

# Waukegan Township Park Place Preview

## January & February, 2017

HAPPY  
NEW YEAR



Patricia Jones, M. Ed  
Waukegan Township  
Supervisor

Dear Friends,

During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses - especially for seniors. Here are a few helpful tips to help keep you from falling: Make sure to wear shoes with good traction and non-skid soles. Stay inside until the roads are clear and replace a worn cane tip to make walking easier. The most important tip to keep in mind during the colder months is to ask for help. Are you a senior who needs help clearing snow from your driveway and walkway? Call our hotline at: 847-599-2932 to register and receive your complimentary snow removal services.

Do you require assistance with preparing your tax return? Each year volunteers from AARP help seniors complete their income taxes at Park Place. This important service will start Tuesday, February 7 at 9:00 a.m. Volunteer tax preparers will be available on Tuesdays and Thursdays from 9:00 a.m. - 12:00 p.m. through April 13, 2017. No appointment necessary. Doors open at 9:00 a.m.

**Tax Time Tip:** Medical deductions for the blind allows you to deduct what you spent to prevent, diagnose or treat illness, as well as any other costs related to your blindness or visual impairment.

The next Community Disability Transportation Committee Meeting will be Wednesday, January 11th, at the Supervisor's office, 149 S. Genesee. The Community Disability Transportation program will provide a vital lifeline for people who are under 55 with disabilities to access employment, education, healthcare, and community life. Meetings are open to the public. For more information please call 847-244-9242.

On Wednesday, January 18th, 3pm to 6pm the Lake County Transportation Department will have a meeting at Park Place to conduct a market analysis study. The study will focus on the supply and demand of transportation services. Meeting is open to the public.

Valentines Day is a great time to honor those you love. The Park Place Gift Shoppe can be your one-stop place to shop for your love ones. We have sweet chocolates, gift baskets, and fresh flowers for this special occasion. You can purchase a dozen red or assorted rose for only \$17.99 dz. Don't forget to place your order by February 10, 2017.

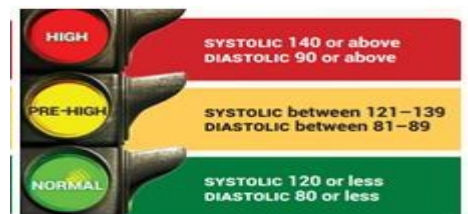
Thanks to all who attended the 2016 Park Place Holiday Celebration. Everyone had a great time enjoying good food and the live performances together.

Thanks to grants from the Healthcare Foundation of Northern Lake County (5 years of grants) and Wal-Mart (Fountain Square/Waukegan). Your generosity will assist Park Place to continue to offer seniors workshops on Healthy Eating and Nutrition Education. The services that Waukegan Township provide would mean nothing without your ongoing support.

THANK YOU Waukegan Township residents, elected officials, volunteers and advisory members for supporting everything that we do. It means so much to us, as we move into a new year striving for bigger and better events/programs for everyone to learn, grow and enjoy. Happy New Year!

### Complimentary Blood Pressure Check and Glucose Screenings

Every 1st Monday and 3rd Friday of each  
month at Park Place, **1:00 pm – 2:00 pm.**  
Provided by North Chicago Health Center



Waukegan Residents 55 & Older Need a Ride? TRANSPORTATION HOTLINE - 847-599-2936



Newsletters are available online. Please visit our website at [www.waukegantownship.com](http://www.waukegantownship.com)

Or email [kwoods@waukegantownship.com](mailto:kwoods@waukegantownship.com) to be added to our email list.

# Make Time For Yourself... Please Join Us On These Upcoming Trips & Great Getaways!



## 2017

### Washington D.C./East Coast

6 Days . 9 Meals - Departs 4/6/17-4/11/17

\$1,500 per person double

- add \$639 for single room.

Washington D.C. is home to great food, art, cultural attractions and much more. Journey by spacious motor coach to our Nation's capital. Washington, D.C., is not only the capital of the United States, it's also at the center of African-American history and culture. Take a panoramic illumination tour of Washington D.C., Visit the Martin Luther King Memorial and National Museum of African American History and Culture. Visit the National Smithsonian Institute and the Arlington Cemetery to witness the Changing of the Guards. You will attend the National Cherry Blossom Parade, which celebrates the blooming of the Japanese Cherry trees planted around the Tidal Basin. Explore other states like Pennsylvania and Virginia, where you will visit George Washington's estate in Mt Vernon, VA! Trip includes other tours to museums and national parks.



## UPCOMING TRIPS



**Canadian Rockies**



**Waukegan Township**  
**Park Place Presents...**  
**Spectacular South Africa: 14 Days**  
**Per Person Rates:**  
**Double: \$4,999; Single: \$5,699**  
**Departure: April 12, 2018**

**Information & Orientation Meeting for  
Africa Trip:** Feb 27, 2017 5:30pm at Park Place -  
414 S. Lewis Ave, Waukegan, IL. Please join us to  
hear details on the upcoming 2018 South African  
trip. Ask questions and see the fantastic trip  
details. You can start making payments today!

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](mailto:lpable@waukegantownship.com)



# Day Trips

## Four Winds Casino in New Buffalo, Michigan - Saturday, January 21, 2017

Climb on a comfy coach bus and enjoy the ride to Four Winds Casino, New Buffalo MI! All payers will receive a \$10 food credit and \$15 instant slot credit when we arrive. Bus Departs Park Place at 8:30 a.m. \$36 fee per person. Register in person at Park Place or via credit card at 847-244-9242.

## Field Museum - Wednesday, February 22, 2017

Spend the day exploring history! The Field Museum has something to interest everyone: gems, dinosaurs, Ancient Greece, animals, or art. Enjoy an all access pass to the museum and to all special exhibits including, The Greeks an exceptional journey through 5,000 years of Greek history and culture. A \$10 food and beverage voucher is included in the \$65 fee. Shuttle will depart Park Place - 414 S. Lewis Ave 8:30 a.m. & return at 4:30 p.m. To reserve your place call 847-244-9242 or email [Lpable@waukegantownship.com](mailto:Lpable@waukegantownship.com)



## Chicago Flower & Garden Show, Navy Pier - Wednesday, March 15, 2017

The roots of the Chicago Flower & Garden Show can be traced as far back as 1847! The Show, held each March at Chicago's Navy Pier is an experience for the senses, invoking memories of spring after a typically long and cold Chicago winter. Presented by Mariano's, the Chicago Flower & Garden Show creates an experience that the attendee will never forget by presenting realistic, as well as DIY solutions to inspire, educate and motivate the next generation of gardener. Fee of \$38 includes admission to the show and transportation. For information and to purchase tickets, call: (847) 244-9242 or email [lpable@waukegantownship.com](mailto:lpable@waukegantownship.com)

## *Legislation and Helpful Tips for Seniors*

**HB 5924 Public Act 99-0821** - Under this bill, guardians of a ward shall make reasonable attempts to contact the ward's adult children, if they have requested notification, in the event that the ward is admitted to a hospital, hospice, passes away, and of their funeral arrangements. The court may also order the guardian to allow visitation between a ward and their adult children if it is substantiated that the children were unreasonably prevented from doing so. The Public Guardian and the Office of State Guardian are excluded from the new requirements of this bill.

**Stopping Scams Against Seniors:** Helpful tools to keep you from being scammed: Remember to never give callers financial or personal information. Don't give out sensitive information such as your credit card or Social Security number, unless you absolutely know who you're dealing with. Put your number on the National Do Not Call Registry. This won't stop fraudsters from calling, but it should make you skeptical of random calls. Most legitimate sales people generally honor the Do Not Call list. Scammers ignore it. Register your phone number at [www.donotcall.gov](http://www.donotcall.gov).



**How to Plan for Aging If You're an 'Elder Orphan'** - As baby boomers head into retirement, many are realizing they will have no family to depend on as they age. If you don't have family who will step up, cultivating strong friendships becomes essential. To build community while you're still in good health, consider working part time, volunteering and being active in a organization. It's important for all retirees to have these social connections. If you don't have family, it's even more important for you to do this. You also want to ensure all your documents are in order, including a will, a revocable living trust and a designation of health care surrogate. An elder care attorney or your financial advisor may suggest other preparations as well, based on your financial situation. For full story please visit [www.money.usnews.com](http://www.money.usnews.com)

## **Wednesday, January 11 - Living Well with Chronic Conditions - 11:00 am – 12:00 pm**

Speaker: Erie Family Health Center. This workshop is for people who have one or more chronic condition. A chronic condition is an on-going health problem or disease such as diabetes, heart disease, arthritis, and other long-term problems. Learn to manage ongoing health conditions and improve your quality of life.

## **Wednesday, January 18 - What to Expect in the ER and Getting Your Medical Records - 11:00 am – 12:00 pm**

Speaker: Vista Health System. A trip to the emergency room can sometimes be a frightening and unsettling experience. If you've never been to the emergency room or requested your medical records from your doctor or hospital before, the process can seem complicated. This workshop will help you understand the law and the basic requirements to help ease the process.

## **Tuesday, January 31 - Power of Attorney, Living Will, and Advance Directives - 10:00 am – 11:00 am**

Speaker: Melissa A. Wick, Elder Law & Estate Planning Attorney. By thinking ahead and communicating treatment preferences early on, your loved one can prevent arguments and spare those close to him/her the anxiety of having to guess his/her wishes. Most important, he will have the opportunity to make very personal health care decisions for himself/herself. These documents — called Advanced Directives — serve as a record of someone's medical preferences.

## **Wednesday, January 25 - Integrating Alternative Approaches for Memory Loss Care - 1:00 pm – 2:00 pm**

What is the difference between western, alternative, complimentary, and integrative approaches? Where does holism fit in? How do I juggle all this? What are some alternative approaches I can use with my resident or loved one with memory loss? You will go home with answers to these questions as well as a list of resources for many alternative approaches, some of which will be experienced or demonstrated in this class.

## **Wednesday, February 8 - American Heart Month – “Loving Your Heart” - 11:00 am – 12:00 pm**

Speaker: Toni V. Steres, APN - North Chicago Health Department.

February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. Heart disease is the leading cause of death for men and women. This workshop will give tips on how to improve your health.

## **Wednesday, February 22 - Food Facts vs. Myths - 1:00 pm – 2:00 pm**

Speaker: Melissa O'Brien, MS, RDN, LDN, Community Dietician Jewel-Osco. If you've sworn off some of your favorite foods for fear that they're harming your health, take heart' research shows that some of the foods we thought were unhealthy can actually be good for you.

## **Saturday, February 25 - Building Better Communities - 10:00 am – 1:00 pm**

Hosted by Waukegan Township & American Legion Gurnee. Exhibitor's on hand to provide information on Health & Wellness and other services available throughout Lake County. This fair will provide complimentary health screenings, food and exercise demonstrations, light refreshments and wonderful raffle prizes. Event will take place at the American Legion #771, 749 Milwaukee Avenue, Gurnee, IL.

**\*Workshops made possible in part from a Healthcare Foundation of Northern Lake County grant.**

### **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.

**Secretary of State - Rules of the Road - Wednesday, February 22nd - 10:00am - 12:00pm** - Reservations are required in advance for the "Rules of the Road." @ Park Place.

### **Scholl College of Podiatric Medicine**

Park Place complimentary foot care  
Tues, Jan 3rd & 24th, Thurs 12th & Tues Feb 7th  
1:00pm by appointment. At Park Place.

### **Rosalind Franklin Community Care Connection Complimentary Health Screenings -**

Tues, Jan 10th & Feb 7th 10am - 10:00am - 1:00pm  
At Park Place.



*An American Heart Association survey of U.S. adults showed most people don't connect important risk factors, such as poor diet and physical inactivity, with heart disease and stroke.*

Did you know that more than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities? Park Place health and wellness takes an integrated approach to fitness by focusing on the whole you. In addition to exercise programs we offer several Educational Programs, Support Groups, and Health Workshops.

### Yoga & Meditation

Meets: Every Monday 5:30 p.m. & Wednesdays 10:15 a.m. At Park Place. Chair Yoga makes this class accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions.

### Walk For Fitness

Meets: Every Tuesday 9:00 a.m. and Saturday 10:15 a.m. at the Field House. This class offers a great opportunity to walk with a certified instructor through Belvidere Park and local trails. During the winter months walkers will walk inside the Field House.

### Zumba

Meets: Every Friday 9:00 a.m. at Park Place. Join the party! Zumba gives you a full body workout to the rhythm of music. The easy to learn dance steps are also easy and strengthens the muscles. Zumba movements are for all ages and are not at all difficult. So get out of that chair and keep your body fit and healthy.



### SeniorSize

Meets: Every Monday 9:15 a.m., 10:15 a.m. & Thursday 10:15 a.m. at Park Place. **Advanced SeniorSize** Meets: Every Wednesday 9:15 a.m., Thursday 9:15 a.m. & Saturday 9:15 a.m. The activities are a lighthearted form of exercise that is conducted in a game-like and participative atmosphere. Everyone is encouraged to join in the activities and gain the benefits of staying fit, flexible and fun-loving. The class is taught by a certified fitness trainer and coach.

### Floor Mat Exercises

Meets: Every Friday 10:00 a.m. at Park Place. As you age, it's a good idea to downshift from high-impact exercises. All that pounding needs to give way to something that's more in line with what your body needs now. This class will add low-impact moves to your exercise routine.

### Exercise Room

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.**

## Music & Dancing

### Chicago Soul Dancing - \$2.00 per class



Meets: Every Monday 5:30 p.m. & Thursday 5:30 p.m. at Park Place. Nothing gets people having a good time like dancing to soul music. This class is sure to get you out and moving. Get the blood flowing by dancing to the beat.

### Country Line Dancing - (complimentary - no fee)



Meets: Every Tuesday 10:00 a.m. at Park Place.

While the style of country music, and the clubs that play it, have changed over the years, there is one thing that remains synonymous to the genre, country line dancing. Whether you're a pro or new to the floor, this class offers the best bet for some boot scootin' boogie!



SUPPORT

groups

# Strengthening each other by sharing...

## Meeting Dates For January & February

### BOOK CLUB

Monday 1/02 & 2/06 1:00 p.m.

### COPING WITH LOSS SUPPORT

Wednesday 1/11 & 2/08  
10:00 a.m.

### GRANDPARENTS & OTHER RELATIVE CAREGIVER'S SUPPORT

Monday 1/09 & 2/13 5:30 p.m.,  
Wednesday 1/25 & 2/22

### GRUPO DE APOYO EN ESPANOL - SPANISH SUPPORT

Friday 1/13 & 2/10 11:00 a.m.

### LOLLIE DREW LOW VISION SUPPORT

Tuesday 1/10 & 2/14 10:00 a.m.

### RED HAT SOCIETY

Thursday 1/19 & 2/16 Noon

### ALZHEIMER'S SUPPORT

Tuesday 1/24 & 2/28 10:00 a.m.

### LGBT SUPPORT

Topics include information on challenges associated with being gay, discrimination, legal info, and resources.

Wednesday 1/18 & 2/15  
3:00 p.m.

### Waukegan Residents 55 & Older Need a Ride?

TRANSPORTATION HOTLINE -  
847-599-2936

### Lollie Drew Low Vision Support Group

Speakers: Sloan Morris from Innovative Vision and Polly Abbott from Second Sense Beyond Vision Loss hosted a presentation on low vision products and HD Video Magnifiers



\* During 2015-2016 over 3900 seniors benefited from Park Place support groups.

### ALZHEIMER'S SUPPORT GROUP

**MEETS THE 4TH TUESDAY OF EACH MONTH - 10:00 AM - 11:00 AM**

This program is facilitated by the Alzheimer's Association and provides individuals with Alzheimer's, their caregivers and others affected by the disease, the opportunity to exchange information as well as develop methods and skills to solve problems. Participants are also able to develop mutual support and social relationships while learning about available resources. **\*New facilitator - Katie Monahan, Director of Marketing - Dimensions Home Health Care**

### GRANDPARENTS & OTHER RELATIVE CAREGIVER'S SUPPORT GROUP MEETS THE 2ND MONDAY OF EACH MONTH - 5:30 PM - 7:00 PM & THE 4TH WEDNESDAY OF EACH MONTH - 11:00 AM - 12:00 AM

We're here to assist in finding resources, programs and legal assistance to successfully fulfill the your care giving role. We invite speakers on a wide range of topics relevant to caregiver's life including support system to emotionally overcome stress. We provide a complimentary lunch or dinner and childcare with age appropriate activities.

### LOLLIE DREW LOW VISION SUPPORT GROUP

**MEETS THE 2ND TUESDAY OF EACH MONTH -10:00 am - 11:00 am**

Lollie Drew Low Vision group meets once a month to network and share information presented by speakers on topics relating to vision loss. Individuals share common concerns, frustrations, and stories to find solutions to their vision related difficulties to the individuals and their families.

### GRUPO DE APOYO EN ESPANOL - SPANISH SUPPORT GROUP

Meets the 2nd Friday of each month - 11:00 am - 12:00 pm

This group is facilitated in Spanish and is for older adult's age 55 & Better! Guest speakers are invited to speak on various topics promoting wellness/good health, services and programs which are available in the community. There are also opportunities for social interaction, support & resources.

### COPING WITH LOSS SUPPORT GROUP

Meets the 2nd Wednesday of each month - 10:00 am - 11:00 am

This group is for individuals grieving the loss of a loved one. This program provides emotional, physical support and coping skills to help you through the most difficult days of your journey. You will gain access to valuable resources to help you in your recovery while assisting you in rebuilding your life.

For more information call 847-244-9242 or email [jnieves@waukegantownship.com](mailto:jnieves@waukegantownship.com)

# Technology Classes



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

Park Place is ready to help you take on your technology challenges and frustrations! Our skilled volunteers will be here each Monday from 1:30 p.m. – 3:00 p.m. to answer questions on your technology devices, programs, social media or applications. Drop by any time during open hours! This is a complimentary service.

## Smart Phone 101: Understanding and Using your Device: Tuesday, January 31 & February 28, 9:30 a.m.,

Roaming? 4G? Confused about your phone? Come to this session to explore the basics of using and enjoying your cell phone. This session is \$10. Pre registration is required and seating is limited. Call 847-244-9242 to register with a credit card or stop in to Park Place to pay in person.

## Tablets 101: Basics of Tablet Use and Operation: Tuesday, January 17 & February 20, 9:30 – 11:00 a.m.

See what the fuss is about! Delve into tablet use with your own device or using the Amazon Fire. Learn how to connect to popular apps, e-mail, and e-books using these portable wireless devices. This session is \$10. Pre registration is required and seating is limited. Call 847-244-9242 to register with a credit card or stop in to Park Place to pay in person.

### 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.

Technology Classes at Park Place - 414 S. Lewis Ave  
To Register Call 847-244-9242 or Email  
[lpable@waukegantownship.com](mailto:lpable@waukegantownship.com)

## iPad 101: Basic Use:

Thursday, February 16, 9:30 a.m.

Use our iPad or bring your own! We will explore the basics of these fun mobile devices. Learn how to connect to popular apps, e-mail, and e-books using these portable wireless devices. This session is \$10. Pre registration is required and seating is limited. Call 847-244-9242 to register with a credit card or stop in to Park Place to pay in person.



## Volunteer of The Month

**Scott Grubnau** volunteers for Park Place as an Ambassador. Ambassadors answer our phones, sign individuals up for trips and events and perform small duties at the front desk. For two days a week, Scott volunteers his time on our flyer distribution committee. Scott is 59 and disabled and says he volunteers because he enjoys helping people.

## Corner Gift Shoppe

### We Need Volunteers

Park Place Gift Shoppe is looking for volunteers to assist in the store 1 day per month, Tuesday - Saturday. **Incentives include:** Admission to Park Place Events, free gas card, discount on trips, discount on events, discount at Park Place Gift Shoppe. For information on volunteer times and specific incentives please contact: 847-244-9242 or Email [Jsalazar@waukegantownship.com](mailto:Jsalazar@waukegantownship.com)

**Park Place Senior  
Citizen's Services**

**Committee:**

Chair: Victor Ruiz  
Vice Chair: Ray Evelyn  
Curry  
Secretary: Opal Rice:  
Members: Ed  
Buschbacher,  
Evelyn Bailey, Larry Eaker  
& Gloria Carr

**Park Place Hours**

9:00 AM - 7:00 PM  
Tuesday 9:00 AM - 4:30 PM  
Wednesday 9:00 AM - 4:30 PM  
Thursday 9:00 AM - 8:00 PM  
Friday 9:00 AM - 4:30 PM  
Saturday 9:00 AM - 3:00 PM  
Sunday Closed

**PARK PLACE**

414 S. Lewis Ave.  
Waukegan, IL 60085

Phone: 847-244-9242

Fax: 847-244-9258

[www.waukegantownship.com](http://www.waukegantownship.com)

**PRESORT STANDARD**

**US POSTAGE PAID**

**PALATINE P & DC**

**PERMIT NO. 418**

**ACKNOWLEDGEMENTS & CONDOLENCES - Our Thoughts Are With You.**

**We Remember  
Seniors who've  
passed away  
10/24/16 -  
12/11/16**

Brigid Boyle 10/17/2016  
Edwin Hiner 11/12/2016

**Bradley Funeral Home**  
Nicanor Medina  
10/30/2016

**Bradshaw & Range  
Funeral Home**  
Lee Hampton Jr.  
11/4/2016  
Dewitt Williams  
10/27/2016  
Paula Fain 11/3/2016  
Deborah Roach  
12/5/2016  
Stella Powell 11/19/2016  
Mary Gabrielsen  
11/20/2016  
Melvin Turner 11/22/2016  
Kelvin McDonald  
11/23/2016

Vanessa Williams  
11/29/2016  
Robert Watkins  
11/30/2016  
Vivian Seals 12/3/2016  
Mattie Bell 12/4/2016

**Bratley Funeral Service**  
Barbara Plachy 11/2/2016  
**Christ Episcopal  
Church Parish**  
Robert Nimits 11/7/2016

**Congdon & Company  
Funeral**  
Diane Skorpinski  
11/5/2016  
Bob Sabine 11/8/2016  
Charlene Stanonik  
11/29/2016  
Bobby Jones 11/7/2016

**Greater Faith Baptist  
Church**  
Robert Murphy 11/1/2016

**Marsh Funeral Home**  
Thomas Dimitroff  
11/5/2016  
Virgil Hart 11/8/2016  
Robert Kantola  
11/27/2016

Mary Katris 12/5/2016  
Margarita Ramos

**New Way Of Life  
Church of God**  
Angel Melendez  
11/11/2016

**Peterson & Patch  
Funeral Home**  
Antonia Davila 11/3/2016  
Charles Georgian  
10/30/2016  
Catherine Pekkarinen  
12/3/2016  
Joan Robison 11/3/2016  
Landon Strong 11/6/2016  
James Wolf Jr. 10/30/2016  
John Matijevich  
11/3/2016

**Piasecki-Althaus  
Funeral Home**  
Roger Lunsford 12/8/2016

**Salata Gurnee Funeral**  
Ruth Silovich 11/7/2016  
Mildred Foster 11/6/2016  
Judith Droste 11/30/2016  
Beverly Herman  
10/24/2016

**The Memorial Chapel of  
Waukegan**

Deloris Lindal 11/17/2016  
Donald Moreno 12/4/2016

**Warren Funeral Home**  
Lolita Pineda 11/24/2016

**Westgate Funeral Home**  
Renee Ann Barnes  
11/3/2016  
Nathaniel Robinson Jr.  
12/1/2016



Coping With Loss

Support Group

Meets the 2nd Wed of  
each month  
10am - 11am at  
Park Place