



SPRING 2021

CHICAGO SENIORS CONNECTED



VIRTUAL SENIOR PROGRAMMING



CITY OF CHICAGO
LORI LIGHTFOOT, MAYOR



CHICAGO DEPARTMENT OF FAMILY AND SUPPORT SERVICES
BRANDIE KNAZZE, ACTING COMMISSIONER



Welcome to **CHICAGO SENIORS CONNECTED** Virtual Senior Center!

DFSS Senior Centers offer a variety of programs including social, educational, fitness, health and more!

While programming at the centers is temporarily on hold due to COVID-19 we invite you to attend our Virtual Programs!

Participate in your favorite classes by instructors you may recognize from the senior centers!

A Note From City of Chicago Department of Family & Support

Dear Friends:

This past year has been unlike any other. The COVID-19 pandemic has impacted the way we live, connect to others and celebrate. However, social distancing does not mean social isolation. Your safety and well-being are of the utmost of importance to us and we are finding safe and new ways for you to stay engaged and connected.

We encourage you to participate in our virtual program offerings from the safety of home.

If you are in need of additional resources and services please call us at 312-744-4016 or email aging@cityofchicago.org.

Wishing you health and happiness,

The DFSS Senior Services Team



Follow us on Facebook

[Facebook.com/ChiSeniorServices](https://www.facebook.com/ChiSeniorServices)

Visit us online

[Chicago.gov/Seniors](https://www.Chicago.gov/Seniors)

DFSS Senior Services Programs and Services: At a Glance	
Benefits Eligibility Checkup	Using an on-line benefits calculation tool, trained staff screen seniors for hundreds of federal, state and local benefits programs, including: prescription drug coverage, weatherization, energy assistance, & financial assistance. Staff then works with seniors in applying for identified benefits.
Caregiving Resources	Informal/familial caregivers are provided a variety of assistance and supports to aid them in caring for their older loved ones. Services such as one-on-one counseling, family mediation, support groups, newsletters, information and referrals and education opportunities are available.
Care Coordination Services	Through a referral from I&A, trained and certified care coordinators from the Illinois Department on Aging Community Care Program will provide a comprehensive needs and eligibility assessment and create appropriate individualized plans of care utilizing a variety of in-home services, allowing seniors to live as independently as possible in their homes and communities. Plans of care are monitored and updated as needed.
Chicago Fitness Plus	Award-winning fitness program that boosts endurance, strength, balance, and flexibility. Senior centers are equipped with senior friendly exercise equipment and staffed by experienced, certified senior fitness professionals who lead group exercise classes and one-on-one training.
Chore/ Housekeeping: Heavy Duty & Short-Term	Heavy Duty Chore is an one-time intensive cleaning for seniors whose living conditions pose a threat to their health and safety. Services include trash removal, window cleaning, moving heavy furniture and packing. Short-Term Chore assists seniors recuperating from a short-term illness; a temporary medical disability; and/or has been recently discharged from a medical setting. The temporary housekeeping assistance includes: light housekeeping tasks, laundry, and/or shopping.
Adult Protective Services Program	Trained and certified Adult Protective Services Caseworkers respond to reports of alleged physical, emotional, and sexual abuse, neglect, confinement or financial exploitation of any person, age 18-59 living with a disability or older adults living in the community. The program provides assessment, investigation, intervention, and follow-up services to victims. Investigators work with the eligible adult to develop a plan to alleviate the abusive situation and reduce the risk of further harm to the eligible person.
Foster Grandparent Program	Opportunity for seniors to make a difference in a child's life. This program also gives the senior volunteer a presence in the community, free annual physicals and the ability to supplement their monthly income.
FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSISTANCE AT (312) 744-4016	

DFSS Senior Services Programs and Services: At a Glance	
Golden Diners Nutrition Program	Hot, nutritious lunches in a communal setting are provided at approximately 60 community locations each weekday throughout Chicago. In addition to meals, seniors can participate in a variety of activities, from health education and exercise classes to field trips.
Home Delivered Meals	Microwave-ready frozen or hot meals delivered to home-bound seniors who are unable to prepare meals for themselves and have no other means of acquiring nutritious meals. This service is available after an in-home assessment by a care coordinator.
Health & Wellness Program	Evidence based health promotion and disease prevention programming provided at all DFSS senior centers through monthly presentations, health screenings, and one-on-one consultations with wellness nurses, dietitians, pharmacists, and social workers.
Grandparents and Older Relatives Raising Children	For seniors who have primary caregiving responsibility of a child, from birth to age 18 or those caring for their severely-disabled adult children. Short-term one-on-one counseling and support groups are available. Emergency financial assistance can be accessed for one-time emergency rent payment, school uniform and equipment, medication, and other basics.
Ombudsman Program	Ombudsmen protect, defend and advocate for residents in long term care facilities such as nursing homes and assisted living facilities. Utilizing staff and volunteers, they inform residents and their families of their rights, resolve complaints, provide information on residents needs/concerns to families, facility staff and the department, and advocate for quality individualized care for the residents.
Respite Care	Allows family caregivers caring for a senior, time for themselves. Respite provides professional trained staff to care for a frail senior, who has a familial caregiver, on a temporary basis. This care can be provided in home or in a nursing facility. Respite can be used in an emergency, such as the illness of a caregiver or for planned time away, such as a vacation, special event, appointment or just some time for themselves.
Senior Companion Program	Opportunity for seniors to make a difference in the lives of lonely, frail, and homebound seniors by reading, engaging in conversation, preparing light meals and more. This program also gives the senior volunteer a presence in the community, free annual physicals, and the ability to supplement their monthly income.
Senior Medicare Patrol	The SMP (Senior Medicare Patrol) Program educates consumers about health care fraud, waste, and abuse. Program staff and volunteers help people with Medicare and Medicaid to: educate, detect, and report possible Medicare and Medicaid fraud, waste, and abuse.
FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSISTANCE AT (312) 744-4016	



April 2021 - June 2021

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

<u>Zoom Instructions</u>	<u>Phone Instructions</u>	<u>Facebook Instructions</u>
<p>Step 1: Go to Zoom.com</p> <p>Step 2: Click "Join Meeting"</p> <p>Step 3: Type in Meeting ID</p> <p>Step 4: Type in Passcode (if applicable)</p>	<p>Step 1: Dial Number</p> <p>Step 2: Enter Password</p>	<p>Type website as instructed</p>

MONDAY

Time	Class	Location
8:30am	<p><u>Balance Boosters Class (ZOOM)</u></p> <p>Seated/Standing stretch class accompanied with stability or balance exercises. May utilize props such as towel/band/belt for stretching purposes. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i></p>	<p>Meeting ID: 907 424 6822</p> <p>Passcode: q5QBVj</p>
8:30am	<p><u>Forever Fit with Norma (ZOOM)</u></p> <p>Regular exercise improves mental and physical health, both of which help to maintain your independence as you age. Regular exercise decreased the risk of fall, improve cognitive function, and also maintain strong social life. <i>Norma Rodriguez, Symbria Well-Being Specialist and Certified Fitness Instructor.</i></p>	<p>Meeting ID: 802 534 0244</p> <p>Passcode: 2rbnmM</p>
9:15am	<p><u>Forever Fit Class with Michele (ZOOM)</u></p> <p>Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria</i></p>	<p>Meeting ID: 907 424 6822</p> <p>Passcode: q5QBVj</p>
10:00am	<p><u>Forever Fit Class with Patricia (ZOOM)</u></p> <p>Cardio and Core is a get-tough workout with a lot of variety, as well as a quick yet effective core-focused strength segment. This class finishes with calming, deep stretches. Intermediate to advanced exercisers will enjoy this class. Chair. <i>Patricia Dereef, Symbria Well-Being Specialist</i></p>	<p>Meeting ID: 781 025 7235</p> <p>Passcode: 1WVMac</p>

MONDAY

Time	Class	Location
10:00am	<u>Forever Fit Class with Ash (ZOOM)</u> 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. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <u>Ash Duggal</u> , Symbria	Meeting ID: 729 7851 7030 Passcode: 1c6e0i
10:00am	<u>Forever Fit Class with Betty (ZOOM)</u> 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. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <u>Betty Kellum</u> , Symbria	Meeting ID: 769 570 2809 Passcode: 1x6w0i
10:00am	<u>Sit & Be Strong with Joyce (PHONE & ZOOM)</u> 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 because the stronger that your muscles better your balance. Overall fitness is essential for day-to-day basic living. Seated and standing exercises for all levels. <u>Joyce Bloom</u> , Symbria	Phone: (312) 626-6799 Meeting ID: 781 8847 6951 Zoom Meeting ID: 781 8847 6951 Passcode: 452540
11:00am	<u>Sit & Be Strong with Patricia (ZOOM)</u> Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <u>Patricia Dereef</u> , Symbria Well-Being Specialist.	Meeting ID: 781 025 7235 Passcode: 1WVMac
12:45pm	<u>Ballroom Dance Fitness (ZOOM)</u> Learn Waltz, Foxtrot, Rumba, Tango, and more! No partner needed! <u>Norm Viray</u> , Instructor	Meeting ID: 891 4358 1291 Passcode: 467002

MONDAY

Time	Class	Location
1:00pm	<u>Balance Boosters Class (ZOOM)</u> Balance and Stretch is an increase flexibility, joint stability, balance, coordination, agility and muscle strength in an encouraging and unintimidating setting. Stretching is designed to increase strength and range of motion. Chair. <i>Patricia Dereef, Symbria Well-Being Specialist</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
1:00pm	BINGOCIZE with Tatiana (English) (Phone/ZOOM) This evidence-based group exercise program is designed to increase mobility and fitness. Exercises offered are appropriate for people at all fitness levels . Join us to improve your health, make new friends and win PRIZES! Space is limited; so register today to reserve your spot, and bring a friend! To register contact White Crane Wellness Center at 773-271-9001 or email mflores@whitecranewellness.org .	
1:00pm	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
1:00pm	April 5th through June 28th <u>Virtual Social Support Group (Phone/ZOOM)</u> Do you want to connect to others during this time of social distancing? 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 ways of looking at the world. Topics will include: Loneliness; Keeping Active; Sustaining Ourselves; Families Re-Uniting; and Embarking on New Projects. You may participate in the group with video from your computer/tablet, or you can participate by phone only. <i>Mary Ellen Winthers, LCSW</i>	Phone: (312) 626 6799 Meeting ID: 976 2321 3071 Zoom: Meeting ID: 976 2321 3071
1:30pm	<u>Forever Fit with Norma (ZOOM)</u> Regular exercise improves mental and physical health, both of which help to maintain your independence as you age. Regular exercise decreased the risk of fall, improve cognitive function, and also maintain strong social life. <i>Norma Rodriguez, Symbria Well-Being Specialist and Certified Fitness Instructor.</i>	Meeting ID: 802 534 0244 Passcode: 2rbnmM
2:00pm Spanish	BINGOCIZE with Tatiana (Spanish) (Phone/ZOOM) This evidence-based group exercise program is designed to increase mobility and fitness. Exercises offered are appropriate for people at all fitness levels . Join us to improve your health, make new friends and win PRIZES! Space is limited; so register today to reserve your spot, and bring a friend! To register contact White Crane Wellness Center at 773-271-9001 or email mflores@whitecranewellness.org .	

MONDAY

Time	Class	Location
2:00pm	<u>Indoor Gardening (ZOOM)</u> Boost your mood, productivity, concentration and creativity. Learn techniques to grow healthy plants during all seasons. Determine how to select the right plant and proper lighting for a particular indoor space. <i>Nelson Fluker, Instructor</i>	Meeting ID: 832 3576 4258 Passcode: 728103
2:00pm	<u>Well-Being Yoga class (ZOOM)</u> Physical activities are good for relieving stress and this is particularly true of Yoga. Yoga improves your mind-body concentration, giving you better awareness of your own body. Yoga increase your muscle tone, improves your balance, supports joint health, and prevents back pain. Yoga helps to improve your breathing and flexibility. <i>Ash Duggal, M.S. Exercise Science and Cardiovascular Health, Symbria.</i>	Meeting ID: 779 4912 8233 Passcode: 4Jc8jE

TUESDAY

Time	Class	Location
9:00am Spanish	BINGOCIZE with Tatiana (Spanish) (Phone/ZOOM) This evidence-based group exercise program is designed to increase mobility and fitness. Exercises offered are appropriate for people at all fitness levels . Join us to improve your health, make new friends and win PRIZES! Space is limited; so register today to reserve your spot, and bring a friend! To register contact White Crane Wellness Center at 773-271-9001 or email mflores@whitecranewellness.org .	
9:00am	April 6th & April 20th <u>Dietician Presentation (Phone/Zoom)</u> <u>Nutrition and Lung Health</u> You might not know it, but what you eat can have a direct effect on how hard your lungs have to work! Whether you have a breathing disorder like COPD (Chronic Obstructive Pulmonary Disease), Emphysema, Asthma or are just trying to keep your lungs healthy, diet can help! Learn how certain foods can help or hinder your breathing and lifestyle. <i>Kristin Gustashaw MS, RDN,LDN, CSG</i>	Phone: (312) 626 6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
9:00am	May 4th & May 18th <u>Dietician Presentation (Phone/Zoom)</u> <u>Eating Your Way to A Good Night Sleep</u> There are a multitude of reasons you might not have a good night sleep. Don't make your diet one of them! Learn what foods can disrupt your sleep and how to replace them with drowsy alternatives. Might it be time for a supplement sleep aid? Are they safe and/or effective? Join us for a discussion that will be sure to make you fall asleep. <i>Kristin Gustashaw MS, RDN,LDN, CSG</i>	Phone: (312) 626 6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785

TUESDAY

Time	Class	Location
9:00am	<p style="text-align: center;">June 1st & June 15th</p> <p><u>Dietician Presentation (Phone/ZOOM)</u> <u>Oral Health and Your Diet...It is about more than just your Mouth!</u> Keeping your mouth healthy includes not only brushing your teeth regularly! The foods you chose, or more often <i>don't</i> chose to eat can also play a big role in your overall health and wellbeing. Your mouth is a vulnerable place that can easily allow germs into your body. Learn how to keep your mouth strong in ways that will also keep the rest up your body in tip top shape. <u>Kristin Gustashaw MS, RDN,LDN, CSG</u></p>	<p>Phone: (312) 626 6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: 850 615 1785</p>
9:00am	<p><u>Forever Fit Class with Betty (ZOOM)</u> 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. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <u>Betty Kellum, Symbria</u></p>	<p>Meeting ID: 769 570 2809</p> <p>Passcode: 1x6w0i</p>
9:00am	<p><u>Zumba (ZOOM)</u> Enjoy moving to Salsa, Bachata, Swing, Tango, and much more! The steps are fun and easy to learn. This class will brighten and energize your day. It's a blast! <u>Frances Strain, Instructor</u></p>	<p>Meeting ID: 861 3451 7175</p> <p>Passcode: 081807</p>
10:00am	<p><u>Forever Fit Class with Judie (ZOOM)</u> Easy to Intermediate class is designed for persons seeking overall endurance and strength in a seated and standing class. <u>Judie Bernard, Symbria</u></p>	<p>Meeting ID: 933 398 2644</p> <p>Passcode: 261424</p>
10:00am	<p><u>Forever Fit Class with Patricia (ZOOM)</u> Cardio Kickbox is a high-energy cardiovascular workout that combines kicks and punches to improve stamina and endurance while working the entire body. Stand or Chair. <u>Patricia Dereef, Symbria</u></p>	<p>Meeting ID: 781 025 7235</p> <p>Passcode: 1WVMac</p>
10:00am	<p><u>Stretch & Flex Class (Phone/ZOOM)</u> Get moving to improve balance, endurance, coordination, along with 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 which encourages bending and twisting without strain. Seated and standing exercises. Appropriate for all levels. <u>Joyce Bloom, Symbria</u></p>	<p>Phone: (312)626- 6799</p> <p>Meeting ID: 781 8847 6951</p> <p>Zoom: Meeting ID: 781 8847 6951 Passcode: 452540</p>

TUESDAY

Time	Class	Location												
10:00am	<p style="text-align: center;">(Phone/ ONLINE)</p> <p><i>ASK THE DIETITIAN GROUP NUTRITION Q&A</i></p> <hr/> <p>Join a conference call for a lively discussion with Kristin Gustashaw MS,RDN,LDN CSG and fellow participants regarding any nutrition related questions you may have. You can participate as much or as little as you would like. Either way, you are sure to learn new ways to meet your nutritional needs!</p> <p><u><i>Kristin Gustashaw MS, RDN,LDN, CSG</i></u></p> <p>Call in by phone: 312-535-8100 or go to: rush.webex.com</p> <p>Then enter access code listed below</p> <p>Password: Nutrition</p> <table><tr><td>April 6</td><td>Access code: 120 847 5631</td></tr><tr><td>April 20</td><td>Access code: 120 029 3932</td></tr><tr><td>May 4</td><td>Access code: 120 198 2589</td></tr><tr><td>May 18</td><td>Access code: 120 754 5062</td></tr><tr><td>June 1</td><td>Access code: 120 791 9843</td></tr><tr><td>June 15</td><td>Access code: 120 987 3784</td></tr></table>	April 6	Access code: 120 847 5631	April 20	Access code: 120 029 3932	May 4	Access code: 120 198 2589	May 18	Access code: 120 754 5062	June 1	Access code: 120 791 9843	June 15	Access code: 120 987 3784	
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10:00am	<p style="text-align: center;">April 13th, May 4th and June 1st</p> <p style="text-align: center;">(Phone)</p> <p><i>TALK WITH YOUR WELLNESS NURSE CINDY</i></p> <hr/> <p>Take a coffee break with your Wellness Nurse Cindy!</p> <p>Pour yourself a cup of coffee or make yourself some tea and grab your phone and call your Wellness Cindy to discuss your health concerns. She has set aside time especially for you on Tuesdays, April 13, May 4 and June 1 from 10:00 – 11:30 a.m. Dial 312-945-8430 and ask for Cindy Please leave a message if the line is busy and your call will be returned during call in times. All callers will receive a joke of the day since it is so important to keep our sense of humor during these challenging times! Remember, if you are having a medical or mental health emergency, please call 911.</p>													
10:30am	<p><u>BINGOCIZE with Tatiana (English) (Phone/ZOOM)</u></p> <p>This evidence-based group exercise program is designed to increase mobility and fitness. Exercises offered are appropriate for people at all fitness levels. Join us to improve your health, make new friends and win PRIZES! Space is limited; so register today to reserve your spot, and bring a friend!</p> <p>To register contact White Crane Wellness Center at 773-271-9001 or email mflores@whitecranewellness.org.</p>													

TUESDAY

Time	Class	Location
10:30am	<p style="text-align: center;">April 27th</p> <p><u>Pharmacist Presentation (Phone/ZOOM)</u> <u>Obstructive Lung Problems – Breathing is Not Always Easy</u></p> <p>As we age, many people find it difficult to exercise or even perform daily activities without becoming short of breath, especially with a history of chronic obstructive pulmonary disease (COPD – chronic bronchitis or emphysema). Often, people will need to use some type of inhalers or other medication to help them breathe better. In this session, the pharmacist will review problems or warning signs that may cause shortness of breath and complications, and discuss common medications that can be used to treat COPD, and how to correctly use different types of inhalers. <u>Michelle Martin, PharmD</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
10:30am	<p style="text-align: center;">May 25th</p> <p><u>Pharmacist Presentation (Phone/ZOOM)</u> <u>Sleep Health – Catching ZZZs Can Be as Easy as 1-2-3</u></p> <p>Up to 50% of older adults complain about their sleep, especially difficulty falling and staying asleep. As a result, medication use to aid in sleeping is more common among older than younger persons. Sleep disorders in older adults can be caused by psychological stressors, medical disorders, or the adverse effects of drugs. In this session, we will discuss the safe use of non-drug and drug strategies to minimize the impact sleep disorders may have on your overall health. <u>Michelle Martin, PharmD</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
10:30am	<p style="text-align: center;">June 22nd</p> <p><u>Pharmacist Presentation (Phone/ZOOM)</u> <u>Another Scoop of Ice Cream, Please! Oral Health in Older Adults</u></p> <p>While oral health applies to everyone, it is especially important in the older adult population. As our bodies age, we are more vulnerable to oral disease and cavities. There is also the challenge of keeping dentures clean by picking the right products that will not hurt the dentures. In this session the pharmacist will review oral health and what we can do to keep our mouths healthy and clean, as well as medical products that can be safely used on dentures and other removable oral devices. <u>Michelle Martin, PharmD</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>

TUESDAY

Time	Class	Location
11:00am	<p style="text-align: center;">June 15th</p> <p><u>COVID-19 Vaccine—FACTS and FICTION – PART 2 (Phone / ZOOM)</u></p> <p>Join <i>Cindy Nissen, APN/Community Health Nurse</i> and <i>Jeaneane J. Quinn, LSW/Social Worker</i> at Rush University Medical Center, for a second informative presentation and discussion about the facts and fiction of the Covid19 Vaccination roll-out in Illinois and nationwide. Learn up to date information about the importance of the vaccine, including various ways to gather safely with family and friends. We will also address barriers to accessing the vaccine and ways to foster positive discussion with others who may be hesitant about becoming vaccinated. You will be provided with resources, statistics and other important data to help you and your friends/family navigate the vaccine roll-out initiative. We hope you will join us!</p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID 953 3584 2608</p> <p>Password: 416683</p> <p>Zoom: Meeting ID 953 3584 2608</p> <p>Passcode: 416683</p>
11:00am	<p style="text-align: center;">May 25th</p> <p><u>Summer Jump Start—Feeling Safe and Confident Outdoors during the Change of the Seasons (Phone/ ZOOM)</u></p> <p>Join <i>Rush Social Worker, Jeaneane J. Quinn, LSW</i>, for a presentation and discussion about ways to safely enjoy outdoor activities with friends and family as the weather turns warmer with the change of the seasons. Learn techniques to foster safety for ourselves and others as we look to spend more time outside. Discussion will include ideas to help feel secure and confident in our environments while hosting or attending a family barbeque, visiting a farmer's market, walking or exercising in the park, and more. Please join us for a robust discussion and sharing of ideas to help enjoy a change of scenery as summer is just around the corner.</p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID 931 0950 6848</p> <p>Password: 778208</p> <p>Zoom: Meeting ID: 931 0950 6848 Passcode: 778208</p>
11:00am	<p style="text-align: center;">June 29th</p> <p><u>Ageless Grace® Mind & Body Exercise Program (Phone / ZOOM)</u></p> <p>Join Wellness Nurse and Certified Ageless Grace® Educator, Cindy Nissen for a fun exercise program that works your brain and your body. This program is done while sitting in a chair. We use 21 simple tools to lubricate our joints, strengthen our muscles, improve flexibility, eye-hand coordination and tickle our funny bone. Join with ZOOM or with a speakerphone.</p>	<p>Phone (312) 626 6799</p> <p>Meeting ID: 953 3584 2608</p> <p>Password: 416683</p> <p>Zoom: Meeting ID: 850 615 1785 Passcode: 416683</p>

TUESDAY

Time	Class	Location
11:00am	<p style="text-align: center;">April 6th, April 20th & April 27th</p> <p><i>Nurse Presentation (Phone / ZOOM)</i> <u>Learn More & Breathe Better with COPD & Asthma</u> This health talk discusses chronic bronchitis, emphysema and asthma and how they affect our lungs and respiratory system. How to reduce you and your family's risk for these conditions are reviewed. Learn how medicines, exercise and stress management can help you take charge of your breathing problems. The importance of taking recommended vaccines concludes the program.</p> <p>April 6th & April 20th <u>Virginia Schelbert, MSN, APN</u> Phone: (312) 626 6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785</p> <p>April 27th <u>Cindy Nissen, MSN, APN</u> Phone: (312) 626 6799 Meeting ID: 953 3584 2608 Password 416683 Zoom: 953 3584 2608 Passcode 416683</p>	
11:00am	<p style="text-align: center;">May 4th & May 18th</p> <p><i>Nurse Presentation (Phone / ZOOM)</i> <u>Golden Slumbers: Sleep Better to Live Better</u> Almost 50% of people over the age of 60 have trouble sleeping and the COVID-19 pandemic has made sleep problems worse for many. The health talk reviews the effect of poor sleep on health as well as some of the age-related changes in sleep patterns. Insomnia, excessive daytime sleepiness, sleep apnea, restless leg syndrome and nighttime urination are described. Important non-drug steps you can take during the day and the evening to get a better night's sleep are shared.</p> <p>May 4th & May 18th <u>Virginia Schelbert, MSN, APN</u> Phone: (312) 626 6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785</p> <p>May 25th <u>Cindy Nissen, MSN, APN</u> Phone: (312) 626 6799 Meeting ID: 953 3584 2608 Password 416683 Zoom: 953 3584 2608 Passcode 416683</p>	
11:00am	<p style="text-align: center;">June 1st & June 15th</p> <p><i>Nurse Presentation (Phone / ZOOM)</i> <u>Only Brush the Teeth You Want to Keep: Healthy Habits Last A Lifetime</u> Poor oral care doesn't just affect your teeth and gums. It is associated with pneumonia, stroke, heart disease, poorly controlled diabetes and dementia. The talk will describe daily habits for a healthy mouth, the importance of regular dental care and ways to locate affordable dental care in your area. <u>Virginia Schelbert, MSN, APN</u></p>	Phone (312) 626 6799 Meeting ID: 850 615 1785 Zoom: Meeting ID: 850 615 1785

TUESDAY

Time	Class	Location
11:00am	<p style="text-align: center;">June 22nd</p> <p><u>Nurse Presentation (Phone / ZOOM)</u> <u>Only Brush the Teeth You Want to Keep: Healthy Habits Last A Lifetime</u> Poor oral care doesn't just affect your teeth and gums. It is associated with pneumonia, stroke, heart disease, poorly controlled diabetes and dementia. The talk will describe daily habits for a healthy mouth, the importance of regular dental care and ways to locate affordable dental care in your area. <u>Cindy Nissen, MSN, APN</u></p>	Phone (312) 626 6799 Meeting ID: 953 3584 2608 Passcode: 416683 Zoom: Meeting ID: 850 615 1785 Password: 416683
11:00am	<p style="text-align: center;">May 11th & June 8th (Phone / ZOOM)</p> <p><u>RELAX & RENEW WITH CINDY</u> Got Stress? Join Wellness Nurse Cindy Nissen for Relax & Renew, a favorite of the Southwest Senior Center to explore a variety of relaxation exercises you can do anytime or any place... just for the health of it. Join others and schedule some ME time to reset your batteries!</p>	Phone (312) 626 6799 Meeting ID: 953 3584 2608 Password: 416683 Zoom: Meeting ID: 953 3584 2608 Passcode: 416683
11:00am	<p><u>Sit & Be Strong with Patricia (ZOOM)</u> Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <u>Patricia Dereef</u></p>	Meeting ID: 781 025 7235 Passcode: 1WVMac
11:30am	<p style="text-align: center;">April 27th , May 25th & June 22nd</p> <p><u>Pharmacist Consultations (Phone/Zoom)</u> <u>by Michelle Martin, PharmD</u></p>	Phone: (312) 626-6799 Meeting ID 850 615 1785 Zoom: Meeting ID: 850 615 1785
12:00pm	<p><u>Open Mic Karaoke (ZOOM)</u> 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! <u>Vennié Tolbert-Rodgers, Instructor.</u></p>	Meeting ID: 478 347 6251 Passcode: DANCE
12:00pm	<p><u>Making Jewelry in Style (ZOOM)</u> Learn jewelry making design and techniques. <i>Lisa Booker, Instructor</i></p>	Meeting ID: 211 66 3627 Passcode: Music

TUESDAY

Time	Class	Location
1:00pm	<u>Computer and Technology (ZOOM)</u> Increase your computer and technology skills. Learn basic, intermediate, and advanced skills, including how to set-up an e-mail account and to how to navigate social media. Time will be allotted for "How do I..." questions at the end of each class. <i>Joseph Fedorko, Instructor</i>	Meeting ID: 514 975 0953 Passcode: 727822
1:00pm	<u>Core Builders Class with Patricia (ZOOM)</u> Core is a workout focusing on the torso muscles. Gaining core strength can minimize lower back pain and improve the ability to perform everyday tasks. Chair <i>Patricia Dereef, Symbria Well-Being Specialist.</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
1:00pm	<u>Intermediate Soul Line Dancing (ZOOM)</u> If you already know the basic steps of line dancing and you can name the moves, then join in 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. <i>Hakeemah Shamsuddin, Instructor</i>	Meeting ID: 874 4212 6494 Passcode: cocdance
1:00pm	<u>Tai Chi for Wellness (ZOOM)</u> Tai Chi is a fitness exercise that can improve strength, flexibility, balance and aerobic conditioning. Tai Chi has also been clinically proven to improve multiple health conditions, including high blood pressure, arthritis, stress, heart disease and Parkinson's Disease. <i>Craig Harris, Instructor</i>	Phone (312) 626 6799 Meeting ID: 841 9879 2985 Passcode: 690519
2:00pm	<u>Core Builders with Ash (ZOOM)</u> Easy to Intermediate class is designed for persons seeking to strengthen core muscles, reducing lower back pain in a seated and standing class As we age, we lose balance and stability. Core exercises train your muscles in your pelvis, lower back, abdomen, and hip to work in harmony. Strong core enhances balance and stability and reduces the risk of injury. <i>Ash Duggal, M.S. Exercise Science and Cardiovascular Health, Symbria</i>	Meeting ID: 779 4912 8233 Passcode: <i>4Jc8jE</i>
2:00pm	<p style="text-align: center;">April 27th</p> <u>Nurse Presentation (Phone / ZOOM)</u> <u>Learn More & Breathe Better with COPD & Asthma</u> This health talk discusses chronic bronchitis, emphysema and asthma and how they affect our lungs and respiratory system. Learn how to reduce you and your family's risk for these conditions. Learn how medicines, exercise and stress management can help you take charge of your breathing problems. The importance of taking recommended vaccines concludes the program. <i>Virginia Schelbert, MSN, APN</i>	Phone (312) 626 6799 Meeting ID: 850 615 1785 Zoom: Meeting ID: 850 615 1785

TUESDAY

Time	Class	Location
2:00pm	<p style="text-align: center;">May 25th</p> <p><u>Nurse Presentation (Phone / ZOOM)</u></p> <p><u>Golden Slumbers: Sleep Better to Live Better</u></p> <p>Almost 50% of people over the age of 60 have trouble sleeping and the COVID-19 pandemic has made sleep problems worse for many. The health talk reviews the effect of poor sleep on health as well as some of the age-related changes in sleep patterns. Insomnia, excessive daytime sleepiness, sleep apnea, restless leg syndrome and nighttime urination are described. Important non-drug steps you can take during the day and the evening to get a better night's sleep are shared. <u>Virginia Schelbert, MSN, APN</u></p>	<p>Phone (312) 626 6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
2:00pm	<p style="text-align: center;">June 22nd</p> <p><u>Nurse Presentation (Phone / ZOOM)</u></p> <p><u>Only Brush the Teeth You Want to Keep: Healthy Habits Last A Lifetime</u></p> <p>Poor oral care doesn't just affect your teeth and gums. It is associated with pneumonia, stroke, heart disease, poorly controlled diabetes and dementia. The talk will describe daily habits for a healthy mouth, the importance of regular dental care and ways to locate affordable dental care in your area. <u>Virginia Schelbert, MSN, APN</u></p>	<p>Phone (312) 626 6799</p> <p>Meeting ID: 953 3584 2608</p> <p>Password: 416683</p> <p>Zoom: Meeting ID: 953 3584 2608</p> <p>Passcode: 416683</p>
2:00pm	<p style="text-align: center;">April 6th through June 29th</p> <p style="text-align: center;">(Phone/ZOOM)</p> <p><u>Weekly Virtual Social Support Group</u></p> <p>Do you want to connect to others during this time of social distancing? 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 ways of looking at the world. Topics will include: Loneliness; Keeping Active; Sustaining Ourselves; Families Re-Uniting; and Embarking on New Projects. <u>Lisa Muhammad, LSW</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 997 9024 2962</p> <p>Zoom: Meeting ID: 997 9024 2962</p>
2:00pm	<p><u>Super Circuit Group Class (ZOOM)</u></p> <p>Fun fitness routine designed to safely improve and/or increase your flexibility, range of motion and comfort in all of your joints and muscles, including the heart muscle! <u>Judie Bernard, Symbria</u></p>	<p>Meeting ID: 933 398 2644</p> <p>Passcode: 261424</p>

WEDNESDAY

Time	Class	Location
8:30am	<u>Balance Boosters Class (ZOOM)</u> Seated/Standing stretch class accompanied with stability or balance exercises. May utilize props such as towel/band/belt for stretching purposes. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
8:30am	<u>Forever Fit with Norma (ZOOM)</u> Regular exercise improves mental and physical health, both of which help to maintain your independence as you age. Regular exercise decreased the risk of fall, improve cognitive function, and also maintain strong social life. <i>Norma Rodriguez, Symbria Well-Being Specialist and Certified Fitness Instructor.</i>	Meeting ID: 802 534 0244 Passcode: 2rbnmM
9:15am	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
10:00am	<u>Forever Fit Class with Ash (ZOOM)</u> 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. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Ash Duggal, M.S. Exercise Science and Cardiovascular Health, Symbria.</i>	Meeting ID: 729 7851 7030 Passcode: 2jxEBF
10:00am	<u>Forever Fit Class with Judie (ZOOM)</u> Easy to Intermediate class is designed for persons seeking overall endurance and strength in a seated and standing class <i>Judie Bernard, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 933 398 2644 Passcode: 261424
10:00am	<u>Forever Fit Class with Patricia (ZOOM)</u> Cardio and Core is a get-tough workout with a lot of variety, as well as a quick yet effective core-focused strength segment. This class finishes with calming, deep stretches. Intermediate to advanced exercisers will enjoy this class. Chair. <i>Patricia Dereef, Symbria Well-Being Specialist</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac

WEDNESDAY

Time	Class	Location
10:00am	<p style="text-align: center;">May 5th</p> <p><i>Nurse Presentation (Phone / ZOOM)</i> <u>Golden Slumbers: Sleep Better to Live Better</u> Almost 50% of people over the age of 60 have trouble sleeping and the COVID-19 pandemic has made sleep problems worse for many. The health talk reviews the effect of poor sleep on health as well as some of the age-related changes in sleep patterns. Insomnia, excessive daytime sleepiness, sleep apnea, restless leg syndrome and nighttime urination are described. Important non-drug steps you can take during the day and the evening to get a better night's sleep are shared. <u>Marcia Haynes-Cody, RN</u></p>	<p>Phone (312) 626 6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
10:00am	<p style="text-align: center;">June 2nd</p> <p><i>Nurse Presentation (Phone / ZOOM)</i> <u>Only Brush the Teeth You Want to Keep: Healthy Habits Last A Lifetime</u> Poor oral care doesn't just affect your teeth and gums. It is associated with pneumonia, stroke, heart disease, poorly controlled diabetes and dementia. The talk will describe daily habits for a healthy mouth, the importance of regular dental care and ways to locate affordable dental care in your area. <u>Marcia Haynes-Cody, RN</u></p>	<p>Phone (312) 626 6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
10:00am	<p style="text-align: center;">April 7th</p> <p><i>Nurse Presentation (Phone / ZOOM)</i> <u>Learn More & Breathe Better with COPD & Asthma</u> This health talk discusses chronic bronchitis, emphysema and asthma and how they affect our lungs and respiratory system. How to reduce you and your family's risk for these conditions are reviewed. Learn how medicines, exercise and stress management can help you take charge of your breathing problems. The importance of taking recommended vaccines concludes the program. <u>Marcia Haynes-Cody, RN</u></p>	<p>Phone (312) 626 6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
10:00am	<p style="text-align: center;">April 7th through June 30th</p> <p><u>Weekly Virtual Social Support Group (Phone/ZOOM)</u> Do you want to connect to others during this time of social distancing? 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 ways of looking at the world. Topics will include: Loneliness; Keeping Active; Sustaining Ourselves; Families Re-Uniting; and Embarking on New Projects. You may participate in the group with video from your computer/tablet, or you can participate by phone only. <u>Sandy Rubovits, LCSW</u></p>	<p>Phone: (312)626-6799</p> <p>Meeting ID: 934 9355 5427</p> <p>Zoom: Meeting ID: 934 9355 5427</p>

WEDNESDAY

Time	Class	Location
10:00am	<u>Tai Chi for Fall Prevention & Balance (ZOOM)</u> Tai Chi is a unique body-mind form of exercise that involves a series of slow, gentle graceful flowing movements. The Tai chi movements are done with gentle graceful circular motions while breathing deeply. <i>Mari-Jane Dare, Instructor</i>	Meeting ID: 863 2743 8687 Passcode: 258398
11:00am	<u>Belly Dance Fitness (ZOOM)</u> Learn Isolation and 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 & HEALTHY <i>Dianne Hodges, Instructor</i>	Meeting ID: 862 9955 9024 Passcode: 241573
11:00am	<u>Core Builders with Judie (ZOOM)</u> Easy to Intermediate class is designed for persons seeking to strengthen core/trunk/hip/pelvis muscles to improve stability, balance, stamina, reducing lower back pain in a seated, standing and MAT class. <i>Judie Bernard, Symbria</i>	Meeting ID: 933 398 2644 Passcode: 261424
11:00am	<u>Sit & Be Strong with Patricia Class (ZOOM)</u> Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <i>Patricia Dereef, Symbria</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
12:00pm	<u>Meditation (ZOOM)</u> Create Mind, Body and Soul Awareness through meditation. <i>Dianne Hodges, Instructor</i>	Meeting ID: 862 9955 9024 Passcode: 241573
12:00pm	<u>Line Dancing (ZOOM)</u> Who says fitness can't be fun? Vennié will have you dancing your way to fitness! Beginner & intermediate dances. <i>Vennié Tolbert-Rodgers, Instructor.</i>	Meeting ID: 478 347 6251 Passcode: DANCE

WEDNESDAY

Time	Class	Location
1:00pm	<u>Balance Boosters Class (ZOOM)</u> Balance and Stretch is an increase flexibility, joint stability, balance, coordination, agility .and muscle strength in an encouraging and unintimidating setting. Stretching is designed to increase strength and range of motion. Chair <i>Patricia Dereef, Symbria Well-Being Specialist</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
1:00pm	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i>	Meeting ID: 907 424 6822 Passcode: q5QBVj
1:30pm	<u>Forever Fit with Norma (ZOOM)</u> Regular exercise improves mental and physical health, both of which help to maintain your independence as you age. Regular exercise decreased the risk of fall, improve cognitive function, and also maintain strong social life. <i>Norma Rodriguez, Symbria Well-Being Specialist and Certified Fitness Instructor.</i>	Meeting ID: 802 534 0244 Passcode: 2rbnmM
2:00pm	<u>Indoor Gardening (ZOOM)</u> Boost your mood, productivity, concentration and creativity. Learn techniques to grow healthy plants during all seasons. Determine how to select the right plant and proper lighting for a particular indoor space. <i>Nelson Fluker, Instructor</i>	Meeting ID: 832 3576 4258 Passcode: 728103
2:00pm	<p style="text-align: center;">May 12th & May 19th</p> <u>Nurse Presentation (Phone / ZOOM)</u> <u>Golden Slumbers: Sleep Better to Live Better</u> Almost 50% of people over the age of 60 have trouble sleeping and the COVID-19 pandemic has made sleep problems worse for many. The health talk reviews the effect of poor sleep on health as well as some of the age-related changes in sleep patterns. Insomnia, excessive daytime sleepiness, sleep apnea, restless leg syndrome and nighttime urination are described. Important non-drug steps you can take during the day and the evening to get a better night's sleep are shared. <i>Marcia Haynes-Cody, RN</i>	Phone (312) 626 6799 Meeting ID: 850 615 1785 Zoom: Meeting ID: 850 615 1785
2:00pm	<u>Well-Being Yoga class (ZOOM)</u> Physical activities are good for relieving stress and this is particularly true of Yoga. Yoga improves your mind-body concentration, giving you better awareness of your own body. Yoga increase your muscle tone, improves your balance, supports joint health, and prevents back pain. Yoga helps to improve your breathing and flexibility. <i>Ash Duggal, M.S. Exercise Science and Cardiovascular Health, Symbria.</i>	Meeting ID: 779 4912 8233 Passcode: 4Jc8jE

WEDNESDAY

Time	Class	Location
2:00pm	<p style="text-align: center;">April 14th & April 21st (Phone/ZOOM) <u>Learn More & Breathe Better with COPD & Asthma</u></p> <p>This health talk discusses chronic bronchitis, emphysema and asthma and how they affect our lungs and respiratory system. How to reduce you and your family's risk for these conditions are reviewed. Learn how medicines, exercise and stress management can help you take charge of your breathing problems. The importance of taking recommended vaccines concludes the program. <i>Marcia Haynes- Cody, RN</i></p>	<p>Phone (312) 626 6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
2:00pm	<p style="text-align: center;">June 9th & June 16th <u>Nurse Presentation (Phone / ZOOM)</u> <u>Only Brush the Teeth You Want to Keep: Healthy Habits Last A Lifetime</u></p> <p>Poor oral care doesn't just affect your teeth and gums. It is associated with pneumonia, stroke, heart disease, poorly controlled diabetes and dementia. The talk will describe daily habits for a healthy mouth, the importance of regular dental care and ways to locate affordable dental care in your area. <i>Marcia Haynes-Cody, RN</i></p>	<p>Phone (312) 626 6799</p> <p>Meeting ID: 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
3:00pm	<p style="text-align: center;">April 21st, May 19th & June 16th (Phone) <u>TELEPHONIC SOCIAL SUPPORT GROUP</u></p> <p><u>Coping and Connection in the Time of COVID</u></p> <p>The pandemic has brought a great amount of uncertainty and unprecedented changes into our lives. The session will be facilitated by Jeaneane Quinn, Licensed Social Worker, at Rush University Medical Center. The support group will feature various discussion topics and the Social Worker will help assist and guide individuals through any questions or concerns related to the ongoing pandemic. Please join us! <i>Jeaneane Quinn, LSW</i></p>	<p>Phone: 312-535-8110</p> <p>Access Code: 928 919 117</p>
9:00am	<p><u>Computer and Technology (ZOOM)</u></p> <p>Ask Joe Anything! This class is designed with all of your technology questions in mind. This 'study hall' will consist of fielding questions about specific issues you may have about any of your devices (e.g: Desktop, tablet/ iPad, smartphone). <i>Joseph Fedorko, Instructor</i></p>	<p>Meeting ID: 514 975 0953</p> <p>Passcode: 727822</p>
9:00am	<p><u>Forever Fit Class with Betty (ZOOM)</u></p> <p>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. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <i>Betty Kellum, Symbria</i></p>	<p>Meeting ID: 769 570 2809</p> <p>Passcode: 1x6w0i</p>

THURSDAY

Time	Class	Location
9:00am	<p>April 1st , May 6th & June 3rd <i>Pharmacist Consultations (Phone/ZOOM)</i> <u>Amina Gassam, PharmD</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
9:30am	<p>April 22nd <i>Pharmacist Presentation (Phone/ZOOM)</i> <u>Obstructive Lung Problems – Breathing is Not Always Easy</u></p> <p>As we age, many people find it difficult to exercise or even perform daily activities without becoming short of breath, especially with a history of chronic obstructive pulmonary disease (COPD – chronic bronchitis or emphysema). Often, people will need to use some type of inhalers or other medication to help them breathe better. In this session, the pharmacist will review problems or warning signs that may cause shortness of breath and complications, and discuss common medications that can be used to treat COPD, and how to correctly use different types of inhalers. <u>Sol Farias, PharmD</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
9:30am	<p>May 27th <i>Pharmacist Presentation (Phone/ZOOM)</i> <u>Sleep Health – Catching ZZZs Can Be as Easy as 1-2-3</u></p> <p>Up to 50% of older adults complain about their sleep, especially difficulty falling and staying asleep. As a result, medication use to aid in sleeping is more common among older than younger persons. Sleep disorders in older adults can be caused by psychological stressors, medical disorders, or the adverse effects of drugs. In this session, we will discuss the safe use of non-drug and drug strategies to minimize the impact sleep disorders may have on your overall health. <u>Sol Farias, PharmD</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
9:30am	<p>June 24th <i>Pharmacist Presentation (Phone/ZOOM)</i> <u>Another Scoop of Ice Cream, Please! Oral Health in Older Adults</u></p> <p>While oral health applies to everyone, it is especially important in the older adult population. As our bodies age, we are more vulnerable to oral disease and cavities. There is also the challenge of keeping dentures clean by picking the right products that will not hurt the dentures. In this session the pharmacist will review oral health and what we can do to keep our mouths healthy and clean, as well as medical products that can be safely used on dentures and other removable oral devices. <u>Amina Gassam, PharmD</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>

THURSDAY

Time	Class	Location
10:00am	<p>April 1st</p> <p><u>Pharmacist Presentation (Phone/ZOOM)</u></p> <p><u>Obstructive Lung Problems – Breathing is Not Always Easy</u></p> <p>As we age, many people find it difficult to exercise or even perform daily activities without becoming short of breath, especially with a history of chronic obstructive pulmonary disease (COPD – chronic bronchitis or emphysema). Often, people will need to use some type of inhalers or other medication to help them breathe better. In this session, the pharmacist will review problems or warning signs that may cause shortness of breath and complications and discuss common medications that can be used to treat COPD, and how to correctly use different types of inhalers. <u>Amina Gassam, PharmD</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
10:00am	<p>May 6th</p> <p><u>Pharmacist Presentation (Phone/ZOOM)</u></p> <p><u>Sleep Health – Catching ZZZs Can Be as Easy as 1-2-3</u></p> <p>Up to 50% of older adults complain about their sleep, especially difficulty falling and staying asleep. As a result, medication use to aid in sleeping is more common among older than younger persons. Sleep disorders in older adults can be caused by psychological stressors, medical disorders, or the adverse effects of drugs. In this session, we will discuss the safe use of non-drug and drug strategies to minimize the impact sleep disorders may have on your overall health. <u>Amina Gassam, PharmD</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
10:00am	<p>June 3rd</p> <p><u>Pharmacist Presentation (Phone/ZOOM)</u></p> <p><u>Another Scoop of Ice Cream, Please! Oral Health in Older Adults</u></p> <p>While oral health applies to everyone, it is especially important in the older adult population. As our bodies age, we are more vulnerable to oral disease and cavities. There is also the challenge of keeping dentures clean by picking the right products that will not hurt the dentures. In this session the pharmacist will review oral health and what we can do to keep our mouths healthy and clean, as well as medical products that can be safely used on dentures and other removable oral devices. <u>Amina Gassam, PharmD</u></p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID 850 615 1785</p> <p>Zoom: Meeting ID: 850 615 1785</p>
10:00am	<p><u>Forever Fit with Patricia (ZOOM)</u></p> <p>Cardio Kickbox is a high-energy cardiovascular workout that combines kicks and punches to improve stamina and endurance while working the entire body. Stand or Chair. <u>Patricia Dereef, Symbria Well-Being Specialist.</u></p>	<p>Meeting ID: 781 025 7235</p> <p>Passcode: 1WVMac</p>

THURSDAY

Time	Class	Location
10:00am	<u>Sit & Be Strong with Joyce (Phone & ZOOM)</u> Total body conditioning with hand weights designed to tone and strengthen your entire body. Resistance training aims to improve bone density, increase muscle strength, and assist in weight loss. Benefits may include improved balance and posture due to stronger muscles. Seated and standing exercises. Appropriate for all levels. <u>Joyce Bloom</u> , <i>Symbria Well-Being Specialist and Certified Fitness Instructor</i> .	Phone: (312)626-6799 Meeting ID: 781 8847 6951 Zoom: Meeting ID: 781 8847 6951 Passcode: 452540
10:30am Spanish	April 22nd , May 27th & June 24th <u>Pharmacist Consultations (Phone & ZOOM)</u> <u>Sol Farias, PharmD</u>	Phone: (312) 626-6799 Meeting ID 850 615 1785 Zoom: Meeting ID: 850 615 1785
11:00am	<u>Sit & Be Strong Class with Patricia (ZOOM)</u> Resistance and Strength can be defined as an exercise type that is designed to increase lean muscle tissue, improve structural strength, decrease excess body fat, increase endurance, and provide several additional physical and psychological benefits. Stand or Chair <u>Patricia Dereef</u> , <i>Symbria Well-Being Specialist</i> .	Meeting ID: 781 025 7235 Passcode: 1WVMac
11:00am	<u>Caregivers Support Group Counseling (Phone)</u> Join us for an online support group that will connect you with other caregivers and resources. We will be discussing topics including home and financial support.	Phone: (602) 580-9858* <i>check your phone plan for long distance fees</i>
12:00pm	<u>Line Dancing with Lisa (ZOOM)</u> Have fun while getting fit. Learn popular line dance moves and techniques. <i>Instructor, Lisa Booker</i>	Meeting ID: 211 66 3627 Passcode: Music
12:30pm	<u>Cooking with Everyday Ingredients (Facebook)</u> Join Chef Gloria as she demonstrates how to cook with everyday ingredients that you may already have at home! You may find a new favorite recipe! <u>Chef Gloria Hafer, Instructor</u>	Facebook Live facebook.com/ Gloria.hafer or search for Gloria Dattulo Hafer on facebook

THURSDAY

Time	Class	Location
1:00pm	<u>Beginning Soul Line Dancing (ZOOM)</u> This is a fun, interactive beginner soul line dance class that will have you up and moving! 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. <i>Hakeemah Shamsuddin, Instructor</i>	Meeting ID: 822 8021 0462 Passcode: ccbegdance
1:00pm	<u>Core Builders Class with Patricia (ZOOM)</u> Core is a workout focusing on the torso muscles. Gaining core strength can minimize lower back pain and improve the ability to perform everyday task. Chair <i>Patricia Dereef, Symbria Well-Being Specialist.</i>	Meeting ID: 781 025 7235 Passcode: 1WVMac
2:30pm	Month of April <u>Dietician Presentation (Phone/Zoom)</u> <u>Nutrition and Lung Health</u> You might not know it, but what you eat can have a direct effect on how hard your lungs have to work! Whether you have a breathing disorder like COPD (Chronic Obstructive Pulmonary Disease), Emphysema, Asthma or are just trying to keep your lungs healthy, diet can help! Learn how certain foods can help or hinder your breathing and lifestyle. <u>Jim Coogan, RD, LDN</u>	Phone: (312) 626 6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785
2:30pm	Month of May <u>Dietician Presentation (Phone/ZOOM)</u> <u>Eating Your Way to A Good Night Sleep</u> There are a multitude of reasons you might not have a good night sleep. Don't make your diet one of them! Learn what foods can disrupt your sleep and how to replace them with drowsy alternatives. Might it be time for a supplement sleep aid? Are they safe and/or effective? Join us for a discussion that will be sure to make you fall asleep. <u>Jim Coogan, RD, LDN</u>	Phone: (312) 626-6799 Meeting ID: 850 615 1785 Zoom: Meeting ID: 850 615 1785
2:30pm	Month of June <u>Dietician Presentation (Phone/Zoom)</u> <u>Oral Health and Your Diet...It is about more than just your Mouth!</u> Keeping your mouth healthy includes not only brushing your teeth regularly! The foods you chose, or more often <i>don't chose</i> to eat can also play a big role in your overall health and wellbeing. Your mouth is a vulnerable place that can easily allow germs into your body. Learn how to keep your mouth strong in ways that will also keep the rest up your body in tip top shape. <u>Jim Coogan, RD, LDN</u>	Phone: (312) 626 6799 Meeting ID: 850 615 1785 Zoom: 850 615 1785

FRIDAY

Time	Class	Location
8:30am	<u>Balance Boosters Class (ZOOM)</u> Seated/Standing stretch class accompanied with stability or balance exercises. May utilize props such as towel/band/belt for stretching purposes. <u>Michele Crump</u> , Symbria Well-Being Specialist and Certified Personal Trainer.	Meeting ID: 907 424 6822 Passcode: q5QBVj
8:30am	<u>Forever Fit with Norma (ZOOM)</u> Regular exercise improves mental and physical health, both of which help to maintain your independence as you age. Regular exercise decreased the risk of fall, improve cognitive function, and also maintain strong social life. <u>Norma Rodriguez</u> , Symbria Well-Being Specialist and Certified Fitness Instructor.	Meeting ID: 802 534 0244 Passcode: 2rbnmM
9:00am Spanish	<u>BINGOCIZE with Tatiana (Spanish) (Phone/ZOOM)</u> This evidence-based group exercise program is designed to increase mobility and fitness. Exercises offered are appropriate for people at all fitness levels . Join us to improve your health, make new friends and win PRIZES! Space is limited; so register today to reserve your spot, and bring a friend! To register contact White Crane Wellness Center at 773-271-9001 or email mflores@whitecranewellness.org .	
9:15am	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <u>Michele Crump</u> , Symbria Well-Being Specialist and Certified Personal Trainer.	Meeting ID: 907 424 6822 Passcode: q5QBVj
10:00am	<u>Forever Fit Class with Ash (ZOOM)</u> 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. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <u>Ash Duggal</u> , M.S. Exercise Science and Cardiovascular Health, Symbria.	Meeting ID: 729 7851 7030 Passcode: 2jxEBF
10:00am	<u>Forever Fit Class with Betty (ZOOM)</u> 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. Regular exercise decreases fall risk, improves cognitive function, and maintains a strong social life. <u>Betty Kellum</u> , Symbria	Meeting ID: 769 570 2809 Passcode: 1x6w0i

FRIDAY

Time	Class	Location
10:00am	<u>Forever Fit Class with Judie (ZOOM)</u> Easy to Intermediate class is designed for persons seeking overall endurance and strength in a seated and standing class <u>Judie Bernard</u> , Symbria Well-Being Specialist and Certified Personal Trainer.	Meeting ID: 933 398 2644 Passcode: 261424
10:00am	<u>Forever Fit with Norma (ZOOM)</u> Regular exercise improves mental and physical health, both of which help to maintain your independence as you age. Regular exercise decreased the risk of fall, improve cognitive function, and also maintain strong social life. <u>Norma Rodriguez</u> , Symbria Well-Being Specialist and Certified Fitness Instructor.	Meeting ID: 802 534 0244 Passcode: 2rbnmM
10:00am	<u>Hula Hoop Stretch Class (ZOOM)</u> This stretch is usually performed by making a circular rocking motion with the hips while standing with the feet slightly apart. Some workouts involve standing an extended leg or placing the body in different positions to work different muscle groups and improve balance. Stretching is also a huge component to increase strength and range of motion. Partial standing and chair <u>Patricia Dereef</u> , Symbria Well-Being Specialist.	Meeting ID: 781 025 7235 Passcode: 1WVMac
10:00am	<u>Stretch & Flex Class (Phone/ZOOM)</u> Get moving to improve balance, endurance, coordination, along with 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 which encourages bending and twisting without strain. Seated and standing exercises. Appropriate for all levels. <u>Joyce Bloom</u> , Symbria Well-Being Specialist and Certified Fitness Instructor.	Phone: (312)626- 6799 Meeting ID: 781 8847 6951 Zoom: Meeting ID: 781 8847 6951 Passcode: 452540
10:30am	<p style="text-align: center;">April 27th</p> <u>Pharmacist Presentation (Phone/ZOOM)</u> <u>Obstructive Lung Problems – Breathing is Not Always Easy</u> As we age, many people find it difficult to exercise or even perform daily activities without becoming short of breath, especially with a history of chronic obstructive pulmonary disease (COPD – chronic bronchitis or emphysema). Often, people need some type of inhalers or other medication to help them breathe better. In this session, the pharmacist will review problems or warning signs that may cause shortness of breath and complications and discuss common medications that can be used to treat COPD, and how to correctly use different types of inhalers. <u>Nazia Babul</u> , PharmD	Phone: (312) 626-6799 Meeting ID 850 615 1785 Zoom: Meeting ID: 850 615 1785
Hindi		

FRIDAY

Time	Class	Location
10:00am	May 21st <u>Pharmacist Presentation (Phone/ZOOM)</u> <u>Sleep Health – Catching ZZZs Can Be as Easy as 1-2-3</u> Up to 50% of older adults complain about their sleep, especially difficulty falling and staying asleep. As a result, medication use to aid in sleeping is more common among older than younger persons. Sleep disorders in older adults can be caused by psychological stressors, medical disorders, or the adverse effects of drugs. In this session, we will discuss the safe use of non-drug and drug strategies to minimize the impact sleep disorders may have on your overall health. <u>Nazia Babul, PharmD</u>	Phone: (312) 626-6799 Meeting ID 850 615 1785 Zoom: Meeting ID: 850 615 1785
10:00am	June 18th <u>Pharmacist Presentation (Phone/ZOOM)</u> <u>Another Scoop of Ice Cream, Please! Oral Health in Older Adults</u> While oral health applies to everyone, it is especially important in the older adult population. As our bodies age, we are more vulnerable to oral disease and cavities. There is also the challenge of keeping dentures clean by picking the right products that will not hurt the dentures. In this session the pharmacist will review oral health and what we can do to keep our mouths healthy and clean, as well as medical products that can be safely used on dentures and other removable oral devices. <u>Nazia Babul, PharmD</u>	Phone: (312) 626-6799 Meeting ID 850 615 1785 Zoom: Meeting ID: 850 615 1785
10:30am	<u>BINGOCIZE with Tatiana (English) (Phone/ZOOM)</u> This evidence-based group exercise program is designed to increase mobility and fitness. Exercises offered are appropriate for people at all fitness levels . Join us to improve your health, make new friends and win PRIZES! Space is limited; so register today to reserve your spot, and bring a friend! To register contact White Crane Wellness Center at 773-271-9001 or email mflores@whitecranewellness.org .	
10:30am	<u>Fran-ercise (ZOOM)</u> Fitness with A mix of stretch, aerobics, weights, bands and ball, tai chi and yoga. Wonderful music, singing and more! <u>Frances Strain, Instructor</u>	Meeting ID: 830 7725 0626 Passcode: 142518
11:00am	<u>Arthritis Ability Class (ZOOM)</u> Arthritis is both range-of-motion (ROM) and stretching exercises help to maintain or improve the flexibility in affected joints and surrounding muscles. This contributes to better posture, reduced risk of injuries and improved function. These more vigorous exercises are designed to work muscles a bit harder. As the muscle becomes stronger, it provides greater joint support and helps reduce loading and stress through the painful joint. Chair <u>Patricia Dereef₂₈, Symbria Well-Being Specialist</u>	Meeting ID: 781 025 7235 Passcode: 1WVMac

FRIDAY

Time	Class	Location
11:00am Hindi	April 16th, May 21st & June 18th <i>Pharmacist Consultations (Phone/ZOOM)</i> <u><i>Nazia Babul, PharmD</i></u>	Phone: (312)626-6799 Meeting ID 850 615 1785 Zoom: Meeting ID: 850 615 1785
1:00pm	<u>Forever Fit Class with Michele (ZOOM)</u> Seated/standing cardio workout utilizing core muscles and intensity with the addition of props. Props may consist of light weights, towel/band pillow, or canned food to use in place of light weights. <u><i>Michele Crump, Symbria Well-Being Specialist and Certified Personal Trainer.</i></u>	Meeting ID: 907 424 6822 Passcode: q5QBVj
1:00pm	<u>Zumba (ZOOM)</u> 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, muscular 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. <u><i>Mari-Jane Dare, Instructor.</i></u>	Meeting ID: 882 2601 1446 Passcode: 463339
1:00pm	<u>Drawing and Painting (ZOOM)</u> Reveal your creative side. Learn visual art while applying your own artistic vision. <u><i>Sharon Pate-Martin, Instructor</i></u>	Meeting ID: 484 648 2271 Passcode: 726050
2:00pm	<u>Super Circuit Group Class (ZOOM)</u> Fun fitness routine designed to safely improve and/or increase your flexibility, range of motion and comfort in all of your joints and muscles, including the heart muscle! <u><i>Judie Bernard, Symbria Well-Being Specialist and Certified Personal Trainer.</i></u>	Meeting ID: 933 398 2644 Passcode: 261424

FRIDAY

Time	Class	Location
2:00pm	<p>Beginning April 23rd every 2nd & 4th Friday <u>Friday Afternoon Astrophysics with University of Chicago</u> <u>(Phone/ZOOM)</u></p> <p>4/23 Topic: <u>Searching for the Echoes of the Big Bang from Antarctica</u> With sensitive telescopes, we can see faint light all around us. This is the afterglow of the Big Bang, produced when the Universe consisted entirely of a hot, dense fireball. We can use maps of this light to learn about what the Universe is made of, how it has evolved, and how everything began. In addition to discussing what we have learned from these measurements, I will also talk about the telescope I helped build, SPIDER, which flew aboard a NASA long-duration balloon in the stratosphere above Antarctica. Speaker: <i>Anne Gambrel, University of Chicago</i></p> <p>5/14 Topic: <u>Taking a Photograph of Dark Matter</u> One of the biggest mysteries of modern science is that there just isn't enough stuff to account for the gravity holding galaxies together. This missing matter has been named "dark" matter since we do not directly observe it with optical telescopes. In the DAMIC experiment, we take our cameras deep underground to try to photograph dark matter interacting in a long-exposure image. Speaker: <i>Dan Baxter, University of Chicago</i></p> <p>5/28 Topic: <u>Let One Hundred Dark Particles Bloom: The Search for Dark Matter and Dark Forces</u> The existence of particle dark matter suggests the presence of dark sectors, consisting of many dark particles that are neutral under all Standard Model forces. Those dark particles may serve as dark forces that connect dark matter to our world. They appear in many well-motivated extensions of the Standard Model. In the talk, I will show several current and future experimental efforts in searching dark matter and dark forces. I will also illustrate probes for the so-called nightmare scenario, where dark particles only couple to our world through gravity. Speaker: <i>Yiming Zhong, University of Chicago</i></p> <p>June 11th and 25th- Topics and Speakers TBA</p>	<p>Phone: (312) 626-6799</p> <p>Meeting ID: 984 254 9957</p> <p>Passcode: 12345</p> <p>Zoom: Meeting ID: 984 254 9957</p> <p>Passcode: 12345</p>

SATURDAY

Time	Class	Location
12:00pm	<u>Line Dancing with Lisa (ZOOM)</u> Have fun while getting fit. Learn popular line dance moves and techniques. <i>Instructor, Lisa Booker</i>	Meeting ID: 211 66 3627 Passcode: Music
1:30pm	<u>Latin Dance Class & Party (ZOOM)</u> No partner needed! Learn Salsa, Bachata, Merengue, Cha-Cha, and more! Then stick around and dance for fun! <i>Norm Viray, Instructor</i>	Meeting ID: 884 3614 5921 Passcode: 856171

WELLNESS TEAM PHONE CONSULTATIONS

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

To make an appointment for a phone consultation, please call 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 where 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, as many of us are cooking more these days, and can provide suggestions for the safest ways to access healthy foods during quarantine.

Feeling Disconnected? We Have a Solution for You!

FREE Zoom Tutorial

Designed Just For Seniors!

During this time of social distancing, the City of Chicago's Health Promotion Providers are using ZOOM to offer health and wellness services online.

You can still participate by phone, but if you would like to enhance your experience, you can connect online via a laptop, desktop computer, tablet or cell phone. By connecting online, you will be able to see our health promotion team (Nurses, Social Workers, Dietitians, Pharmacists, and Evidence-Based Class Leaders), as well as your fellow senior participants.

The tutorial will cover the basics of using Zoom including:

- Where is the microphone / mute button?
- Where is the video button?
- Where is the "chat" button?
- How can I see who is talking?
- How can I see everyone on the call?
- How do I change my screen name?

To register for a free tutorial, please contact:
White Crane Wellness Center
by phone at (773) 271-9001
or by e-mail at info@whitecranewellness.org .

White Crane
Wellness Center

¿Te sientes desconectado? ¡Tenemos una solución para

Tutorial GRATUITO de Zoom

¡Diseñado solo para personas mayores!

Durante este tiempo de distanciamiento social, los proveedores de promoción de la salud de la ciudad de Chicago están utilizando el ZOOM para ofrecer servicios de salud y bienestar en línea.

Aún puede participar por teléfono, pero si desea mejorar su experiencia, puede conectarse en línea a través de una computadora portátil, computadora de escritorio, tableta o teléfono celular. Al conectarse en línea, podrá ver a nuestro equipo de promoción de la salud (enfermeras, trabajadores sociales, dietistas, farmacéuticos y líderes de clase basados en evidencia), así como a sus compañeros participantes mayores.

El tutorial cubrirá los conceptos básicos del uso de ZOOM, incluidos:

- ¿Dónde está el botón de micrófono / silencio?
- ¿Dónde está el botón de video?
- ¿Dónde está el botón "chat"?
- ¿Cómo puedo ver quién está hablando?
- ¿Cómo puedo ver a todos en la llamada?
- ¿Cómo cambio mi nombre de usuario?

Para registrarse para obtener un tutorial gratuito, comuníquese con: White Crane Wellness Center

Por teléfono al (773) 271-9001

O por correo electrónico a info@whitecranewellness.org

**White Crane
Wellness Center**

CHICAGO DEPARTMENT OF FAMILY AND SUPPORT SERVICES
VIRTUAL SENIOR CENTER PRESENTS:

Illinois Secretary of State
RULES OF THE ROAD via ZOOM
Thursday, April 1, 2021 at 10:00am



*This class will assist you with taking your driving test and
provide information on highway safety.*

Handouts will be available (FREE CLASS)

Call 312-747-0440 to Register

3 Ways to Join the Class:

1. Join from the meeting link :

<http://ilsos.webex.com/ilsos/j.php?MTID=m56b94421768a74c92b2e5dae1d3ab6fc>

2. Join by meeting number :

Meeting ID (access code): 177 192 7513

Meeting passcode : 4znFqPHGa45

3. Join by phone :

1-650-479-3207 Call-in toll number (US/Canada)

1-855-244-8681 Call-in toll-free number (US/Canada)

Global call-in numbers/Toll-Free
calling restrictions



VIRTUAL HOUSING PRESENTATION

Presented by the:

Metropolitan Tenants Organization (MTO)

Sponsored by the City of Chicago:



April 9, 2021 • 10 – 11:30 a.m.

Join by phone at:

1-312-626-6799 (Webinar ID: 84718615267)

Join from a PC, MAC, iPad, iPhone, or Android device at:

<https://us02web.zoom.us/j/84718615267>

Find Out About:

- MTO Services & Programs
- Tenants' Rights & Responsibilities
- Landlord Expectations
- The Eviction Process
- Common Housing Issues & Mistakes
- What's Trending in Housing during the Pandemic?
- Housing Referrals



Metropolitan Tenants Organization



THE CHICAGO MOVEMENT COALITION (CMC) IN PARTNERSHIP
WITH **THE DEPARTMENT OF FAMILY SUPPORT SERVICES -
SENIOR SERVICES DIVISION** IS HOSTING



A VIRTUAL PARKINSON'S DISEASE EDUCATIONAL WORKSHOP



LEARN MORE ABOUT PARKINSON'S DISEASE AND RESOURCES AVAILABLE
IN THE CHICAGO AREA. THIS EVENT IS PART OF A RESEARCH STUDY
THROUGH NORTHWESTERN UNIVERSITY.

THIS EVENT INVOLVES A SURVEY BEFORE AND AFTER THE ONLINE
WORKSHOP. PARTICIPANTS WILL RECEIVE UP TO \$20 COMPENSATION FOR
THEIR TIME.

WEDNESDAY, APRIL 28

10:30 - 11:30 AM

REGISTER IN ADVANCE FOR THIS MEETING:

[https://northwestern.zoom.us/meeting/register/tJYkfu
usrDwtEtYOTkq8nLcSXzWPLH6dcPBo](https://northwestern.zoom.us/meeting/register/tJYkfuusrDwtEtYOTkq8nLcSXzWPLH6dcPBo)

**TO LEARN MORE PLEASE VISIT
WWW.CHICAGOMOVEMENTCOALITION.ORG**

**IF QUESTIONS, PLEASE CONTACT EMILY ZIVIN
AT EMILY.ZIVIN@NORTHWESTERN.EDU**



Need Support to Assist in your Caregiving Duties?

DFSS Caregiver Program: Chore Services



- Are you in need of temporary assistance in the home following an illness or hospital stay?
- Are you in need of assistance in organizing, deep cleaning, trash hauling and clutter removal?
- Is your health and well-being effected by the condition of your home?

The Chicago Department of Family and Support Services may be able to provide you with needed assistance. We will have a case manager conduct a In-home assessment to determine your eligibility for the Chore program and provide you with additional information on Caregiving resources.

The Chore Program provides Short term in-home chore services and Heavy Duty Chore.

For further information or to make a service request, please call (312)744-4016 or email aging@cityofchicago.org



Need a Break from Your Caregiving Duties?

DFSS Caregiver Program: Respite Services



- Are you an unpaid caregiver who lives with a frail Older Chicagoan at least 60 years of age and provides assistance with their daily activities?
- Are you the unpaid caregiver who lives with an individual with Alzheimer's disease or a related disorder with neurological and organic brain dysfunction and you assist them with their daily activities?
- Are you worried about leaving your family member alone, but need a small break?

The Chicago Department of Family and Support Services Respite program may be able to provide you with needed assistance. We will have a case manager come to your home and conduct an in-home assessment to determine your eligibility for the Respite program and provide you with additional information on Caregiving resources.

The Respite program provides both in-home and facility-based care.

For further information or to make a service request, please call (312)744-4016 or email aging@cityofchicago.org



Need Support to Assist in your Caregiving Duties?

DFSS Caregiver Program: Counseling & Support Services



- Are you an unpaid caregiver who lives with a frail Older Chicagoan at least 60 years of age and provides assistance with their daily activities?
- Are you the unpaid caregiver who lives with an individual with Alzheimer's disease or a related disorder with neurological and organic brain dysfunction and you assist them with their daily activities?
- Do you need to speak to a counselor or therapist?
- Would you like to meet and interact with fellow caregivers?

The Chicago Department of Family and Support Services Counseling and Support program may be able to provide you with needed assistance. We will have a case manager come to your home and conduct an in-home assessment to determine your eligibility for the Counseling & Support program and provide you with additional information on Caregiving resources.

The Caregiver Counseling Program provide Family/Individual Counseling, therapy, support groups and Gap Filling.

For further information or to make a service request, please call (312)744-4016 or email aging@cityofchicago.org





Are You A Grandparent or Older Relative Raising Children?

The Salvation Army Caregiver Program: Grandparent or Older Relative Raising Children (GORRC)



- Are you a grandparent or older relative raising children
- Are you in need of counseling or a support group to assist you in coping with the challenges of having to raise children unexpectedly?
- Are you worried about how you will be able to provide some basic needs, i.e. uniforms, school supplies, afterschool activities, camps, beds, etc.?

The Salvation Army GORRC program funded by The Chicago Department of Family and Support Services may be able to provide you with needed assistance. We will have a case manager conduct a Caregiver assessment to determine your eligibility for the program and provide you with additional information on Caregiving resources.

The GORRC program provides family and individual counseling, support groups and funds for basic needs.

For further information or to make a service request please contact Demetrious.thomas@usc.salvationarmy.org.



HOME WELLNESS PROGRAMS
FOR CHICAGOANS 60 YEARS & BETTER

**JOIN US BY PHONE OR
COMPUTER**

OFRECIDO EN ESPAÑOL



Exercise with a Twist!



BINGOCIZE is an evidence-based group exercise program designed to increase mobility and fitness. Exercises offered are appropriate **for people at all fitness levels.** Join us to improve your health, make new friends and win **PRIZES!**

Participate from the comfort of your own home, by Tablet, Computer or Phone! If you need help getting online, our computer specialist will help you get connected!

Space is limited; so register today to reserve your spot!
Register over the phone at 773-271-9001 or email us at
mflores@whitecranewellness.org.

Mondays from 1-2 PM, Tuesdays from 10:30-11:30 AM
and Fridays from 10:30-11:30 AM via ZOOM

IN PARTNERSHIP WITH THE
DEPARTMENT OF SUPPORT
SERVICES - SENIOR SERVICES
DIVISION



WEBINAR ON MOBILITY WITH THE UNIVERSITY OF CHICAGO'S LAUREN GLEASON, MD, MPH

Join Us on Zoom!

Register for free at:

[https://uchicago.zoom.us
/meeting/register/tJYqde2
urD8rHdKGzplvPDYkDXvBX2
z0PDGc](https://uchicago.zoom.us/j/meeting/register/tJYqde2urD8rHdKGzplvPDYkDXvBX2z0PDGc)

**THURSDAY
APRIL 22, 2021
10:30AM**



Join us for a discussion
to talk about fall
prevention, **ways to
stay active**, safety at
home, and more.





Rush Generations is with you during social distancing

Throughout this time of social distancing, our dedication to healthy aging and wellbeing continues to be energetic and unwavering.

Mini-Clip Rush Generations Wellness Lectures. Every Monday, we will be posting video clips on the Rush Generations Facebook page to help you stay well. If you have a Facebook account, you can like, comment, and ask questions! We will also send these clips out through email.

Take Charge of Your Health workshops will be offered virtually through the Zoom videoconferencing platform. If you are interested in joining an upcoming 6-session group, call our 800 line.

Fitness Classes will be offered virtually, as well! More information on how to access these exercise classes will be on our Facebook page and e-newsletter.

Support Groups for Diabetes, Caregiving, Huntington's Disease, and Loneliness will continue to be offered virtually through conference calls.

Call our toll-free number at **800.757.0202** if you are in need of services, are feeling lonely, or would like more information about any of these virtual programs!

To make sure you are taking advantage of all of our virtual programming, make sure to "Like" us on Facebook and sign up for our e-newsletter!

Like us on Facebook at www.facebook.com/RushGenerations

To start receiving the Rush Generations e-newsletter, email us at Rush_Generations@rush.edu



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 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!

Registration is required.

For more information or to register, call us at (800) 757-0202!



Excellence is just the beginning.

A healthier today
Rush Generations
and a vital tomorrow

**Mondays &
Wednesdays
March 31- May 12
3:00-5:00pm**

Online Access Information:

As the date gets closer, you will be provided with information to access the class through Zoom. To access Zoom, first you must download the Zoom app on your phone, tablet or computer. If you need assistance in setting this up before the workshop start date, call Erica Chin at 312-942-2147.

Call-In Information:

For those without computer or smartphone access, you can call in to join the class, but we highly encourage using Zoom.

**All workshop materials
will be mailed to you.**



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.

**Mondays,
April 12th
through June 8th
3:00pm to
5:30pm**

Online Access Information:

During the COVID-19 Pandemic, all Rush Generations workshops will be hosted using Zoom videoconferencing platform (<https://zoom.us>)

You will need Zoom access to participate in this workshop. If you need assistance setting this up, call Padraic Stanley, LCSW at 312-942-2089.

Pre-registration is necessary to receive workshop materials.

COVID-19 VACCINATIONS AVAILABLE TO HOMEBOUND INDIVIDUALS

The Chicago Fire Department is providing in-home COVID-19 vaccinations for Chicago residents who are unable to leave home due to age, disability, or medical impairment.*



To be eligible for this program you must live in the city of Chicago and:

- Be a senior (65+) OR a person with a disability who requires in-home assistance by a caregiver.
- OR
- Have to use adaptive equipment (like a ventilator, crutches, a walker, a wheelchair, etc.) and/or accessible transportation to leave home.
- AND
- Leaving home is not an option for you because doing so requires considerable and taxing effort.

If you or someone you know fits the criteria, you can sign-up using a web-based form at

<https://redcap.link/MobileCOVIDVax> or call the city's COVID Help Line at **(312) 746-4835**

After sign-up, you will receive a confirmation email or phone call from the City of Chicago to schedule your in-home vaccination when the vaccine is available to you. [Please be patient as we respond to a large number of requests.](#)

*NOTE: ALL CITY COVID-19 VACCINATION SITES ARE ADA ACCESSIBLE.

Protect Chicago Homebound Vaccination Program

Frequently Asked Question

What is Protect Chicago Homebound?

Protect Chicago Homebound is an in-home health care vaccination service to reach home-bound individuals who are unable to go to a COVID-19 vaccination site.

Who is eligible?

To be eligible for this program you must:

- Be a senior OR self-identify as a person with a disability who requires in-home assistance.
 - OR
- Have to use adaptive equipment (like a ventilator, crutches, a walker, a wheelchair, etc.) and/or accessible transportation to leave home.
 - AND
- Leaving home is not an option for you because doing so requires considerable and taxing effort.

Individuals living outside the City of Chicago are not eligible for this program.

How can I register for this program?

Please complete this form at <https://redcap.link/MobileCOVIDVax> and the City will coordinate in-home vaccination with you. If you know someone who fits these criteria, please share or complete this form on their behalf.

What type of vaccines are used?

Johnson & Johnson

Who is administering the vaccines?

Vaccination services will be provided by Chicago Fire Department Paramedics along with other licensed medical professionals.

Can household members and caregivers receive the vaccine?

Household members and caregivers of eligible individuals are all offered vaccine through this program.

After I complete the form, what can I expect?

After submitting the online form, you will receive a confirmation email and be contacted to schedule your in-home vaccination. Please be patient as we respond to a large number of requests and the City of Chicago is currently prioritizing individuals who live in communities highly burdened by the COVID-19 pandemic. If you have any questions, call 312-746-4835.

REGIONAL SENIOR CENTERS
GROUP ACTIVITY TEMPORARILY SUSPENDED

Northeast (Levy)
Regional Senior Center
2019 W. Lawrence Ave.
(312) 744 -0784 (60625)
TDD: (312) 744 - 0320

Northwest (Copernicus)
Regional Senior Center
3160 N. Milwaukee Ave.
(312) 744 -6681 (60618)
TDD: (312) 744- 0321

Southeast (Atlas)
Regional Senior Center
1767 E. 79th St.
(312) 747- 0189 (60649)
TDD:(312) 744 -0322

Southwest Regional
Senior Center
6117 S. Kedzie Ave.
(312) 747 -0440 (60629)
TDD: (312) 744 -0323

Central West Regional
Senior Center
2102 W. Ogden Ave.
(312) 746 - 5300 (60612)
TDD: (312) 744 - 0319

Renaissance Court
At the Chicago Cultural Center
78 E. Washington St.
(312) 744 - 4550 (60602)
TDD: (312) 744 - 6777
CLOSED UNTIL FURTHER
NOTICE

SATELLITE SENIOR CENTERS
GROUP ACTIVITY TEMPORARILY SUSPENDED

Abbott Park
Senior Satellite Center
49 East 95th St., 60619
(312) 745- 3493
Operator: Catholic Charities

Auburn Gresham
Senior Satellite Center
1040 W. 79th St., 60620
(312) 745-4797
Operator: Catholic Charities

Austin Senior Satellite Center
5071 W. Congress, 60644
(312) 743-1538
Operator: Catholic Charities

Chatham
Senior Satellite Center
8300 S. Cottage Grove, 60619
(312) 745 - 0401
Operator: Centers for New Horizons

Edgewater Senior Satellite
Center
5917 N. Broadway, 60660
(312) 742-5323
Operator: Catholic Charities

Englewood Senior Satellite Center
653 - 657 W. 63rd St., 60621
(312) 745 - 3328
Operator: Catholic Charities

Garfield Ridge
Senior Satellite Center
5674-B S. Archer, 60638
(312) 745-4255
Operator: SSSSO

Kelvyn Park Senior Satellite Center
2715 N. Cicero, 60639
312-744-3350
Operator: Northwest Side Housing
Center

North Center Satellite
Center
4040 North Oakley, 60618
(312) 744 - 4015
Operator: Catholic Charities

Norwood Park
Senior Satellite Center
5801 N. Natoma 60631
(773) 775-6071
Operator: Norwood Seniors

Pilsen Senior Satellite Center
2021 S. Morgan, 60608
(312) 743-0493
Operator: Alivio Medical Center

Portage Park Senior Satellite Center
4100 N. Long, 60641
(312) 744-9022
Operator: Catholic Charities

South Chicago Senior Satellite Center
9233 S. Burley (60617)
(312) 745-1282
Operator: Catholic Charities

Roseland Senior Satellite
Center
10426 S. Michigan., 60628
(312) 745 - 1500
Operator: Catholic Charities

West Town Senior Satellite
Center
1613 W. Chicago, 60622
(312) 743-1016
Operator: Catholic Charities