Out Meals

Shelf Stable meals: 4,500 meals-provided for emergency consumption in the event of site closure due to extreme weather or inability to deliver due to weather or vehicle problem.

Case Management: 6,447 hours of direct services

Chore: 3,791 hours of direct homemaker services

Caregiver Support Services: 1,241 units

Home Energy Assistance: 288 units

Adult Protective Services: 77 cases

Assistance in Accessing Public Programs: 519 hours

IVMMP (Money Management Program) Hours: 1,995 hours

Farmers Market Coupons: 400 booklets with a \$25 value to purchase fruit and vegetables at the farmers market.

Mental Health Direct Services: 529 hours

Nursing Home Prescreens: 1,517 screenings for nursing home or community based services conducted at the local Oak Park Hospitals.

Community Based Assessments: 664 individuals assessed

Managed Care Case Hours: 459 hours

Affordable Wills: 12 Wills

Advance Directives (CDEL): 11 consultations

Senior Health Insurance Counseling (SHIP): 129 consultations

New Projects FY 19

Memory Café

AgeOptions awarded money to Senior Services for the development and implementation of the first Memory Café in Oak Park and River Forest. We are grateful to have Meghan O'Keefe from the River Forest Library and Sharon Stolz as co-moderators of the café who work along with Senior Services staff and a myriad of volunteers to bring the café to our community. A Memory Café is a safe and comfortable space where caregivers and their loved ones with memory loss can socialize, listen to music, play games, and enjoy other appropriate activities. They can simply enjoy the company of those with similar things in common, provide mutual support and share information.

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The activities are varied, but tend to focus on topics that may cause one to reminisce about the past. Finding ways to provide “connection” to the past has been shown to be both comforting and medically beneficial. We are also able to offer a meal and information on community based programs and services available to support the café attendees. While the themes for each café are different, the emphasis for includes activities where humor and music can be a central part of the enjoyment.

The Oak Park and River Forest Memory Café is held on the third Tuesday of each month. More information about memory cafés and listings available in the international online directory for Memory Café’s at www.memorycafedirectory.com.

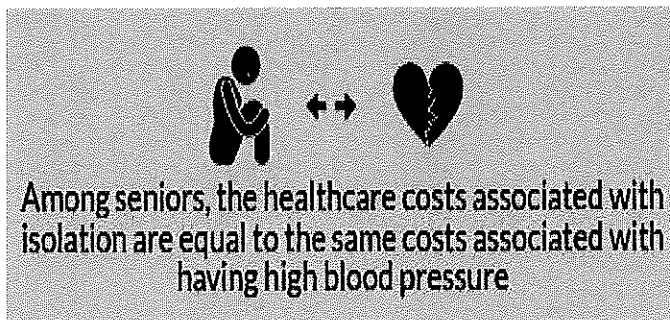
Great Neighbors Partnership



1 in 4 seniors lives alone



1 in 5 feels lonely and the negative effects of loneliness on health are similar to smoking up to 15 cigarettes a day



The above information was adapted from AgeOptions and Meals on Wheels America. Data sources available at www.mealsonwheelsamerica.org/facts. August 2018 Meals on Wheels America.

Because we know that social isolation is increasing and plays a significant role in healthy aging; Oak Park Township, River Forest Township, Arbor West Neighbors and Little Brothers - Friends of the Elderly have partnered together to bring the Great Neighbors program to Oak Park and River Forest. The goals of the program include building mutually beneficial relationships with older adults in our community while strengthening and sustaining multigenerational relationships. This is a community driven effort which relies on the support of the community for volunteers and willing participants.

All volunteers are trained and background checked. There is no set time commitment, but linkages and contacts are tracked to measure program success. Linkages between older adults who are seeking a friendly neighbor and the volunteers are made based upon proximity and shared interests.

Heather Dudzinski is the staff member at Little Brothers - Friends of the Elderly who can answer your questions or share more information. You can call her

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directly to register as a volunteer or to sign up to have a friendly visitor come to you. She can be reached at (312) 6045-7234 or (312) 455-1000.

Dementia Friendly Communities

River Forest has been designated the fifth Dementia Friendly community in Illinois. This initiative is a multi-sector approach to raise awareness surrounding dementia, reduce stigma, and support persons living with dementia and their families. The Village of River Forest, Senior Services of Oak Park and River Forest Townships and Loyola University Health System have partnered as the champion organizations for this effort. The initiative is also supported by the River Forest Police and Fire Departments, Center for Gerontology at Concordia University, local libraries, financial institutions and home care organizations. Most recently, members of the Dementia Friendly River Forest Action Team participated in a Dementia Live! training which is an immersive and educational experience to better understand the daily effects which may be encountered by one living with dementia.

OPRF Food Pantry Partnership and the Surplus Project

Senior Services strengthened our partnership with the Oak Park and River Forest Food Pantry this fiscal year through the following activities:

- The Case Management team was able to increase the number of referrals for older adults in need of delivery from the food pantry.
- Food Pantry program manager, Adriana Raino participated as a guest server in our nutrition program.
- Township staff and volunteers adopted a delivery day at the food pantry and delivered food to homebound residents.
- The Nutrition staff began participation in the Surplus Project which is administered by the Oak Park and River Forest Food Pantry, and is a creative approach to address food waste and food insecurity in our community. We joined other local donor sites including a high school, a university, and two hospitals. Our staff and volunteers repackaged unused portions of food from the daily senior lunch program to donate to the project. Upon receiving the donations from all of the donor sites, the food pantry repackages them into full meals, which are provided to various recipient agencies throughout the community. Recipient agencies include the Oak Park River Forest Food Pantry, YMCA, Youth Outreach Services, subsidized senior building, and other programs.

During our six months of food donations during this fiscal year, we have donated more than four thousand pounds of food, which is then available to benefit over twelve hundred local families served by this program. The donations received during the food pantry fiscal year 2017 equated to more than 5 tons of food diverted from the waste stream.

Program	FY 19 Service Provision	Average Units /Month
Transportation (one way rides to doctor appointments, meals, shopping, personal use)	1294	108
Dine Out (meals eaten at participating restaurants)	26	2
Home Delivered (meals delivered to resident homes)	3974	331
Congregate Dining (meals in dining room at 130 S. OP Ave)	373	31
Farmer's Market Coupons (distribution of coupons in June 2018 for redemption at the 2018 farmer's market)	9	9
Case Management (direct case manager/ resident contact)	597	50
Adult Protective Services (direct investigation and case work to report allegations of abuse, neglect & exploitation against residents)	14	1
Information & Assistance (direct contact, email or phone requests for information on programs and services available to residents)	1304	109
Chore (hours of in home assistance with basic household chores)	508	42
Caregiver Support Programs (hours of counseling, outreach, training & education, support groups and respite services offered to caregivers)	158	13
Money Management & Public Benefits (hours of service providing affordable wills, budgeting, bill payment, account balancing, representative payee services; assistance understanding benefits and processing applications for energy assistance, prescription drug programs, medicare, medicaid, and other supplemental benefits)	179	15

Senior Services of Oak Park and River Forest Townships

FY2019 Estimated Usage by River Forest residents