



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

Memory Cafe

Office Hours:

Monday - Friday

9am - 5pm

(flexible appointments available upon request)

seniors@oakparktownship.org

www.oakparktownship.org

www.riverforesttownship.org

news & views

Enhancing the quality of life for seniors in our communities

Fall 2019

We're Cooking Up Something New And we are saving you a seat!

On October 1st, the Senior Dining Program will have a new food services vendor and a new menu! After blind taste-testing several vendors' menu selections, Hoffman House Catering in Batavia was chosen. This catering company has been providing meals to seniors since 1986 and prepares over 4,000 meals daily.

Hoffman House's menus are approved by a state registered dietician who creates menus based on several nutritional criteria and customer feedback. The Fall/Winter menus will feature many of the all-time favorite comfort foods such as lasagna, roast turkey and gravy, soups, and chili. The Spring/Summer menus feature comfort foods as well as the popular cold menu items.



Maddie Pietryla, the Nutrition Program Manager, says "We are hoping to incorporate more sandwich, soup, and salad combos into our menu. As we make this transition, we will be staggering these options as we collect diner feedback to ensure customer satisfaction."

This new meal offering will also allow more choices for the homebound client because of the wider range of menu options. Pamela Mahn, Director, sums it up: **"The Township is always actively working to meet the needs of our older adults. Please come and give our new menu a try!"** See the new October menu in this issue.

Lunch is served daily from 11:00 a.m. - 1:00 p.m. in the 1st floor dining room at 130 S. Oak Park Avenue, Oak Park. There is a suggested donation of \$1.50 per meal. Qualifying guidelines for patrons: 1. Age 60 years and over. 2. The 60+ participant's spouse regardless of age, if the eligible spouse is or has been an active participant of the program. 3. Individuals who are disabled and under age 60 if they reside in a housing facility for older adults and persons with disabilities at which congregate nutrition services are provided. 4. Individuals with disabilities who reside with a person over 60 in a non-institutional household.

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!

Sunday, October 27th, 2:00pm: *Sunflower Chamber Youth Orchestra.* Features our talented local musicians.

Friday, November 1st, 7:00pm: *The Music and Potlucks Organization.* An evening of folk music with Mark Dvorak, plus a dessert potluck and food drive.

Sunday, November 10th, 2:00pm: *Memoir Writing: Getting Started,* with Cathaleen Roach. Features a few new exercises, so seminar returnees are welcome too! (Part 2 of 3-part Memoir Writing series. Part 3 is January 12th, 2020 with Charles Thomas).

Sunday, November 17th, 2:00pm: *The Boogie Woogie Kid,* Matthew Ball performs New Orleans' boogie, blues and swing from the 20's, 30's, and 40's.

Saturday, December 7th, 2:00pm: Get in the holiday spirit with local jazz musician, **James Callen.**

Sunday, December 8th, 4:00pm: Decorate holiday ornaments at **Creativita** in Forest Park. Children age 10+ welcome with an adult. Pre-registration required via RF Library. Please call (708) 366-5205.

Coffee Mondays: at River Forest Library, 735 Lathrop, River Forest, 10:00-11:00am. We gather the first Monday of every month (unless a holiday) for conversation, and free coffee and sweets.

Monday, October 7th, 10:00am-Come join River Forest's finest! RF Fire Department talks about how to prevent falls when aging.

Monday, November 4th, 10:00am-Learn about Unity Temple's recent UNESCO designation. Experience the enthusiasm and meet members from Unity Temple and the FLW Building Conservancy who are responsible for the recent UNESCO designation for Unity Temple. Bagels served.

Monday, December 2nd, 10:00am-Winter book talk with our local librarians. Get ready for winter reading! Bagels served at this month's gathering.

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 of every month (October 21, November 18, December 16) 6:00pm-8:00pm at River Forest Community Center, 8020 Madison Street.

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 at no charge. All communities are welcome! 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

October 7	The Shawshank Redemption
October 21	Hearts in Atlantis
October 28	The Green Mile
November 4	Rain Man
November 18	Rebel Without a Cause
November 25	A Streetcar Named Desire
December 2	The Philadelphia Story
December 9	Holiday Inn
December 16	Christmas in Connecticut
December 23	Die Hard
December 30	White Christmas

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 Wednesday of each month, 10:00am

October 31	Watermelon Fries
November 21	Frozen Yogurt Bark
December 26	Chickpea and Avocado Salad

HEALTH PRESENTATIONS: 11:30 AM (unless noted)

October 2 11:00am	Blood Pressure Talk by Cigna Health Spring
October 17	Tips to Keep Your Lungs Healthy
November 20	Symptoms and Causes of Diabetes
December 11	Bone Health Basics

Book Bike is back! The book bike will make its last appearance (until next spring) on Thursday, October 24th.

Save the Date for a Local Job Fair!
Thursday, October 3rd, 10:00am-1:00pm
River Forest Community Center
8020 Madison
River Forest

Come dressed in work attire with resume in-hand and meet local employers (including Brookfield Zoo) looking for part-time and full-time employees. Anyone 18 years and older invited.

*This event is sponsored by Oak Park Township.
Call April Dugal, (708) 383-8005 with questions.*

Medicare 2019 OPEN ENROLLMENT



Oct. 15th – Dec. 7th

Medicare Open Enrollment starts October 15th and runs through December 7th. Seniors and disabled individuals can:

- Make changes from original Medicare to a Medicare Advantage plan
- Change from Medicare Advantage plans to original Medicare
- Join, drop, or switch Medicare Part D drug plans
- Switch Medicare Advantage Plans

You can call **(708) 383-8060** to make an appointment with a SHIP (Senior Health Insurance Program) counselor to review your existing coverage. Please bring a copy of your Medicare card as well as a list of prescriptions, including the monthly prescription quantity and dosage. If you would like a counselor to be able to run cost comparisons for you, you will need to set up a user name and password on the mymedicare.gov website. If you need assistance setting up your account, we will be happy to help.

You can also visit these websites: www.illinois.gov/aging/ship and www.medicare.gov or call (800) 252-8966 (Illinois Dept of Aging)

NOT A NORMAL PART OF AGING

As many as one in five older adults experience mental health concerns such as anxiety and depression. These issues are not a normal part of aging as some have said, but rather very treatable symptoms that can be reduced or eliminated with proper treatment.

At Oak Park Township Senior Services, we have behavioral health specialists who are trained and experienced in treating mental health issues. The Behavioral Health Case Manager will conduct an in-home assessment to identify all of the needs of the older adult client and develop a specific plan to address both the physical and psychological challenges they are experiencing. The case manager can help:

- Teach and reinforce life skills and coping strategies to help clients manage symptoms.
- Assist clients in identifying risk factors that negatively impact symptoms and develop a crisis management plan to follow in the event of an emergency.
- Coordinate and collaborate with other treatment providers to ensure that all needs are being met.
- Counsel clients on how to be their own advocate and effectively discuss their symptoms and concerns with others.
- Work with clients and caregivers to ensure that they have the best resources to maximize level of function.
- Help clients transition back to the community after a hospitalization.
- Identify and develop current and potential support systems that promote independent living and community integration.



We will once again be an intake site for **Low-Income Energy Assistance Program (LIHEAP)** starting October 1st for Oak Park & River Forest residents 60 and older and households with a person receiving social security disability benefits.

Please call Oak Park Township Senior Services at (708) 383-8060 to make an appointment.



If you or someone you know needs assistance determining what services are appropriate, or you are interested in more information about what case management services may benefit you, please call (708) 383-8060 and ask to speak to an intake worker.

(Funded in part by the Community Mental Health Board of Oak Park Township)

Health Connection Hub (The HUB): The Hub connects community members to quality care and social services when they need it the most and helps providers to deliver competent, compassionate, and efficient care. Learn more and search for services at www.healthconnectionhub.org

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 and 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 periodically.

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

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

October 8: **Pumpkin Patch at the Johansen Farm** 10:00am-1:30pm

November 12: **Chicago Cultural Center** 10:00am-1:30pm

December 10: **Holocaust Museum** 10:00am-1:30pm

Rides to the Farmers Market!

**Saturdays, 7am-1pm,
through October**

Oak Park and River Forest Township Senior Services are still offering rides to and from the market each week. The suggested donation per trip is \$1.00. Oak Park and River Forest residents of any age can call for a Saturday reservation at (708) 383-4806. Look for the accessible bus at the entrance to the Farmer's Market for the return trip.



Regular Shopping Trips

Jewel River Forest

Thursdays and Fridays
9am-10:30am

Trader Joe's

2nd Monday of the month
1pm-3pm

Upcoming Holidays

Oak Park Township Senior Services will be closed in observance of the following federal holidays:

Monday, October 14, 2019 **Indigenous People's Day**

Monday, November 11, 2019 **Veteran's Day**

Thursday-Friday, November 28-29, 2019 **Thanksgiving**

Tuesday, December 24, 2019 **Christmas Eve**

Wednesday, December 25, 2019 **Christmas**



Oak Park Township Senior Lunch Program

OCTOBER 2019

Dining Hours:
Monday-Friday:
11:00AM-1:00PM

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	CHEDDAR BROCCOLI CHICKEN RICE CASSEROLE; CAULIFLOWER, PEAR & CRANBERRY CRUMBLE, PEA SALAD, ROLL	SALISBURY STEAK; MASHED POTATOES, BEETS, PINEAPPLE, ROLL	HOT DOG; OVEN FRIES, BEAN CASSEROLE, BANANA, FRESH MELON, BUN	CLASSIC LASAGNA W/ MEAT SAUCE; BROCCOLI, CHEF'S CHOICE VEGETABLE, BREAD, OATMEAL COOKIE
7	8	9	10	11
ROAST TURKEY & GRAVY; SWEET POTATOES, MIXED VEGGIES, BREAD STUFFING, CHEF'S FRUIT	STUFFED GREEN PEPPER; LETTUCE & TOMATO GARNISH, LUMBERJACK SOUP, BREAD, RANGER COOKIE, AMBROSIA FRUIT CUSTARD	SPAGHETTI & MEATBALL MARINARA; MIXED SALAD GREENS, PEACH COBBLER, BREAD	CHOPPED STEAK & GRAVY; MASHED POTATOES, CAULIFLOWER & RED PEPPER, MANDARIN ORANGES, CHEF'S CHOICE, BREAD	CITRUS ALASKAN POLLOCK; ALT: CHICKEN VEGETABLE RICE PILAF, COUNTRY BLEND VEGETABLES, CHICK PEA SALAD, FRESH MELON
14	15	16	17	18
ROAST BEEF; WASHED POTATOES & GRAVY, PEAS & CARROTS, BREAD, ORANGE	BBQ RIBLET; ALT: CHICKEN SALAD, LETTUCE & TOMATO GARNISH, CREAM OF POTATO SOUP, BREAD, CINNAMON APPLES, CHEF'S CHOICE	ROAST TURKEY W/ CHEDDAR ALE SAUCE; VEGETABLE RICE PILAF, BROCCOLI, CHEF'S FRUIT, BISCUIT, OATMEAL COOKIE	TURKEY TRIO & CHEESE SUB SANDWICH; LETTUCE & TOMATO GARNISH, SPLIT PEA SOUP, BUN, BANANA, CRANBERRY JUICE	CHICKEN BREAST PARMESAN; ALT: FISH PENNE PASTA, SQUASH MEDLEY, PEACHES, BREAD
21	22	23	24	25
BAVARIAN STYLE BRATWURST; PARSLEY POTATOES, CARROTS, MELON, BREAD	CHICKEN CHARDONNAY; MASHED POTATOES, BROCCOLI, PINEAPPLE-ORANGE SALAD, APPLE BAR, BREAD	TEXAS CHILI; MAC & CHEESE, COUNTRY BLEND VEGGIES, FRUIT COCKTAIL, CORNBREAD	CHEESEBURGER; LETTUCE & TOMATO GARNISH, WILD RICE SOUP, FRESH MELON, COLESLAW	POLLOCK FISH FILET; ALT: CHICKEN, BAKED POTATO, CALIFORNIA VEGGIE BLEND, LEMON MANDARIN PUDDING, BREAD
28	29	30	31	
SLOW ROASTED BEEF W/ GRAVY; MASHED POTATOES, BRUSSELS SPROUTS, PEARS, RANGER COOKIE, BREAD	SPINACH, CHEDDAR, & TURKEY ROLL-UP W/ WHEAT TORTILLA; LETTUCE & TOMATO GARNISH, BEAN SOUP, BANANA, MELON	SPAGHETTI & MEATBALL MARINARA; BROCCOLI, GARLIC BREAD, PEACHES	CHICKEN TENDERS W/ COUNTRY CHICKEN GRAVY; BREAD STUFFING, SWEET POTATO, NORTHERN BEAN & TOMATO MEDLEY, CRAN APPLESAUCE, PEA SALAD	SUGGESTED MEAL CONTRIBUTION: \$1.50

Menu items are subject to change. Whole Fresh Fruit will be served for diabetic meals as a substitute for dessert. All meals served with 2% or Skim Milk.

This program is funded in part by Age Options and Title III-C of the Older Americans Act.

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

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.

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:

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
Activity Assistant
Food Service Worker
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

Non-Discrimination:

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