

November & December, 2020

Dear Friends,

We are anxiously anticipating the day we can fully open the Park Place Center, and we know you are too! We miss seeing you. We are making every effort to ensure the safety of our community. We are following the guidelines set forth by our state and local governments. Please remember to stay safe and practice social distancing.

Illinois is introducing measures to restrict movement as part of efforts to reduce the number of people infected with COVID-19, more and more of us are making huge changes to our daily routines. Adapting to lifestyle changes along with managing the fear of contracting the virus. We worry about people close to us who are particularly vulnerable, are challenging for all of us. Those suffering with mental health conditions often times are experiencing greater challenges. Fortunately, there are lots of things that we can do to look after our own mental health and to help others who may need extra support and care.

Here are tips and advice that you will find useful.

1. Listen to advice and recommendations from your national and local authorities.
2. Make time for doing things you enjoy.
3. Try to reduce how much you watch, read or listen to news that makes you feel anxious or distressed.
4. If you are able to, offer support to people in your community who may need it, such as helping shop for food, etc.
5. If your movements are restricted, keep in regular contact with loved ones, for example by telephone, e-mail, social media or video conference.
6. Maintain regular routines and schedules as much as possible for eating, sleeping, and activities you enjoy.
7. Learn simple daily physical exercises to do at home when in quarantine so you can maintain mobility.
8. Find out how to get practical help if needed, like calling a taxi, having food delivered or asking for medical care.
9. Make sure you have a one-month supply or longer of your regular medicines. Ask family members, friends or neighbors for assistance, if needed.



Waukegan Township

**Patricia Jones, M. Ed
Supervisor**

Help is available on a local and national level. In Chicago, the city launched a Windy City Wellness project with guided meditations and sleep support. The CDC offers many tips on taking care of mental health, and provide **National Suicide Prevention Lifeline at 800-273-TALK (8255)** and a crisis chat.

The Park Place Center staff and I recognize that there will be more challenges this winter due to the pandemic. Please let us know how we can provide support as needed with projects, programs or helpful information needed

You may learn how to tele-conference with individuals by attending the online workshop meetings and workshops. Classes take place Thursday, Nov 19th and December 10th, 2020 at 11:30am. More details on page 4.



1st pic:
Waukegan
Supervisor Patricia
Jones. **2nd pic:**
State Representative
Rita Mayfield, Park
Place Center Director
Cheri Pierson White,
and Senator Adriane
Johnson,

On Friday, October 16th, Supervisor Patricia Jones welcomed newly appointed Senator of the 30th District Adriane Johnson with a tour and special reception her honor. Senator Johnson received the grand tour of each facility, beginning with the Township Supervisor's Office, Eddie Washington Center, Staben House and Park Place Senior Center, where an intimate, socially distanced gathering was held. Thank you to those who took part in this event. We look forward to future visits from Senator Johnson and working with her to better our community.



Senator Johnson was appointed to the Senate in 2020; lives in Buffalo Grove; received bachelor's degree from Columbia College and Master of Jurisprudence from Loyola University; serves as commissioner of the Buffalo Grove Park District Board and the president of the Buffalo Grove-Lincolnshire Chamber of Commerce; married to husband Bruce with an adult daughter.



Newsletter is available online. Please visit our website at www.waukegantownship.com or e-mail cpwhite@waukegantownship.com to be added to our email list.

- During the Covid-19 pandemic virtual workshops are offered via Zoom where important information is easily accessible.

Free Energy Saving Products for Your Home Monday November 23, 2020 at Noon



Jumpstart your savings with North Shore Gas®. Join us for a 30-minute conversation to learn how you can receive a FREE personalized energy assessment and FREE energy-saving products with installation. FREE products may include: Programmable thermostats, ENERGY STAR® certified LEDs, Water Sense® certified showerheads, faucet aerators for bathrooms and kitchens and hot water pipe insulation. Smart thermostats are also available for purchase at a discount and include FREE installation. In addition to free products, you will learn about our new virtual contactless option and receive fall energy saving tips. This workshop will be held via Zoom and Facebook Live. For more information, contact Park Place at 847-244-9242

Virtual Bingo Wednesday, December 9, 2020 at 1:00pm



Win, Get In & Enjoy Virtual Bingo. It's free, it's social and you get to interact with people while having a chance for prizes. Watch and participate via Zoom. For more information, contact Park Place at 847-244-9242.

Reduce Robo Calls & Cut Cable Bills Monday, December 14, 2020 at 11:00am



Join Foluke Akanni, Sustainable Communities Liaison of the Citizens Utility Board (CUB), to learn ways to reduce robocalls and cut your cable bills. During the webinar, a CUB representative will discuss different choices in the TV market, ways to cut your cable costs, streaming services available to consumers, how to avoid common robocall scams, call-blocking services and what they mean for your pocket, as well as new federal legislation passed helping to reduce robocalls. Watch via Zoom or Facebook live. To register, contact Park Place at 847-244-9242.

Sometimes You Need to Protect Your Money From Yourself! Thursday, December 17, 2020 at 11:00am



Sometimes we just need a little help preparing for the future. Whether its retirement or making sure your grandchildren's college needs are taken care of. Join us as we welcome Demond Edwards from Rotary International. Demond has spent 10 years mastering his understanding of Personal Finance, Personal Budgeting and Wealth Generation. Demond's conversation on Finance is sure to be enlightening; as he is passionate about improving his community. His volunteer work with Waukegan Township and other organizations. Watch via Zoom or Facebook live. To register, contact Park Place at 847-244-9242.



"Someone and Somewhere You Should Know"

Twanda Taylor is a lifelong Lake County resident, business owner and someone you should know.



It seems she was destined for entrepreneurship, having grown up watching her mother, Marie, successfully operate her hair salon for over 40 years. It was here that her interest in running her own business grew. For 19 years, prior to opening her nail salon, Twanda was the owner/operator of a successful daycare in Zion, Illinois. Twanda states the interest in opening her salon was sparked due to the lack of American owned nail salons in the area. February 2021 will commemorate the third year of Twanda's Nail Salon, located at 4527 IL Route 173, Zion, IL.

She credits her husband Melvin Harris and son, Jericho for their support of her dreams and declares she could not have done any of this without them. For information on services and days/hours of operation, please visit her website at www.twandasnailsalon.com or on Facebook at [Facebook.com/Twandas](https://www.facebook.com/Twandas).



Until quantities last!

WAUKEGAN TOWNSHIP & PARTNERS

Presents **ANNUAL KIDS SHOPPING EVENT**

Target Gift Cards will be provided to the first 125 Waukegan Township families.

**Applications are available beginning
November 16th thru November 20th.**

*Limit - 2 Children per family.
*Submit items via drop off, fax
to 847-244-5185 or
email Tami Springs at
tsprings@waukegantownship.com
**NO LATER THAN MONDAY,
NOVEMBER 23, 2020 (4:00 pm)**
*Card pick ups scheduled for:

November 30th &
December 4th = 4:00 pm
*All documentation must be
received **PRIOR** to
retrieving gift card -
Call 847-244-4900, for
pick up; by **APPOINTMENT
ONLY.**



This **exercise program** is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. Please see the below disclaimer:

Waukegan Township Park Place strongly recommends that you consult with your physician before beginning any exercise program.

You should be in good physical condition and be able to participate in the exercise.

Waukegan Township Park Place is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise program, there is the possibility of physical injury. If you engage in this exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Waukegan Township Park Place from any and all claims or causes of action, known or unknown, arising out of Waukegan Township Park Place's negligence.

Virtual exercise classes are presented via Facebook Live. Over 500 seniors view and many participate for a "virtual" 30 min work-out experience. Join in on the fun at www.facebook.com/waukegantownship.

Park Place Exercise (Level 1) Monday, Tuesday, and Wednesday at 9:15 a.m.

This class is designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

Please see the above disclaimer:

Advanced Park Place Exercise (Level 2) Monday and Tuesday at 10 a.m.

This is a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class that can be modified depending on fitness levels. **Please see the above disclaimer:**

Meetings, Calls & Workshops via Zoom
Thursdays, November 19th and December 10, 2020 at 11:30am

Join us by phone, computer, or tablet and enjoy live Park Place classes and meetings! Register by email at least two days in advance! Some programs are also available via Facebook Live, so make sure to follow Waukegan Township on Facebook!

Class Facilitator: Loretta Pable.
To Register
Call 847-244-9242 or Email
lpable@waukegantownship.com

Advance registration please!

Zoom Instructions

Join by computer

Close any program on your computer that uses your camera, for instance Skype. Click the Zoom link that's been sent to you in an email, and Zoom should automatically and quickly download to your computer. In Downloads on your computer, click Zoom_launcher.exe. Zoom should direct you to this with a large orange flag. Once Zoom has launched, a screen should pop up asking for your name. This will identify you during the meeting. You should now be part of the meeting. Click the green button that says "Join Audio By Computer". Tip: Have a headset available if possible to minimize feedback – cellphone earbuds will work well.

Join by tablet or smartphone

If you choose to use your tablet or smartphone, be sure to download the Zoom app ahead of time. For Android users, go to the Google Play store by clicking on this: For Apple users, Go to the Apple store by clicking on this: Search for the Zoom app: and click "install", once you have downloaded the Zoom app click the Zoom link that's been sent to you in an email. Once Zoom has launched, a screen should pop up asking for your name. This will identify you during the meeting. You should now be part of the meeting.

Join by telephone

First, dial the phone number provided in the Zoom email. When prompted, dial the meeting ID number that is also provided. Your phone will be automatically muted once the meeting starts. If you want to speak, press *6 to unmute.

We want to start on time – please allow extra time to get online!

In consideration of the whole group, please arrive 10 minutes early in order to get successfully connected. Someone will be on hand to help if needed. This is especially important if this is your first time using Zoom.

Zoom support

The Zoom website has a very comprehensive Help Center. For help with getting setup to use Zoom issues you may encounter, please visit their Help Center at www.zoom.us or email lpable@waukegantownship.com.



Resource Groups

Grandparents Group Zoom Meeting

Learn what services are available

Monday, December 7th at 3:00pm - Speaker: Colette Jordan, Area Agency on Aging

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Spanish Resource Group Zoom Meeting

What is 211? (Spanish presentation)

Friday, November 13th at 11:00am - Speaker: Sara Martinez, United Way of Lake County:

Catholic Charities Covid-19 Response and Services

Learn what services are available

Friday, December 11th at 11:00am - Reunión Zoom del Grupo de Recursos en Español Viernes, 11 diciembre a las 11:00 am. Servicios y respuesta de Catholic Charities Covid-19: Conozca qué servicios están disponibles. Presentación en español

Due to the COVID-19 pandemic and a possible resurgence this fall, trips will be cancelled.

Planned Giving

Some seniors have chosen to include Waukegan Township Park Place in their estate plan, so they can continue to help other seniors even after they are gone. By making a "gift", you too can continue to bring needed services and programming to other seniors of Waukegan Township even after your lifetime.

How it works

1. Sign the appropriate paperwork making Waukegan Township Park Place a beneficiary of your will, trust, insurance or retirement assets.

2. After your lifetime, money and assets are distributed to your heirs and Waukegan Township Park Place as directed by your estate plan documents.

Waukegan Township Park Place uses your bequest for the purpose(s) you specify.

Benefits

- Maintain control of your assets during your lifetime
 - Have the flexibility to modify your bequest if your circumstances change.
 - Reduce your taxable estate by the amount given to Waukegan Township Park Place
 - Make a significant gift to Waukegan Township Park Place and designate how it should be used.
- Experience the satisfaction of knowing you can continue to help even after you are gone.
- You can add Waukegan Township Park Place to documents you already have in place, or plan to put in place.
- Include a bequest to Waukegan Township Park Place in your Will or Revocable Trust.
 - Designate Waukegan Township Park Place as beneficiary of your Retirement Assets - IRA, 401(k), 403(b) or pension.
 - Name Waukegan Township Park Place as a beneficiary of a percentage of your Life Insurance policy.

Designate Waukegan Township Park Place as a beneficiary of a Bank account^(S)

Choose the type of bequest that best meets your needs and goal for loved ones and causes close to your heart:

- Percentage bequest:
- Specific bequest:
- Residuary bequest:
- Give a percentage of your estate.
- Give dollar amount of specific asset.

Leave the balance of residue of your estate after other distributions are made and expenses are covered.

Want to Save Money on Prescription Drugs? Check out Medicare Part D Open Enrollment.

Now until December 7th, everyone on Medicare can review their Medicare Part D plan to make sure it provides the best coverage and make changes for the new year. You can do this yourself using Plan Finder on www.medicare.gov. or make an appointment to work with one of our Senior Health Insurance Program (SHIP) counselors. To compare 2021 Medicare Part D Plans, you will need a list of your current medications from the pharmacy, or your medication bottles, and your Medicare Card. You can make your appointments by calling 847-244-9242.

Appointments are available via phone, facetime, Zoom, or Microsoft Teams. Call 847-244-9242 to make your appointment today!



AARP has cancelled all sponsored in-person events through the end of 2020. If you are a senior interested in completing the AARP Safety Drivers course, you have the opportunity to do so via the AARP website.

Visit www.aarpdriversafety.org Use promo code DRIVINGSKILLS for your 25% discount. This offer is good through December 31, 2020.

Information on Domestic Violence



For many, home is a place of love, warmth, and comfort. It's somewhere that you know you will be surrounded by care and support, and a nice little break from the busyness of the real world. However, for millions of others, home is anything but a sanctuary. The U.S. Department of Justice estimates that 1.3 million women and 835,000 men are victims of physical violence by a partner every year.

If you or someone you know is experiencing emotional, financial, physical or any other form of domestic violence, please contact <https://www.thehotline.org/>. It's time to talk about it.

How to Enjoy Your Retirement While Living on a Fixed Income

Written by: Karen Weeks

For many seniors, retiring means taking a significant pay cut. Even if you've scrimped and saved in preparation for this major transition, adopting a lower-budget lifestyle in retirement can be a challenge. Your grandiose retirement plans may even seem like an impossible dream. But you can still enjoy a fun and fulfilling retirement on a fixed income. Here are some tips to help you make the most of your golden years on any budget.



Photo via Pexels

Pick Up a Side Gig

There's nothing wrong with going back to work after retirement. If you could use a little extra income, consider picking up a part-time job as a house sitter, substitute teacher, seasonal staff, or delivery driver. You could even use your existing skills and experience to earn money as a professional freelancer. Because you can freelance from anywhere in the world, this could be a great option if you plan to travel in retirement. There are a number of freelance positions to choose from, including marketing, copywriting, web development, graphic design, business consulting, and working as a virtual assistant. Look for freelance work opportunities on online job boards to see what's out there!

Avoid the New-Retirement Spending Spree

It's very common for new retirees to go overboard when it comes to spending on leisure, entertainment, and travel. In fact, Medicare.org reports that nearly half of all households spend more money during the first two years of retirement than they did before retiring. Keep your spending in check during those initial years so you can avoid financial stress down the line. Some helpful ways to reduce retirement spending include taking advantage of senior discounts, visiting free public institutions like libraries and community centers, and shopping around for a new healthcare plan that better fits your needs.

Cut Your Fixed Expenses

Even if you limit that new-retirement spending, your ongoing bills can still catch up with you. Take steps to minimize the fixed expenses that follow you month to month. This includes subscription services, memberships, food, transportation, utilities, and even debt payments. While you may not be able to go without all of these expenses, cutting back may mean canceling some subscriptions, selling one of your household vehicles, downsizing into a smaller home, cooking more at home instead of eating out, and prioritizing debt repayment.

Prioritize Your Health

Maintaining your health is easy and extremely affordable. In fact, you could save a lot of money on medical bills by preventing age-related diseases and managing chronic issues before they become serious. Exercise daily, stick to a clean diet, and make sure you get enough sleep every night. Keep your health and fitness routine under budget by exercising at home, going for walks in your neighborhood, and purchasing fresh produce and basic pantry staples to cook for yourself. Remember to take advantage of wellness and fitness centers in your community, especially those specifically designed for older adults.

Adapt Your Retirement Plans

You don't need an extravagant budget to get the most out of your retirement. Even if you can't afford a tropical cruise or a couple of months abroad, you can still fill your days with exciting activities. Do some volunteer work in your community, visit family, start a garden, join a local community group, take classes online, get into thrifting—your options are endless. Retirement is also a great opportunity to try new hobbies and pick up new skills!

Your golden years may be some of the best years of your life! Fortunately, all it takes is a bit of financial tweaking and a solid budget to enjoy retirement on a fixed income. Whether you decide to rejoin the workforce and earn some extra pocket cash or eliminate unnecessary expenses and adjust your retirement plans, you will thrive on any budget!



The Illinois Department on Aging Senior Health Insurance Program (SHIP)

Senior Health Insurance Program (SHIP) Assistance - Park Place provides assistance with any questions pertaining to Medicare Parts A, B, C & D. For information, call Loretta Pable at 847-244-9242, email lpable@waukegantownship.com.

Help North Suburban Legal Aid Clinic reach victims of domestic violence through a banana bread recipe.



To help discreetly connect victims with information about how to obtain help, the North Suburban Legal Aid Clinic (the Clinic) partnered with the Vernon Area Public Library (the Library) to develop the website www.BananaBreadHelp.com. This website is a disguise for people to learn about domestic violence and obtain resources for help without leaving an obvious digital trace.



On November 1, 2020:

Illinois COVID-19: IL reports 6,980 coronavirus cases along with 35 deaths. Stricter mitigations to take effect this week as Illinois COVID-19 cases continue to surge. Restrictions, including a ban on indoor dining, are now in place in Kane, DuPage, Kankakee, Will, Lake and McHenry counties, suburban Cook County and Chicago.

Restrictions will go into place for Illinois Region 3 around Springfield starting Sunday, November 8th. East Central Illinois, Region 6, will have mitigations go into effect Monday, November 2th, followed by Region 2 Wednesday, November 4th.

All of the state's 11 regions will be under tighter restrictions as of Wednesday, November 4th. Gov. JB Pritzker implored people to take the threat seriously. With France and Germany poised to impose a second lockdown, the governor was asked if he is considering another stay-at-home order now that 10 of 11 Illinois regions are in mitigation. Pritzker said he is not considering a broader measure at this time. However the Governor Pritzker insists the decision to ban indoor dining is backed by data.

November is Diabetes Awareness Month.

Did you know?

Diabetic Retinopathy is the leading cause of vision loss in adults aged 20 to 65 years.

1 in 3



People living with diabetes have some degree of diabetic retinopathy.

1 in 10



People living with diabetes will develop a vision-threatening form of the disease.



Produced by: Care Health Solutions.

Source: The International Agency for the Prevention of Blindness

Mental health among Black Chicagoans a concern as suicide numbers rise



Many are feeling extra and unusual stressors during this time, and people of color shoulder additional burdens. Mental health experts are concerned that the stress and isolation created by the COVID-19 pandemic is adding mental health challenges. For full story please visit www.chicagotribune.com.

Article: By ALISON BOWEN

CHICAGO TRIBUNE |

OCT 29, 2020 AT 5:00 AM



**WAUKEGAN TOWNSHIP
PARK PLACE**

PRESENTS

Rev. Dr. Martin Luther King, Jr.

*Virtual
Dreamers'
Event*

Monday,
January 18, 2021

10:00AM

SAVE THE DATE

Trustees: Percy Johnson, Nathaniel Hewitt,
Opal Rice, and Sylvestre Castellanos

Clerk - Rose Staben

Assessor - Mark Stricklin

Highway Commissioner - Arthur Craigen

**Park Place Senior Citizens Services
Committee:**

Chair: Nelson "Whit" Whitaker

Vice Chair: Wayne Bowen

Secretary: Sandra Eaker

Members: Katie Strawder,
Gloria Carr, and Jeanette Keyes.

Honorary SCSC Member: Larry Eaker

Park Place Hours (Phone Only)

Monday	9:00am - 4:30pm
Tuesday	9:00am - 4:30pm
Wednesday	9:00am - 4:30pm
Thursday	9:00am - 4:30pm
Friday	9:00am - 4:30pm
Saturday	Closed
Sunday	Closed

PARK PLACE

**414 S. Lewis Ave.
Waukegan, IL 60085**

Phone: (847) 244-9242

Fax: (847) 244-9258

www.waukegantownship.com

PRESORT STANDARD

US POSTAGE PAID

PALATINE P & DC

PERMIT NO. 418



~Family members, you are always in our thoughts ~



**We Remember Seniors
Who've Passed Away**

8/26/20 - 10/08/20

Memorial

Natalia Garcia Trejo 9/11/2020

Jose Antonio Ortiz 9/18/2020

Abel Zavala 9/21/2020

Congdon

Jerome "Jerry" Berry 8/24/2020

William H. Kennedy 8/25/2020

Cora Nyrkkanen 8/29/2020

Hazel F. Stephens 9/2/2020

Elsie A. Welch 9/5/2020

Mary Ann Raiden 9/6/2020

Dennis Lee Murtha Jr. 9/8/2020

N. Noreen Bickel 9/11/2020

Joan Elizabeth Martin 9/16/2020

Teresita Sabandal 9/24/2020

Ronald Llyod Sawnsen 9/27/2020

Robert "Bob" Traver 9/28/2020

Marylynn Greener 10/03/2020

Linda Diane Allen (nee` Salmi)

10/03/2020

C. Elaine Drexel 10/05/2020

Pam "Ma" Padron 10/05/2020

Thomas Caccamo 10/6/2020

Westgate

Lilly H. Jackson 8/29/2020

Jerry Druck 9/12/2020

James Earl Wadley 9/15/2020

Henry D. Presley 9/16/2020

Rita R. Lovelace 9/16/2020

Roseann Thomas 9/23/2020

Raymond L. Cunningham 9/30/2020

Melvin Tucker Jr. 10/03/2020

Katherine Prentice 10/04/2020

Peterson & Patch

John N. Pilibosian 8/25/2020

John Francis MacIsaac 8/28/2020

Dennis L. Shauer 8/30/2020

Jay Weldon Hulsey 09/01/2020

Velma "Vickie" Elnora Farmen 9/15/2020

Bernard E. Witasick 10/03/2020

Bradshaw & Range

Vernell Whitaker 8/24/2020

Nathaniel Archie Cochran 8/24/2020

Dock Mill "Sallack" Brown 8/26/2020

JoAnn Smith 09/01/2020

Pastor Walstone E. Francis 09/04/2020

Mary J. Earl 09/04/2020

Charles R. Dorsey Sr 09/04/2020

Carolyn Ann Finch Williams 09/05/2020

Essie Brown 09/07/2020

Jaunitta M. Thompson 09/09/2020

Mariam Venice Lee 09/09/2020

Sarah N. Goodger 09/12/2020

Peggy A. Cooper 9/14/2020

Brenda Coleman 9/14/2020

Alma Lynch 9/15/2020

Lula Mae Thomason 9/16/2020

Charles Lee 9/20/2020

Mary L. Jackson 9/22/2020

Leonard L. Davis 9/22/2020

Savannah Copeland 9/23/2020

Arnold E. Callahan 9/24/2020

Oree N. Thomas 9/25/2020

Johnnie J. Williams 10/06/2020