CHICAGO SENIORS CONNECTED

Winter 2022/23 | December – February

Virtual and Telephone Programs for Older Adults

City of Chicago
Lori Lightfoot, Mayor

Chicago Department of Family & Support Services
Brandie Knazze, Commissioner
Dear Friends,

As we continue to engage in holiday celebrations and approach the upcoming new year, we are happy to share that hot meals have returned to our 20 DFSS senior centers and to 21 congregate dining sites located across the city.

We invite older adults, 60 years and better, to join us for a hot nutritious meal. Come by for lunch and stay to socialize with peers and take advantage of the resources, special events, and fitness/recreational opportunities offered at our senior centers. This year we received over 250,000 visits and we look forward to welcoming even more older adults in the upcoming year. We are also very proud of our virtual offerings for those not able to join us in person at the centers; please look through this brochure to find a variety of ways to connect from the comfort of your home.

As we reflect back on this year, we are so incredibly honored to have had the opportunity to celebrate our veterans in November. Many of our senior centers held events honoring their dedication, sacrifice, and bravery. While November 11th is a designated day of honor and recognition, we know it is important to acknowledge their courage and service to our country throughout the year.

November is indeed a very special month for acknowledgements of love and service in that it also includes National Caregivers Month. Former U.S. First Lady Rosalynn Carter often said, “There are only four types of people in the world—those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.” The Illinois Department on Aging estimates there are over 400,000 caregivers in Chicago with approximately 70,000 falling between the ages of 60-74 and 20,000 between the ages of 75-84. Many of these individuals perform a different type of sacrifice as they provide crucial care for loved ones, including preparing meals, handling finances, assisting with activities of daily living (i.e., dressing, bathing, etc.), and helping with medical appointments and medication management. We know this act of love is especially challenging for those who cannot afford the costs associated with such support and who sometimes juggle work demands and the need to make a living while sandwiched between caring for parents, children, and/or other loved ones.

We would like to highlight that we have restarted caregiver peer support within some of our senior centers. We have also introduced new programs like Caregiver Stress Busters and Savvy Caregivers for those caring for care recipients experiencing dementia. We invite our older adult caregivers and veterans to take advantage of the offerings within this enrichment brochure, particularly those that find it difficult and/or challenging to leave the home. Also, please look at the resource flyers within this brochure for the range of services that we provide. Whether it is taking advantage of financial relief through caregiver gap filling or well-being support through counseling and respite relief, we see you and we are here to help.
We wish you Happy Holidays and we look forward to seeing even more of you in the upcoming New Year!

Sincerely,

**Margaret LaRaviere**  
Executive Director – Chicago Area Agency on Aging  
Deputy Commissioner – DFSS Senior Services Division
Prior to participating in our virtual programs, registration is required. It’s easy as 1, 2, 3!

1. **Scan the QR code on your smart phone** (open your camera, point it at the symbol below, and then tap the pop-up link) or **visit**: https://bit.ly/3aty8T5.

2. **Answer the registration questions** (if you’re a current participant of a senior center, have your senior center membership card handy)

3. **New participants will receive an email with a participant number!** Current participants will keep their existing numbers. And, please note that at the beginning of each virtual class, you’ll be asked to type your participant number in the chat box.
Winter 2022/23 | December – February

Classes are scheduled weekly, unless otherwise noted, and are available in various formats listed under “Location”.

<table>
<thead>
<tr>
<th>Zoom Instructions</th>
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<tr>
<td>Step 1: Go to zoom.com</td>
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<td>Step 2: Click “Join A Meeting”</td>
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**MONDAY**

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<tr>
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<td>8:30am</td>
<td><strong>Stretch &amp; Flex w/ Michele</strong> Get moving to improve balance, endurance,</td>
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<td>coordination, and flexibility! Proper stretching creates flexibility in</td>
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<td>move more freely and comfortably, reducing or eliminating pain (and</td>
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<td><strong>Instructor</strong>: Michele Crump (Symbria)</td>
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<td>9:00am</td>
<td><strong>Dietitian Presentation (12/5)</strong> Title: Holiday Mocktails—Hydration</td>
<td><strong>PHONE/ZOOM</strong></td>
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<td>without Hesitation Staying hydrated doesn’t have to feel like work!</td>
<td>(312) 626-6799</td>
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<td>Learn new and fun ways to stay hydrated during the holidays. No need</td>
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<td>to add the sugar or alcohol to these mocktails—just a twist on</td>
<td>476 608 7569</td>
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<td>traditional beverages to keep your spirits high.</td>
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<td>9:00am</td>
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| 9:00am | **Dietitian Presentation (2/6)**  
*Title: Plant-Based Proteins & Heart Health*  
Plants are not just pretty! Many plants are also packed full of healthy proteins! Learn why plant-based proteins are good for your heart health and so much more!  
*Presenter: Jim Coogan, RD/LDN (White Crane)* | PHONE/ZOOM  
(312) 626-6799  
Meeting ID: 476 608 7569 |
| 9:00am | **Zumba Gold (No Classes in December)**  
Latin-inspired cardio/dance fitness workout class that features Latin and international music. Zumba Gold is best described as a fun, exhilarating workout that incorporates easy to follow dance moves. The class focuses on all elements of fitness: cardiovascular, muscle conditioning, flexibility, and balance. No dance experience required! Open to everyone who loves to move and have fun. Just come with your energy, enthusiasm, and an open mind!  
*Instructor: Mari-Jane Dare* | ZOOM  
Meeting ID: 867 0629 1839  
Passcode: 001050 |
| 9:15am | **Forever Fit w/ Michele**  
Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights).  
*Instructor: Michele Crump (Symbria)* | ZOOM  
Meeting ID: 907 424 6822  
Passcode: q5QBVj |
| 10:00am | **Virtual Support Group (12/12, 1/9, & 2/13)**  
Do you want to connect with others from the comfort of your own home? Our social workers are here to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants as you explore new ideas and way of looking at the world. You may participate in the group with video from your computer/tablet, or you can join by phone.  
*Facilitator: Sandy Rubovits, LCSW (White Crane)* | PHONE/ZOOM  
(312) 626-6799  
Meeting ID: 934 9355 5427 |
| 10:00am | **Forever Fit w/ Ash**  
Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Also, regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life.  
*Instructor: Ash Duggal (Symbria)* | ZOOM  
Meeting ID: 777 4743 9337  
Passcode: RknhP1 |
### MONDAY

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<td>11:00am</td>
<td><strong>Sit &amp; Be Strong w/ Joyce</strong></td>
<td>PHONE/ZOOM</td>
<td>(312) 626-6799&lt;br&gt;Meeting ID: 781 8847 6951&lt;br&gt;Passcode: 452540</td>
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<td>Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture (as strong muscles equate to better balance). Fitness is essential for day-to-day living. Seated/standing exercises for all levels. <em>Instructor: Joyce Bloom (Symbria)</em></td>
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<tr>
<td>8:30am</td>
<td><strong>Computer &amp; Tech Webinar Series</strong></td>
<td>PHONE/ZOOM</td>
<td>312-626-6799&lt;br&gt;Meeting ID: 514 975 0953&lt;br&gt;Passcode: 727822</td>
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<td>Each week’s class (in a webinar format) will have a specific tech-related topic that will be covered by the instructor. For more details about the topics, please see the attached flyer. <em>Instructor: Joseph Fedorko</em></td>
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<td>10:30am</td>
<td><strong>Forever Fit w/ Judie</strong></td>
<td>ZOOM</td>
<td>Meeting ID: 933 398 2644&lt;br&gt;Passcode: 261424</td>
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<td>Get in shape and maintain overall conditioning in this intermediate level seated/standing class, using movement and strength training with weights and bands. Enjoy upbeat music to engage the brain and body while improving overall vitality and function. <em>Instructor: Judie Bernard (Symbria)</em></td>
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<td>12:00pm</td>
<td><strong>Open Mic Karaoke</strong>&lt;br&gt;Join KJ (Karaoke Jockey) Vennié Tolbert-Rodgers in “Open Mic” and sing along karaoke style, request songs, read poetry, try your hand at storytelling, or even tell a joke or two! &lt;br&gt;&lt;em&gt;Instructor: Vennié Tolbert-Rodgers&lt;/em&gt;</td>
<td>ZOOM&lt;br&gt;Meeting ID: 478 347 6251&lt;br&gt;Passcode: Diamond</td>
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<td>1:00pm</td>
<td><strong>Intermediate Soul Line Dancing</strong>&lt;br&gt;If you already know the basic steps of line dancing and you can name the moves, then join this intermediate level line dance class. Learn exciting new dances while enjoying old favorites. This class is designed to provide the heart healthy benefits of aerobic exercise, targeting the middle to lower part of the body, while offering a moderate amount of exercise without damage to the joints. &lt;br&gt;&lt;em&gt;Instructor: Hakeemah Shamsuddin&lt;/em&gt;</td>
<td>ZOOM&lt;br&gt;Meeting ID: 822 8021 0462&lt;br&gt;Passcode: cocdance</td>
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<td>1:00pm</td>
<td><strong>Tai Chi for Wellness</strong>&lt;br&gt;Tai Chi improves strength, flexibility, balance, and aerobic conditioning. It has also been clinically proven to improve multiple health conditions, including high blood pressure, arthritis, stress, heart disease, and Parkinson’s Disease. &lt;br&gt;&lt;em&gt;Instructor: Craig Harris&lt;/em&gt;</td>
<td>PHONE/ZOOM&lt;br&gt;312-626-6799&lt;br&gt;Meeting ID: 841 9879 2985&lt;br&gt;Passcode: 690519</td>
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<td>1:00pm</td>
<td><strong>Cooking w/ Everyday Ingredients</strong>&lt;br&gt;Join Chef Gloria as she demonstrates how to cook with everyday ingredients that you may already have at home! &lt;br&gt;&lt;em&gt;Instructor: Gloria Hafer&lt;/em&gt;</td>
<td>FACEBOOK&lt;br&gt;Facebook.com/gloria.hafer</td>
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<td>2:00pm</td>
<td><strong>Sit &amp; Be Strong w/ Judie</strong>&lt;br&gt;Increase lean muscle tissue, improve strength, decrease excess body fat, and increase endurance. Standing or seated exercises. &lt;br&gt;&lt;em&gt;Instructor: Judie Bernard (Symbria)&lt;/em&gt;</td>
<td>ZOOM&lt;br&gt;Meeting ID: 933 398 2644&lt;br&gt;Passcode: 261424</td>
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<td>2:00pm</td>
<td><strong>Nurse Presentation (12/20)</strong>&lt;br&gt;&lt;em&gt;Title: STIs, HIV, &amp; AIDS: What You Need to Know&lt;/em&gt;&lt;br&gt;In 2020, the CDC reported that reports of STIs (sexually transmitted infections) more than doubled in the past 10 years among US adults aged 65 and older. Learn the signs and symptoms of the three most common infections and how to prevent and treat them. &lt;br&gt;&lt;em&gt;Presenter: Virginia Schelbert, MSN/APN (White Crane)&lt;/em&gt;</td>
<td>PHONE/ZOOM&lt;br&gt;312-626-6799&lt;br&gt;Meeting ID: 230 022 2803</td>
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| 2:00pm| **Nurse Presentation** (1/17)                  | PHONE/ZOOM 312-626-6799           | *Title: Wellness & Prevention*  
What is an age-friendly health system? Learn what represents the essential hallmarks of good geriatric care. Information will be shared about the 4Ms: What Matters, Mobility, Medication, and Mentation.  
*Presenter: Virginia Schelbert, MSN/APN (White Crane)* |
| 2:00pm| **Nurse Presentation** (2/21)                  | PHONE/ZOOM 312-626-6799           | *Title: Understanding & Coping with High Blood Pressure*  
Hypertension (elevated blood pressure) can lead to serious health problems by causing damage to important organs in the body—the heart, brain, and kidneys. Hypertension is known to increase a person’s risk for heart disease, stroke, and renal abnormalities. Learn insights on how a healthy lifestyle, nutritious diet, adequate exercise, limiting alcohol use, and not smoking may prevent you from developing hypertension.  
*Presenter: Virginia Schelbert, MSN/APN (White Crane)* |

### WEDNESDAY

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*Instructor: Michele Crump (Symbria)* |
| 9:00am| **Tai Chi for Prevention & Balance**           | ZOOM 891 7497 7333                | Tai Chi is a unique mind-body form of exercise that involves a series of slow, flowing movements. Tai Chi movements are done with gentle and graceful circular motions while breathing deeply.  
*Instructor: Mari-Jane Dare* |
| 9:00am| **Forever Fit w/ Judie**                       | ZOOM 933 398 2644                 | Get in shape and maintain overall conditioning in this intermediate level seated/standing class, using movement and strength training with weights and bands. Enjoy upbeat music to engage the brain and body while improving overall vitality and function.  
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| 9:00am | **Dietitian Presentation (12/7)**<br>Title: *Holiday Mocktails—Hydration Without Hesitation*<br>Staying hydrated doesn't have to feel like work! Learn new and fun ways to stay hydrated during the holidays. No need to add the sugar or alcohol to these mocktails—just a twist on traditional beverages to keep your spirits high.<br>*Presenter: Kristin Gustashaw, MS/RDN/LDN/CSG (Rush)* | PHONE/ZOOM (312) 626-6799  
Meeting ID: 867 8618 9747  
Passcode: 123456 |
| 9:00am | **Dietitian Presentation (1/4)**<br>Title: *MIND Diet*<br>Keeping your body and mind healthy feels like a lot of work at times. Learn what 10 foods to include and 5 to avoid (to help keep you living a disease preventing lifestyle).<br>*Presenter: Kristin Gustashaw, MS/RDN/LDN/CSG (Rush)* | PHONE/ZOOM (312) 626-6799  
Meeting ID: 867 8618 9747  
Passcode: 123456 |
| 9:00am | **Dietitian Presentation (2/1)**<br>Title: *Plant-Based Proteins & Heart Health*<br>Plants are not just pretty! Many plants are also packed full of healthy proteins! Learn why plant-based proteins are good for your heart health and so much more!<br>*Presenter: Kristin Gustashaw, MS/RDN/LDN/CSG (Rush)* | PHONE/ZOOM (312) 626-6799  
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| 9:15am | **Forever Fit w/ Michele**<br>Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights).<br>*Instructor: Michele Crump (Symbria)* | ZOOM  
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Meeting ID: 777 4743 9337  
Passcode: RknhP1 |
| 10:00am | **Ask the Dietitian (Group Nutrition Q&A)**<br>(12/7, 1/4, & 2/1) Join us for a lively discussion regarding any nutrition-related questions you may have. You can participate as much or as little as you like. Either way, you are sure to learn new ways to meet your nutritional needs!<br>*Facilitator: Kristin Gustashaw, MS/RDN/LDN/CSG (Rush)* | PHONE/ZOOM (312) 626-6799  
Meeting ID: 867 8618 9747  
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|          | **Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture (as strong muscles equate to better balance). Overall fitness is essential for day-to-day basic living. Seated and standing exercises for all levels.**  
**Instructor:** Joyce Bloom (Symbria) | Meeting ID: 781 8847 6951 | Passcode: 452540                        |
| 12:00pm  | **Line Dancing**                   | ZOOM                          | Meeting ID: 478 347 6251                  |
|          | **Who says fitness can’t be fun? Vennié will you have dancing your way to fitness! Beginner and intermediate dances.**  
**Instructor:** Vennié Tolbert-Rodgers | Passcode: Diamond            |                                            |
| 1:00pm   | **Belly Dance Fitness**            | ZOOM                          | Meeting ID: 874 2192 8554                 |
|          | **Learn Isolation & Coordination for core strengthening, posture, balance, and agility. Explore graceful movements for a new kind of physical confidence. Cultivate precise muscle control. Be FIT, FIRM, and HEALTHY!**  
**Instructor:** Dianne Hodges | Passcode: bellydance          |                                            |
| 1:00pm   | **Balance Masters w/ Michele**     | ZOOM                          | Meeting ID: 907 424 6822                  |
|          | **This fun and challenging advanced level class maintains and improves good balance through drills that better develop agility, mobility, stability, posture, and core strength. This class also helps increase gait speed and improve reaction time, making good balance even better.**  
**Instructor:** Michele Crump (Symbria) | Passcode: q5QBVj             |                                            |
| 2:00pm   | **Meditation Movement**            | ZOOM                          | Meeting ID: 847 2319 8152                 |
|          | **Create mind, body, and soul awareness through meditation.**  
**Instructor:** Dianne Hodges | Passcode: movement            |                                            |
| 3:00pm   | **Spanish II**                     | PHONE/ZOOM                    | (312) 626-6799                           |
|          | **Join us and learn conversational Spanish at an advanced level.**  
**Instructor:** Marvin Childress | Meeting ID: 846 3658 4845  | Passcode: Spanish                        |
### WEDNESDAY

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| 3:00pm  | **Social Worker Presentation (12/14)**  
  *Title: Celebrating the Holidays—The Therapeutic Value of Rituals & Traditions*  
  Join us for a presentation on the therapeutic value of creating and celebrating holiday traditions and rituals. Discussion will be fostered about how traditions created with friends and family bring meaning to the holidays, and the ways that traditions and rituals can offer stability during times of challenge and change.  
  *Presenter: Jeaneane Quinn, LSW (Rush)* | **PHONE/ZOOM**  
  (312) 626-6799  
  Meeting ID: 845 9128 3704  
  Passcode: 123456 |
| 3:00pm  | **Social Worker Presentation (1/18)**  
  *Title: Solutions to the Resolutions—Strategies for Setting Realistic Goals in the New Year*  
  Do you find yourself excited for the promise of the New Year, for setting new goals, only to watch those goals fall to the sideline by February? Join us to learn new ways to re-think goal setting of the promotion of your health and wellness in 2023.  
  *Presenter: Jeaneane Quinn, LSW (Rush)* | **PHONE/ZOOM**  
  (312) 626-6799  
  Meeting ID: 889 8719 2781  
  Passcode: 123456 |
| 3:00pm  | **Social Worker Presentation (2/15)**  
  *Title: A Look At Love During the Month of Valentine’s Day*  
  Love is expressed in many different ways, but did you know that even brief experiences of love and connection in everyday life can contribute to enhanced feelings of sense of purpose, well-being, and positivity? Join us as we look at different ways we can foster love in our everyday life, and the positive outcomes these feelings bring to our health and well-being.  
  *Presenter: Jeaneane Quinn, LSW (Rush)* | **PHONE/ZOOM**  
  (312) 626-6799  
  Meeting ID: 889 8719 2781  
  Passcode: 123456 |

### THURSDAY

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| 10:30am | **Pharmacist Presentation/Consultations (12/15)**  
  *Title: HIV & AIDS*  
  It is a common misconception that HIV/AIDS only affect young people. The truth is that anyone can be infected with HIV, including older adults. HIV is a virus that damages and weakens the body’s immune system (and can lead to serious illness called AIDS). Many risk factors for HIV are the same for people of any age, but older adults are less likely to get tested for HIV. Join the pharmacist for an overview of HIV/AIDS, including testing, how it’s spread, symptoms, prevention, and medication treatments. Individual consultations will follow the presentation at 11:30am.  
  *Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)* | **PHONE/ZOOM**  
  312-626-6799  
  Meeting ID: 625 279 2910 |
<table>
<thead>
<tr>
<th>Time</th>
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| 10:30am  | **Pharmacist Presentation/Consultations (1/19)**  
*Title: New Year, New You, & What Matters*  
As we age, it becomes more important every year to ensure that we are receiving age-friendly health care that matters to us. Older adults often have complex needs and are at high risk for harm from unwanted treatments or potentially inappropriate medications. The 4Ms (What Matters, Medications, Mentation, and Mobility) is a strategy to ensure age-friendly care to older adults in any setting, including the home, doctor’s office, or hospital. Join the pharmacist in discussing age-friendly health care and ensuring that your medication list is up to date and safe for you. Individual consultations will follow the presentation at 11:30am.  
*Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)* | PHONE/ZOOM  
312-626-6799  
Meeting ID:  
625 279 2910 |
| 10:30am  | **Pharmacist Presentation/Consultations (2/16)**  
*Title: Heart Health—Hypertension*  
Heart disease can look different for everyone. Aging causes changes to the heart and blood vessels, which means older adults are much more likely than younger people to develop high blood pressure (also called hypertension), stroke, or heart failure. These conditions sound awful, but they are common, and they can be treated! In this session, the pharmacist will focus on hypertension and explain the various medications that are used to treat it and how they work. We will discuss methods to help you remember to take your medications correctly, as well as heart healthy tips. Do your part to care for your heart! Individual consultations will follow the presentation at 11:30am.  
*Presenter: Kathryn Sawyer, PharmD/MBA/BCACP/CAPM(UIC)* | PHONE/ZOOM  
312-626-6799  
Meeting ID:  
625 279 2910 |
| 11:00am  | **Sit & Be Strong w/ Joyce**  
Total body conditioning with hand weights to tone and strengthen your entire body. Resistance training improves bone density, increases muscle strength, assists in weight loss, and keeps metabolism active after exercise. Added benefits: improved balance and better posture (as strong muscles equate to better balance). Overall fitness is essential for day-to-day basic living. Seated and standing exercises for all levels.  
*Instructor: Joyce Bloom (Symbria)* | PHONE/ZOOM  
(312) 626-6799  
Meeting ID:  
781 8847 6951  
Passcode:  
452540 |
| 2:30pm   | **Spanish I**  
Join us and learn basic Spanish. All are welcome.  
*Instructor: Marvin Childress* | PHONE/ZOOM  
(312) 626-6799  
Meeting ID:  
846 3658 4845  
Passcode:  
Spanish |
<table>
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<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
<th>Details</th>
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</thead>
</table>
| 8:30am | **Stretch & Flex w/ Michele** | ZOOM              | Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels.  
*Instructor: Michele Crump (Symbria)*  |
| 9:15am | **Forever Fit w/ Michele**    | ZOOM              | Seated/standing cardio workout, utilizing core muscles/intensity (with the addition of props). Props may consist of light weights, towel/band, pillow, or canned food (in place of weights).  
*Instructor: Michele Crump (Symbria)*  |
| 10:00am| **Forever Fit w/ Ash**        | ZOOM              | Physical exercise and activity are good for everyone. There are countless studies associated with the benefits of regular exercise. Exercise becomes more important as we age. Regular exercise improves mental and physical health, both of which help to maintain your independence. Also, regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life.  
*Instructor: Ash Duggal (Symbria)*  |
| 10:00am| **Forever Fit w/ Judie**      | ZOOM              | Get in shape and maintain overall conditioning in this intermediate level seated/standing class, using movement and strength training with weights and bands. Enjoy upbeat music to engage the brain and body while improving overall vitality and function.  
*Instructor: Judie Bernard (Symbria)*  |
| 11:00am| **Stretch & Flex w/ Joyce**   | PHONE/ZOOM        | Get moving to improve balance, endurance, coordination, and flexibility! Proper stretching creates flexibility in muscles and joints, increasing your range of motion. This helps you to move more freely and comfortably, reducing or eliminating pain (and encouraging bending and twisting without strain). Seated and standing exercises. Appropriate for all levels.  
*Instructor: Joyce Bloom (Symbria)*  |
| 1:00pm | **Balance Masters w/ Michele**| ZOOM              | This fun and challenging advanced level class maintains and improves good balance through drills that better develop agility, mobility, stability, posture, and core strength. This class also helps increase gait speed and improve reaction time, making good balance even better.  
*Instructor: Michele Crump (Symbria)*  |
FRIDAY

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>2:00pm</td>
<td><strong>Sit &amp; Be Strong w/ Judie</strong></td>
<td>ZOOM</td>
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<td>Increase lean muscle tissue, improve strength, decrease excess body fat, and increase endurance. Standing or seated exercises.</td>
<td>Meeting ID: 933 398 2644</td>
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<td><strong>Instructor:</strong> Judie Bernard (Symbria)</td>
<td>Passcode: 261424</td>
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SATURDAY

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<th>Time</th>
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<tbody>
<tr>
<td>10:00am</td>
<td><strong>Book Club</strong> (12/17, 1/21, &amp; 2/18)</td>
<td>PHONE/ZOOM</td>
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<td>Join us for a special collaboration between the Chicago Public Library and DFSS.</td>
<td>Meeting ID: 833 0209 7630</td>
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<td>Each month a new book will be discussed:</td>
<td>Passcode: 125911</td>
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<td>12/17 – <em>The Midnight Library</em> by Matt Haig</td>
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<td>1/21 – <em>All the Blood We Share</em> by Bruce Camilla</td>
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<td></td>
<td>2/18 – <em>The Scent Keeper</em> by Erica Bauermeister</td>
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<td>Copies of the books are available at the Chicago Lawn Branch (6120 S Kedzie Ave) or requested at your neighborhood branch. Please register in advance by emailing <a href="mailto:chicagolawn@chipublib.org">chicagolawn@chipublib.org</a> or calling 312-747-0639.</td>
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**Individual Wellness Phone Consultations**

Looking for personalized help? Our team of wellness professionals are available by phone to answer your health-related questions and refer you to resources whenever possible. Phone consultations are not designed to address emergencies. If you are having an emergency, please call 911.

To make an appointment for a phone consultation, please call the **White Crane Wellness Center** at 773-271-9001. Appointments are available on a first-come, first-served basis and last for approximately 15 minutes.

- **Ask the Nurse:** The nurse can help quickly answer your most pressing health questions and direct you to follow-up care as needed.
- **Ask the Social Worker:** The social worker can provide emotional support as you adjust to a new way of life, as well as provide resources for accessing social services when possible.
- **Ask the Pharmacist:** The pharmacist is ready to answer your medication questions to help ensure you stay healthy and safe.
- **Ask the Dietitian:** The dietitian has ideas for ways to get creative with healthy food.
VIRTUAL COMPUTER & TECH CLASSES

Tuesdays @ 8:30 a.m.
Instructor: Joseph Fedorko

Zoom Meeting ID: 514 975 0953
Passcode: 727822
Dial-In #: 312-626-6799

TUESDAYS—Webinar Series

December 6: Contact Files & Virtual Phone Books
December 13: Review an Office Program of Your Choice (Docs? Slides? Sheets?)
December 20: Ask Joe Anything!

January 3: Questions on Gifts You Might Not Know How to Use
January 10: Wi-Fi Options—High-Speed, Hotspots, With & Without Wires
January 17: Laptop Options—Windows, Macs, & Chromebooks
January 24: Watching TV Without Watching Your TV—Using Apps for Watching
January 31: The Whiteboard in Zoom—What New Cool Toy Is This?!?

February 7: How to Organize Your Digital Life—Computer Edition
February 14: How to Organize Your Digital Life—Touchscreen Edition
February 21: How to Organize Your Digital Life—Media Edition
February 28: How to Organize Your Digital Life—Calendar Edition
Brain Health Part Five:

SOCIAL CONNECTIONS AND HEALTH

Why feeling connected matters.

Please join us December 13th, from 10:30-11:30 AM for a virtual discussion on social connections and health: Why feeling connected matters, with presenter Dr. Louise Hawkley, Principal Research Scientist, NORC at the University of Chicago. This thought-provoking discussion will address the benefits of staying connected in an ever-changing world.

Date: December 13th, 2022 • Time: 10:30-11:30 AM
Location: Online via Zoom

Dr. Louise Hawkley is a Principal Research Scientist in the Academic Research Centers, NORC at the University of Chicago. Her research predominantly addresses loneliness and health during aging. She is a co-investigator on the NIA-funded panel study, the National Social Life, Health and Aging Project (NSHAP). She continues to work with the Illinois Aging Services to evaluate social isolation programs in the state, and led the development of a national social isolation mapping tool for the AARP Foundation. She is a member of the Scientific Advisory Committee for the Foundation for Social Connection.

This project was supported, in part by grant number 90ADPI0033-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.
Are you a caregiver of a family member or friend with Alzheimer’s or a related dementia? This program is for you!

Join us for SAVVY CAREGIVER™, a free, interactive 6-week training series designed to support family caregivers.

As a SAVVY CAREGIVER, you will be able to:
• Develop strategies and master skills to help your caregiver situation
• Find ways to reduce the effects of stress through planning and self-care
  • Manage daily life and behaviors
  • Effectively communicate with a person with dementia

When: October 11, 18, 25, November 1, 8, 15
10:00 AM – 12:00 Noon
Southside Location • Woodson Regional Library
9525 S. Halsted Street
Chicago, IL 60628

When: October 25, November 1, 8, 15, 22, 29
9:30 AM – 11:30 AM
Northside Location • Levy Senior Center
2019 W. Lawrence Ave
Chicago, IL 60625

When: January 10, 17, 24, 31, February 7, 14
2:00 PM – 4:00 PM
Central Location • Renaissance Court Sr. Center
Located in Cultural Center
78 E. Washington St.
Chicago, IL 60602

REGISTER TODAY!
To register, please go to the link: https://bit.ly/SavvyOnsite Spaces are limited!
For more information, contact Danielle Riley at 312-743-1475 email Danielle.Riley@cityofchicago.org or Khalilah Feagins at 312-746-8854 email Khalilah.Feagins@cityofchicago.org

This project was supported, in part by grant number 90ADPI0033-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

©2002-2022. The Savvy Caregiver Program is copyrighted and used with permission. All Rights Reserved.
Family Caregivers of People with any type of Dementia
(like Alzheimer’s, Parkinson’s / Lewy Body, Vascular)

You Are Not Alone

DFSS is here to support you with the Stress-Buster Program!

Caregiving can be both rewarding and stressful, this program seeks to improve your quality of life through:
• stress management and peer support
• relaxation and coping strategies
• enhanced problem-solving skills

To Register: bit.ly/SBPCaregivers
Contact: victoria.russo@cityofchicago.org

This program is FREE and available at no cost to you!

WHO: Family caregivers of a loved one with any type of dementia

WHAT: Multi-component program meets
• 90 minutes / week for 9 weeks
• Groups of up to 8 - 12 people

“I was at a very low point in my life. This program saved my life.” Participant

Call 312-744-4016 or email aging@cityofchicago.org
www.caregiverstressbusters.org
Virtual Workshop: Learning to Live Well with Chronic Pain

The Chronic Pain Self-Management Program is a free seven-week workshop for people living with chronic pain. This workshop provides health education and exercise, as well as mutual support to build participants’ confidence in their ability to manage their health and maintain active and fulfilling lives. Topics covered include:

- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Practice of exercises for maintaining and improving strength, flexibility, and endurance
- Information and strategies on medication use and nutrition
- Communicating effectively with family, friends, and health professionals
- Pacing activity and rest
- How to evaluate new treatments

Registration is required and necessary to obtain information on how to access the workshop. Call 1.800.757.0202 to register.

Wednesdays, January 11th through February 22nd
4:00 to 6:30pm

Online Access Information:
This workshop will be hosted using the Zoom videoconferencing platform (https://zoom.us)

You will need Zoom access with a working webcam to participate in this workshop.

Pre-registration is necessary to receive workshop materials.
Bingo + Gentle Exercise = Bingocize!®

Are you looking for a fun way to be more active? Bingocize® is a ten-week program that combines the game of bingo with fall prevention exercises. Come play bingo and meet new people all while learning about techniques to reduce falls! Bingocize® is exercise for your mind, body, and spirit.

Benefits of the program include:
- Improved lower and upper body strength, gait, balance, and range of motion
- Improved cognitive function
- Increased social engagement
- Improved knowledge of falls risk reduction and important health topics

Registration is required. To register, call 800.757.0202 or sign up at the front desk at the Central West Regional Senior Center.

Meets Tuesdays and Thursdays, January 17th through March 23rd
10am to 11am

Location
Central West Regional Senior Center
2102 W Ogden Ave,
Chicago, IL 60612

Pre-registration is required. You may not just show up. Call 800.757.0202 to register.
A Matter of Balance: Managing Concerns about Falls

Do you limit your social or physical activity because you fear you might fall? Do you want to overcome those fears in order to gain a more active and fulfilling lifestyle?

Reduce your fall risk and improve your balance with A Matter of Balance. This workshop will be offered virtually, and you will need a working webcam to participate. During this nine-session workshop, you will learn:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce falls risks at home
- Exercise to increase strength and balance
- Learn strategies to overcome your fear of falling to return to higher social and physical activity levels

For more information or to register, call 1.800.757.0202.

Tuesdays and Thursdays, January 19th to February 16th, 1:00pm to 3:00pm

Online Access Information:
The workshop will be hosted using Zoom (https://zoom.us) You will need Zoom access and a working webcam to participate in this workshop.

Pre-registration is necessary to receive workshop materials.
The Health Legacy Program for Women
VIRTUAL WORKSHOP

The Health Legacy Program is a FREE 6-week workshop designed for women of color wanting to make lifestyle changes for themselves and their families by eating right, losing weight, and improving their overall health and wellness.

Join us for fun exercise, nutrition guidance, and health education in a supportive environment. Create a legacy for lifelong health for you and your family!

Health Legacy Program participants will:
- Meet twice a week for 6 consecutive weeks
- Discuss healthy habits and create a personal weekly health plan
- Exercise weekly for improved strength and flexibility
- Learn about nutrition, healthy eating, and practice meal planning
- Meet with other women in supportive discussion groups
- Practice goal setting and problem solving
- Be celebrated at the end with a graduation and surprises!

For any questions or for more information, call us at (800) 757-0202!

If you would like to schedule a virtual workshop for women at your organization or if you are interested in participating in a workshop, please call us!
(800) 757-0202

Requirements
Participants with internet access on Smart Phone, a Tablet or Computer will enjoy and benefit most from the program, since workshops are offered via the Zoom videconference platform.

Needed workshop materials will be mailed to participants, so pre-registration is required.

This workshop is provided at zero cost to the host organization or participants.
Volunteer Opportunities for Seniors 55+

- Become a FGP Volunteer
- Mentor/tutor children in a classroom setting
- Earn a nonreportable monthly stipend, meal and transportation reimbursements
- Call 312-746-8572 for more information
Volunteer Senior Companion

- Support your peers as a Senior Companion
- Support and encourage homebound seniors while forging a lasting companionship
- Earn a nonreportable monthly stipend, meal and transportation reimbursements
- Call 312-746-8572 for more information
KEEP WARM AND SAFE

THIS WINTER

WARMING CENTER HOURS: 9A.M. - 5P.M. (Monday-Friday)

Englewood Center
1140 W. 79th St.

Garfield Center
10 S. Kedzie Ave.

King Center
4314 S. Cottage

North Area Center
845 W. Wilson Ave.

South Chicago Center
8650 S. Commercial Ave.

Trina Davila Center
4312 W. North Ave.

The Garfield Center, located at 10 S. Kedzie, is available 24 hours a day, seven days a week to connect residents to emergency shelter.

Seniors are welcome at one of the City’s 21 Senior Centers. Visit Chicago.gov/Seniors for location and hours.

ALTERNATE LOCATIONS

Chicago Parks & Libraries also serve as warming centers during extreme cold. Check in with your local park, library or police station for warming center locations & hours.

PLEASE WEAR FACE COVERINGS IN CITY WARMING CENTERS.

Wearing a face covering helps prevent the spread of COVID-19 to others.

VISIT 311.CHICAGO.GOV/ OR CALL 3-1-1 FOR THE MOST CURRENT INFO. ON CITY WARMING CENTERS.

CALL 3-1-1 FOR UP-TO-DATE INFORMATION ON WARMING AREAS AT ANY GIVEN TIME.

• To locate the warming area nearest to you.
• To request a well-being check for a neighbor, loved one or a friend.
• Report inadequate heat in a residential building.
CEDA Services

WE ARE CEDA

OUR MISSION
It is CEDA’s mission to work in partnership with communities to empower individuals and families to achieve self-sufficiency and improve their quality of life.

WHO WE HELP
As one of the largest private, nonprofit Community Action Agencies in the US, we serve more than 300,000 people and 150,000 households in Chicagoland yearly.

OUR SERVICES

GAS & ELECTRIC ASSISTANCE

What is it?
A program to relieve stress on a household’s budget and keep the utilities running.

How does it help me?
Provides a one-time benefit toward gas and electric bills.

What do I need to do?
Check your eligibility at CEDAorg.net/LIHEAP

FURNACE REPAIR & REPLACEMENT

What is it?
Assists when your heating system isn’t working or unsafe.

How does it help me?
Provides a one-time benefit toward gas and electric bills.

What do I need to do?
Check your eligibility at CEDAorg.net/LIHEAP

WATER ASSISTANCE (City of Chicago)

What is it?
Makes your water, sewer and water-sewer tax bills more affordable.

How does it help me?
50% rate reduction for bills
No shut off, penalties or debt collection
Debt forgiveness after one year in the program

What do I need to do?
Check your eligibility at Chicago.gov/UBR

STAY IN TOUCH
CEDAorg.net
@CEDAgogreen
FsACE (Chicago Suburbs)

**What is it?**
Assists low-wage earners in attaining skills, knowledge and resources necessary to remove barriers and improve sustainability.

**Programs include**
- Dental Care,
- Transportation,
- Vision Care,
- Family Nutrition,
- Trade Skills,
- Employment Services,
- Scholarships.

**What do I need to do?**
Check your eligibility at CEDAorg.net/FsACE

**HOME WEATHERIZATION**

**What is it?**
Home improvements that keep houses warmer in the winter and cooler in the summer.

**How does it help me?**
- Installs insulation
- Seals drafty areas
- Furnace/boiler and water heater replacement

**What do I need to do?**
Check your eligibility at CEDAorg.net/Home-Weatherization

**WOMEN, INFANTS, AND CHILDREN**

**What is it?**
Food, education, and support for women, primary caregivers, infants, and children under age five.

**How does it help me?**
Provides healthy food, nutrition education, breast-feeding support, and referrals.

**What do I need to do?**
Check your eligibility at CEDAorg.net/WIC

**HOUSING SERVICES**

**What is it?**
Counseling services for homebuyers, homeowners, renters, and the homeless.

**How does it help me?**
Assists with affordable housing, avoiding displacement, budgeting and credit

**What do I need to do?**
Check your eligibility at CEDAorg.net/Housing

**STAY IN TOUCH**
CEDAorg.net  @CEDAgogreen
Free Legal Services for Seniors

Common legal issues we assist with include, but are not limited to:

**Advance Planning**
- Power of Attorney for Healthcare and Property
- Wills

**Domestic Relations**
- Age and Disability Discrimination
- Elder Abuse and Orders of Protection for Victims of Domestic Violence
- Guardianship Discharge
- Health and Long-Term Care Including Medicare

**Grandparents/Other Relatives Raising Children**
- Custodial Rights
- Support for Non-Parent Youth Caregivers (i.e., Appeals of DCFS Decisions)

**Housing**
- Foreclosure Defense
- Home Equity Conversion and Reverse Mortgages
- Landlord Relations
- Loans and Installment Purchases
- Utilities Including Eviction Defense of Subsidized Housing

**Money and Debt**
- Bankruptcy and Debt Defense
- Chapter 7 and Chapter 13
- Consumer Fraud/Collections/Creditor Problems
- Contracts and Warranties
- Financial Exploitation
- Public Aid Benefits (Social Security, SSI, SNAP, TANF, Medicaid)

For assistance, call DFSS Senior Services at 312-744-4016 or email: aging@cityofchicago.org

We cannot help with criminal, personal injury, probate, traffic, worker’s compensation, pensions, medical malpractice, building code violation, or business dispute cases.

Free interpretation services available; including Sign Language, TTY, and translation of multiple languages.
Chicagoans 60 and Over: Need Help at Home?

FREE Chore Services include:

**Short-Term Chore:** Temporary help at home with light tasks like cleaning, laundry, shopping and self-care activities like bathing, dressing or grooming after recovering from an illness, during a life transition, or after a hospital stay.

**Heavy-Duty Chore:** A one-time deep cleaning, removing trash or clutter, packing items, and moving furniture.

Contact the DFSS Senior Services Division Information and Assistance Unit
aging@cityofchicago.org • 312-744-4016
Are you caring for a spouse, parent, relative, or friend? We are here to help!

Caregiver Services Programs include **FREE** services such as:

- **Education & Training**: Learn new skills to care for you and loved ones
- **Gap-Filling Funds**: Help buying essential items like clothing, furniture, grab bars, eyeglasses, technology, and hearing aids
- **One-on-One Counseling**: Help with decisions, self-care, and support
- **Support Groups**: Share your stories, successes, and challenges caring for your loved ones with fellow caregivers
- **Respite**: Take a short-term break with help at home from a professional caregiver or caregiver of your choice or a nursing home stay for the person receiving your care

Programs are for individuals of any age who are caring for:

A Chicago resident age 60+ OR under age 60 with Alzheimer’s Disease or Related Dementias

Contact the DFSS Senior Services Division Information and Assistance Unit

aging@cityofchicago.org • 312-744-4016
¿Está cuidando a un cónyuge, padre, familiar o amigo? ¡Estamos aquí para ayudarlo!

Los programas de servicios para cuidadores incluyen servicios GRATIS como:

🌟 Educación y capacitación: Aprenda nuevas competencias para cuidar de usted y de sus seres queridos.

🌟 Fondos para cubrir necesidades: Ayuda para comprar artículos de primera necesidad como ropa, muebles, barras de apoyo, gafas, tecnología y audífonos.

🌟 Consejería individual: Ayuda con la toma de decisiones, el cuidado personal y para obtener apoyo.

🌟 Grupos de apoyo: Comparta con otros cuidadores sus historias, éxitos y retos en el cuidado de sus seres queridos.

🌟 Relevo: Tome un breve descanso mediante la ayuda en casa de un cuidador profesional o de su elección, o envíe a la persona que cuida a una residencia de adultos mayores

Los programas están dirigidos a personas de cualquier edad que cuidan:
A un residente de Chicago mayor de 60 años O menor de 60 años con enfermedad de Alzheimer o demencias relacionadas

Comuníquese con la Unidad de Información y Asistencia de la División de Servicios para Personas Mayores (Senior Services Division Information and Assistance Unit) del Departamento de Servicios Familiares y de Apoyo (DFSS)

aging@cityofchicago.org • 312-744-4016
Are you 55 and Older Caring for a Child Under 18 or Loved One (19-59) with a Disability?

Grandparents or Older Relatives Raising Children Program
FREE support services include:

★ Education & Training: Learn about topics such as legal services, financial literacy, and strategies to support the emotional and educational development of the child.

★ Gap-Filling Funds: Help buying essential items like school supplies, technology, uniforms, furniture, clothes, after-school or summer camp fees.

★ One-on-One Counseling: Discuss self-care, decision-making, and ways to cope with stress when feeling overwhelmed with the challenges of raising children unexpectedly.

★ Support Groups: Share your stories, challenges, & successes caring for your loved ones.

Contact the DFSS Senior Services Division Information and Assistance Unit
aging@cityofchicago.org • (312) 744-4016
¿Es usted mayor de 55 años y cuida a un niño menor de 18 años o a un ser querido con una discapacidad?

Programa para abuelos o familiares mayores que crían niños (Grandparents or Older Relatives Raising Children Program) Los servicios de ayuda GRATIS incluyen:

🌟 Educación y capacitación: Aprenda sobre temas como servicios legales, educación financiera y estrategias para respaldar el desarrollo emocional y educativo del niño.

🌟 Fondos para cubrir necesidades: Ayuda para comprar artículos esenciales, como suministros para la escuela, tecnología, uniformes, muebles, ropa, y pagar cargos de programas extraescolares o campamentos de verano.

🌟 Asesoría personalizada: Hable sobre autocuidado, toma de decisiones y maneras de afrontar el estrés cuando se sienta abrumado por los retos de criar niños de manera inesperada.

🌟 Grupos de apoyo: Comparta sus historias, retos y logros relacionados con el cuidado de sus seres queridos.

Comuníquese con la División de Servicios para Adultos Mayores del DFSS
Unidad de información y asistencia
aging@cityofchicago.org • (312) 744-4016
Free Assistance for People Turning 65!

- Are you turning 65 and need to learn more about joining Medicare?
- Want help choosing the right prescription drug coverage for you?
- Do you find it hard to pay monthly Medicare or prescription drug costs?
- We are here to help!

Call the Senior Services Information & Assistance Helpline
312-744-4016 or email aging@cityofchicago.org

Information about Medicare

Enrolling in Medicare is a milestone! And selecting a Part-D prescription drug plan can be challenging. DFSS’ Senior Health Insurance Program (SHIP) has trained counselors who can help provide the information you need, whether you are new to Medicare, joining or changing a Part-D Drug plan, or just have questions about Medicare. Call us about:

- Original Medicare Part-A: Hospital Insurance
- Original Medicare Part-B: Medical Insurance
- Medicare Part-C: Medicare Advantage—an alternative
- Medicare Part-D: Prescription Drug Coverage
- Medigap Policies: Extra Medicare policies that cover co-pays and additional costs

*Medicare Open Enrollment is October 15th - December 7th.*

*Free language interpretation services available.*
Free Assistance for People Turning 65!

- Are you turning 65 and need to learn more about joining Medicare?
- Want help choosing the right prescription drug coverage for you?
- Do you find it hard to pay monthly Medicare or prescription drug costs?
- We are here to help!

Call the Senior Services Information & Assistance Helpline
312-744-4016 or email aging@cityofchicago.org

Help with paying for prescription drug costs

Social Security Low Income Subsidy (LIS)—also known as Extra Help—helps pay prescription drug costs for Medicare beneficiaries with low income.

Help with paying Medicare premiums and other costs

Medicare Savings Program (MSP) helps pay Medicare premiums, deductibles and coinsurance for qualifying Medicare beneficiaries. Did you know that Medicare recipients are entitled to many FREE or low cost Prevention and Wellness Benefits such as:

- Welcome to Medicare Wellness Visit Physical
- Yearly Wellness Visit
- Diabetes Screening
- Cancer Screenings

Medicare Open Enrollment is October 15th - December 7th.

Free language interpretation services available.
The Chicago Department of Family and Support Services (DFSS) Senior Services Division offers a variety of citywide programs designed to address the diverse needs and interests of older Chicagoans and their caregivers. In general, all Chicagoans aged 60 and older are eligible for services. Some programs have lower ages of eligibility, call us!

**Call Information and Assistance at 312-744-4016 or call 311**
Monday – Friday, 8:30 am to 4:30 pm or email aging@cityofchicago.org

### In-Home Support Services
- **Caregiver Respite**
  Caregiver Respite provides a break from caring for loved ones. A variety of options include in home care - home care aides, hiring of a personal friend or family, and residential care in a facility. Support is available for up to two weeks annually.

- **Caregiver Support**
  People who care for their aging family or loved ones (caregivers) can receive supportive services such as one-on-one or family counseling, support groups, food boxes, information and referrals, help purchase of goods or services, and education opportunities. A range of ages qualify – please call for information.

- **Caregiver Training & Education**
  The Savvy Caregiver™ Training Program is a 12-hour education program for family caregivers taking care of those with Alzheimer’s Disease and related disorders. Each free weekly session is 2-hours over six weeks. A Caregiver Manual is provided. Training opportunities are available throughout the year.

- **Chore Services**
  Short-Term Chore service provides assistance with light housekeeping, laundry, shopping or other household support due to a life change, illness, disability, or temporary situation. Heavy-Duty Chore is an intensive cleaning for those whose living conditions pose a threat to their health and safety. Services include trash removal, moving heavy furniture, help with clutter, packing and more.

- **Grandparents & Older Relatives Raising Children**
  Grandparents or older relatives aged 55+ who have primary responsibility for a child under 18 or loved one with severe disabilities aged 19-59 are eligible for services including one-on-one or family counseling, support groups, information and referrals, education opportunities, and help purchasing goods or services such as clothes, school supplies, toys, and more.

### Elder Rights, Legal Services, Protection, & Advocacy
- **Adult Protective Services (APS)**
  Certified APS workers respond to reports of alleged abuse of Chicagoans aged 60+ and those with disabilities aged 18-59. Concerns including physical, emotional, and sexual abuse, self-neglect, neglect, confinement, and / or financial exploitation. APS stops the abuse and develops a plan for safety, well-being, and prevention.

- **Case Advocacy & Support (CAS)**
  CAS provides a Well-Being Check to Chicagoans aged 55+ living in the community who may be experiencing challenges living independently or are at-risk to themselves or others. The Team meets with the older adult, assesses their situation, then provides helpful referrals to services and links to community supports.

- **Intensive Case Advocacy Services (ICAS)**
  ICAS provides ongoing support to Chicagoans aged 55+ who are experiencing challenges living independently in the community by helping clients to access supports that prolong the ability to remain living at home. ICAS can also help those who are moving, experiencing transitions, health challenges, and more.
Legal Services

Legal Services protects the rights of older Chicagoans on matters such as: housing, guardianship, Powers of Attorney for health care and property, bankruptcy, fraud, employment, family law, financial and foreclosure counseling, reverse mortgages, and Advance Directives.

Ombudsman Program

Ombudsmen protect, defend and advocate for residents in long-term care facilities such as nursing homes, assisted living, and more. Ombudsmen protect resident rights, resolve complaints, provide information, and ensure quality care for Chicago’s long-term care residents over aged 19.

Senior Health Insurance Program (SHIP)

SHIP helps Medicare beneficiaries access Medicare, drug plans, and more. SHIP Counselors host educational programs and one-on-one counseling to help older adults and people with disabilities by providing objective information about health insurance to those who have questions about Medicare.

Senior Medicare Patrol

The Senior Medicare Patrol (SMP) Program educates consumers about Medicare & Medicaid fraud, waste, and abuse. Program staff and volunteers help Chicagoans to prevent, detect, and report Medicare and Medicaid abuse.

Meals

Nutritious meals in a group setting are provided each weekday to nearly 50 community locations throughout Chicago. These meals promote better health through improved nutrition and reduced social isolation. Culturally specific meals are available.

Home Delivered Meals

Microwave-ready frozen or hot meals delivered to home-bound older adults 60 years of age or older who are unable to prepare meals for themselves and have no other means of acquiring nutritious and/or dietary-specific meals.

Community Programs

This free virtual and call-in training program is available to all Chicagoans and is targeted to residents living in apartment buildings. The programs focus on behaviors to maintain healthy brains throughout life.

Brain Health Initiative

An opportunity for seniors to make a difference in a child’s life. This program recognizes senior volunteers as a presence in the community. Volunteers make a difference in the lives of children and youth by mentoring and tutoring in communities across the city. This program includes travel, meal reimbursements, and a monthly stipend.

Foster Grandparents

Seniors make a difference in the lives of lonely, isolated older adults by reading, visiting and chatting, preparing light meals and more. This program recognizes senior volunteers as a presence in the community and includes travel, meal reimbursements, and a monthly stipend.

Senior Centers

Award-winning fitness programs that boost endurance, strength, balance and flexibility. Our centers are equipped with age-friendly exercise equipment and staffed by experienced, certified senior fitness professionals who lead group exercise classes and one-on-one training in-person or online.

Chicago Fitness Plus

Evidence-based health promotion and disease prevention programming is provided at all Senior Centers through monthly presentations, health screenings, and consultations with wellness nurses, dietitians, pharmacists, and social workers.

Health & Wellness Program

A variety of social, educational & recreational activities for older adults tailored to the interests of the local community. Life Enrichment programming designed to keep participants active while providing opportunities to foster personal growth and creativity.

Life Enrichment Programs
Resumen de los servicios para adultos mayores del DFSS

La División de Servicios para Adultos Mayores del Departamento de Servicios Familiares y de Apoyo de Chicago (The Chicago Department of Family and Support Services, DFSS) ofrece diversos programas en toda la ciudad diseñados para tratar las diversas necesidades e intereses de los adultos mayores de Chicago y sus cuidadores. **En general, todos los habitantes de Chicago mayores de 60 años son elegibles para recibir los servicios. Algunos programas tienen edades de elegibilidad más bajas, ¡llámenos!**

Llame a Información y Ayuda al 312-744-4016 o llame al 311 de lunes a viernes, de 8:30 a. m. a 4:30 p. m. o envíe un correo electrónico a aging@cityofchicago.org

<table>
<thead>
<tr>
<th>Servicios de apoyo en la casa</th>
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<tbody>
<tr>
<td><strong>Descanso para cuidadores</strong></td>
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<tr>
<td>El descanso para cuidadores da un receso del cuidado de sus seres queridos. Diversas opciones incluyen atención a domicilio: asistentes de atención a domicilio, contratación de un amigo cercano o familiar y atención residencial en un centro. El apoyo está disponible por hasta dos semanas al año.</td>
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<tr>
<th>Apoyo para cuidadores</th>
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<tr>
<td>Las personas que cuidan a sus familiares mayores o seres queridos (cuidadores) pueden recibir servicios de apoyo, como consejería individual o familiar, grupos de apoyo, cajás de comidas, información y remisiones, ayuda para la compra de bienes o servicios y oportunidades de educación. Califican diversas edades; llame para obtener información.</td>
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<tr>
<th>Formación y educación para cuidadores</th>
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<tr>
<td>El programa de formación Savvy Caregiver™ es un programa de educación de 12 horas para cuidadores familiares que cuidan a personas con enfermedad de Alzheimer y trastornos relacionados. Cada sesión semanal gratis es de 2 horas durante seis semanas. Se da un manual del cuidador. Las oportunidades de formación están disponibles durante todo el año.</td>
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<tr>
<th>Servicios de cuidado de la casa</th>
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<tbody>
<tr>
<td>El servicio de cuidado de la casa de corto plazo da ayuda con tareas domésticas ligeras, lavandería, compras u otro apoyo doméstico por un cambio de vida, enfermedad, discapacidad o situación temporal. El trabajo pesado consiste en una limpieza intensiva para los adultos mayores cuyas condiciones de vida representan una amenaza para su salud y seguridad. Los servicios incluyen recolección de basura, mover muebles pesados, ayudar con el desorden, empaquetar, entre otros.</td>
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<tr>
<th>Abuelos y familiares mayores que crían niños</th>
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<tbody>
<tr>
<td>Los abuelos o parientes mayores de 55 años que tienen la responsabilidad principal de un niño menor de 18 años o un ser querido con discapacidades graves de entre 19 y 59 años son elegibles para servicios, incluyendo consejería individual o familiar, grupos de apoyo, información y remisiones, oportunidades de educación, y ayuda para comprar bienes o servicios como ropa, útiles escolares, juguetes, entre otros.</td>
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**Derechos de los adultos mayores, servicios legales, protección y defensa**

<table>
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<tr>
<th>Servicios de protección para adultos (APS)</th>
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<tbody>
<tr>
<td>Los trabajadores certificados de APS responden a los informes de presuntos abusos de los habitantes de Chicago mayores de 60 años y de las personas con discapacidades de entre 18 y 59 años. Las preocupaciones incluyen maltrato físico, emocional y sexual, abandono propio, negligencia, confinamiento o explotación económica. Los APS detienen el maltrato y desarrollan un plan de seguridad, bienestar y prevención.</td>
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<tr>
<th>Defensa y apoyo de casos (CAS)</th>
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<tr>
<td>La CAS controla el bienestar a los habitantes de Chicago mayores de 55 años que viven en la comunidad y que pueden enfrentarse a retos para vivir de forma independiente o que son un riesgo para ellos mismos o para los demás. El equipo se reúne con el adulto mayor, evalúa su situación y luego da remisiones útiles a servicios y enlaces a apoyos de la comunidad.</td>
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<tr>
<th>Servicios intensivos de defensa de casos (ICAS)</th>
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<tr>
<td>Los ICAS dan apoyo continuo a los habitantes de Chicago mayores de 55 años que enfrentan retos para vivir de forma independiente en la comunidad al ayudar a los pacientes a tener acceso a apoyos que prolongan la capacidad de permanecer viviendo en casa. Los ICAS también puede ayudar a quienes se están mudando, teniendo transiciones, retos de salud, entre otros.</td>
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</table>
Los servicios legales protegen los derechos de las personas mayores de Chicago en asuntos como: vivienda, tutela, poderes notariales para la atención médica y la propiedad, bancarrota, fraude, empleo, derecho familiar, consejería económica y de ejecución hipotecaria, hipotecas inversas e instrucciones anticipadas.

Los mediadores protegen, defienden y abogan por los residentes en centros de atención de largo plazo, como residencia de adultos mayores, vida asistida, entre otros. Los mediadores protegen los derechos de los residentes, resuelven quejas, dan información y garantizan atención de calidad para los residentes de cuidados de largo plazo de Chicago mayores de 19 años.

El SHIP ayuda a los beneficiarios de Medicare a tener acceso a Medicare, planes de medicamentos, entre otros. Los consejeros del SHIP organizan programas de educación y orientación personalizada para ayudar a los adultos mayores y las personas con discapacidades al dar información objetiva sobre el seguro médico a quienes tienen preguntas sobre Medicare.

El programa Senior Medicare Patrol (SMP) informa a los consumidores del fraude, mal uso y abuso de Medicare y Medicaid. El personal y los voluntarios del programa ayudan a los habitantes de Chicago a prevenir, detectar e informar del abuso de Medicare y Medicaid.

Se dan comidas nutritivas en un entorno de grupo todos los días de la semana a casi 50 centros de la comunidad en todo Chicago. Estas comidas promueven una mejor salud mediante una mejor nutrición y un menor aislamiento social. Hay comidas culturalmente específicas disponibles.

Se entregan comidas congeladas o calientes listas para calentar en el microondas a adultos mayores de 60 años que no pueden prepararse comidas por sí mismos y no tienen otros medios para conseguir comidas nutritivas o dietéticas específicas.

Programa gratis de formación virtual y por teléfono está disponible para todos los habitantes de Chicago y es para los residentes que viven en edificios de apartamentos. El programa se centra en comportamientos para mantener cerebros sanos a lo largo de la vida.

Una oportunidad para que los adultos mayores hagan una diferencia en la vida de un niño. Este programa reconoce a los voluntarios mayores como una presencia en la comunidad. Los voluntarios hacen una diferencia en la vida de los niños y jóvenes mediante la enseñanza y la tutoría en comunidades de toda la ciudad. Este programa incluye viajes, reembolsos de comidas y un estipendio mensual.

Los adultos mayores hacen una diferencia en la vida de otros adultos mayores solos y confinados en sus casas mediante la lectura, visitas y conversación, preparación de comidas ligeras, entre otros. Este programa reconoce a los voluntarios mayores como una presencia en la comunidad e incluye viajes, reembolsos de comidas y un estipendio mensual.

Programa galardonado de acondicionamiento físico que aumenta la resistencia, la fuerza, el equilibrio y la flexibilidad. Nuestros centros tienen equipos de ejercicio aptos para personas de la tercera edad y cuentan con profesionales con experiencia y certificación en acondicionamiento físico que dirigen clases grupales de ejercicio y entrenamiento individual en persona o en línea.

La promoción de la salud basada en evidencia y la programación de prevención de enfermedades se dan en todos los centros para adultos mayores mediante presentaciones mensuales, exámenes médicos y visitas con enfermeros de bienestar, dietistas, farmacéuticos y trabajadores sociales.

Una variedad de actividades sociales, educativas y recreativas para adultos mayores adaptadas a los intereses de la comunidad local. Programa de enriquecimiento de vida diseñado para mantener a los participantes activos mientras da oportunidades para fomentar el crecimiento personal y la creatividad.
# Senior Centers: Locations

## Regional Senior Centers

**Central West**
- **Regional Senior Center**: 2102 W Ogden Ave
  - Phone: 312-746-5300

**Northeast**
- **Levy Senior Center**: 2019 W Lawrence Ave
  - Phone: 312-744-0784

**Northwest**
- **Copernicus Senior Center**: 3160 N Milwaukee Ave
  - Phone: 312-744-6681

**Downtown**
- **Renaissance Court**: 78 E Washington St
  - Phone: 312-744-4550

**Southeast**
- **Atlas Senior Center**: 1767 E 79th St
  - Phone: 312-747-0189

**Southwest**
- **Regional Senior Center**: 6117 S Kedzie Ave
  - Phone: 312-747-0440

*Monday through Friday 8:30 am to 4:30 pm
*Ren Court hours are Mon-Fri 10am-5pm

## Satellite Senior Centers

- **Abbott Park**: 49 E 95th St
  - Phone: 312-745-3493

- **Auburn Gresham**: 1040 W 79th St
  - Phone: 312-745-4797

- **Austin**: 5071 W Congress Parkway
  - Phone: 312-743-1538

- **Chatham**: 8300 S Cottage Grove Ave
  - Phone: 312-745-0401

- **Edgewater**: 5917 N Broadway St
  - Phone: 312-742-5323

- **Englewood**: 653-657 W 63rd St
  - Phone: 312-745-3328

- **Garfield Ridge**: 5674-B S Archer Ave
  - Phone: 312-745-4255

- **Kelvyn Park**: 2715 N Cicero Ave
  - Phone: 312-744-3350

- **North Center**: 4040 N Oakley Ave
  - Phone: 312-744-4015

- **Norwood Park**: 5801 N Natoma Ave
  - Phone: 773-775-6071

- **Pilsen Center**: 2021 S Morgan St
  - Phone: 312-743-0493

- **Portage Park**: 4100 N Long Ave
  - Phone: 312-744-9022

- **Roseland**: 10426 S Michigan Ave
  - Phone: 312-745-1500

- **South Chicago**: 9233 S Burley Ave
  - Phone: 312-745-1282

- **West Town**: 1613 W Chicago Ave
  - Phone: 312-743-1016

*Monday through Friday 8:30 am to 4:30 pm*