Memorandum

To: Human Service Ad Hoc Committee
From: David Fieldman, Village Manager
Re: Follow-up Items from January Meeting
Date: February 24, 2020

At the January 28, 2020 meeting, the Human Service Ad Hoc Committee requested further information about the informational packets the Village provides to residents as part of the Community Care Program and the Crisis Intervention Team efforts. Attached please find examples of the informational materials.

The HSAHC also requested information about the Police Department's use of Narcan. This information is included in the DuPage Narcan Program 2018 Annual Report.

The HSAHC inquired about the homeless population in the Village and in DuPage County. This information is included in the Hidden Face of Homlessness in DuPage County.

The HSAHC inquired about senior resources and services in the Village. This information is included in the Senior Resource Guide.

Attachments
Informational Packets

NAMI DuPage

National Alliance on Mental Illness

NAMI DuPage's mission is to provide support, advocacy and education in order to improve the quality of life of individuals with mental illnesses and their families.

They are a nonprofit that offers support services for Family, Individuals, and Youth.

NAMI can also assist in finding additional resources to benefit those with Mental Illness, as well as their loved ones.

Visit: Namidupage.org

Resource Line: (630) 752-0066

Illinois Helpline for Opioids and Other Substances

The Helpline is the only statewide, public resource for finding substance use treatment and recovery services in Illinois. The Helpline refers to hundreds of treatment and recovery providers across Illinois, but we don't operate any treatment programs. Helpline services are always free and confidential. Our goal is to guide you to the treatment options that are best for you.

Or visit: HelplineIL.org

Call 833-2FINDHELP (833-234-6343-57)

Local Hospitals

- **Advocate Good Samaritan Hospital**

3815 Highland Ave, Downers Grove, IL 60515
(630) 275-5900

- **Edward-Elmhurst Hospital Naperville**

801 S. Washington St, Naperville, IL 60540
(630) 527-3000

- **AMITA Health Medical Center Hinsdale**

120 N Oak St, Hinsdale, IL 60521
(630) 856-9000

- **Linden Oaks Behavioral Health**

852 S West St, Naperville, IL 60540
(630) 305-5027

Other Resources:

DuPagePads - Homelessness assistance
Visit: Dupagepads.org
Call: (630) 682-3846 Ext. 2275

TheHub - Online Social Service referral
Visit: healthconnectionhub.org

Notes:_____

_____

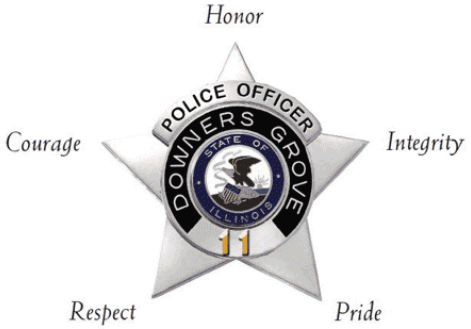
_____

_____

**This pamphlet is for informational purposes only and should not be considered medical advice or diagnoses.*

CIT
Crisis Intervention Team

Mental Health Assistance Information



DOWNERS GROVE POLICE DEPARTMENT

825 BURLINGTON AVE
DOWNERS GROVE, IL 60515

Non-Emergency: 630-434-5600
Emergency: 9-1-1

Date:_____ Officer: _____

Report # _____

DuPage County Health Department-Behavioral Health

Behavioral Health Services provides a wide range of services for DuPage County residents who are experiencing symptoms related to mental health and/or substance use. Treatment is available for all age ranges, and is provided at office locations in Wheaton, Addison, Lombard, and Westmont.

For an intake appointment call (630) 682-7400, English or Spanish, 8:00 a.m. - 4:30 p.m. Monday through Friday.

Website: dupagehealth.org
(search for behavioral health)

24/7 DuPage County Health Crisis Services:

(630) 627-1700

National Crisis Text Line

Crisis Text Line is free, 24/7 support for those in crisis. Text **741741** from anywhere in the US to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis.

Visit: crisistextline.org

24/7 Crisis Text Line: text 'Hello' to 741741

MICAP

(Mental Illness Court Alternative Program)

The purpose of DuPage County Mental Illness Court Alternative Program (MICAP) is to redirect offenders who have a mental health diagnosis that was a contributing factor in the commission of the crime. MICAP provides a sentencing alternative with the focus on integrated treatment services diverting the offender from traditional prosecution.

Visit: dupageco.org/Courts/MICAP/2217/

Call: 630-407-8448

360 Youth Services

360 Youth Services provides life-changing services through substance abuse prevention education, counseling and housing.

Some issues addressed include depression, anxiety, grief, family conflict, life transitions, self-esteem and parenting. Specialized services for high-risk youth are also available.

Visit: https: 360youthservices.org

Call: 630-717-9408 ext 1180

Elderwerks

Elderwerks is a complimentary service helping to find assisted living or any type of senior housing or elder care solutions for your parent or loved ones. We help seniors through the transition from one home to another or finding the services they need in their home. Our "Community Resource Consultant" will discuss all aspects of moving with you and help you achieve your long term lifestyle goals.

Visit: elderwerks.org

Call: 815-462-0100

Adult Protective Services

DuPage County Senior Services responds to all reports of suspected abuse or self-neglect of persons with disabilities age 18-59 and those age 60 and over, in DuPage County that occurred in a domestic setting.

Interventions (agreed upon by the victim) may include home health care, nutrition services, financial or legal assistance, adult day care, housing assistance, respite (for the caregiver), counseling for the victim and/or abuser, emergency assistance, and, when needed, guardianship and/or information regarding nursing facility placement.

Visit: dupageco.org/Community/APS/

Additional information:

(630) 407-6500 or 1-800-942-9412

Charism Eldercare Services – Adult Programs

"Help, I'm Drowning in Medicine"

Seniors are the most frequent users of medications. While medications are certainly important, polypharmacy, or taking many medications, causes many complications for seniors. The indications of medications, common side effects
and self advocacy are important concepts for safe medication use.

"I Can't Remember - Is It Alzheimer's Disease?"

Alzheimer's Disease and other dementing illnesses are frightening diagnosis. Understanding the disease processes, the differences in the multiple diagnosis and available treatments helps alleviate the fears and empowers the family and the person with the disease. Knowledge is a powerful weapon.

"How To Assess Your Home for Safety"

Falls in and out of the home are a major issue for seniors. One of the most frequent settings for falls is the home. The attendee will be able to walk through their home and assess every room and the outdoor surroundings for fall risk hazards and be able to execute a strategy to intervene and modify the risks.

"Help: I've Fallen and I Can't Get Up"

The audience will understand the prevalence of falls in the senior population. They will further be able to identify the risk factors that lead to falls whether internal or external to themselves. There are many meaningful options and interventions for minimizing falls which are one of the leading causes of disability and death in seniors.

"Advanced Directives for Dummies"

The concept of advanced directives is confusing to both lay and medical people. This program helps the senior and their family understand advance directives and opens the communication channels for frank and open discussion about end of life wishes and desires.

"Palliative and Hospice Care FAQs"

The word palliative care is confusing for consumers. And, hospice is a fear inducing word. Both of the healthcare concepts are embraced in other cultures, but poorly understood in the American culture. Embracing these modalities allows one to live with quality and dignity regardless of the anticipated longevity.

"HELP – Healthy Elder Living Planning"

Planning of healthy living does not end because of increasing age. We can still be proactive in management of our health rather than our illness. Hints to stay healthy are applicable to all.

"How to be a Smart Healthcare Consumer"

Knowing how to advocate for yourself is an important element of any process, but it is essential for those consuming healthcare services. Know the questions to ask. You will not get the best answers if you do not ask the right questions.

Charism Eldercare Services – Adult Programs

"Health Literacy – Do you know enough to make decisions for yourself"

Nine out of ten American healthcare consumers are healthcare illiterate. That means that we do not understand the language of healthcare well enough to make sound decisions for ourselves and those that we advocate or help. Add cultural, language, sensory impairments and beliefs to the mix and seniors are at greater risk than the population at large.

"The 3 D's: Delirium, Depression, Dementia"

These three conditions may present in the senior population as very similar. There can be significant negative outcomes if they are not recognized and treated timely. Knowing what to look for and when to ask for help is the first step.

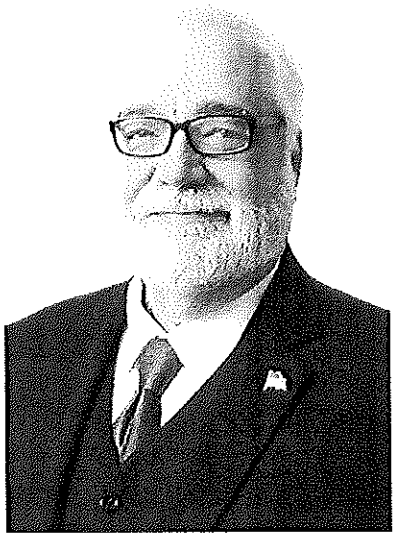
Mardy Chizek, RN, FNP, BSN, MBA, AAS
Charism Elder Living Services
Phone: 630.515.9223
Fax: 630.515.5066
Web site: ww.charism.net
E-mail: charism@charism.net

Date: May 1, 2014

BANNER NEWS

2018 • SENIOR CITIZEN NEWSLETTER — DOWNERS GROVE TOWNSHIP

A message from Mark S. Thoman, your Township Supervisor...



As a lifetime area resident, and someone who has been involved with senior issues as a volunteer for many years, my concern for the well being of Township senior residents is front and center. Our **Senior Advisory Committee (SAC)** and **Seniors and Lawmen Together (SALT)** work for seniors providing programs, coordinating with local organizations and acting as trusted volunteer advisors. We actively pursue partnerships with agencies that benefit seniors by being part of the support network to help seniors, and their children, seek assistance in order to live full and rewarding lives.

We provide a limited transportation program, **Dial-A-Ride**, to permanent Township senior residents and disabled. We lowered the cost of a one-way ride from $4 - $3 through the guidance and support of the **SAC** and **Friends for Downers Grove Township Seniors (FFDGTS).** We sponsor the spring **AARP Smart Driver Course** as a convenient 8-hour all-day Saturday course. Learning defensive driving techniques, safe driving strategies, traffic laws, and rules of the road make for safer senior drivers. Successfully passing the class qualifies seniors for insurance discounts from most major carriers. We provide lunch to make this educational and fun class... time well spent!

The fall **Car Care Safety Checkup Clinic** is a free 34-point auto inspection program so our senior drivers can make sure they drive safe vehicles. Professionals check fluids, mechanicals, lighting, tires, and provide a checklist so seniors can get their cars repaired with confidence. We also offer **CarFit**, a program that shows seniors proper position of pedals and feet, placement of safety belts, mirrors and headrests, all leading to a correct and safe seating position behind the wheel.

Over 5,000 single family homes and over 14,000 residents live in unincorporated Downers Grove Township. Our refuse contract with Groot for the unincorporated areas is in its final year, and your Trustees will work hard to find another great deal for all unincorporated residents.

It's an honor for all of us, elected officials and Township employees, to serve you, the residents of Downers Grove Township. This mailer contains lots of information, contact names and numbers so you can get the assistance you need, and the help you deserve. For specific information on senior services, contact Senior Services Coordinator, Cathy Rager at 630.719.6670 or cathy.rager@dgtownship.com.

Sincerely, Mark

Mark S. Thoman - Township Supervisor

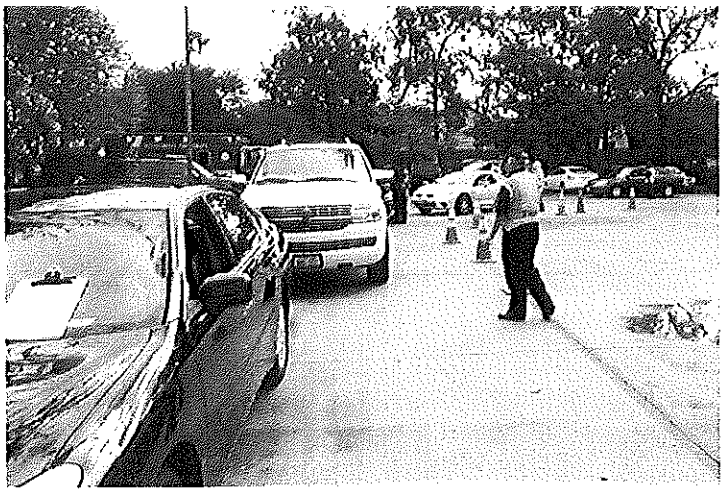
"DOWNERS GROVE TOWNSHIP – YOUR NEIGHBORHOOD GOVERNMENT"

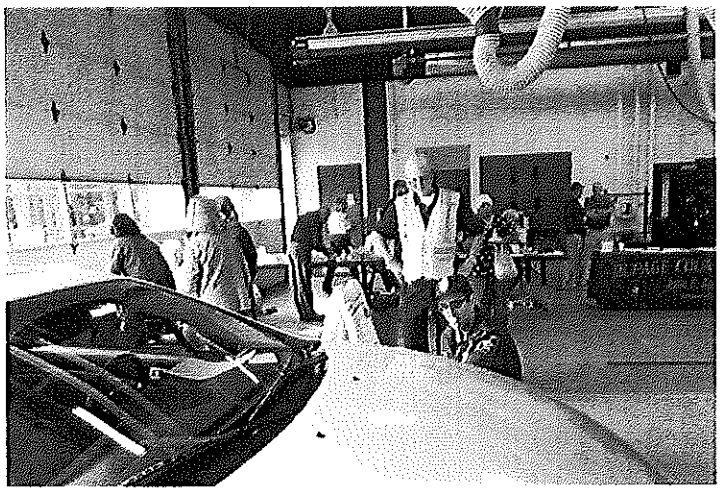
TOWNSHIP COLLABORATIONS

Seniors and Lawmen Together (SALT) serve as a consortium of police department(s), fire department(s) and community agencies addressing safety concerns for older adults.

Senior Advisory Council (SAC) serves Township seniors by promoting and guiding the distribution of timely information and resources. **Community participation is welcome.** SALT and SAC have combined their monthly meetings for efficiency and coordination.

Friends for Downers Grove Township Seniors (FFDGTS) is a 501(c)(3) created to support Township senior programming and referral systems, and to promote the overall well-being of Township seniors. Please participate in our fundraising efforts, which include: restaurant profit sharing days, DG Rotary Grove Fest and more.





SENIOR PROGRAMS

AARP Safe Driving Class is usually held in March. This popular, annual class refreshes senior "students" on best driving practices. Completion of the class provides for a multi-year insurance discount (check with your agent). The cost is $20/person or $15/person for AARP members, and you must be 55 or older to participate. Classes are limited to 25 people, and are also available locally.

Senior Car Care Clinic is an annual event hosted by SALT/SAC located at the Westmont Fire Department, 6015 S. Cass Avenue, on September 29, 2018, 8-11am. AARP uses their CarFit process to ensure seating and mirrors are adjusted correctly. The clinic gives FREE multi-point car inspections to for a basic bill of health, and direction for future maintenance and repair.

Speaker's Bureau FFDGTS Board member Robert Petranek provides current scam/fraud information for seniors at local venues. The Speaker's Bureau is in the process of expansion to include other speakers and topics of interest.

For more information on the above mentioned programs, contact Senior Services Coordinator, Cathy Rager at 630.719.6670 or cathy.rager@dgtownship.com.

A note from Gregory A. Boltz, your Township Assessor...

There are many resources, which may be available to you as a senior in our Township, relating to the assessment of your home:

Senior Homestead Exemption provides a $5,000 reduction in the assessed value of your home. At least one resident owner of record must be 65 or older.

Senior Assessment Freeze Homestead Exemption freezes the assessed value of the qualified residence. The resident(s) must be receiving the Senior Homestead Exemption. As of 2017 a resident's IRS tax return must have a gross household income of $65,000 or less.

Senior Real Estate Tax Deferral Program is administered by the DuPage County Treasurer's Office.

Disabled Persons' Homestead Exemption is administered by the DuPage Supervisor of Assessments Office.

Disabled Veterans' Exemption for Adaptive Housing Exemption is administered by the DuPage Supervisor of Assessments Office.

Disabled Veterans' Standard Homestead Exemption is administered by the DuPage Supervisor of Assessments Office, details of benefits and qualification requirements are available through the administering agency.

My office is here to help answer any questions you may have, or to guide you to the appropriate resource/agency responsible to administer the applicable program. For more questions please contact us at 630.719.6630 or assessor@dgtownship.com.

Sincerely,

Gregory A. Boltz - Township Assessor, CIAO

RED ALERT! New Medicare Card Do's and Don'ts

- Illinois residents get **NEW Medicare** cards June 2018 - April 2019 benefits remain the same
- **DO SHRED** your old Medicare card when you get the new one – **DO UPDATE** your current address if necessary with the Social Security Administration
- **DO KEEP** your Medicare Advantage card (you'll still need it for treatment)
- **DON'T PAY** anyone a fee! There is no cost! **NO ONE** will call you! Wait for your card
- **DO CALL - 800.772.1213** to update your address if needed, or visit your SSA account online

IMPORTANT NUMBERS: Check Credentials/Report Abuse

• U.S. Administration on Aging		www.aoa.gov
• BBB of Chicago and Northern Illinois	312.832.0500	www.bbb.org
• Consumer Action (multi-lingual website)		www.consumer-action.org
• GuideStar-Charity 990 Certificates Charity Watch	773.529.2300	www.charitywatch.org
• The National Center on Elder Abuse	800.677.1116	www.ncea.aoa.gov

Where Do I Access Township "Senior" Information?

Banner News is our annual newsletter mailed to Township senior residents aged 60 and older which contains pertinent information, as well as referral sources.

Pocket Pal is a pocket-sized brochure produced by the SALT Council and SAC providing information on local services. It is available at the Township office and throughout the local community.

Local Publications and Website, such as Suburban Life, The Patch, Neighbors, and other regional publications are used by the Township to publish information and events for its residents.

NextDoor.com is a website, localized by neighborhood, that contains local information including professional recommendations, police alerts, and sale items. The Township accesses the website to alert our neighbors about services and opportunities to attend informational events and programs.

Township website at www.dgtownship.com in Senior at Services section. You may also contact Cathy Rager at 630.719.6670 or at cathy.rager@dgtownship.com.

Social Media our Facebook is www.facebook.com/dgtownship.

Vintage Times is a cable TV program featuring experts discussing timely topics of interest for seniors. DVD copies are available for loan at the Township office, Downers Grove, Darien and Westmont libraries or check out www.downers.us, click on **"Stay Connected"**, then DGTV. This half hour program appears on the following channels:

- **Channel 6** - Downers Grove Mondays & Fridays at 10:30am
- **Channel 6** - Darien local station daily at 4:00pm
- **Channel 19** - Comcast station on Thursdays at 6:00pm

Helpful Websites & Volunteer Opportunities

Get Involved is a government-sponsored website that provides volunteer opportunities. Contact them at 800.434.8867 or www.benefits.gov/get-involved

Giving DuPage provides a clearinghouse for volunteer opportunities. Contact them at 630.407.6458 or www.dupageco.org/volunteer

Eldercare Locator provides nationwide community services for seniors. Contact them at 800.677.1116, or at www.eldercare.gov

Illinois Hospital & Surgery Centers information can be obtained by contacting www.healthcarereportcard.illinois.gov

National Council on Aging assists seniors in finding and enrolling in public and/or private benefit programs. Contact them at www.benefitscheckup.org

Nursing Home cost comparisons can be made at www.medicare.gov

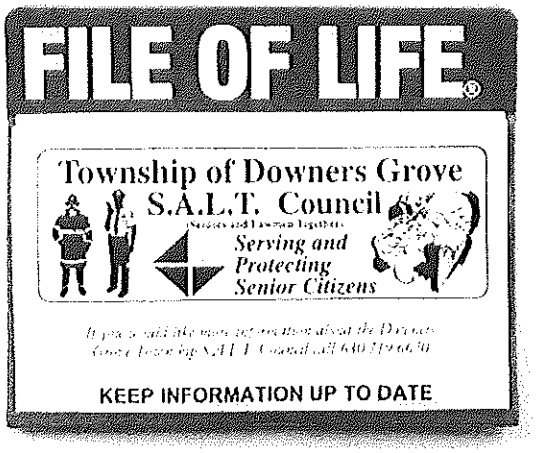
RSVP (Retired for Senior Volunteer Program) can be reached at 708.454.0300

WHAT RESOURCES ARE AVAILABLE TO ME AT 65?

Reduced Fare RTA Card provides a reduced fare on Metra, PACE and CTA services. You may apply at the Township office on Monday-Friday from 8:30am-3:30pm. A 2x2 photograph is required and can be taken on-site for a cost of $3.00. Bring your driver's license. Applicants should allow up to 8 weeks for processing, and the card will be mailed directly to the applicant's home.

DIAL-A-RIDE is a curb-to-curb, shared ride service provided by Downers Grove Township. It is available to seniors and disabled persons, and operates Monday-Friday from 8:00am-4:00pm. The service is limited to rides to and from locations within the boundaries of Downers Grove Township. It is NOT a specialized medical transportation service.

File of Life is a card listing vital medical information to assist emergency response personnel. The card is placed in a magnetic pouch on the refrigerator for easy access. It can also be brought to the hospital. The cost is $1.00 each and can be purchased at the Township.



Illinois Benefit Access Program provides seniors and persons with disability a Ride Free transit card and license plate sticker discount. Applicants must be 65 or older, or totally disabled (with an ADA card) prior to January 1 of application year. An applicant must also be an Illinois resident, provide proof of income less than $27,610 (or $36,635 for two persons), and provide birth dates and social security numbers for all household members. Approval may take up to 3 months.

Temporary Handicapped Placards are available to permanent residents of the Township beginning September 1, 2018. A Doctor's Certification of Handicapped status is required for issuance of the temporary ninety-day (90) placard. An Illinois Disabled Person ID Card, issued by the Secretary of State Driver License Facility, can be substituted for the doctor certification. The fee for each placard is $2.

For more information on the above mentioned services call 630.719.6670.

Low Income Home Energy Assistance Program (LIHEAP) assists income-eligible persons with payment of heating bills and weatherization assistance. The program is effective from October to May. Referrals to other agencies may also be offered. Call the Township for an appointment at 630.719.6610.

Used Cell Phones can be dropped in the blue box in our main lobby during business hours at the Township office. Our address is 4340 Prince Street, Downers Grove. The Dupage County Sheriff's Police pick-up/recycle the used phones for their FREE 911 emergency program for seniors and the disabled. For more information on the FREE 911 cell phones, see Page 6.

Insurance The Senior Health Insurance Program (SHIP) has trained counselors available to assist seniors in making informed decisions on Medicare, Medicaid, supplemental insurance, and long-term care coverage. SHIP is not affiliated with any insurance company and does not sell or solicit insurance. Contact DuPage County Senior Services at 630.682.6400.

Federal Marketplace Health Insurance or Medicaid information is provided by DuPage County Health Department at 630.682.6400.

GREAT PROGRAMS THAT PROMOTE SAFETY FIRST!

Guardian Program functions as a registry for well-being checks. The resident may choose to be called through a computerized system on a specified day(s) and time(s). If the phone is not answered, then a personal call will be placed to the resident. If there is still no answer, the resident's primary contacts will be called. If the primary contacts cannot be reached, a member of the local police department will visit the home. For more information, and to register, contact DuPage County Sheriff at 630.407.2400.

Lock Box Program enables law enforcement personnel to enter the home during an emergency. A key to the residence is stored in a lock box outside the home. In an emergency, the key code and lock box location is dispatched electronically to the responding deputy, who can then access the residence. The approximate cost of the lock box is $30.00. For more information, and to register, call DuPage County Sheriff at 630.407.2400.

SPARR is a program of the DuPage County Sheriff's Office that stores personal information, as well as a photograph, at the Sheriff's Office. Registered participants wear a bracelet with a SPARR number imprinted on it, which provides emergency personnel with immediate access to the information. For more information, and to register, call DuPage County Sheriff at 630.407.2400.

Smart911 provides emergency dispatchers with important information that can help first responders better assist participants in an emergency. The information can be attached to a cell phone or landline. For more information, or to create a profile, visit the website at www.smart911.com.

Reverse 911 places phone calls to households with crime information specific to their geographic area. The system is used for unincorporated areas, but is also available to municipal police and fire agencies. Contact DuPage County Sheriff's Office at www.dupagesheriff.org.

Free 911 Cell Phones are available for emergency 911 use only. For more information, or to request a phone, contact DuPage County Sheriff's Office at 630.407.2317.

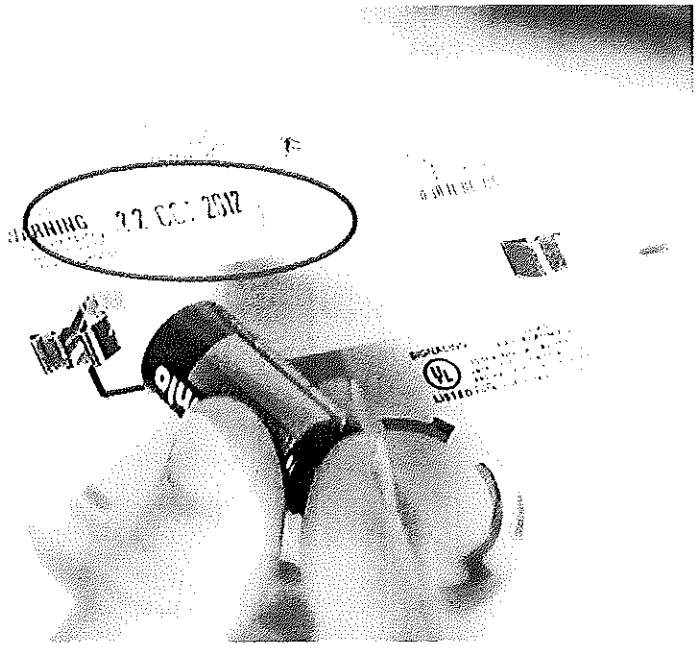
DID YOU KNOW...
SMOKE DETECTORS HAVE AN EXPIRATION DATE?

Look at the back of the smoke alarm for the manufacturing date. Smoke alarms should be replaced 10 years from the manufacturing date.

Test alarms at least once a month by pushing the test button, and change smoke alarm batteries once a year.

Install smoke alarms in every bedroom AND outside each sleeping area AND on every level, including basements and attics.

Interconnect alarms (if possible) so that when one sounds, they all sound.



WHAT DOCUMENTS SHOULD I HAVE ON HAND FOR A FAMILY MEMBER?

Advance Health Care Directives are written legal instructions enabling individuals to express how they want to be treated if they are ill and unable to speak for themselves. For more information contact the Illinois Department on Aging at 800.252.8966 or visit their website. Powers of attorney are authorized by state statute (755 ILCS 45/1 et seq.) https://www2.illinois.gov/aging/AboutUs/Pages/legal_adv-directives.aspx.

Durable Power of Attorney for Property appoints a trusted person to make personal and business decisions for you when you're unable to do so yourself.

Durable Power of Attorney for Health Care appoints a trusted person to make medical decisions when you're unable to do so yourself.

Living Will describes the type and extent of medical treatment for end-of-life medical care. Blank forms are available at the Township.

Five Wishes is a detailed living will, which includes personal, emotional, medical and spiritual needs of the individual. It helps to structure discussions with your family and physician. For more information, Aging with Dignity 850.681.2010 or www.agingwithdiginity.org.

WHAT IF A FAMILY MEMBER OR I NEED HELP AT HOME?

Dupage County Senior Services provides free in-home services to eligible seniors through the Community Care Program, and a Home Health Care Directory, available at the Township, which lists in-home health care agencies. Call 800.942.9412 (press #2), or www.dupageco.org/seniorsvcs.

H.O.M.E. DuPage, Inc. serves low to moderate-income households, first-time buyers, and homeowners in crisis. It also provides counseling in reverse mortgages. It's a not-for-profit agency promoting sustainable homeownership. For information call 630.260.2500.

Dupage Senior Citizens' Council (DSCC) provides Meals on Wheels, well-being checks, health and wellness education, intergenerational activities, weatherization assistance, yard clean-ups, minor home repair, contractor referral, pet care and food assistance. DSCC has locations in Downers Grove, Lombard and Westmont. For more information call 630.620.0804, or www.dupageseniorcouncil.org.

CAREGIVER SUPPORT

Long-Term Care Directory is available at the Township or online:
https://www.dupageco.org/Community_Services/Senior_Services/1699

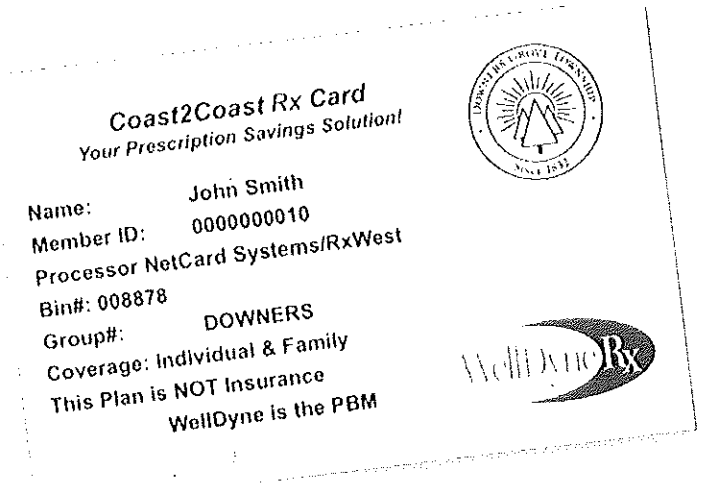
A Guide to Care Giving is offered by AARP www.aarp.org/families/caregiving.

Adult Day Care is offered through the Community Adult Day Center at Gloria Dei Lutheran Church in Downers Grove. For more information, call 630.960.1060.

Short-Term Respite is offered at many nursing facilities.

Family Caregiver Resource Center provides caregiver assistance. Contact DuPage County Senior Services at 630.407.6500 (press option #2).

Support Groups for Grandparents Raising Grandchildren and In-Home Senior Respite Program offers social visits for frail elderly persons with trained/screened volunteers. Call Metropolitan Family services at 630.784.4800 for more information.



PRESCRIPTION DRUG SAVINGS AND DISPOSAL

Free "Coast2CoastRx" Discount Prescription Card offers savings for those who may not have insurance coverage for dental, vision, veterinary, hearing, diabetic equipment and supplies, imaging and lab services or compare savings with yours. You don't have to live in the Township, or be a senior citizen, to access these benefits.

For more information on all benefits:
Call 800.931.8872 or visit www.coast2coastrx.com.

GREAT PROGRAMS THAT PROMOTE SAFETY FIRST!

Rx Box (Prescription Drug Take Back) Program accepts unused and expired medication for incineration with environmentally safe, state-of-the-art technology. Medications are not reused. For more information www.dupagehealth.org/rxbox.

Allowed disposals are over-the-counter medications, prescription pills, liquids and ointments (expired or unused), and asthma inhalers.

Not Allowed disposals include sharps, needles or EpiPens, radioactive medicine, or any other medical waste or Household Hazardous Waste.

Disposal can be accomplished by bringing bottles as they are or by containing a large amount in a zip-top plastic bag. All personal information should be crossed out with a marker to lessen personal identification theft concerns.

Sharp/Needle Disposal may be made at the Sharps Kiosk located in the Westmont Police Department, 500 North Cass Avenue. The Sharps Kiosk is open Monday-Friday, from 9:00am-4:00pm. Receptacles for needle placement are available at the Police Department.

Mail Back Program is also available for those in need. www.stericycle.com/consumer-needle-dispenser.

MEDICINE RXBOX DISPOSAL SITES	ADDRESS	PHONE	TYPE
BURR RIDGE POLICE DEPARTMENT	7700 COUNTY LINE ROAD BURR RIDGE, IL 60527	630.654.8181	MEDICINE DISPOSAL
CLARENDON HILLS POLICE DEPARTMENT	448 PARK AVENUE CLARENDON HILLS, IL 60514	630.286.5460	MEDICINE DISPOSAL
DOWNERS GROVE POLICE DEPARTMENT	825 BURLINGTON AVENUE DOWNERS GROVE, IL 60515	630.434.5641 (Stacy Blaskovich, CPS)	MEDICINE DISPOSAL (APPT. ONLY; Only Accepts Pills)
LISLE POLICE DEPARTMENT	5040 LINCOLN AVENUE LISLE, IL 60532	630.271.4200	MEDICINE DISPOSAL
WALGREENS	1000 OGDEN AVENUE DOWNERS GROVE, IL 60515	630.493.1567	KIOSK ON SITE
WESTMONT PHARMACY	2 NORTH CASS AVENUE WESTMONT, IL 60515	630.969.2043	MEDICINE DISPOSAL

MENTAL HEALTH & WELLNESS INFORMATION

According to the National Alliance on Mental Illness (NAMI) about 1 in 5 U.S adults (43.8 million- 18.5%) experience mental illness in a given year, and 16 million (7%) had a major depressive episode in the last year (NAMI).

Additionally, women are 70% more likely to experience depression than men, and over 20% of adults, aged 60 and up, suffer from a mental or neurological disorder (NAMI).

What does this mean? Older adults are on the positive side of these percentages in regards to mental health, 81.5% are NOT experiencing mental illness. However, numbers are going up and will continue to go up. Seniors must be proactive in regards to their mental/physical health and well-being.

Improving and maintaining mental and physical health is important throughout our lives. Mental health often affects physical health and vice-versa. As we age, it's even more important to understand our stressors, and the signs and symptoms of common disorders and disease that can occur in ourselves and loved ones. The next step is taking actions to address them.

The value of family in a supporting role is often underestimated. Older adults, their children and grandchildren can play reciprocal roles in support of each other. Many teens and young adult are often stressed and depressed while negotiating everyday life. Studies show that grandparents talking to their grandchildren can be very helpful for both older adults AND the grandchildren!

TWO MENTAL HEALTH ISSUES WE ARE HEARING MORE ABOUT THESE DAYS...

Depression can lead to impaired functioning in daily life, and can co-occur with illnesses such as hypertension, diabetes, lung and heart disease. Depression also increases the perception of poor health by seniors, and the utilization and costs of health care services encountered by seniors.

Dementia is a progressive deterioration in memory, thinking, behavior and the ability to perform everyday activities. It is estimated that 50 million people worldwide are living with dementia (with a projected increase to 82 million in 2030 and 152 million in 2050). Alzheimer's is one of the more prevalent forms of dementia.

The good news... dementia is NOT a normal part of aging. There ARE things you CAN DO to increase both your physical and mental well-being.

WHAT CAN I DO...?

Talk to your grandchildren and let them talk to you! Ask questions and get involved! An Oxford Study of 1500 children showed that those with a high level of grandparental involvement had fewer emotional and behavioral problems. Caring for grandchildren (with balance) increases health benefits for both groups.

Women who spent one day a week caring for a young grandchild may have a lower risk of developing Alzheimer's disease and other cognitive disorders (Dept. of Social Policy and Social Work).

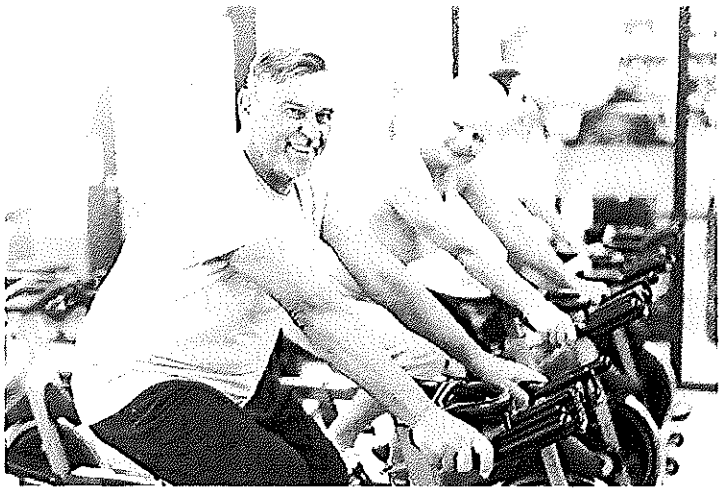
For more information on these topics, contact NAMI 630.752.0066 or www.nammi.org or contact the Alzheimer's Association 24/7 helpline – 800.272.3900 or www.alz.org.

Burr Ridge Park District 15W400 Harvester Drive 630.920.1969 www.brparks.org
Senior activities for residents over age 50 include card games, shows, dance, painting, socials, game shows, day trips and tours. For more information, check out "The Scoop" Newsletter, $9.00 annually.

Clarendon Hills Park District 315 Chicago Avenue 630.323.5362 www.clarendonhillsparkdistrict.org
The Park District is located at the end of Clarendon Hills Middle School. There is one room available for all Park District activities. Senior activities include adult day trips (for residents aged 50 and older) and bingo.

Darien Park District 7301 Fairview Avenue 630.968.6400 www.darienparks.com/programs/senior.aspx
Senior fitness programs include yoga, Zumba, personal training, and core fitness and conditioning. Senior activities include the Smart Driver Course, dancing, photography, horseback riding, CPR/AED, Medicare seminars, and historical, informational and fun senior day trips.

Downers Grove Park District 2455 Warrenville Road 630.960.7500 www.dgparks.org
Senior fitness programs include yoga, chair yoga, Zumba, Pilates, weight training for women, co-ed weight training, and Tai Ji Quan for health, meditation and strength. The Adult Center (for ages 55 and older) hosts free or low-cost drop-in activities, including cards, Bunco and Bingo; sponsors groups and clubs, such as Red Hat, Center Volunteers & Crafts, and hosts day trips and income tax assistance. For more discounted services, contact the Park District to become a member at an annual cost of $25.00 for residents and $30 for non-residents.



The Community House Hinsdale 415 West Eighth Street 630.323.7500 www.thecommunityhouse.org
The Senior Center sponsors bridge, book discussions, exercise, and men's roundtable and group trips.

Westmont Park District 75 East Richmond 630.963.5252 www.westmontparks.org
The mostly free senior activities include exercise, watercolor, informational and educational speakers, special occasion/birthday parties, movies, cards, book reviews, senior chorus, Twin Lakes Golf League, Rules of the Road refresher courses, and travel with established senior tour agencies.

Willowbrook Park District 7760 Quincy 630.323.8215 www.willowbrookil.org
The Willowbrook Park District operates in cooperation with the Burr Ridge Park District. As of this printing, Willowbrook residents should contact the Burr Ridge Park District for activity options and prices.

TECHNOLOGY RESOURCES AVAILABLE AT PUBLIC LIBRARIES WITHIN THE TOWNSHIP

Whether you need assistance with that new tablet you received, have technology questions, or want to check out a device to use at home, your public library is there for you. The following is not a complete list, so please contact your library about additional services and resources.

Public Libraries in Downers Grove Township (Key)

Clarendon Hills	**CH**	**Downers Grove**	**DG**	**Hinsdale**	**HN**	**Indian Prairie**	**IP**
Thomas Ford	**TF**	**Westmont**	**WM**	**Woodridge**	**WD**		

1-On-1 Technology Assistance/Book a Librarian library staff can work with you on how to use computers/tablets, do research, and more. Contact your library for more information and to make an appointment. (CH/DG/HN/IP/TF/WD/WM)

Computers can be used at the library. (CH/DG/HN/IP/TF/WM/WD)

Laptops and/or Tablets can be checked out to take home. (HN/IP/WM/WD)

Internet Access is available at all libraries in the township, or you can check out a mobile Internet hotspot to take home. (CH/DG/IP/WM)

Digital Books, Audiobooks, Music, and Movies can be checked out and/or downloaded. Read books; listen to audiobooks and music, or watch movies and more on a computer, tablet, or smartphone. (CH/DG/HN/IP/TF/WM/WD)

Computer Classes and Technology Programs are listed in your library's newsletter. Online classes are available using Lynda.com or Gale Courses through your library's website. (CH/DG/HN/IP/TF/WM/WD)

Assistive Technology for those with vision, hearing, and/or mobility impairments may be available. Equipment and devices may include a motorized cart, enlargers or magnifiers, hearing devices, and more. Large print and audiobooks are also available for checkout. (CH/DG/HN/IP/TF/WM/WD)

Digital Conversion Equipment can transform your VHS tapes, photographs, and older audio formats like cassette tapes to digital formats. (DG/HN/IP/WM)

Other Equipment is available for printing, faxing, copying, and scanning. (CH/DG/HN/IP/TF/WM/WD)

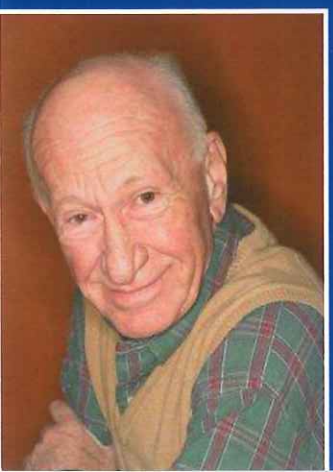
Library Contact Information

• Clarendon Hills Public Library (CH)	630.323.8188	www.clarendonhillslibrary.org
• Downers Grove Public Library (DG)	630.960.1200	www.dglibrary.org
• Hinsdale Public Library (HN)	630.986.1976	www.hinsdalelibrary.info
• Indian Prairie Public Library (IP)	630.887.8760	www.ippl.info
• Thomas Ford Memorial Library (TF)	708.246.0520	www.fordlibrary.org
• Westmont Public Library (WM)	630.969.5625	www.westmontlibrary.org
• Woodridge Public Library (WD)	630.964.7899	www.woodridgelibrary.org

CADC Funding

CADC is an ecumenical, not-for-profit organization. We are fully supported by our fees from our clients, plus:

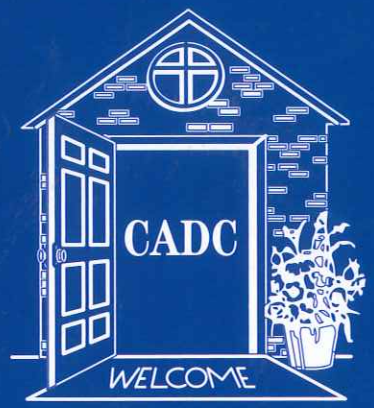
1. **Area member churches**
2. **Community Care Program**
3. **Donations from area businesses**
4. **Donations from area service organizations**
5. **Individuals and families**
6. **Memorials / Bequests**



Their support, without which CADC could not operate, is gratefully acknowledged and is very much appreciated.

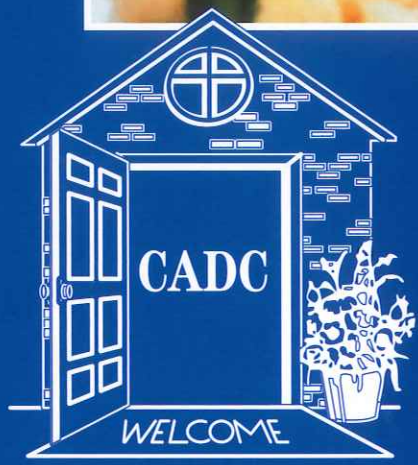
CADC History

Community Adult Day Care Center opened in December of 1986, and incorporated as a not-for-profit organization in February of 1987. The Center was created through a coalition of local churches and dedicated volunteers. The CADC Board of Directors is comprised of volunteer persons from the member churches and members-at-large.



Community Adult Day Care
4501 Main Street
Downers Grove, IL
630.968.1060
www. communityadultdaycare.com

Community Adult Day Care



A friendly, relaxed, home-like atmosphere

www. communityadultdaycare.com

Our Service to the Community

The Community Adult Day Care Center (CADC) is a not-for-profit organization.

Our Center provides a dignified and pleasant environment for adults needing daytime care. Adult day care offers families a quality alternative to full-time care in the home.

CADC serves the Downers Grove Township community, including Downers Grove, Clarendon Hills, Hinsdale, Lisle, Oak Brook, Westmont, and other surrounding communities.

Location

4501 Main Street
Downers Grove, Illinois

We are located on the Middle Level of Gloria Dei Lutheran Church

Hours

Monday through Friday
7:30 a.m. - 5:45 p.m.

Programming

Older adults benefit by socialization and structure.

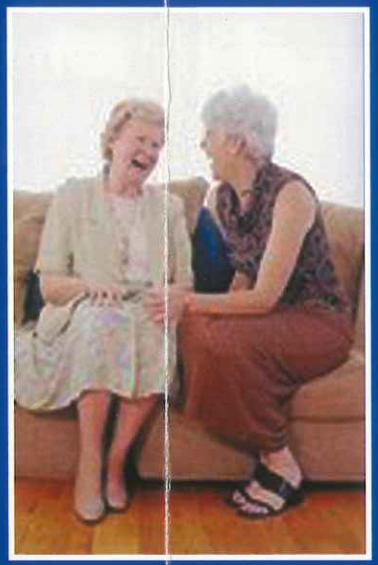
Our daily activities include recreational, social, intellectual and spiritual programs, along with occasional field trips.

Meals Provided

A nutritious lunch and appropriate snacks are served daily. Lunch is sponsored by the DuPage Senior Citizens Council Nutrition Program.

Qualified Staff

Our staff includes a full-time Executive Director, full and part-time trained employees, and a Nurse Consultant.



We have an extensive volunteer program, providing the Center and its clients with additional everyday support.

Transportation

PACE Dial-A-Ride bus service is available to handicapped and senior citizens residing within Downers Grove Township. For more information, contact the PACE office at 1-800-713-7445.

For More Information

To make arrangements for a tour, or to apply for enrollment, please contact us at 630-968-1060.

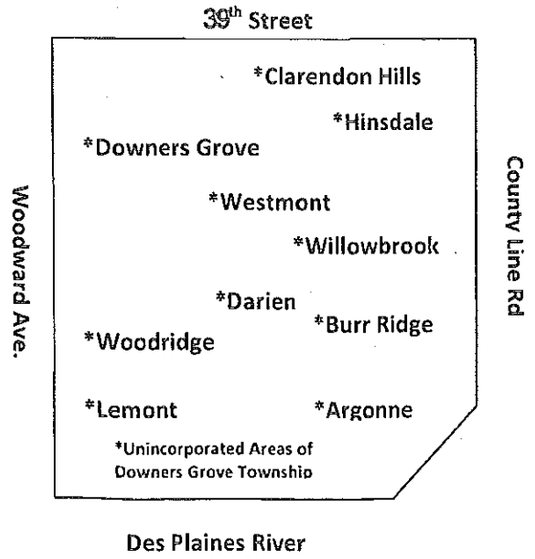
DOWNERS GROVE TOWNSHIP S.A.L.T. COUNCIL
(Seniors & Lawmen Together)

POCKET PAL
For Senior Citizens

Downers Grove Township
(630) 719-6670
www.dgtownship.com

Hanna Benioff, Coordinator Senior Citizen Services
(630) 719-6682
E-mail:
hanna.benioff@dgtownship.com

PARTICIPATING COMMUNITIES



RECREATIONAL & SOCIAL ACTIVITIES

Burr Ridge Park District
(630) 920-1969

Clarendon Hills Park District
(630) 323-2626

Darien Park District
(630) 968-6400

Downers Grove Park District
(630) 963-1300

Hinsdale Park & Recreation
(630) 789-7090

The Community House (Hinsdale)
(630) 323-7500

Westmont Park District
(630) 969-8080

Willowbrook Parks & Recreation
(630) 920-2251

YMCA, Indian Boundary
(630) 968-8400

Advocate Good Samaritan Health & Wellness Center
(630) 275-2700

DUPAGE SENIOR CITIZENS COUNCIL
(630) 620-0804

- Home Delivered Meals Program
- Home Maintenance Program

DUPAGE COUNTY SENIOR CITIZEN SERVICES
(630) 407-6500
800-942-9412 Toll Free
Press 2 after voice prompt

DuPage County Senior Services assist DuPage County Residents aged 60 and older through various programs, many of which are listed below.
Contact Senior Citizens Services at the telephone number above, or Downers Grove Township Seniors Coordinator at:
(630) 719-6670 or 6682.

- **Comprehensive Care Coordination**
- **Community Care Program**

DUPAGE COUNTY SENIOR CITIZEN SERVICES
(630) 407-6500
800-942-9412 Toll Free

- **Adult Protective Service**
- **Residential Repair and Renovation**
- **Money Management**
- **Long Term Care Ombudsman Program**
- **Choices for Care** (Options for Long Term Care)
- **Outreach to Seniors**
- **Family Caregiver Support**
- **Transportation**
- **Medical Assistance**
- **Shared Housing**
- **Low Income Home Energy Assistance (LIHEAP)**
- **Illinois Home Weatherization Assistance Program (IHWAP)**
- **Legal Assistance**

TRANSPORTATION

Dial-A-Ride, Downers Grove Twp. (630) 719-6685

Subsidized Taxi Cab Coupons:
Village of Burr Ridge
(630) 654-8181
Village of Downers Grove
(630) 434-5500
City of Darien
(630) 852-5000
Village of Willowbrook
(630) 323-8215

Special Services for Disabled Persons – PACE
(312) 663-4357

LEGAL ASSISTANCE

Dupage County Bar Association, Lawyer Referral Service
(630) 653-9109

Prairie State Legal Services, Inc.
(630) 690-2130

AARP Free Tax Help
888-227-7669

012/18/2013

GENERAL HEALTH, MEDS & MENTAL HEALTH

Dupage County Health Dept.
(630) 682-7400

DuPage Community Dental Clinic
(630) 690-7450

Metropolitan Family Services, DuPage
Counseling for Older Adults
(630) 784-4800

Coast to Coast Free Discount Prescription Card
(630) 719-6610

Senior Health Insurance Program (SHIP), Insurance Counseling
(630) 407-6500 or
(800) 942-9412

SAFETY AT HOME

For any Emergency Call
911

Vacation Watch Program
Call your local Police Department

HOUSING

Shared Housing
- Senior Home Sharing Inc
  (630) 407-0440
- Share Your Home
  (800) 942-9412

Retirement Homes
List available from DuPage County Senior Services or the Township Office

Subsidized Housing
(630) 690-3555

Senior Housing Directory
List available at Township Office

CAREGIVER & RESPITE

Adult Day Care
(630) 968-1060

Nursing Homes
List available at Township Office

Metropolitan Family Services Dupage
In-Home respite for family caregivers
(630) 784-4875

HOT ITEMS IMPORTANT FOR YOUR HEALTH AND SAFETY

File of Life
Downers Grove Township Office
(630) 719-6682

Guardian Program & Neighborhood Watch Program
DuPage County Sheriff's Department
Guardian: (630) 407-2400
Neighborhood Watch:
(630) 407-2032

Home Inspection for Seniors
Downers Grove Township Office
(630) 719-6682

Downers Grove Township S.A.L.T. Council (Seniors & Lawmen Together) is a consortium of the Township, Law Enforcement Agencies, Fire Departments, Community Groups and Individuals who work together to educate older persons about safety and crime prevention.