

Park Place Preview

May & June, 2021



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Greetings,

I am sure it may be a surprise to not see the familiar face of Waukegan Township Supervisor Patricia Jones, gracing the cover of the Park Place Preview for the first time in over 25 years. For those of you who may not know, after 32 years of selfless, dedicated service to the Waukegan Township community, particularly to you - our valued seniors, she has retired from public office. We salute Supervisor Patricia Jones for her vision and insight to not only establish Park Place Senior Center itself, but to create the programs and services that many of you have enjoyed for many, many years. Job well done Supervisor Patricia Jones!

With that said, please allow me to introduce myself, I am Marc L. Jones, your newly elected Waukegan Township Supervisor! I am excited for the opportunity to serve you and continue the foundational services and programs that were established by our previous Supervisor and expand and enhance them. As these new activities and programs become available, we will be sure to keep you abreast.

The FIRST major announcement I am excited to share with you is the scheduled RE-OPENING of Park Place! Mark your calendars for **Tuesday, May 18, 2021**. Although we will operate at a limited capacity basis and by appointment only, we feel it is a step in the right direction as we begin to reacclimate ourselves and return to a "new normal".

Additionally, we have planned some exciting (local) trips, that are sure to peak your interests. A full listing of these upcoming excursions will be provided inside this edition of the Park Place Preview. Please feel free to contact our Park Place staff with any questions pertaining to programs, services, trips, etc.

Thank you for your support of Waukegan Township – we look forward to seeing and serving you soon!

Warmest Regards,

Marc L. Jones

Waukegan Township Supervisor/CEO



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

SHIP is a free counseling service provided by the Illinois Department on Aging

SHIP does not sell or solicit insurance

SHIP counselors can answer questions about:

- Medicare
- Prescription Drug Coverage through Medicare and other sources
- Extra Help from Social Security for prescription drug costs
- Long-term Care Insurance

Park Place provides assistance with any questions pertaining to Medicare Parts A, B, C & D. For information, call 847-244-9242 or email lpable@waukegantownship.com for an appointment.

Benefit Access:

Monday — Friday 9:00a.m — 4:00p.m

Services offered for older adults 65+ and the disabled are;

Senior Ride Free Card or Reduce Fare Card, and Persons with Disabilities Ride Free Card for transportation through PACE and RTA. Also under this program is the Secretary of State License Plate Discount. Both programs are based on household income. We are here to provide assistance. Call 847-244-9242 to reserve your appointment.



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.

The Legend Has Officially Retired!

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After serving 32 years with Waukegan Township, Supervisor Emeritus Patricia Jones, has retired. Supervisor Jones was elected in 1997 and prior to that worked as a Waukegan Township Administrator for 8 years. Under her tutelage, Park Place Center for seniors was expanded, she created the Eddie Washington Center, the transitional home for men and the Staben House transitional home for women with Children. She is also the founder of the Coalition to Reduce Recidivism, whose mission is to reduce recidivism by assisting ex-offender with tangible skills and employment opportunities. Supervisor Jones has done a tremendous amount in her thirty-two years of service to Waukegan Township. She completed all of this while serving on the College of Lake County Board of Trustees. Supervisor Emeritus Patricia Jones is an exceptional lady, who continues to be loved by all staff and members of this community. With a life that busy, she will certainly find new ventures in her retirement. That is just who she is.



Words from State Rep. Rita Mayfield, District #60:

Patricia Jones has served the Waukegan/North Chicago Community as the Waukegan Township Supervisor for over 30 years.

Under her leadership, Waukegan Township has grown to be considered one of the premier townships in the State of Illinois. Her vision to bring light to the least of these has played an integral role in the expansion of the Park Place Center, a senior citizen's center which provides educational, recreational, and other senior activities and services; she created the Eddie Washington Center transitional home for men and Staben House transitional home for women with children and is the founder of the Coalition to Reduce Recidivism, in which the mission of the coalition is to reduce recidivism by assisting ex-offenders with tangible skills and employment opportunities allowing them to become productive members of the community.

Join me in saluting Patricia Jones and her contributions to our community.



**Waukegan Township
Patricia Jones, M. Ed
Supervisor Emeritus**



REOPENING SOON

Park Place Will Reopen In May 2021!

- ◆ It has been a year since shutting our doors. With that in mind, Park Place will re-open its doors to the public starting May 18, 2021.
- ◆ Park Place will re-open with a **max capacity of 50 persons** or less including all staff.
- ◆ No one will be allowed to enter Park Place without a prior reservation.
- ◆ Some restrictions will be in place to ensure we follow the guidelines of the Lake County Health Department for Senior Centers in Lake County.
- ◆ **Not all** programing will resume on May 18, 2021. For more information concerning this, please contact Park Place at 847-244-9242 or email cpwhite@waukegantownship.com.
- ◆ When walking into the building everyone must have on a mask and their temperature checked by a staff member at the front door. They will also be asked about common COVID 19 symptoms.
- ◆ Anyone with any of these symptoms **will not** be eligible to come into the facility.

Symptoms of Covid-19:

1. If you have a temperature of **100.4** degrees F or higher.
2. Shortness of breath, sore throat, or diarrhea, sudden loss of taste or smell.
3. If you have travelled internationally in the last **14 days**.
4. Have you had close **contact** in the last 14 day with anyone with COVID-19 or COVID-19 symptoms?



If you have any of these symptoms, please stay home for the safety of others around you.

Should you have any concerns, or you are not feeling well, testing is available Monday, Wednesday, Friday, and Saturday from 8:00am - 4:00pm at the Waukegan local testing facility at 102 W. Water Street, Waukegan, Illinois. The corner of Washington and Sheridan Road.

Park Place Facility - Max capacity 50 individuals

- ◆ Billiards: 2-hour increments, 4 individuals' maximum
- ◆ Arts & Craft: 3-hours increments, 3 individuals' maximum
- ◆ Group Exercise: 1-hour increment, 8 individuals' maximum
- ◆ Computer Lab: 2-Hour increments, 2 individuals' maximum
- ◆ Media Room: 2-Hour increments, 2 individuals' maximum

- ◆ Exercise Room: 2-Hour increments, 2 individuals' maximum
- ◆ Wood Shop: 3-Hour increments, 2 individuals' maximum
- ◆ **BY RESERVATION ONLY.** Call 847-244-9242 1 day in advance.

Park Place is committed to the safety of all seniors. Face coverings and social distancing will always be required.

To reserve your spot or for more information contact Park Place at 847-244-9242 or email cpwhite@waukegantownship.com.

COVID VACCINE WARNING! POSSIBLE Side EFFECTS For SENIORS:



SACK
STAR TRIBUNE



Are COVID-19 symptoms different for older adults?

Older adults with COVID-19 may not show common symptoms such as fever or respiratory symptoms. Less common symptoms can include new or worsening malaise, headache, or new dizziness, nausea, vomiting, diarrhea, loss of taste or smell.

Additionally, more than two temperatures $>99.0^{\circ}\text{F}$ might also be a sign of fever in this population. Identification of these symptoms should prompt isolation and further evaluation for COVID-19.

For more information visit www.cdc.gov.

Lake County AllVax Portal is Open

The Lake County Health Department Portal is open. All Lake County residents can now register to be notified when a COVID-19 vaccine is available to them. Registering online is easy and secure — just visit AllVax.lakecohealth.org. You can also register over the phone by calling Lake County Health Department at (847) 377-8130.

Park Place Preview Available 24hrs.

Would you like the Park Place Preview but can't wait for the mail?

For your convenience, we have stationed a new Park Place Preview document box right outside of the facility. Now the Park Place Preview is more accessible, and right at your fingertips,

Monday through Sunday 24-hours a day.

The Park Place Preview can also be found on our website at www.waukegantownship.com.

Please email us at cpwhite@waukegantownship.com if you would like to have the Park Place Preview emailed to you.



Day Trips Return with BYOT (Be Your Own Transportation) Adventures!

Ease back into post pandemic fun with our special planned day trips. These adventures will include maps, directions, and parking locations. Itinerary subject to change due to pandemic restriction. Call 847-244-9242 or visit WaukeganTownship.com to reserve your tour.



Divine Adventures: Art Glass & Sacred Spaces Tuesday, May 25, 2021

We will begin the day at Patterson Glass to create one of a kind art glass! Each person will create their own custom piece of art to keep or gift. We will enjoy a delicious lunch at Park Street Café before visiting the beautiful National Shrine of St. Maximillian Kolbe and/or Mundelein Seminary for a self-guided tour. We will meet at Patterson Glass at 10:00 a.m. Art glass will be ready for pick up at Park Place one week following the outing. The fee of \$65 includes all fees for glass art class, lunch, and tour donation. Estimated round trip drive is 30 miles total. Call 847-244-9242 or visit www.waukegantownship.com to reserve your tour.

Park Street Restaurant



Lunch Menu

Starters (Choice of One)

- Lobster Bisque
- Caesar Salad
- Chef Salad
- Craft Flatbread

Main Dish (Choice of one)

- Park Street Pub Burger
- Cochinita Pibil (marinated braised pork)
- Tacos
- Tallarines Verdes (Peruvian pesto pasta) with Grilled Chicken

Dessert (Choice of one)

- Tres Leches Sponge Cake
- Mama's Cheesecake

Drinks

- Sodas, Ice Tea, Regular or Decaf Coffee

Taste of Summer & History in Libertyville! Thursday, June 17, 2021

Start your day with the fresh food and Summer weather at the Libertyville Farmers Market! Nestled in scenic downtown Libertyville, we will start out 9:30 a.m. at the Market. Next, we will enjoy a guided tour of the Cook Mansion. **Lunch is on your own!** Feel free to visit the quaint shops along Milwaukee Avenue, Libertyville. Finally, you are invited to visit and stroll around Independence Grove Forest Preserve. The Fee of \$5 includes the Cook Mansion Tour. Parking is free. Estimated round trip drive is 20 miles. Call 847-244-9242 or visit www.waukegantownship.com to reserve your tour.



Virtual exercise classes are presented via Zoom. Join us for a “virtual” 30 min work-out experience.

* 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.

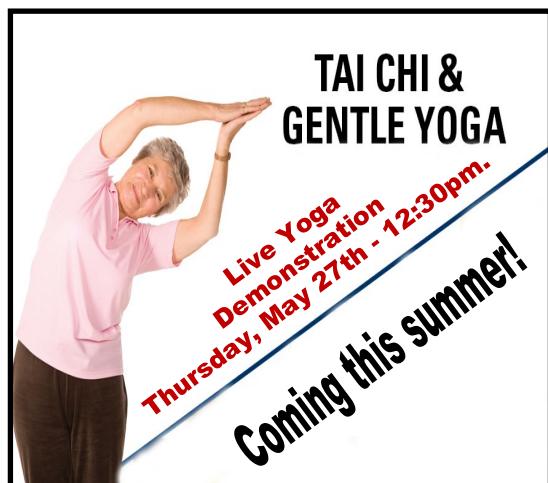
When participating in any exercise program, there is the possibility of physical injury. If you engage in this exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Waukegan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

Mondays, Wednesdays, and Fridays		Tuesdays and Thursdays
08:30 am to 09:00 am	Cardio and Crunches	
12:00 pm to 12:30 pm	Total Body Blast	
01:00 pm to 01:30 pm	Serenity Stretch	



Class Details

Cardio and Crunches	Cardio and Crunches is an aerobic and abs class. No equipment needed. Can do exercises seated or standing.
Total Body Blast	Total Body Blast is a resistance training class. Should have a chair and 1 of the following: weights, two water bottles, two cans or a resistance band.
Serenity Stretch	Serenity Stretch is a stretch class for loosening tight muscles. A yoga strap, a long belt or a long towel would be helpful, especially if you're tight.
Chair Workout Warrior	Chair Workouts are great for those needing to sit for some of the exercises or hold on to a chair to exercise. You still will work out like a warrior! Should have weights and a resistance band, but not required.
Functional Fitness	Functional Fitness is a class that covers exercises that help with everyday movements such as bending down, squatting, reaching and lifting. Legs and shoulders are the primary focus of training. Should have weights, but not required.
Cardio Circuit Training	Cardio Circuit Training consists of doing 4-6 exercises from top to bottom and repeating them for several rounds in a row. About 2-3 circuits will be done each class.



Did You Know?

- ♦ Depression affects 15 out of every 100 American adults age 65 or older.
- ♦ Seniors who exercise have better physical health and experience less anxiety and depression.
- ♦ Exercising 3 times a week could be more effective than medication in relieving the symptoms of major depression in elderly people and may also decrease the chances that the depression will return over time.
- ♦ Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, and obesity.

Visit www.dosomething.org for more information.



Safety Kit Distribution

On Monday, April 5th, Waukegan Township continued its distribution of Safety Kits to local facilities.

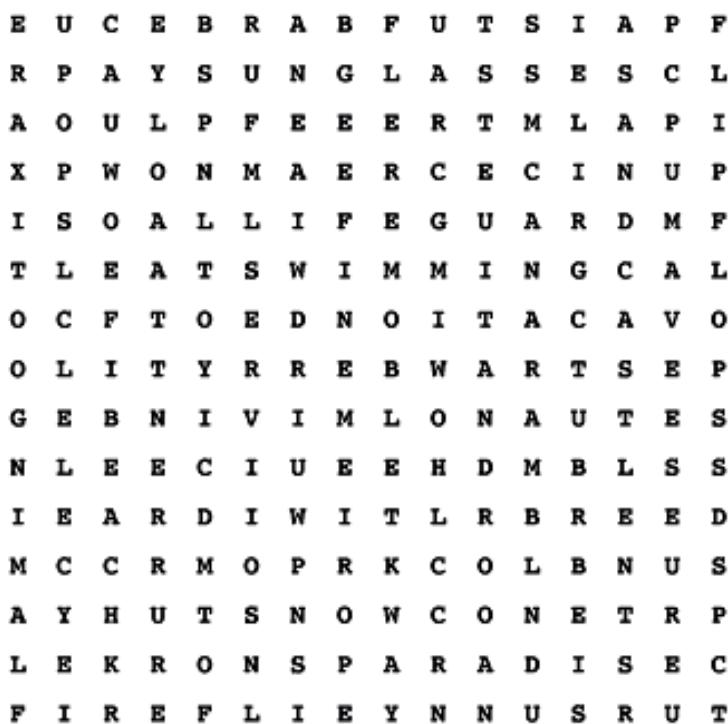
Supervisor Marc L. Jones was on hand to assist in the distribution of personal protection equipment (PPE) and boxed lunches to several local residents.

Also, assisting were the Park Place Director, Cheri Pierson-White, and the Park Place staff.

“Alone, we can do so little; together, we can do so much” – Helen Keller.



SUMMER wordsearch



SUNNY
PARADISE
POPSICLE
FLAMINGO
FLIP FLOPS
VACATION
SNOWCONE

WATERMELON
SUNGASSES
BEACH
SNORKEL
PICNIC
BARBECUE
OCEAN

PALM TREE
SAND
CASTLE
SUNBLOCK
POOL
TOWEL
ICE CREAM

STRAWBERRY
LIFEGUARD
FIREFLIES
SWIMMING

Apply at: 847-244-4900 x110
Fera@waukegantownship.com

Waukegan Township
149 S. Genesee Street
Waukegan, IL 60085

Apply online: www.waukegantownship.com

Household	1 Person	2 Persons	3 Persons	4 Persons	5 Persons	6 Persons	7 Persons	8 Persons
2020 Income	\$51,000	\$58,200	\$65,500	\$72,800	\$72,800	\$84,450	\$90,300	\$96,100



Who is Eligible

- ◆ All renters living in Waukegan Township
- ◆ Voucher holders and Public Housing tenants*
- ◆ Must be or have been financially impacted by Covid-19
- ◆ Must be under maximum household income

*Households who receive housing subsidies (i.e. voucher) will only be assisted with their monthly portion of rent

Rent & Utilities

Up to 9 months

Delinquent plus

3 months Future

Costs

Program Begins

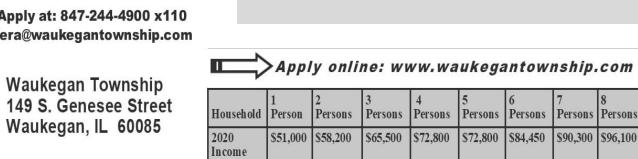
Monday, April 5th



Documents Required**

- ◆ Active lease
- ◆ Photo ID with proof of address
- ◆ Proof of income
- ◆ Utility bills
- ◆ Signed documentation proving COVID-19 Hardship
- ◆ Completed application
- ◆ Must have email address (can be created when applying)

**Additional documents may be required



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

Currently phone Only. Building opens

May 18th by appointment only!

PARK PLACE
414 S. Lewis Ave.
Waukegan, IL 60085

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

Phone: (847) 244-9242
Fax: (847) 244-9258
www.waukegantownship.com



Rules of the Road

Wednesday, May 26th 10:00am-12:00pm Via Zoom.
Are you interested in an overview of the Secretary of State (DMV) written test?
Call 847-244-9242 for information on how to access the Zoom platform.

~Family members, you are always in our thoughts~

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

2/21/21 - 3/28/21

Memorial

Manuel Zarinana Andrade
2.22.2021
William B. Hughes 3.17.2021

Congdon

Margaret Swanson 2.21.2021
Betty Christensen 2.28.2021
James Williams Walker Jr.
3.2.2021
Bonnie Lou Moyer 3.5.2021
Timothy Dale Semm 3.8.2021
Robert Wayne Gerdes
3.12.2021
Mary Mullaney 3.13.2021
Jerry Wilburn 3.14.2021
Patrica Davis 3.17.2021
Beverly Mae Jackson
3.17.2021

Arthur J. Piet 3.19.2021
Raymond Kirkley 3.20.2021
Dorothea Jenkins 3.21.2021
Edith Weyenberg 3.21.2021
Susan M. Schmidt 3.23.2021
Adelaide M. Keeper
3.24.2021

Westagte

Jacqueline L. Kilpatrick
2.24.2021
Joan Wakefield 2.27.2021
Wallace J. Rice Jr. 3.1.2021
Stella M. Cole 3.2.2021
Raymond Morris 3.5.2021
Florida Mae Duffie 3.6.2021
Veronica M. Umphery
3.11.2021
Ronald Coleman 3.13.2021
Cynthia S. Morgan 3.14.2021
Ester R. Miller 3.17.2021

Marsh

Cynthia A. Kielp 2.23.2021
James C. Weber 2.23.2021
Tom Tomasiewicz 2.24.2021
Maria P. Cipolletti 3.4.2021
Russell B. Noffsinger III
3.7.2021
Patricia C. Newman
3.13.2021
Reinhard Barthel 3.12.2021 h
James J. Atkins 3.19.2021
Leigh Alison Drinkwine
3.23.2021
Joanne C. Rochnowski
3.27.2021

Warren

Michael Thomas 3.8.2021
Clyde Kent 3.11.2021
Ezekiel Carter 3.12.2021
Sally Harris 3.13.2021
Adrienne Kennedy 3.16.2021
Tobi Rostad 3.4.2021

Robert Rehling 3.20.2021

Peterson & Patch

Ron King 3.1.2021
Maragaret Dombeck
Temaner 3.11.2021
Arthur "Art" Rodriguez
3.14.2021

Bradshaw & Range

Debra A. Hoy 2.21.2021
Edward James Bosley
2.28.2021
Richard Lee Price 3.1.2021
Clemetine Cofield 3.6.2021
Henry Finch 3.10.2021
(Apostle) Harry Alonzo
Stackhouse 3.12.2021
JC Lindsey Jr. 3.12.2021
Melvin E. Taylor 3.16.2021
Irma J. Sumner 3.17.2021
Ethel Lene Roger 3.21.2021
Christopher "Toodie" Calhoun 3.21.2021