

MARCH & APRIL, 2024



Dear Waukegan Township family and friends,

MARC L. JONES
WAUKEGAN TOWNSHIP SUPERVISOR/CEO

Tuesday, March 19, 2024 is the official start of Spring. This is a great opportunity for each of us to prepare for all the wonderful things that springtime has to offer like flowers, plants and the emergence of animals from the winter cold. This is also a great opportunity to do some spring cleaning and get rid of things in your home that you have collected over the winter months.

We have some great new programming coming to the Patricia A. Jones Center this year! In March, we will begin with *Tech at Your Pace* workshops. The Center has partnered with AgeGuide and Connect Lake County to offer technology classes to those 60 years of age or better. The wonderful thing about this program is **after completing this 10-session program, you will receive a laptop or tablet of your own to take home**. There is limited space for this program, so please call 847-244-9242 to register your participation.

Join us on **Friday, May 10, 2024 from 12:00-2:00pm** for Waukegan Township's **"Fearless Women Doing Fabulous Things" Mother's Day Luncheon**. Registration is required for this event. Tickets are \$25 per person. To register for this event please contact Mrs. Robbie Randle at 847-244-4900 or email randle@waukegantownship.com

Green is the color! Let's all celebrate St. Patrick's Day on **Sunday, March 17, 2024**.

March is **National Nutrition Month**. National Nutrition Month is a yearly initiative held to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. Some of the benefits attained by good nutrition include: better chance of living longer; keeps your skin, teeth, and eyes healthy; supports muscles; boosts immunity; strengthens bones; lowers your risk of heart disease, type 2 diabetes and certain types of cancers.

Lastly, please keep in mind that the **lawn maintenance program begins in May**. The **Home Sweet Home** program provides lawn maintenance services, **free of charge**, to all Waukegan Township resident homeowners; ages 55 or better. **Please call our hotline at 847-599-2932 to register for this complimentary service**. This program helps to ensure the surrounding home environment is safe, does not attract unwanted pests or create any hazards, risks or injuries to the resident. A completed HSH Application, along with a copy of your current ID and most recent utility bill must be submitted to the Patricia A. Jones Center or emailed to jhardy@waukegantownship.com



HERE'S TO SPRING,
Marc L. Jones
MARC L. JONES
WAUKEGAN TOWNSHIP SUPERVISOR/CEO

PAJC Journal is available online. Please visit our website at
www.waukegantownship.com or e-mail Lizette Nava at
lnava@waukegantownship.com, to be added to our email list.



Waukegan Township Trip & Programs

Page 3

Day at Lake Geneva: Shopping, High Tea & Mansion Tour Wednesday, March 27, 2024



Spend a day at Lake Geneva: Shop, eat, and learn about the beautiful **Baker House Mansion** of 1885. Start your tour exploring downtown Lake Geneva on your own, and then enjoy

The Baker House Afternoon of Victorian Tea & Gilded Age Living, overlooking scenic Lake Geneva. Enjoy hand selected teas and a bountiful selection of savory and sweet delights prepared by the in-house pastry chef. Lastly, the Victorian dressed staff will guide us through a historic journey sharing the story of this beautifully restored **Nationally Registered Historic Property** along with Victorian antidotes of "Tea & History". **The cost of \$117** includes round trip motorcoach transportation, high tea, and mansion tour. Trip departs from the PAJC at 10:15 a.m. and will return by 3:30 p.m.



Saturday, April 6, 2024
You won't believe your eyes! This unbelievable Las Vegas-style magic tricks and illusions are here! At the **Tristan**

Magic Show you will watch a lady get cut in half, see objects levitate, and a Harley-Davidson motorcycle vanish in 2 seconds from impossible conditions! The show comes to a thrilling end as a real HELICOPTER appears on stage only a few feet away! We will first stop at **Oakfire Pizza** to have a family style meal before heading out to the show. **Trip cost \$130** and covers roundtrip motorcoach transportation, meal cost, and show admission. The trip departs the Patricia A. Jones Center at 2:00 p.m. and will return by 8:00 p.m.

Patricia A. Jones Center Support Groups

♦ Grandparents Raising Grandchildren and Other relative Caregivers Group:

(Meets the 2nd Monday of each month at 5:00 pm)

Monday, March 11, 2024

Waukegan Public Library: Join us as Amy Grossman from Waukegan Public Library informs us of new programming available for seniors.

Monday, April 8, 2024

Prairie State Legal Services: Come and learn from Melissa Fuechtmann about the services available for seniors in Lake County. For more information call 847-244-9242.

♦ Grupo De Apoyo en Español/Spanish Support Group:

(Meets the 2nd Friday of each month 10:00 am)

Friday, March 15, 2024

A Safe Place: A Safe Place is the sole provider of services exclusively addressing domestic violence and human trafficking in Lake County, Illinois.

Friday, April 11, 2024

Our **SHIP** Specialist, Abigail Hernandez will inform you about Medicaid/Medicare dual eligibility, income requirements, how to apply and more.



**Food
Distribution**



Thursday, March 7, 10:00 am

Thursday, April 4, 2024

Northern Illinois Food Bank, in partnership with the Patricia A. Jones Center, will distribute fresh fruits, vegetables, milk, eggs and some meats to seniors throughout Waukegan Township. All items will be distributed at the Patricia A. Jones Center. **No prequalification needed.** Milk and eggs have been included for these distributions. For more information, contact us at 847-244-9242.

Trips are open to adults 18 and older within or outside of Waukegan Township. For more information, call Abigail Hernandez at 847-244-9242.

Waukegan Township Programs

Page 4



Waukegan Township Presents:

Mother's Day LUNCHEON

“Fearless Women Doing Fabulous Things”

FRIDAY, MAY 10, 2024 | 12:00PM - 2:00PM
PATRICIA A. JONES CENTER - 414 S. LEWIS AVE.

TICKETS ARE \$25 PER PERSON | REGISTRATION IS REQUIRED FOR THIS EVENT
CONTACT MS. ROBBIE RANDLE AT 847-244-4900

"A Mother's love is the fuel that enables a normal human being to do the impossible."
- Marion C. Garretty

Marc L. Jones, Waukegan Township Supervisor
Percy L. Johnson, Sylvestre Castellanos, Jeff McBride, Dulce Ortiz, Township Trustees
Rose Staben, Township Clerk · Mark Stricklin, Township Assessor

Patricia A. Jones Center Technology at your Pace



Here is an opportunity for you to increase your knowledge of today's technology. The Patricia A. Jones Center has partnered with **AgeGuide** and **Connect Lake County** to offer new technology classes to those **60 years of age and up**. The wonderful opportunity that accompanies this program is, after completing this 10-session program, you will receive a **laptop or tablet to take home**. There is limited space for this program, so please call 847-244-9242 to register your participation.

Head & Neck Cancer Awareness

Monday, April 29, 2024

11:30am



Head and neck cancer refers to several types of cancers that affect your mouth, throat or other parts of your head and neck. To raise awareness on head and neck cancers, Carin Bailey, RN,BSN,MS from **City of Hope** will be providing prevention tips and how to spot symptoms for early detection. For more information on this or any of our other listed workshops, please contact Kaneicia Brown at 847-244-9242 or via email at Kbrown@waukegantownship.com.

TJQMBB: TAI JI QUAN: Moving for Better Balance

Beginning: March 18, 2024

Wednesdays & Friday 9:00am

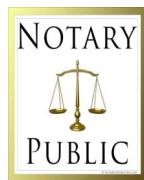
Tai Ji Quan: Moving for Better Balance was developed by a team of researchers at the Oregon Research Institute. This program uses eight forms that have been derived from the traditional **24-form Yang-style Tai Chi** and progresses from easy to difficult. Research has shown that there is a 58% reduction in falls and a 75% reduction in injurious falls in those who complete this program. **Program Objective:** To improve strength, balance, and mobility, and prevent falls in older adults and individuals with balance disorders. Call 847-244-9242 to register.



2023 AARP Tax Preparation

Now through April 11th

It's that time of year again! AARP will assist with tax prep services, every **Tuesday and Thursday now through April 11th from 9:00 am - 1:00 pm** at the Patricia A. Jones Center. AARP is a nonprofit, nonpartisan membership organization for people aged 50 and over. AARP dedicates their services to enhancing the quality of life for those 50+. To take advantage of the assistance being provided by AARP, please call to make your tax appointment, **walk-ins will not be accepted**. This year all appointments will be conducted in person. For appointments or more information please call 847-244-9242 to speak with America Vega.



Complimentary Services

Waukegan Township can assist you with:

- * Complimentary Notary Services
- * Voter Registration
- * Passport Processing Services

Administrative Office located at 149 S. Genesee St. is a certified Passport site. For more information, call 847-244-4900. Passport photos available.

Patricia A. Jones Center Room Rental



Need a great place to hold a meeting, birthday party, anniversary, wedding reception, bridal shower or other gathering?

Our renovated room can accommodate up to 80 guests! Tables and chairs included in rental. Call 847-244-9242. Reserve for your special day!



Did you know Medicare is the most popular senior medical insurance plan?

Medicare is a federal health insurance program for people ages 65 and older. It can also cover younger people with disabilities or severe health conditions, and is divided into four different parts: **A, B, C & D**.

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

Patricia A. Jones Center has staff available year-round, to assist with any questions pertaining to **Medicare Parts A, B, C, & D**. Appointments must be scheduled in advance.

Benefit Access Program hours:
M-F 9:00am - 12:00 pm Call 847-244-9242 to schedule your appointment.

AARP Safety Driving

Date: Monday April 1st & Tuesday, April 2nd
10:00am-2:00pm



Would you like a discount on your vehicle insurance costs? Join us for this two-day course and learn the skills needed for driving safely. Cost for this program is **\$20 for AARP members and \$25 for non-AARP members**. You must participate in both classes.



WE STILL OFFER Complimentary Weekend Transportation

The Patricia A. Jones Center assist those 60+ with weekend travel. To receive this service, you must: **reside within Waukegan Township and travel for social gatherings**. This may include, but is not limited to: doctors' visits, religious functions, grocery shopping or visiting relatives. Transportation will be provided via **Uber or Lyft**, on Saturdays and Sundays. If you are interested, please contact the Patricia A. Jones Center at **847-599-2936**.

Monday, Wednesday & Friday

8:00am to 9:00am	Total Body Conditioning / Serenity Stretch (Mondays Zoom Only)	Zoom ID & Passcode required
9:00am-10:00am	TJQMBB-Tai Ji Quan: Moving for Better Balance (Wednesdays & Fridays in-person)	

Tuesdays & Thursdays (On Zoom and Live at the PAJ Center)

9:15am to 9:45am	Chair Workout Warrior (Tues.) Circuit Training (Thurs.)	
9:50am to 10:20am	Functional Fitness	
10:30am to 11:00am	Zumba Gold	
11:15am to 11:45am	Chair Yoga	 Country Line Dancing: Fridays at 10:15 am Please call 847-244-9242 for more information.

Class Details

TJQMBB	<i>To improve strength, balance, and mobility, and to prevent falls in older adults.</i>
Total Body Conditioning	<i>Total Body Conditioning is a resistance training class. Equipment required: Chair, weights or two water bottles, two cans and/or a resistance band.</i>
Serenity Stretch	<i>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 or have limited range of motion.</i>
Chair Workout Warrior	<i>Chair Workouts are great for those needing to sit for some of the exercises, or hold on to a chair to exercise.</i>
Functional Fitness	<i>Functional Fitness is a class that covers exercise that helps with everyday movement such as bending down, squatting, reaching and lifting. Legs and shoulders are the primary focus of training.</i>
Circuit Training	<i>Cardio Circuit Training consists of doing exercises at stations. You will switch stations after completing a set number of repetitions of an exercise.</i>
Zumba Gold	<i>A modified Zumba class for active older adults. *Chair Zumba on Tuesdays*</i>
Chair Yoga	<i>A modified Yoga class for beginners or those with limited mobility.</i>
Active Living Yoga	<i>A mix of Iyengar and Vinyasa, this class focuses on the use of props, (chairs, blocks, straps) to transition into different poses from the floor and/or standing (getting on the floor is not required).</i>

Fit & Strong

Starting February 28, 2024

Wednesdays 10:00 am & Fridays 11:30 am



Get ready for our next 8-week **Fit & Strong** session! This is a community-based, physical activity program that uses flexibility and strength training, aerobic walking, and health education to promote behavior change. The goals of the program are to: **improve exercise frequency, reduce arthritis-related joint pain and stiffness, increase strength, and improve confidence in ability to exercise.** To register, please call 847-244-9242.

Waukegan Township Patricia A. Jones Center 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 PAJ Center 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 effects 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 PAJ Center from any and all claims or causes of action, known or unknown, arising out of Waukegan Township PAJ Center's negligence.



Diving into Deep Health - Part 3

Monday, March 4, 2024-10:30am

Diving into Deep Health Part III: Sleep Health & Recovery

In our third workshop, we will discuss the transformational power of sleep! It is the most underutilized skill in living a healthy lifestyle, yet is just as important as exercise and good nutrition. Join us as we dive into the importance of sleep and how it relates to the six dimensions of deep health. For more information please call 847-244-9242 or email Kaneicia Brown at Kbrown@waukegantownship.com.

Waking in Waukegan: A look at Sleep Disorders & Dysfunctions

Monday, March 11, 2024-10:30am

Did you know there are over 80 sleep disorders that affect your ability to get the rest and sleep your body needs? Come learn about sleep disorders and dysfunction from Dr. Jason Ng of Northwestern Medicine. For more information, please contact Kaneicia Brown at 847-244-9242 or email Kbrown@waukegantownship.com.

Preserve your sight with ISPB

Monday, March 25, 2024-10:30am

Come and learn from **The Illinois Society for the Prevention of Blindness** as they share how to keep our eyes healthy and preserve our vision. Were all aware that life can take a toll on our eyes. Fortunately, we can take steps to protect our sight. Please contact Kaneicia Brown at 847-244-9242 or via email at Kbrown@waukegantownship.com.



Diving into Deep Health-Part 4

Monday, April 8, 2024-10:30am

Diving into Deep Health Part IV: Stress Management & Recovery

When a stressful situation arises, such as relationship problems, health concerns, or financial worries, you must have the skills you need to handle the situation in a healthy way. Learn how to recover successfully what tools are available during this presentation. For more information on this or any of our other listed workshops, please contact Kaneicia Brown at 847-244-9242 or via email at Kbrown@waukegantownship.com.

Medicaid Benefits at Work

Monday, April 15, 2024-10:30am

Medicaid is a jointly funded state and federal government program that covers the costs associated with medical assistance services. Medicaid pays for medical assistance for eligible children, parents and caretakers of children, persons who are disabled, blind or 65 years of age or older. Our **Senior Health Insurance Specialist**, Abigail Hernandez will inform you about dual eligibility, income requirements, how to apply and more. For more information on this or any of our other listed workshops, please contact Kaneicia Brown at 847-244-9242 or via email at Kbrown@waukegantownship.com.

Trustees: Percy L. Johnson, Sylvestre

Castellanos, Jeff McBride, Dulce Ortiz

Clerk: Rose Staben

Assessor: Mark Stricklin

Patricia A. Jones Center

Senior Citizens Services Committee:

Chairman: Jacqueline Nieves

Vice Chairman: Dwight "J.J." Johnson

Secretary: Sugar Young

Members: Luisa Judice, Janaki Mala Srinivasa, and

Nelson "Whit" Whitaker

Honorary SCSC Member: Alderman Larry Eaker

PRESORT STANDARD

US POSTAGE PAID

PALATINE P & DC

PERMIT NO. 418

Patricia A. Jones Center

Monday 9:00 AM - 4:30 PM

Tuesday 9:00 AM - 4:30 PM

Wednesday 9:00 AM - 4:30 PM

Thursday 9:00 AM - 4:30 PM

Friday 9:00 AM - 4:30 PM

Saturday Open only for rentals

Sunday Open only for rentals

PATRICIA A. JONES CENTER

414 S. Lewis Ave.

Waukegan, IL 60085

Phone: 847-244-9242

Fax: 847-244-9258

www.waukegantownship.com



~Family members, you are always in our thoughts.~



We Remember those who've passed away...

December 6, 2023 - January 10, 2024

Bradshaw & Range

Annie Cummings	12/07/2023
Rosa Brown	12/13/2023
James "Tony" Moore	12/21/2023
John L. "Sonny" Price	12/22/2023
Brandon Gross, Sr.	12/23/2023
Lurena "BIT" Charleston	12/24/2023
Annette Williams	12/27/2024
Herbert "Arkansas" Raftie,	12/30/2023
June Patterson	12/31/2023
Todd E. Price	01/01/2024
Lucy M. Steele	01/03/2024
Rose Dell Banks	01/03/2024

Congdon Funeral Home

Gwendolyn Sanders	12/07/2023
Ruthie B. Campbell	12/07/2023
James Paschal	12/07/2023
Travis E. Newborn	12/08/2023
Richard Wilczenski	12/09/2023
Robert Buku	12/13/2023
Geraldine Wicks	12/14/2023
Doris McEllen	12/15/2023
Marilynn Gillespie	12/16/2023
Terry McNabb	12/16/2023
Charles "Chuck" Diliberti	12/17/2023
William G. Holt	12/17/2023
Darcy Krause	12/20/2023

John T. Barr IV	12/21/2023
James Stickles	12/22/2023
Wanda Dunn	12/22/2023
Pearlie Baldy	12/24/2023
Roberta Channell	12/28/2023
David Harwick	12/30/2023
Edward Ptasienski	01/03/2024
William Fuqua	01/05/2024
Kathie Stanley	01/05/2024
Amilee Gibson	01/05/2024
Charles W. Bostick Sr.	01/06/2024
Judy Van Dien	01/07/2024

Marsh Funeral Home

Margaret Ann Pracht	12/07/2023
Mary Hagman	12/09/2023
Ernest Brown	12/12/2023
Nancy Taylor	12/16/2023
Peter Smigura	12/18/2023
Alex Garcilazo	12/18/2023
Marguerite Clark	12/22/2023
Jesus Cahue	12/23/2023
Martin Morales-Salvador	12/23/2023
Ronald Bruner	12/25/2023
Daniel Sheehan	12/29/2023
Ignacio Farfan Sr.	12/30/2023
Pauline Ware	12/25/2023
Betty Lou Haynes	01/01/2024
Alice M. Maurer	01/07/2024
Paulette K. Lyons	01/08/2024

12/21/2023

12/22/2023

12/22/2023

12/24/2023

12/28/2023

12/30/2023

01/03/2024

01/05/2024

01/05/2024

01/05/2024

01/06/2024

01/07/2024

Frank Knapczyk

Memorial Chapel

Rafael Sifuentes

Miguel Albaran Sr.

Jose M. Gonzalez Zintura

Jose "Tony" Berrios

Dawn Leone-Smalley

Juan M. Mireles

01/09/2024

12/06/2023

12/09/2023

12/11/2023

12/18/2023

12/24/2023

01/02/2024

Peterson & Patch

Marilyn S. Velez

Patricia Cartwright

01/04/2024

01/07/2024

Warren Funeral Home

John Shaffstall

Taulton Stephens

Williams "Ed" Kastner

Daniel Welzen

Glendyne Holm

Gary Jackson

Angel Sanchez-Perez

12/06/2023

12/06/2023

12/13/2023

12/20/2023

12/26/2023

01/02/2024

01/08/2024

Westgate-Tolar

Ruthie Jenkins

Shannon Gray

Jacob Graves Sr.

Wendy Saladin

Bettie Wiley

12/06/2023

12/07/2023

12/07/2023

12/10/2023

12/21/2023

Johnny Washington Jr.

12/21/2023

Aspen Duncan

12/27/2023

Gloria Gibson

01/05/2024

Alice Vela Fernandez

01/07/2024