

PAJC JOURNAL

JANUARY/FEBRUARY, 2025



MARC L. JONES
WAUKEGAN TOWNSHIP SUPERVISOR/CEO

Dear Waukegan Township Family & Friends,

2024 has officially come to an end. It's always good to take a look back and effectively plan for the new year. Waukegan Township has several events to mark on your calendars as we step into 2025.

Aging and Disability Resource Network (ADRN): Waukegan Township Patricia A. Jones Center is now offering referral assistance to those aged 60 or better as well as those who are disabled, ages 18-59. Please see **page 5** for further information and feel free to contact the Center to learn more about this new program.

Volunteer Opportunity: The Patricia A. Jones Center is looking for a few volunteers to assist with the ADRN program. Ideal volunteers are needed to dedicate a few hours each week to help seniors and the disabled, in need of valuable resources. If interested, please contact the PAJC at 847-244-9242 for more information.

We're excited to announce that we will hold the annual **Rev. Dr. Martin Luther King, Jr. Dreamers' event** on **Monday, January 20th at 10:00 am at the Holiday Inn-Gurnee, 6161 W. Grand Avenue, Gurnee**. Off-site shuttle service will be available to all attendees. Our keynote speaker for the event will be the inspirational **Bishop Horace E. Smith of Apostolic Faith Church, Chicago**. The annual **Dreamers' Breakfast** allows us the opportunity to celebrate individuals within our community who also exhibit the qualities embodied by Dr. King, with our **Drum Major Award**. See **page 3** for more information. You don't want to miss the excitement - tickets are only \$50!

Coffee & Conversation with Waukegan Township Supervisor Marc L. Jones: On **Wednesday, February 11, 2025 at 10:00 am**. Join Supervisor Marc L. Jones to discuss all things Waukegan Township, in a personal round-table format. This is your opportunity to express your concerns or voice your opinion, and obtain important Township information, while enjoying a great cup of coffee and a sweet treat. Please call 847-244-9242 to register.

2025 AARP Tax Preparations: Beginning **February 4th - April 10th**, AARP will assist with tax prep services **every Tuesday and Thursday starting February 2nd through April 13th from 9:00 am - 1:00 pm** at the Patricia A. Jones Center. Additional details are available on **page 7**.

Please keep in mind the Patricia A. Jones Center will be closed on **Monday, January 20th**, in honor of **Dr. Martin Luther King, Jr. Day** and **February 17th** in observance of **Presidents' Day**.

HERE'S TO THE START OF A FANTASTIC NEW YEAR,

Marc L. Jones

MARC L. JONES
SUPERVISOR/CEO

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



Day Trips/Overnight Excursions

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Wisconsin Black Historical Society Tour-Sherman Phoenix



Dive deep into African American history on this a one-of-a-kind excursion. Receive a guided tour of the **Wisconsin Black Historical Society**, which documents the heritage of African descent in Wisconsin. During this visit, you will experience exhibits such as *Ancient Egypt to Modern Milwaukee: A larger than life panorama of African American history provides a glimpse of modern life of African Americans in Milwaukee*. Next, a guided tour of **Sherman Phoenix**, a black and brown small business owned marketplace - featuring a soul food restaurant, bakery, barbershops, gift shops, and nail salons. While touring, we'll learn about the inception and history of Sherman Phoenix. The afternoon will end with an authentic soul food meal, complete with peach cobbler from **Richmond's Restaurant**. The fee of **\$97** covers roundtrip motorcoach transportation, museum admissions, tours, and dining expenses. We will depart Patricia A. Jones Center at 9:30 a.m. and return after 3:00 p.m.



Martha's Vineyard & Nantucket-Cape Cod, MA

Monday, September 15th through Friday, September 19th 2025

- ♦ Round trip Airfare Chicago to Boston
- ♦ Round trip motorcoach transportation.
- ♦ Four nights accommodations
- ♦ Four deluxe continental breakfast
- ♦ Four dinners at fine local restaurants
- ♦ **Hyannis Harbor** Cruise
- ♦ Guided Tour of **Hyannis to Provincetown**
- ♦ RT Ferry to **Martha's Vineyard Island**
- ♦ Guided tour of **Martha's Vineyard**
- ♦ RT Ferry to **Nantucket Island**
- ♦ **JFK Memorial**
- ♦ **Korean War Memorial**
- ♦ **Cape Cod National Seashore & Salt Pond**

Trip fee: \$1369 per person/dbl. occupancy.

Washington, DC & the Cherry Blossoms



April 11th - 13th, 2025

3 days & 2 nights

Includes:

- Round trip Airfare, Chicago to Washington DC.
- Deluxe roundtrip motorcoach transportation.
- 2 great breakfast at your hotel outside of DC.
- A delicious dinner at fine local restaurant.
- Elegant cherry blossom lunch cruise aboard the **"Odyssey"**
- Guided illumination tour of the **Washington Monuments**.

Also Visits to:

- National Museum of African American History
- Arlington National Cemetery tram car ride
- D.C. Holocaust Memorial & Museum
- National Vietnam & WWII Memorial
- 9/11 Pentagon Memorial Park

Cost is **\$997 per person-double occupancy**



Join us as we travel to London, England!

Friday, October 17 through Thursday, October 23, 2025

- ♦ We will visit the Tower of London
- ♦ Do an exterior viewing of Buckingham Palace, Parliament and Westminster Abbey
- ♦ Visit Windsor Castle
- ♦ Sail down the River Thames to Greenwich
- ♦ Do a walking culinary tour, sampling the best of local eateries and food of traditional London
- ♦ Explore the birthplace of Queen Victoria, Kensington Palace
- ♦ Along with time on your own to explore more sites

Cost for this trip will be **\$3,599 per person-double occupancy**. We will fly out of **O'Hare International Airport** for this once in a lifetime experience. Upgrades are available. **Passport required**.

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

Dr. Martin Luther King, Jr. Celebration Event Monday, January 20, 2025



Rev. Dr. Martin Luther King Jr. Breakfast: We're excited for our annual **Rev. Dr. MLK, Jr. Dreamers'** event on **Monday, January 20th at 10:00 am**. We will also honor those within our community who exhibit qualities that Dr. King embodied, with our **Drum Major Award**.

Major Award. Some of the 2025 honorees include: Waukegan's 5th Ward Alderman Edith Newsome; YWCA of Lake County's Director of Health & Human Services - Betsy Berganza and Zion Township Supervisor Cheri Neal and many more!

For sponsorship opportunities or to purchase tickets, visit us at the Township Supervisor's Office, 149 S. Genesee Street or online at www.waukegantownship.com.

Coffee & Conversation with Waukegan Township Supervisor Marc L. Jones



**Wednesday, February 19, 2025
10:00 am**

Something on your mind? Questions about how things are done at the Township level? Looking to provide feedback on programs? Here is your chance to have your questions answered and share your concerns with the Waukegan Township Supervisor - and have a great cup of coffee! Please call 847-244-9242 to register.



The Man Cave!

Friday, February 21, 2025 - 1:00pm

The Patricia A. Jones Center will launch a brand new initiative centered around **MEN!** Men's groups are a valuable source of personal development for building relationships, exhibiting leadership skills, emotional awareness, self esteem, general life skills and healing, while counteracting the isolation some men experience.

Join us as we welcome **Mr. Ronnell Ewing**, group facilitator, to discuss topics that are of interest and concern to men. For more information, please call the PAJC at 847-244-9242.

Patricia A. Jones Center Cuisine Café

Monday, January 27, 2025

Breakfast at The Brunch Factory

Who doesn't enjoy a great meal? Join us for breakfast at **The Brunch Factory** in Riverwoods. You will enjoy menu items from eggs your way, omelets, breakfast sandwiches, crepes, burgers, and much, much more. **This trip departs from the PAJC at 10:00 am and returns by 2:00 pm. The cost is \$34 per person.**

Meal sections for these trips will be:

Main dish: (Select one)

2 eggs your way, Omelet your way with protein or veggies, breakfast sandwich, biscuits & gravy, strawberry and banana crepes or mixed berry cheesecake crepes. Sandwiches: triple decker club, chicken sandwich, Reuben, tuna or chicken salad, patty melt or classic burger.

Drinks: (Select one)

Coffee, hot tea, soda, lemonade, ice tea, milk, orange juice, grapefruit juice or double espresso, Americano or macchiato.

Monday, February 24, 2025 Magnolia Cafe

The **Magnolia Cafe & Bakery** is not like any other restaurant. It's a place where you can enjoy a delicious homemade meal while receiving the best service from our employees - adults with developmental disabilities. **The trip departs from the PAJC at 11:00 am and returns by 3:00 pm. The cost of \$34 per person.**

Meal sections for these trips will be:

Appetizer: (Select one)

*Onion Straws, Wisconsin Cheese Curds or Chicken Tenders

Main Dish: (Select one)

***(Signature Flat Breads)** Philly Steak, Garden Basil Pesto, or spiced up pepperoni. You may select Magnolia Chopped Salad, Classic Cobb salad, Spicy Chipotle Burger, Black Bean burger, or the Portobello mushroom sandwich, patty melt or the Classic club. Add sweet potato fries, side salad or homemade soup to your sandwich. You may choose coffee, tea or soft drink for your beverage.

For information please call 847-244-9242.

Waukegan Township Wellness Programs

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What is healthy food? How can you afford it? Wednesday, January 15, 2025 10:30am

Community Outreach worker Gabrielle Miller from the **University of Illinois** will be here to teach you how to practice choosing healthier alternatives to familiar foods and describe what is meant by **“healthy foods”**. For more information, please contact Kaneicia Brown at 847-244-9242 or via email at Kbrown@waukegantownship.com.

How to Beat Bad Health Wednesday, January 22, 2025 - 10:30am

The idea that food can be either medicine or poison is based on the idea that diet has a significant impact on your health. The type of food you eat can affect your wellness, disease prevention, and the progression of disease. Contact Kaneicia Brown at 847-244-9242 or via email at Kbrown@waukegantownship.com.

Learn all about Supportive Living Wednesday, February 12, 2025 - 10:30am

Come and learn about **Heritage Woods of Gurnee**. Their emphasis is on lifestyle and fun while maintaining your health, wellness, dignity and independence. When you need a helping hand or personal attention to do the activities you may no longer be able to do safely on your own, our courteous and caring staff is always ready to assist you. Contact us to learn about current move-in specials! Contact Kaneicia Brown at 847-244-9242 or via email at Kbrown@waukegantownship.com.

Healthy Cents Smart Shopping for Fruits & Vegetables

Wednesday, February 19, 2025 - 10:30am

Identify ways to buy fruits and vegetables on a limited budget. Develop a shopping list based on the specials of the week from your favorite grocery stores and share ways to introduce new foods to family members and friends. For more information, please contact Kaneicia Brown at 847-244-9242 or via email at Kbrown@waukegantownship.com.

Understanding Genetics and Epigenetics Wednesday, February 26, 2025 - 11:30am

“**Genetics**”, conceptually, deals with genes and gene function, while “**epigenetics**” deals with gene regulation. More specifically, genetics focuses on how DNA sequences lead to changes in the cell/host, while epigenetics focuses on how DNA is regulated to achieve those changes. For more information, please contact Kaneicia Brown at 847-244-9242 or via email at Kbrown@waukegantownship.com.

Services to Assist you!

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ADRN

Aging and Disability Resource Network

The PAJC will now offer avenues of assistance to those aged 60 or better.

Please feel free to contact us to learn more about this assistance referral program.

We offer referral services for: Mortgage, Rent, Utilities, Transportation, Food, Benefit Access/SHIP (Senior Health Insurance Program) and more.

Call the PAJC at 847-244-9242 for an appointment with our ADRN Specialist.



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.

Annual Open Enrollment:
October 15 - December 7, 2025

Benefit Access Program hours:
M-F 9:00am - 4:00 pm
Call 847-244-9242 to schedule your appointment.

Annual

Rev. Dr. Martin Luther King, Jr.
Dreamers' Breakfast
Monday, January 20, 2025



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!

Patricia A. Jones Center Support Groups

Grandparents Raising Grandchildren & Other Relative Caregivers Group:

Monday, January 13, 2025
Roberti Community House: Gina Guadarrama

Monday, February 17, 2025
Boomers Way: Mary A. Patton
(Meets the 2nd Monday of each month at 5pm)

Monday, February 10, 2024 - Holiday Party: This group will celebrate their holiday party on this date.

Grupo De Apoyo en Español Spanish Support Group:

(Meets the 2nd Monday of each month at 10 am)
(Se juntan el segundo viernes de cada mes a las 10am)

Friday, January 9, 2025 - Adult Disability Resource Network (ADRN): ADRN provides vital support, information and assistance, benefits access and Medicare counseling to help people navigate services and supports that help people age well in their community.

Friday, February 14, 2025- Mano A Mano: Mano-A-Mano offers a variety of resources and services, including health resources, educational classes and workshops and immigration legal services. Its focus is on helping the hardest-to-reach and most vulnerable families and individuals in the community.

Exercise Room Open M-F 9am-4pm

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Wednesday & Friday

9:00am.....	TJQMBB-Tai Ji Quan: Moving for Better Balance (Wednesdays & Fridays)
10:15am	Zumba Gold (Wednesday 10:15am & Fridays 11:15am)
12:00pm.....	Eat Smart, Move More, Weigh Less Program (Wednesdays)
11:00am	Silver Sneakers Yoga (Wednesdays)
10:15am & 1:15am.....	Senior Circuit Training (Wednesdays 1:15am & Fridays 10:15am)

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

9:15am.....	Senior Circuit Training (Tuesdays & Thursdays)
10:15am.....	Silver Sneakers Yoga (Tuesdays & Thursdays)
11:00am.....	Total Body Blast (Tuesdays & Thursdays)
12:00pm.....	Matter of Balance (Thursdays)



Country Line Dancing:
Fridays at 10:15 am
Please call 847-244-9242
for more information.

Class Details

Circuit Training	This is a supervised training class that involves timed rotations around each piece of exercise equipment. This class will occur in the fitness center, with a limit of 10 persons per class. You must sign up prior to participating. Sign up sheets will be posted on the fitness center door.
Total Body Blast	Total Body Blast is an interval type training class that focuses on conditioning the cardiovascular system while increasing muscle strength. Exercises are moderate to high intensity, with active rest and water breaks.
Silver Sneaker Yoga	A modified yoga class with both seated and standing poses. Restorative breathing exercise and final relaxation will promote stress reduction and mental clarity.
Zumba Gold	Zumba Gold is a modified Zumba class for active older adults.
ESMMWL	a 15-week weight management program with your own registered dietician. Must be in the Ageless and Awesome Program.
TJQMBB	A 60-minute Yang-style Tai Chi that progresses from easy to challenging. Improves balance, coordination, and reduces falls by at least 58% upon completion.
Matter of Balance	This is a two-hour class that primarily focuses on reducing fears around falling, by developing cognitive skills to increase safety in and out of the home, and increasing activity levels. Snacks will be provided.

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.

Patricia A. Jones Center Gift Shoppe Coupon

15% Discount

Bring this coupon into the Gift Shoppe during **January or February 2025**, for an additional **15% OFF** on all items purchased totaling \$20 or more.

2025 AARP Tax Prep

February 4th - April 10th

AARP will assist with tax prep services every Tuesday and Thursday starting February 2nd through April 13th from 9:00 am-1:00 pm at the Patricia A. Jones Center. AARP is a nonprofit, nonpartisan organization for people age 50 and over. AARP dedicates their services to enhancing the quality of life for those 50+. Call the PAJC for appointment. No walk-ins.



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



We Remember those who are no longer with us...

October 2, 2024 - December 2, 2024

Bradshaw & Range

Mary L. Thompson-Adams	10/12/2024
Wanda F. Smith	10/17/2024
Jacqueline L. Robinson	10/22/2024
Duane Harlan Adams	10/29/2024
Antonette Randall	11/03/2024
Shara J.M. Clarke	11/03/2024
Jewel Russell	11/04/2024
Robert Lee Phillips	11/10/2024
Mattie C. Blackburn	11/10/2024
Lauretta Ruth Gibson	11/11/2024
Betty J. Harris	11/15/2024
Mary P. Howard	11/18/2024
Shirley Ann Young	11/22/2024
Johnny J. Washington	11/22/2024
Willie Charles Banks, Jr.	11/24/2024
Emma O. Hampton	11/25/2024
Dorother Thompson	11/27/2024

Tolar-Westgate

Susan Bonah	10/09/2024
Willie James Boyd	10/15/2024
Donald C. Banks	10/16/2024
Edward A. Taylor	10/17/2024
Blondine Harris Stancle	10/18/2024
James T. Wilson	10/24/2024
Robert Lee Irby	10/29/2024
Willie Lee Carter	11/01/2024
Lawrence Varnell	11/06/2024
Donna Lee Moore	11/14/2024
Rickey Hughes	11/27/2024
Shearo Bell	11/29/2024
Dr. Tammera L. Holmes	12/01/2024

Peterson & Patch

Angel "David" Moctezuma	10/19/2024
Ronald Stanczak	10/21/2024
Anthony Zeithaml	11/04/2024
Jackson Y. Moss	11/10/2024
Ramona Alcala	11/21/2024

Marsh Funeral Home

Lisa Ann Kennedy	10/02/2024
Kathleen Allen Walsh	10/07/2024
Milton M. Majercik	10/07/2024
Terry N. Horner	10/09/2024
Charles David Robins	10/11/2024
Dee Nadelhoffer	10/16/2024
Donald Eugene Henderson	10/20/2024
Aniceto M. Villegas	10/20/2024
Arturo P. Sanchez, Sr.	10/25/2024
Denise Hinojosa	10/27/2024
Monica Ann Pavlick	10/27/2024
Wayne Ronald Whitlock	10/26/2024
Gloria B. McQuaid	10/29/2024
Christy Rae Berkquist	11/01/2024
Shenitha Rena Hays	11/06/2024
Jeanne Wynn Sneed	11/06/2024
Medardo Torres	11/23/2024
Virginia Catherine Rosset	11/23/2024
Bruce Craig Ostrander	11/25/2024
Ruth N. Hedberg	11/30/2024
Ivan Terry	12/01/2024
Glen Stadig	12/02/2024

Warren Funeral Home

Judith Ann Imler	10/02/2024
Lee W. Gordon	10/10/2024
Freddie Lee Myers	10/11/2024
Saundra D. Watkins	10/12/2024
Gilfredo Rosado	10/16/2024
Glenna Lainio	10/18/2024
Mary K. Schaab	10/20/2024
Esther Miller	10/22/2024
Kathleen Marie Vogelsang	10/23/2024
Ernesto Sio	11/9/2024
Wynell M. Butzine	11/9/2024
Russell W. Bohling	11/16/2024
Francine Jensen	11/16/2024
Michael Moberg	11/24/2024
Loretta Dodson	11/29/2024
Tereza Martir Najarro	11/25/2024

Congdon Funeral Home

James A. Brock	10/02/2024
Timothy G. Jones	10/06/2024
Deborah Graves	10/11/2024
Arnold Vaino Aho	10/12/2024
Daniel "Danny" Davis	10/18/2024
John Matson	10/20/2024
James Thomson	10/23/2024
JoAnn Marie Melcher	10/25/2024
Graciela Arizmendi	10/25/2024
John E. Swedo	10/27/2024
Willodean Robinson	10/28/2024
Jettie Rose Edwards	10/30/2024
Gina Lynn Copen	10/30/2024
Scott David Copen	10/30/2024
Karen Marshall	10/31/2024
Lorna Hoyt	11/04/2024
Susan K. Jensen	11/07/2024
Marcella Beverly	11/08/2024
Ralph Jensen	11/08/2024
Catherine Roberson	11/12/2024
Sally Jan Traver	11/12/2024
Walter Edward Wigdzinski	11/15/2024
John P. Weber, Jr.	11/17/2024
James M. Booth	11/19/2024
Kenneth L. Crede	11/22/2024
Gay W. Gregg	11/26/2024
George A. Jackson	12/02/2024

Memorial Chapel

Latonia Haynes-Robinson	10/24/2024
America Aurora Montejo	10/29/2024
Jose Luis Viesca Guajardo	11/02/2024
Alfonso Parada Alvarez	11/04/2024
Imelda Jaimes Velazquez	11/08/2024
Ana Maria Rodriguez	Nov. 2024
Gloria Gordillo de Popoca	11/14/2024
Raymond Robinson	11/19/2024

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

Open to the Public

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

PRESORT STANDARD

US POSTAGE PAID

PALATINE P & DC

PERMIT NO. 418



Complimentary Services

Waukegan Township provides:

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

Administrative office located at 149 S. Genesee street is a certified Passport site. For more information, call 847-244-4900.

Passport photos available.

Food Distribution



THURSDAYS:
January 2, 2024 &
February 6, 2024
10:30 am

Join us on ***** for our monthly food distribution provided by Northern Food Bank. There are no age requirements to accept these *****. For more information about this program please contact the Patricia A. Jones Center at 847-244-9242