

Waukegan Township

Park Place Preview

May & June, 2017



Patricia Jones, M. Ed
Waukegan Township
Supervisor

Dear Friends,

Summer eating can be enjoyable with fresh seasonal produce, outdoor eating and entertaining for special occasions or family gatherings. Unfortunately, food poisoning is more common in summer than at any other time of year. Here are 5 Tips for Summer Food Safety: 1) Make sure the fridge temperature is below 40 °F and keep your freezer at 0 °F. 2) Don't leave hot foods to completely cool before refrigerating. 3) Keep raw meat, chicken and seafood chilled and away from cooked food. 4) Thaw frozen food in the refrigerator. 5) Avoid handling food when you're not feeling well.

If you're facing a major illness or stressful life change, you don't have to go it alone. The Park Place Enhancement groups can help. In 2016 over 5667 seniors benefited from life Enhancement Groups, addressing Low Vision, Alzheimer's, Coping with Loss, Grandparents and Other Relatives Caregiver, Life After Stroke, Hispanic Language Group, and others. **Page 6** has a full list of groups and services to help you choose the right one for your life.

Now that the warmer weather is finally here Park Place is ready for the beautification of our community garden. Come out May 10th from 9-11 a.m. to assist in planting our community garden.

The Home Sweet Home program for personal lawn care starts Monday, May 8th for seniors 55 or better who reside in Waukegan Township. You must register by calling our hotline at (847) 599-2932. The Waukegan Township family is pleased to serve you through another spring.

No matter how you celebrate Mother's or Father's Day, it is the memories made that will last a lifetime. Happy Mother's & Father's Day to all the mothers, fathers, grandmothers/grandfathers, and mother/father figures. Don't waste the opportunity to tell them just how much you love and appreciate them. The Park Place Gift Shoppe has specials for Mother's and Father's Day! Sale on cards, gifts, and flowers. **Page 3** has information on raffle prizes and sales for May and June.

A 5K For Labor Day
September 2, 2017
Independence Grove
16400 W Buckley Rd, Libertyville, IL



Professional Timing Service!

We're getting ready for our 18th Annual 5K For Labor Day Run/Walk for Seniors Saturday, September 2nd at the Independence Grove 16400 W Buckley Rd, Libertyville, IL. This is a fun event for the entire family. Awards will be given to the fastest woman/man to complete the course and the oldest and youngest runners/walkers. Proceeds from the 5K For Labor Day go directly toward providing services to adults 55 and better. Register at Park Place or online at www.waukegantownship.com. Early Bird \$25 fee available until July 1st (after 7/1 fee will increase to \$35). Day of race register onsite - 7:00 am to 8:45 am. Pre race celebration begins at 8:30 am, race for runners begins at 9:00 am, and race for walkers begins at 9:10 am. For information or sponsorship opportunity call 847-244-4900 or email rthompson@waukegantownship.com.

Waukegan Township also provides Complimentary transportation to Waukegan Township Residents. Call: (847) 599-2936 or email lnava@waukegantownship.com. 3 days in advance.



Newsletters are available online. Please visit our website at www.waukegantownship.com
Or email kwoods@waukegantownship.com to be added to our email list.

Waukegan Township Presents...
Journey To South Africa: 14 Days
Departure: April 12, 2018

Per Person Rates:

Double: \$4,999; Single: \$5,699

You may start making payments today!

- Johannesburg
- Knysna
- Soweto
- Featherbed Nature Reserve
- Panoramic Route
- Ostrich Farm Visit
- Kruger National Park
- Wine Pairing Dinner
- Safari Game Drive
- Cape Town
- Garden Route
- Table Mountain
- 1st Class and Deluxe Hotel Accommodation
- 22 Meals: 12 Breakfasts, 4 Lunches, 6 Dinners
- Roundtrip airfare from O'Hare Airport-Chicago (ORD)



Limited seating...10 seats available. \$600 deposit due by 8/15/17.
Final payment due 2/11/18.

Trips are open to adults 18 and older and residents in and outside of Waukegan Township.

For trip information call
847-244-9242 or email
lpable@waukegantownship.com



Safari Game Drive



Noche Bohemia

Saturday, May 20 - 5:00pm - 9:00pm

Dancing, Live Music (Trio Cache), Raffle Prizes, Open Jam Session (bring your instrument), and Food for purchase. Tickets \$5.00 and available for purchase at Park Place. For more info, please call 847-244-9242 or email jnieves@waukegantownship.com. Event held at Park Place.

Dance...Dance...Dance

Saturday, June 24 - 3:00pm - 4:30pm

Come for the opportunity to compare five completely different contemporary dance styles to include: Latin Dancing, Hip Hop, Zumba, Country Line, and Chicago Line Dancing. Open to adults only. There will be great raffle prizes and all dances are taught by several instructors. Tickets \$5.00 each and available for purchase at Park Place. For more info, please call 847-244-9242 or email rmcdonald@waukegantownship.com. Event held at Park Place.

Jelly Belly, Cheese and More! Touring Kenosha - Tuesday, June 20, 2017

We will tour the Jelly Belly factory, shop for cheese at Mars Cheese Castle, visit the Southport Light Station Museum, and enjoy lunch at House of Gerhard, an authentic German Restaurant. Entrée choices will include Bavarian Pot Roast or Roasted Chicken. Fee \$54 per person. Shuttle will depart Park Place at 8:30am. To RSVP, call: (847) 244-9242 or email lpable@waukegantownship.com.

Gospel Cruise on the Spirit of Chicago - Saturday, June 3, 2017

Enjoy visiting Navy Pier, cruising Lake Michigan, a buffet lunch and live Gospel music aboard the Spirit of Chicago! **Trip departs Park Place at 9:00 a.m.** Fee of \$79 includes all travel, cruise and lunch. To RSVP, call: (847) 244-9242 or email lpable@waukegantownship.com.

Cruise / Navy Pier / Buffet



Travel & Entertainment

Mother's Day Cruise - Tuesday, May 9, 2017

Fee is \$94 per person. Includes transportation, plated three course meal, and cruise. Shuttle will depart Park Place at 8:30 am. For information, call: (847) 244-9242 or email lpable@waukegantownship.com



Brookfield Zoo - Friday, July 14, 2017

Explore fabulous Brookfield Zoo, also known as the Chicago Zoological Park. Located in the Chicago suburb of Brookfield, IL, the zoo houses around 450 species of animals on 216 acres. The fee includes admission to the zoo plus any three of the following attractions: Dolphins in Action, Butterflies, Motor Safari, The Carousel, Hamill Family Wild Encounters, Dinos and Dragons, and Hamill Family Play Zoo. Lunch is not included. Fees are \$39 adults 65 plus/children age 3 – 11; \$46 for those 12 – 64. Shuttle will depart Park Place at 9:00 a.m. and depart from the zoo at 3:00 p.m. For information, call: (847) 244-9242 or email lpable@waukegantownship.com

Cruising Lake Geneva - Tuesday, August 1, 2017

Sail around the entire 20 mile shoreline of Lake Geneva and hear all of the history that made the area famous. The two hour cruise includes all of the famous sites that gave the area the name "Newport of the West." The day will include lunch at the Baker House. Fee is \$77 per person. Departs from Park Place at 9:00 a.m. For information, call: (847) 244-9242 or email lpable@waukegantownship.com

Adult Coloring Contest - May 16 - 19, 2017

**Hours to complete are: Tuesday, Wednesday & Friday 9am-4:30pm.
Thursday 9am-7pm.**

Feeling a little stressed? Join us for a stress relieving coloring contest. You are not required to attend all four days. Park Place will provide the picture and the colored pencils to all participants. All drawings must be completed at Park Place. The contest will end on May 19th. Winners will be announced on June 7th at the SCSC Meeting – 12:00pm @ Park Place. * \$50 - 1st place & * \$25 - 2nd place. \$5.00 entry fee. Contest for adults 55 and better. For more information call 847-244-9242 or email rmcdonald@waukegantownship.com.

Park Place will host a book fair on Friday May 26th from 11am-2pm. We have an overstock of books and puzzles. Come in and pick up a few for your reading and puzzle relaxation. Romance novels, crime stories, encyclopedias, and magazines included.



Saturday, July 8, 2017

@ Park Place 414 S. Lewis Ave; Waukegan, IL

Who makes the best Barbeque in Waukegan Township?

- Teams of up to 3 cooks will compete for the top prize of \$200, \$100 second place, and \$50 third place prizes. Spectators and dining at 11:00 a.m. Contestants will begin at 7:00 a.m.
- Teams pay a \$25 entry fee, and supply their own grills and spices. Park Place will provide the meat.



**Stop by Park Place
to register today,
or call 847-244-9242
for additional information.**

Food for purchase!

- Park Place Gift Shoppe
- May & June 20% Off All Items \$5 and over. Excludes clearance and craft items. One coupon per person.
- **Special Raffle for Great Prizes!! - we will give out tickets on May 4th & 5th. Winners will be announced on May 12th.**
- **No min purchase amount required.**
- Unique gift ideas, fitness clothing, unusual purses, scented candles, fragrant lotions, fun jewelry, handmade Afghans and much more!
- Special for Mother's and Father's Day! Sale on cards, hats, gifts, and flowers.
- **May 12th and 13th purchase 1 dozen roses for \$15.00.**

Couch to 5K - Starting May 15th M,W,F at 6:30 a.m.

Please join our exercise training program at Park Place. Get fit and ready to finish a 5K Run or Walk. Certified trainer and the class is complimentary! This is another item you can cross off your bucket list! For more information call 847-244-9242 or email cpwhite@waukegantownship.com.

Health & Wellness



Wednesday, May 10 - Understanding Fibromyalgia - 11:00 am – 12:00 pm

Complimentary Health Screenings following presentation

Fibromyalgia is the most common musculoskeletal condition after osteoarthritis. Still, it is often misdiagnosed and misunderstood. Its characteristics include widespread muscle and joint pain and fatigue, as well as other symptoms.

Wednesday, May 31 - Lunch & Learn Presentation – Hip & Knee Replacement

11:00 am – 12:00 pm (\$5.00 fee)

Speaker: Margie Taylor, JCC, BHCM, MBA, Vista Health System.

Do your joint problems limit what you can do? Does it cause your mood to change? Bone damage? X-rays and other imaging tests show that your osteoarthritis or other conditions are taking a toll on your joints. This presentation will explain reasons to replace your hip or knee.

Tuesday, June 6 - Skin Cancer and Keeping Your Skin Healthy - 10:00 am – 11:00 am

Cancer is the uncontrolled growth of abnormal skin cells. It occurs when unrepaired DNA damage to skin cells triggers mutations, or genetic defects, that lead the skin cells to multiply rapidly and form malignant tumors.

Wednesday, June 14 - What is Lupus? - 11:00 am – 12:00 pm

Lupus is an autoimmune disease, which means that the immune system mistakes the body's own tissues as foreign invaders and attacks them. Some people with lupus suffer only minor inconvenience, while others suffer significant lifelong disability.

Wednesday, June 14 - Healthy Indoor Plants for Good Health - 1:00 pm – 2:00 pm

Speaker: Toni Steres, APN from Lake County Health Department - North Chicago, IL.

Plants are good for your health because they make oxygen. They produce oxygen gas as they make food, oxygen gas, which is an important part of the air, is the gas that plants and animals must have in order to stay alive. When people breathe, it is the oxygen that we take out of the air to keep our cells and bodies alive. This workshop will help to determine which plants are the best for your health.

Wednesday, June 21- Types of Sleeping Disorder & Symptoms - 12:00 pm – 1:00 pm

Speaker: Christine Cowen, RPSGT, RST, CCSH, Certified Sleep Disorder Educator from Advocate Health Care.

According to the National Institute of Health (NIH), 50 to 70 million people are affected by sleep disorders in the United States. Sleep disorders are linked to other chronic ailments such as hypertension, diabetes, anxiety, and depression. Furthermore, having poor sleep quality reduces your productivity, concentration, mental clarity, and overall energy level.



Waukegan Township Park Place Presents...
Celebrating Older American's Month, May 2017
@Park Place - 414 S. Lewis Ave, Waukegan, IL

Wednesday, May 10 - Know Your Rights: Understanding - 1:00 pm

The terms are confusing! Come and learn the very basics of Medicare and Medicaid! Learn what is covered and when, for both Medicare and Medicaid. For more information call 847-244-9242 or email lpable@waukegantownship.com.

Tuesday, May 16 - Explore New Things: Phone Photos & Hash tags - 9:30 am

Learn quick techniques for taking, sharing, and tagging phones at this exciting free session. Bring your Smart Phone and learn new things. For more information call 847-244-9242 or email lpable@waukegantownship.com.

Tuesday, May 30 - Adding Life to Years: Volunteering and Meaning - 9:30 am

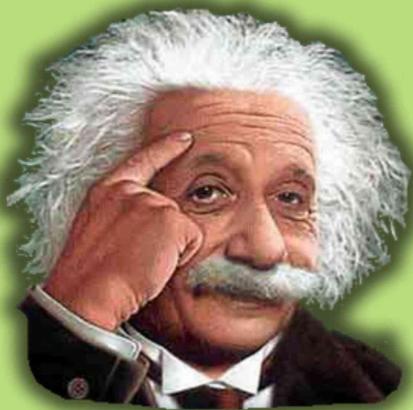
Did you know that volunteers live longer, happier lives? Come to this informational session to learn why volunteering matters to you, and the organizations you serve. Discover how best to match your skills and interests to volunteer opportunities.

Let the Brain Games Begin:

Wednesday, June 28, 2017

**11:00 am - 12:00 pm
at Park Place.**

Waukegan Township wants you to challenge your brain by playing fun and engaging games.



Outline:

11am-11:15am: Brain teaser activity and review with instructor
11:15am-11:30am: Math games
11:30am-12:00pm: Word scrambles & other brain teasers

Speaker: Jamie Teichmann, M.S. Ed., CPRP, Recreation Specialist, Family Programs, Special Interest & Volunteers - Waukegan Park District



✓ Glucose Check

Free Blood Pressure Check-Up

Friday, May 19th & Friday, June 16th

1:00 pm - 2:00 pm

Lake County Health Department - North Chicago Center.

@ Park Place • 414 S. Lewis

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

Provides assistance with any questions pertaining to Medicare Parts A, B, C, & D. Appointments will be scheduled in advance. The benefit access program hours are M-F 9:00 a.m. - 12:00 p.m. Call 847-244-9242 for more information and appointment.

Upcoming Health & Wellness Workshops For 2017!

- ◆ Saturday, August 5, 2017 - At the Sign of Dove, Waukegan - (10 am - 1 pm)
- ◆ Saturday, September 23, 2017 - Vista Health System (10 am- 1 pm). *Fair will be held at Park Place.
- ◆ Saturday, October 21, 2017 - At Nuestra Senora de Guadalupe, Waukegan (10 am - 1 pm)

**For Health & Wellness information call 847-244-9242 or email jnieves@waukegantownship.com.
*Workshops made possible in part from a Healthcare Foundation of Northern Lake County grant.**

Wednesday, May 17 – Meet Your Leaders – 10:00 am – 11:00 am

Waukegan, North Chicago, Park City, and Beach Park City Mayors will speak on:

Duties of the Mayor, Services available, and changes occurring in 2017-2018.

Following the presentation there will be time for questions and answers. Meeting at

Park Place. For more information call 847-244-9242 or email

jnieves@waukegantownship.com.



Incoming Committee



Outgoing Committee

Welcome to the following slate of officers who will preside over the Senior Citizens Services Committee during 2017/2019 fiscal year; Chairman Larry Eaker & Vice Chair Gloria Carr. New members include; Pat Barker, Scott Grubnau, Katie Strawder, and Jeanette Keyes. To our outgoing members, thank you for your service to the community. Outgoing members; Chairman Victor Ruiz, Vice Chair Ray Evelyn Curry, Secretary Opal Rice, Ed Buschbacher, and Evelyn Bailey.

Enhancement Groups & Services

Meeting Days & Times at Park Place

- *Cancer Survivors and their Love Ones - Meets 2nd Thursday - 2pm
- *Kidney Disease Prevention & Discussion - Meets 4th Thursday - 1pm
- Readers Delight Book Club - Meets 1st Monday - 1pm
- *Grandparents Taking Care of Grandchildren & Other Relative Caregivers - Meets 2nd Monday - 5:30pm., & 4th Wednesday - 11am
- Spanish Speaking Resource Group - Meets 2nd Friday - 11am
- *Lollie Drew Low Vision Group - Meets 2nd Tuesday - 10am
- Red Hat Society - Meets 3rd Thursday - Noon
- Caregivers for those with Memory Loss - Meets 4th Tuesday - 10am
- LGBT - Meets 3rd Wednesday - 3pm
- Coping With Grief Group - Meets 2nd Wednesday - 10am

*Cancer Patients, Survivors & Family Caregiver's Awareness

Thursday, May 11th - 2:00 PM - 3:00 PM

Networking & Discussion with other Cancer Survivors & Caregivers

Thursday, June 8th - 2:00 PM - 3:00 PM

What to Expect from Family/Friends and How to Support.

*Living with Kidney Disease & Prevention Discussion Group

Wednesday, May 17th - 11:30 AM – 12:30 PM

Speaker: *Meet & Greet New Facilitator - Clarissa Zetina*

Clarissa has been fighting kidney disease since the age of 21. She was on hemodialysis for 15 years before receiving her first kidney transplant.

*Lollie Drew Low Vision Group

Tuesday, May 9th - 10:00 AM – 11:00 AM -

Speaker: *Mario Gumno - Lions of Illinois Foundation*

Tuesday, June 13th - 10:00 AM – 11:00 AM

Speaker: *Polly Abbott - Second Sense*

*Grandparents Taking Care of Grandchildren & Other Relative Caregivers

Monday, May 8th - 5:30 PM – 6:30 PM

Wednesday, May 24th - 11:00 AM - 12:00 PM

Speaker: *Zacharias Sexual Abuse Center - Ashley Glover*

Monday, June 12th - 5:30 PM – 6:30 PM

Wednesday, May 24th - 11:00 AM - 12:00 PM

Speaker: *Linda Magad - Family Service of Lake County*

Caregivers for those with Memory Loss

Speaker: *Katie Monahan—Dimensions Home Health Care*

Coping With Grief

Speaker: *Terry Rasmussen - Bereavement Coordinator Grief Support Services Heartland Enriching Life Hospice Care*

Please Join Us

Swearing-In Celebration



Waukegan Township Elected Officials 2017 - 2020

May 15, 2017
6:00pm at Park Place

**Patricia Jones, M. Ed - Township
Supervisor**

Trustees: Percy L. Johnson, Nathaniel D. Hewitt,
Opal D. Rice, & Sylvestre I. Castellanos
Clerk - Rose Staben Assessor - Mark Stricklin
Highway Commissioner - Arthur Craigen

For information call 847-244-4900 or
email jhernandez@waukegantownship.com.

Rosalind Franklin Community Care Connection

Complimentary Health Screenings -

Tues, May 2nd & Tues, June 13th - 10am - 10:00am - 1:00pm
at Park Place.

Scholl College of Podiatric Medicine

Park Place complimentary foot care

Tues, May 9th & Tues, June 13th

1:00pm by appointment. At Park Place.

Secretary of State - Rules of the Road -

Wed, May 31st - 10:00am - 12:00pm - Reservations are
required in advance for the "Rules of the Road."
@ Park Place.

AARP Safety Driving

Tues, June 20th and Wed, June 21st
10:00a.m. - 2:00p.m. RSVP - 847-244-9242.
At Park Place.

AARP Members \$15 Non Members \$20

AARP monthly meeting

May 17th - 1:00 p.m.



Smart Phone 101: Understanding and Using your Device: Tuesday, May 9, 9:30 – 11:00 a.m. \$10 fee

Social Media: Facebook, Twitter, Instagram & More

Device: Thursday, May 18, 9:30 a.m. \$10 fee

Tablets 101: Basics of Tablet Use and Operation: Thursday, June 8, 9:30 – 11:00 a.m. \$10 fee

Photos with Your Phone & The Art of the Selfie: Tuesday, June 20, 9:30 – 11:00 a.m. \$10 fee

Technology Classes at Park Place - 414 S. Lewis Ave
To Register Call 847-244-9242 or Email lpable@waukegantownship.com

*Register with a credit card or stop in to Park Place to pay in person.

Trouble Shooting & More: Help Desk at the Tech Center!
Every Monday from 1:30 – 3:00 p.m.
Complimentary

Open Lab at the Tech Center

Park Place has six computers for use by those 55 and better during open hours when classes are not in session.
Complimentary

Do you have a novel, biography, play, poetry, or short story you want to work on? Come to our new writers circle for support and inspiration! **Join us twice a month** in the Park Place Library. The first meeting will be **Thursday May 18 at 1:00 p.m.** All meetings first and 3rd Thursday at 1:00 p.m.

Volunteer of The Month



Yvonne Mitchell, has volunteered with Park Place for the past 4 years. She assists with distribution and taxi ticket mailings. Yvonne is also an avid exerciser with the Park Place exercise programs. She is married with 3 children.



Sat, June 3, 2017 - 10:30 am to 11:30 am - Meet Loretta Veney, author of "Being My Mom's Mom".

Throughout her life, Loretta has chronicled family events through journals, photos, and videos, seeking to capture every moment. After learning that her beloved mother Doris was the first female in the family to suffer from dementia, Loretta began documenting the details of doctor visits, and recording people, places, and things as a substitute for her mom's lost memory. The combination of written documentation and her incredible memory became Loretta's first published work, entitled *Being My Mom's Mom*. Through her book, Loretta offers practical ideas and a wealth of encouragement for her readers.

Exercise & Fitness

Why pay expensive fitness center prices to stay healthy when you can use the Park Place Fitness Room? We have treadmills, elliptical machines, stationary bikes and weight equipment available for you.

Please Note: Advance sign up for classes & a medical release form must be on file. Form must be renewed yearly.

Fitness Center Hours: Mon 9am - 7pm. / Tues, Wed, Fri 9am - 4:30pm. / Thurs 9am - 8pm & Sat 9am - 3pm

Complimentary Exercise Room at Park Place. Take advantage of our Certified Exercise instructor and our exercise equipment. Train every Tuesday & Thursday 11:30am -1:30pm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*SeniorSize - 9:15 a.m.	*Walk Fit 9:00 a.m.	*Advanced SeniorSize 9:15 a.m.	*Advanced SeniorSize 9:15 a.m.	*Zumba 9:00 a.m.	Floor Mat Exercises 9:15 a.m.
*SeniorSize -10:15 a.m.	*Country Line Dancing 10:00a.m.	*Yoga/Meditation 10:15 a.m.	*SeniorSize -10:15 a.m.	Floor Mat Exercises 10:00 a.m.	*Walk Fit - 10:15 a.m.
*Chicago Soul Dancing - 5:30 p.m. (\$2)			*Chicago Soul Dancing - 5:30 p.m., (\$2)		
*Yoga/Meditation - 4:30 p.m.					

