

AGING WELL MONTH GUIDE



INSIDE:

MAY 2021

A resource guide with info on our virtual kick-off May 3rd and a month-long calendar of virtual events. Look inside to find out who are the 2021 Community GEMs.



Dear Beloved Community,

Welcome to Aging Well Month! May is nationally recognized as Older Americans Month by the Administration for Community Living. Aging Care Connections (ACC) is delighted to join in this nationwide initiative that honors the many advancements made by older adults. This is a special year for Aging Care Connections. We are celebrating our 50th anniversary of service as a local leader in the older adult community. Throughout our time providing programs and services for older adults, their families, and caregivers, ACC has grown tremendously. This growth was possible because of the collaboration and support we receive from our partners, donors, and community daily. Throughout 2021, we will take time to reflect and celebrate this major milestone for our organization.

The theme for Older Americans Month this year is Communities of Strength. Through the experiences, achievements, and challenges they have faced, older adults remain resilient and strengthen the foundation of our community. During our celebration of Older Americans Month, we, along with the Aging Well Month Planning Committee, have planned a Kick-Off event and over 45 programs throughout May. This year, everyone is invited to our virtual Kick-Off, where we will have Robyn Golden, Associate Vice President of Social Work and Community Health at Rush University Medical Center, speak about social isolation during the pandemic.

Our annual Aging Well Month celebration may look different this year, as all programs and events will be held virtually. While this was a difficult decision, we feel it is the safest option for the older adults and the community we serve. By celebrating Aging Well Month virtually, we not only ensure those in our service area are safe, but that all participants can continue to strive for a better quality of life. As community leaders in providing care to older adults, it is our responsibility to make the best decisions for our organization and those we serve.

Thank you so much to the Aging Well Month Planning Committee who volunteered their time to help us make this event possible. Also, we offer many thanks to Community Memorial Foundation for their dedication and commitment to improving health outcomes in older adults, including our Aging Well Neighborhood.

For 50 years, ACC has worked to provide programs and services for older adults of all ages so that they can live with dignity and independence in their own homes and communities for as long as possible. As we enter our next 50 years of service, I look forward to seeing how, together, we can make a significant difference in the lives of older adults, their families, and the caregivers we serve.

Sincerely,



Debra Vershelde,
Executive Director

TABLE OF CONTENTS

PAGE 3

About Aging Care Connections

Contact Information

PAGE 4

Programs and Services

PAGE 5

Aging Well Neighborhood Program

PAGE 6

Aging Well Month Sponsors

PAGE 9

Aging Well Month Committee

PAGE 10

Aging Well Month Calendar of Events

PAGE 16

Recognizing our GEM Volunteers

PAGE 18

Community Sponsor Ads



ON THE COVER

In celebration of Aging Care Connections' 50th year anniversary, here is a look back on some of the past Aging Well Month celebrations. Although Aging Well Month events will not be celebrated in person this year, we are excited to celebrate with you virtually.



This year, Aging Care Connections is celebrating its 50th anniversary. Since 1971, Aging Care Connections has been a leader in providing comprehensive, client-centered programs that focus on improving the quality of life of older adults. We are advisors on all matters related to the issues facing older adults as they age. As individuals age, so do lifestyles. We not only offer programs, but also have the most comprehensive information on programs and services in the community that help older adults find solutions to their emotional, physical, mental, financial and healthy living needs.

Located in La Grange, Aging Care Connections serves over 9,000 older adults and their caregivers and family members from 38 communities in the Lyons, Proviso, Norwood Park, Riverside, and Leyden townships. With a mission “to enrich the quality of life in our community by providing older adults and their families with guidance and support that enhances the ability to age well,” our comprehensive range of programs are delivered by a team of highly skilled, objective and unbiased experts. If you need assistance, please do not hesitate to contact us.

111 W. Harris Avenue
La Grange, IL 60525
708-354-1323

info@agingcareconnections.org
www.agingcareconnections.org

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AGING CARE CONNECTIONS PROGRAMS AND SERVICES

Note: Until further notice, due to COVID-19, the Aging Care Connection's office will be closed to the public. All programs and services will be conducted virtually whenever possible. Please call 708-354-1323 or email info@agingcareconnections.org for assistance or information about these programs.

Adult Protective Services — We receive and investigate reports of abuse, neglect and/or exploitation of older adults (60+) and disabled adults (18+).

Aging Well Neighborhood — We bring together older adults, businesses, healthcare, and social services to create a "Health Neighborhood" that promotes life-long wellness, supports aging at home, addresses chronic conditions, improves health outcomes, offers health education, and helps build an age-friendly community.

Benefits Assistance — Trained staff and volunteers assist and educate older adults about benefits and services to which they may be entitled.

Caregiver Support — We provide many levels of assistance to individuals caring for an older adult, including one-on-one supportive counseling and support groups.

Comprehensive Care Coordination — Specialists with knowledge and experience in the field of aging provide older adults and their families with in-home comprehensive assessment and linkages to services, care planning and ongoing monitoring of services.

Congregate Meals — We serve older adults (60+) with a freshly prepared, nutritious meal in a restaurant setting for a suggested donation.

Grandparents Raising Grandchildren — We provide support groups, counseling, education and resources to grandparents raising one or more of their grandchildren.

Information and Assistance — Via phone calls & walk-ins, we provide comprehensive info about local, state & federal resources essential to older adults & their family.

Options Counseling — We provide in-depth education on options for long-term care, support the decision-making processes, and assist clients with completing the enrollment process for public programs and benefits.

Special Diet Home Delivered Meals — We assess and provide meals to homebound older adults who are unable to prepare meals and require a special diet.

Transitional Care — We utilize the evidence-based Bridge Model of transitional care and Ambulatory Integration of the Medical and Social Model (AIMS) to assist clients with the non-medical barriers impacting their health, as well as provide linkages and implement expedited supports for clients returning home from the hospital or skilled nursing facility.

Transportation Assistance — We connect older adults to transportation services that meet their needs and are appropriate for their limitations. The services include the administration of a taxicab voucher program.

AGING WELL NEIGHBORHOOD PROGRAM

Aging Care Connections' Aging Well Neighborhood program was created seven years ago with a grant from Community Memorial Foundation. The program brings together older adults, businesses, nonprofits, healthcare, and social services to create a "Health Neighborhood" that promotes life-long wellness, supports aging at home, addresses chronic conditions, offers health education, and helps build an age-friendly community. Integrating health care and social supports has been proven to help individuals remain in their community and even reduce hospital re-admissions.

With continued funding from Community Memorial Foundation, The Russell and Josephine Kott Memorial Charitable Trust, The Rotary Club of La Grange, AgeOptions, and individual donors, we are working together to improve overall health, increase health literacy, raise awareness of available resources, reduce hospital re-admissions, increase cross-sector referrals, decrease social isolation, and help individuals to age well in their communities.

COVID-19 has greatly impacted how we connect with the community through the Aging Well Neighborhood program and assist older adults in maintaining their physical and mental health and well-being. Though we are not able to physically gather, hundreds of older adults and community members regularly enjoy various Aging Well Neighborhood FREE virtual programs from the comfort and safety of their own homes. From exercise classes to brain health to expert speakers to lifelong learning and entertainment, we have kept older adults active, learning, and connected.

Visit our website (www.agingcareconnections.org) and go to the Aging Well Neighborhood program page to see our virtual class schedule. To join our mailing list and receive information on aging well, details about upcoming AWN events and programs, and our Neighborhood Connections newsletter, send an email to AWN@agingcareconnections.org.

FOUNDING FUNDER



2021 AGING WELL MONTH

LEAD SUPPORTER

Lyons Township
Mental Health Commission



PARTNER SPONSORS



ADVOCATE SPONSORS



SENIOR LIVING EXPERTS®
Our Experience, Your Choice.



COMMUNITY SPONSORS

Addus HomeCare

Clarity Physical Therapy and Wellness Center

Township of Riverside

APPRECIATION SPONSORS

Home Instead Senior Care — La Grange

Law Office of Debra Anthony,
Estate Planning, Wills & Trusts

Aging Well Month

Aging Well Month is Aging Care Connections' month-long celebration of Older Americans Month. The celebration begins with a Kick-Off and continues with free programs throughout May that are hosted by community organizations and businesses with an interest in the health and well-being of older adults. The programs and activities are engaging, educational, social and fun.

In response to COVID-19, Aging Well Month programs will be virtual and held on the video communication platform Zoom. To access any of our programs, please visit our website at www.agingcareconnections.org. Click on the Aging Well Month image to be directed to our Aging Well Month webpage to find the Zoom and website links required to access the programs you are interested in attending. This web page will be accessible throughout the month of May. **All programs are FREE to participants.** For more information on our Aging Well Month programs, please contact Alyson Scanlon at 708-603-2259 or ascanlon@agingcareconnections.org.

Kick-Off Event: For our virtual Aging Well Month Kick-Off Event, a Zoom link will be available on the same page. **The Aging Well Month Kick- Off will be held on May 3 from 1 to 2 p.m and all older adults are invited.** This celebration will feature speaker Robyn Golden, a leader in the community with over 30 years of experience in the field of mental health and care coordination for older adults. To celebrate our 50th Anniversary, participants will also have the chance to win various prizes and other related giveaways. For more information about our Aging Well Month Kick-Off event, contact Emily Kehoe at ekehoe@agingcareconnections.org or 708-603-2342.

Robyn Golden, MA, LCSW, ACSW



Robyn Golden serves as the Associate Vice President of Social Work and Community Health and Chair of the Department of Social Work at Rush University Medical Center. She is Co-Director of Rush's Center for Excellence in Aging and the Center for Health and Social Care Integration. She serves as the Principal Investigator for Rush's Geriatric Workforce Enhancement Program (GWEP) and co-directs the Rush Center of Excellence for Behavioral Health Disparities in Aging. Her faculty appointments are in Nursing, Medicine, Psychiatry and Health Systems Management.

For over 35 years, Golden has been actively involved in service provision, program development, interprofessional education, research and public policy aimed at developing innovative initiatives and systems integration to improve health and well-being. She recently served as a member of the National Academies of Sciences, Engineering, and Medicine (NASEM) committee studying the integration of social needs care into the delivery of health care. She is a fellow of the Gerontological Society of America and of the American Academy of Social Work and Social Welfare and is a National Association of Social Workers (NASW) Social Work Pioneer. Golden holds a master's degree from the University of Chicago and Bachelor's degree from Miami University.

AGING WELL MONTH COMMITTEE

Mary Cooper

North Riverside Library

Joan Eicken

Coldwell Banker - La Grange

Janet Garreau

Interfaith Community Partners

Sheri Kupres

Home Helpers Home Care

Ashley Kryger

Home Instead Senior Care

Jim Matthews

Aging Well Volunteer

Gaye Wagner

Independence-4-Seniors
Home Care

We are Fifty and Fantastic!

Save The Date

SPORTS BALL GALA

Friday, September 10, 2021

6:00 pm - 8:30pm



Aging Well Month Program Calendar

In celebration of Aging Well Month we will be offering VIRTUAL programs via Zoom all month long! This year, in collaboration with our community partners, we are offering over 45 engaging, educational, entertaining, fun, and FREE programs. Join us for as many classes as you would like from the comfort and safety of your own home. All you'll need is internet access and a computer, tablet, or smartphone. Zoom and website links for each program can be found in the Aging Well Month Program Calendar on our website agingcareconnections.org. So, grab a comfy chair and visit agingcareconnections.org for all of the links you'll need to join us. We hope to "see" you in a program soon!

MONDAY, MAY 3

Ins and Outs of Cook County Residential Real Estate Taxes, Exemptions, and Appeals

Join the Township of Lyons Assessor's Office to learn firsthand information regarding exemptions, real estate taxes, and how to appeal your Cook County assessment in 2021. Great opportunity for any residential property owner in Cook County to ask questions!

10 to 11:30 a.m.

Questions? Contact Carrie Bernardoni at cbernardoni@lyonsts.com or 708-482-8300, Ext. 1.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Aging Well Month Kick-Off

Please join us for our annual Aging Well Month Kick Off event. This event will include guest speakers, as well as a special ceremony to recognize older adult volunteers from the Lyons, Proviso, and Riverside townships. Participants will also have the chance to win raffle prizes and commemorative Aging Care Connections 50th Anniversary items. For more information, please visit Aging Care Connections' website.

1 to 2 p.m.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

TUESDAY, MAY 4

Fitness Bingo

Join us for Bingo fun that is full of movement and challenges! During

this virtual event, participants complete a series of exercises led by an expert fitness instructor from Meadowbrook followed by rest during the Bingo number calling. This pattern continues until someone wins the game. Small prizes are awarded to winners.

****By May 3, either request Bingo cards by email to print at home or go to Meadowbrook of LaGrange, 339 9th Ave. (use Bluff Avenue parking lot and entrance) to pick up your cards****

Call or email Nancy first.

10:30 to 11:30 a.m.

Questions? Contact Nancy Reed at 630-768-1744 or nreed@meadowbrookmanor.com.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Core Conditioning

Core Conditioning focuses on strengthening your abdominals and the surrounding muscles that support your spine. This class will re-engage core muscles to improve daily endurance, improve posture and prevent injury.

1 to 2 p.m.

Questions?

Contact Aging Care Connections at awn@agingcareconnections.org.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Preparing Your Home for Sale

Are you considering selling your home? Learn how to get your house market ready! An experienced realtor shares her best tips and practical steps to show your home in its best light and get a successful outcome.

3 to 4 p.m.

Questions? Contact Joan Eicken at 708-738-5686 or joanhomes@gmail.com.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

WEDNESDAY, MAY 5

Qi Gong

Qi Gong is a combination of chair and standing exercises that promote mobility and flexibility through all the joints in the body. It has been referred to as "oiling the joints." These movements create suppleness and youthful vitality throughout the body.

11 a.m. to noon

Questions?

Contact Aging Care Connections at awn@agingcareconnections.org.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Blues Zones and Secrets of Longevity

Learn the nine secrets of longevity from Earth's "Blue Zones." Blue Zones are populations or communities of people who live longer and are healthier than the average human being. Discover what scientists the world over have been studying that allows us to live a long, fulfilling life for decades.

2 to 3 p.m.

Question? Contact Gaye Wagner at 630-991-6663 or gwagner@independence4seniors.com.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Mexican Art & Culture and Margarita Fiesta

Immerse yourself in the beauty of Mexico as you explore the rich history of Mexican Art, its cultural influences, and learn some tasty authentic margarita recipes. To follow along and create your own margaritas at home during the program, email Trish at tsmithing@agingcareconnections.org to request the margarita recipes in advance.

4 to 5:30 p.m.

Questions? Contact Trish Smithing at tsmithing@agingcareconnections.org. For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

THURSDAY, MAY 6

Healthier Together: Diabetes Edition

Diabetes is a chronic and long-lasting disease. We'll discuss the different types of Diabetes, including pre-diabetes. Learn about the symptoms, early warning signs, risks and prevention of the disease in this informative talk.

10 to 11 a.m.

Questions? Contact David Thompson at 224-407-0815 or david.thompson4@cigna.com. For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Path to Senior Transitioning

Change is never easy. Let an experienced downsizer, move manager and a Certified Senior Advisor guide you through the steps. Options for safer living will be discussed as well.

2 to 3 p.m.

Questions? Contact Julianne Rizzo at 708-929-8221 or jrizzo@youroasisadvisor.com. For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Kiddieland Remembered, 1929 – 2009

From 1929 to 2009, Kiddieland in Melrose Park was one of Chicago's favorite amusement parks. Relive the past with Cheryl Brown, as she visits the history of the park with vintage photos and videos from a busy summer day. Learn about why the park had to close; the final auction of the rides; and where the rides are today.

7 to 8 p.m.

Registration is required.

Visit northriversidlibrary.org/events for more information or to register and receive the Zoom link.

FRIDAY, MAY 7

Senior Strong Fitness

Let us help you stay fit while you sit. Bringing sensible and functional fitness to seniors everywhere. Enjoy workouts from the comfort of your home with your friends and family.

11:15 a.m. to 12:15 p.m.

Questions?

Contact Aging Care Connections at awn@agingcareconnections.org. For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Monthly Flicks on Friday — "A Call to Spy"

"In the beginning of WWII, with Britain becoming desperate, Churchill orders his new spy agency — the Special Operations Executive (SOE) — to recruit and train women as spies. Their daunting mission: conduct sabotage and build a resistance. SOE's "spymistress," Vera Atkins (Stana Katic), recruits two unusual candidates: Virginia Hall (Sarah Megan Thomas), an ambitious American with a wooden leg, and Noor Inayat Khan (Radhika Atpa), a Muslim pacifist. Together, these women help to undermine the Nazi regime in France, leaving an unmistakable legacy in their wake. Inspired by true stories." Sarah Megan Thomas, the film's author

Rated PG-13 | 124 minutes | Drama, History, Thriller | US Release Date: Oct. 2, 2020

3 to 5:10 p.m.

Questions?

Contact Aging Care Connections at awn@agingcareconnections.org. For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Mother's Day Jazz Concert with Petra van Nuis & Andy Brown

Join us for a special Mother's Day concert! Jazz duo, vocalist Petra van Nuis and guitarist Andy Brown will serenade us with classics sure to warm the heart!

7 to 8 p.m.

Registration is required.

Visit lagrangelibrary.org/events for more information or to register and receive the Zoom link.

MONDAY, MAY 10

Take Control of Your Parkinson's Journey

Parkinson's disease affects about one million Americans and each year 60,000 Americans are newly diagnosed. Join us to learn how you can achieve the best quality of life through the management of the disease, environmental and lifestyle risks.

10 to 11 a.m.

Questions? Contact Laura Walsh at 630-936-4118 or lwalsh@provlife.com.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Leslie Goddard Presents: Remembering Route 66

The name evokes images of gas stations, mom and pop motels, quirky attractions, and adventure on the open road. In this nostalgia packed lecture, historian Leslie Goddard, Ph.D., explores the history of Route 66, the iconic road that linked Chicago to Los Angeles from 1926 until its closing in the mid 1980s. Learn why Route 66 remains so indelibly associated with the lore of the American road trip. What was Route 66 like at its pinnacle and what is it today?

2 to 3 p.m.

Questions?

Contact Aging Care Connections at awn@agingcareconnections.org.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

TUESDAY, MAY 11

Protect Your Family Tree with Estate Planning

Make life easier for yourself and your loved ones by following these top tips given by an expert attorney with over 30 years of experience in estate planning. She will walk you through steps on how to leave assets to those you want, without involving the court, plus, how to ensure the protection of your loved ones from potential creditors. Is your family tree protected?

10 to 11 a.m.

Questions? Contact Debra Anthony at legal@danthony.net.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Boot Camp for Bone Density

Bones are constantly remodeling and making new bone. Various factors such as age, gender (women), diet lacking Calcium, physical inactivity and long term use of certain medications can slow the process of bone growth, which can lead to low bone density, osteoporosis or higher risk for fractures. Exercise is a key ingredient in promoting the formation of new bone. One of the best types of activity for bone health is weight-bearing or high-impact exercise. Our Boot Camp exercise class includes low and high impact exercises to strengthen and "load your bones" to help improve your bone density.

1 to 2 p.m.

Questions? Contact Beth Gorman at **708-223-8011** or

beth.gorman@impulserehab.com.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

WEDNESDAY, MAY 12

Real Estate 101

Learn about the real estate transaction process in today's marketplace from a local real estate broker & attorney.

10 to 11 a.m.

Questions?

Contact Aging Care Connections at awn@agingcareconnections.org.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Memory Café: Sing-A-Long

The Sing-A-Long Memory Café is an interactive virtual gathering that will provide a stimulating and interactive musical experience for individuals living with memory loss and their caregivers.

Come sing with us!

1 to 2 p.m.

Questions? Contact Jessica Haines

at **262-745-8227** or

jhaines@agingcareconnections.org.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

THURSDAY, MAY 13

100 Years of Wellness: A Historical Look of Lyons Township

Learn about the events 100 years ago in La Grange that shaped how we deliver health care and provide local services today. Pillars Community Health, a non-profit provider of health and social services, takes you back in history through photos and other documentation that offer us a glimpse of life back then and what lessons were learned. Learn of the amazing local heroes back then who stepped up to fill the changing needs of La Grange residents and who were responsible for spinning off organizations that are still around today!

10 to 11 a.m.

Questions? Contact Jackie Gibson at **708-995-3779** or

jjgibson@pchcares.org.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

What to Know Before Moving to A Senior Living Community

Choosing a Senior Living Community can be a daunting task. Senior Living Experts simplifies the process by preparing you with the tools and confidence needed to make this transition. Learn three important factors to consider when making a change and which level of care is best for you or loved one. Resources to help you downsize, sell and move will be offered as well.

1 to 2 p.m.

Questions? Contact Kerry Quirin at kerry@seniorlivingexperts.com.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

FRIDAY, MAY 14**Is Joint Pain Slowing You Down?****Learn the Latest Advancements in Joint Replacement**

Pain, whether in your knees, hips or shoulders, can take away the joy of living your active life. Join Dr. Ehmke from the AMITA Health Center for Advanced Joint Replacement to learn about robotics and the latest advancements in the field of joint replacement, outpatient surgery, and how minimally invasive joint replacement can help you get back to the things you enjoy in life faster than ever before.

9 to 10 a.m.**Questions?****Contact Aging Care Connections at awn@agingcareconnections.org.**

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Senior Strong Fitness

Let us help you stay fit while you sit. Bringing sensible and functional fitness to seniors everywhere. Enjoy workouts from the comfort of your home with your friends and family.

11:15 a.m. to 12:15 p.m.**Questions?****Contact Aging Care Connections at awn@agingcareconnections.org.**

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Mind Games: How a 5-Minute Practice Can Help Fight Dementia and Alzheimer's Motional Wellness and Aging

Dementia can start decades before a diagnosis, so now is the time to get moving for better brain health. The benefits of feeling grounded and ready for anything can lower your susceptibility for anxiety and depression. Scientists are now uncovering how yoga and daily movement practices help prevent

memory loss and delay the onset of more serious and scary cognitive impairments associated with aging. Let Brain Expert Patricia Faust, and Yoga Therapist/Wellness Coach Sharon Byrnes re-create a short, do-able, customized, fun daily practice for YOU.

2 to 3 p.m.**Questions? Contact Patricia Faust at Pcfaust@gmail.com.**

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

MONDAY, MAY 17**Chair Yoga**

Find strength, flexibility, and alignment as you move through gentle yoga postures done sitting in a chair. Chair yoga will reduce joint strain and improve your balance!

10 to 11 a.m.**Questions?****Contact Dana Franceschini at 847-496-0236 or dfranceschini@agingcareconnections.org.**

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Anette Isaacs Presents: Ode to Beethoven – The Man behind the Music

Music lovers all over the world celebrated the "Beethoven year" in 2020 which marked the legendary composer's 250th birthday. To this day, Ludwig van Beethoven is the most listened to creator of classical music. Join German Historian Anette Isaacs for an intimate look at the life and times of this tragic genius who was as famous for his fiery personality as for his divine ability to turn his personal struggles into supreme and powerful melodies.

2 to 3 p.m.**Questions?****Contact Aging Care Connections at awn@agingcareconnections.org.**

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

TUESDAY, MAY 18**Get Your Zen On: Guided Restorative Exercise and Meditation**

It's time for self-care! Follow along as we demonstrate low-impact restorative exercises in a lovely garden setting followed by a relaxing meditation cooldown. Afterwards, please stop by between 1 and 4 p.m. to pick up a goody bag courtesy of Caledonia Senior Living & Memory Care, 2800 Des Plaines Ave., North Riverside.

10 to 10:45 a.m.**Questions? Contact Vicky Rehill****at 708-426-7149 or vickyrehill@caledoniaseniorliving.org.**

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Chair Aerobics

Get your heart rate going with exercises that will improve your cardiovascular system and strength. Light hand weights or water bottles/cans recommended.

1 to 2 p.m.**Questions?****Contact Aging Care Connections at awn@agingcareconnections.org.**

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Jazz Age Modern: Riverside's Art Deco & Art Moderne Houses

Join the Frederick Law Olmsted Society of Riverside and the Riverside Library as they present a survey of Art Deco and Art Moderne buildings in Riverside. Student researchers from the Urban Studies Program, Pauline Hong, Fotini Kaim and Marcus LeVigne at the University of Illinois - Chicago will share their findings on the design and history of these distinctive homes built from the 1920s to 1940s.

7 to 8:30 p.m.**Registration is required.**

Visit riversidelibrary.org/calendar.html for more information or to register and receive the Zoom link.

WEDNESDAY, MAY 19

Qi Gong, followed by short guided meditation

Qi Gong is a combination of chair and standing exercises that promote mobility and flexibility through all the joints in the body. It has been referred to as "oiling the joints." These movements create suppleness and youthful vitality throughout the body. After the class join us for a short guided meditation.

11 a.m. to noon

Questions?

Contact Aging Care Connections at awn@agingcareconnections.org.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Cossitt Curiosities: The Story of a School

In the early days of La Grange, there was a one room school house near where LTHS stands today. See how this school evolved over time to become Cossitt Avenue School. When the current Cossitt School building was built in the 1920s it was considered a state of art school, complete with Manual Training and Home Economics rooms! Join the La Grange Area Historical Society as they take us on a virtual tour of Cossitt School's "nooks and crannies" and learn about the history of the first school in La Grange!

2 to 3 p.m.

Questions? Contact Aging Care Connections at awn@agingcareconnections.org.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

THURSDAY, MAY 20

Cyber Safety on Computers and Mobile Devices

Stay safe while you surf! Hear from the experts how to protect yourself and your privacy on the internet. Learn what to be aware of when you are online and what you should avoid clicking when using your computer,

tablet or cell phone.

10 to 11 a.m.

Questions? Contact Terri Geppner at 312-837-0701 or

Tgeppner@pathwaytoliving.com.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Funeral Services during COVID – Why Pre-planning is Essential

Join us as we explore what happened in the funeral service during COVID. What we did, where we are going from here and how it affects you. We'll help you navigate the cost savings of pre-planning a funeral and the importance of having peace of mind during COVID. We are here to help you. Receive a free handy-dandy tool kit for attending!

2 to 3 p.m.

Questions? Contact Danielle Hitzeman at 708-485-2000 or info@hitzemanfuneral.com.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

FRIDAY, MAY 21

Senior Strong Fitness

Let us help you stay fit while you sit. Bringing sensible and functional fitness to seniors everywhere. Enjoy workouts from the comfort of your home with your friends and family.

11:15 a.m. to 12:15 p.m.

Questions? Contact Aging Care Connections at awn@agingcareconnections.org.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Successful Aging in Place

Successful "aging in place" should include a master plan that considers housing options, health/medical care, financial/legal planning, transportation and community/social involvement. Learn how to access services, assistive tools and other support that might be essential in your chosen residence over time as needs change.

1 to 2:30 p.m.

Questions? Contact

Gina LaPalio-Lakin at 773-485-9966 or glakin@wisdomeldercare.com.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

MONDAY, MAY 24

The Anatomy of Your Core

Core muscles are the stabilizer of all movement. Learn about the anatomy of the core muscle group and how simple, effective exercises that can be done anywhere, will improve your core strength, flexibility and mobility. In the second half of the program, learn easy stretches that can help decrease your daily aches and pains. Don't miss this opportunity to increase your stability and lengthen your muscles.

9:30 to 10:30 a.m.

Questions?

Contact Bradley LaRocque at brad@basefitperformance.com.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Gary Wenstrup presents: Billy Joel - The Piano Man

Though Billy Joel has not released a new rock album in over 27 years, he remains one of the world's most popular live performers. Using performance and interview video clips we'll trace the arc of Billy's career from his humble beginnings in Hicksville, NJ... to his slow rise to fame... to his long string of hits including "Just The Way You Are," "It's Still Rock N Roll To Me," "Uptown Girl" and "River Of Dreams"... to his love life including his marriage to supermodel Christie Brinkley... and finally to his current status as one of the world's most successful touring acts. "If you're in the mood for a melody... the Piano Man will make you feel alright!"

2 to 3 p.m.

Questions?

Contact Aging Care Connections at awn@agingcareconnections.org.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

TUESDAY, MAY 25**Understanding Dementia Related Behavior**

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings, as the ability to use language is lost. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

11 a.m. to 12:30 p.m.

Registration is required.

Visit tinyurl.com/5yek5mpv or brookfieldlibrary.info

for more information and to register and receive the Zoom link.

Senior Stretch

Increase your flexibility and reduce joint stiffness with Senior Stretch. Having normal joint range of motion helps to maintain healthy joints and leads to improved ability to move.

1 to 2 p.m.

Questions?

Contact Aging Care Connections at awn@agingcareconnections.org.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

WEDNESDAY, MAY 26**Senior Housing 101**

This presentation aims to help families understand the various types of Senior Housing and the key elements to consider in making the best choice for you or your loved one. Rick shares his insights from advising many families through the years and can help you too!

10 to 11 a.m.

Questions? Contact Rick Graffagna at 630-246-2579 or

rgraffagna@seniorsolutions3.com.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Beyond the Kennels — Hinsdale Humane Society's Community Outreach

Learn how Hinsdale Humane Society animals support our communities. Meet some of these animals and hear how they and the HHS staff work together to nurture and strengthen the human/animal bond. Learn about low-cost vet clinics; pet transport pickup and the pet food and supply bank too!

1:30 to 2:30 p.m.

Questions?

Contact Susan D'Alexander at [susan.dalexander@](mailto:susan.dalexander@hinsdalehumanesociety.org)

hinsdalehumanesociety.org.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Voyager's Travel — Destination Tokyo

Traveling to Tokyo this summer for the Olympics won't be possible, but this virtual trip is the next best thing. Our itinerary includes stops at the city's most popular destinations, as well as historical context and information.

While a passport is not required, make sure to bring your sense of adventure!

7 to 8 p.m.

Registration is required.

Visit hinsdalelibrary.info/events for more information or to register and receive the Zoom link.

THURSDAY, MAY 27**Senior Medicare Patrol: Medicare Fraud**

Learn more about how the Senior Medicare Patrol works and what you can do to protect, detect and report Medicare fraud, especially COVID-19 vaccine scams.

10 to 11 a.m.

Questions? Contact

Jesus Enriquez at 708-383-0258 or Jesus.enriquez@Ageoptions.org.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

Mental Wellness: The Window to our Body and Mind

Your mind is a powerful thing and just like your body needs to be managed and nurtured. Stressors of everyday life, grief and depression can have a negative effect on your mental health and even lower life expectancy by 10 to 15 years. Learn strategies and activities to achieve mental wellness as well as the key role nutrition plays.

2 - 3 p.m.

Questions?

Contact Leigh Magnum at leighmagnum@gmail.com

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

FRIDAY, MAY 28**Senior Strong Fitness**

Let us help you stay fit while you sit. Bringing sensible and functional fitness to seniors everywhere. Enjoy workouts from the comfort of your home with your friends and family.

11:15 a.m. to 12:15 p.m.

Questions?

Contact Aging Care Connections at awn@agingcareconnections.org.

For the Zoom link to join this program, see the Aging Well Month calendar at agingcareconnections.org.

MONDAY, MAY 31

There are no planned events on Memorial Day. Please take some time today to honor and remember those who have made the ultimate sacrifice for our country.

"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices."

— President Harry S. Truman "

GEM (Going the Extra Mile) Volunteer Honorees

*Thank you for your outstanding volunteer efforts
which make all of our communities great places to age well.*

Debra Anthony, 65

"Care about people."

Peggy Boswell, 68

*"If I can help somebody,
my living shall not be in vain."*

Susan Breen, 72

*"Staying involved in your community
will always make your own life richer."*

Judy Carlson, 82

*"You can do anything if you put your mind,
heart and soul into it."*

Judy Dalenberg, 71

*"In light of the pandemic and the staggering loss
of life, words don't come. I pray that the healing
process provides some comfort for those who
have lost loved ones, but this tragedy will never
be forgotten."*

Sarah Davidson, 72

*"Bringing happiness to others
brings me happiness."*

Ron Eshleman, 86

*"I felt it is my duty to serve others
as a need arises."*

Janet Flores, 67

*"Volunteering at Aging Care has opened my eyes
to the needs of our senior population. As a recent
retiree I needed something to feel worthwhile
and this has been so rewarding and gave me an
opportunity to give."*

Mary Grether, 75

"Volunteering has brought much joy into my life."

Elaine Hooven, 78

*"In everything, do to others
as you would have them do to you."*

Betty Koran, 86

*"Be kind, loyal, honest, trust worthy and
friendly... in other words 'Do unto others as we
would want them to do unto us.'"*

Richard (Dick)Lauterbach, 74

*"Always keep learning and never consider
yourself superior or inferior to anyone else."*

Jim Matthews, 85

*"Practice optimism! The cost is the same as
pessimism, so why not?"*

Betty McGinnis, 83

*"Work to make the Earth a better place, for both
people and plants, when you die than when you
were born."*



GEM (Going the Extra Mile) Volunteer Honorees

*Thank you for your outstanding volunteer efforts
which make all of our communities great places to age well.*

Scott Meyer, 68

*"Stay involved, stay connected to
your community."*

Betty Moskiewicz, 87

"Live every day as if it is your last."

Joan Musil, 88

Cheryl Plaza, 60+

"Don't count the days, make the days count."

Anthony Przeklasa, 74

*"Don't let the perfect get in the way of the
perfectly good."*

Bill Scanlon

"Always, always keep trying!"

Audrey Smetana, 74

"Life is sharing the care of others."

Maureen Soldat, 68

*"Volunteering is the ultimate exercise in
democracy. You vote in elections once a year, but
when you volunteer, you vote every day about
the kind of community you want to live in."*

Deb Stankiewicz, 67

*"No matter our age, life is best lived one day at a
time and laughing everyday while doing so.
Both are the secrets to healthy aging."*

H. Thurbel Stowell, 100

*"Why do I volunteer? I volunteer because it is
intertwined in my Christian faith."*

Gary Thoss, 73

*"I now have time to give back and reach out to
help those that have found themselves
in circumstances where they are in need
of assistance."*

Mel Tomezko, 69

*"I've viewed my service to others much as one
might view a vocation... words are words,
however it's one's actions that really count and
reveal the true person."*

Betty Wagley, 68

"Live each day."

Joan Ward, 85

"Love God and your neighbor as yourself."

Ellie Babka, 86

*"Living a lot of years may be very hard, but try
to keep hoping for a nice little surprise around
the corner, even if you have to create it yourself.
Aim for forgiveness, kindness and, most
importantly, laughter."*



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* Plan-approved locations and restrictions may apply by plan. Under 60-mile one-way trips. Benefit options vary by plan and service area.

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