



Patricia Jones, M. Ed
Waukegan Township
Supervisor

Dear Friends,

Spring is a time for development, rebirth, and the celebration of the national days for the months of May and June. **May: National Military Appreciation Month**. Honor our military by attending the WWII Veterans Memorial program on 5/30/16 (11:00am-Noon) at the Veterans Memorial Park; Sheridan Road and 18th street in North Chicago. The city of Waukegan will have its annual Memorial Day Parade on Monday, May 30, starting 10:30 a.m. on the corners of Genesee and Grand Ave., in Downtown Waukegan and end with a ceremony in Veteran's Plaza. **National Physical Fitness and Sports Month**. **Older American's Month**. This week, President Obama signed into law the re-authorization of the Older Americans Act (OAA), which expired in 2011. The OAA was originally signed into law by President Lyndon Johnson in July 1965, and for more than 50 years, it has provided the nation with programs that allow millions of older Americans to continue living and thriving in the communities of their choice for as long as possible.

June: National Safety Month and the perfect time to start a new safety initiative. Live safe by making sure your smoke and carbon detectors are in working condition and the battery is fully charged. June is also, **National GLBT Pride Month** (Gay, Lesbian, Bisexual and Transgender Month), **Student Safety Month**, and **Professional Wellness Month**. Park Place offers several health and wellness workshops and support groups throughout the year to help you learn and celebrate these special days. Call 847-244-9242 for meeting date and times.

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.

Waukegan Public School District #60 welcomes new Superintendent Designee, Theresa Plascencia. For the next 100 days the superintendent will begin a comprehensive Listening and Learning Tour throughout the community. A special thank you to the current Superintendent Dr. Donaldo Batiste. Your dedication to the education of children in the community is appreciated and we wish you all the best in your upcoming endeavors.



\$25 fee register in May or June!

A 5K For Labor Day

At Independence Grove 16400 W Buckley Rd, Libertyville, IL

Saturday, September 3, 2016

Online registration available: www.waukegantownship.com

REGISTER
TODAY



This is a fun event for the whole family. Awards will be given to the fastest woman/man to complete the course and the oldest and youngest runners/walkers. Timing services will be used. Receive your immediate timing results online. After the race, enjoy entertainment and exciting giveaways. Waukegan Township will provide complimentary shuttle bus service from Park Place to and from the 5K for Labor Day location. Proceeds from the 5K For Labor Day go directly toward providing services to adults 55 and better. For information or sponsorship opportunity call 847-244-9242 or email lpable@waukegantownship.com.



• • • • • • • • • • • • • • •
\$35 Fee - Register Online -
www.waukegantownship.com.
 In person - 414 S. Lewis Ave or
 149 S. Genesee St.
 Call 847-244-4900 or email
lpable@waukegantownship.com for
 more information.

• • • • • • • • • • • • • • •

May 27th at Park Place 10am - 1st Planning Committee for 5k For Labor Day - Open to public (all ages)



Volunteer of The Month

Evelene Harrington has been a volunteer with Park Place since 2004 as an ambassador, assisting the Health & Wellness programs and assisting the Supervisor's Office. She is the mother of 2 Boys, 2 Girls, 9 grandchildren, 11 great grandchildren, 2 great-great grandchildren.

Join us on these fantastic getaways!



Cruising the Bahamas!

October 22, 2016 - \$1,499 - \$1589 per person, double occupancy, based on room category!

Fabulous seafood and live entertainment are just the beginning of this motor coach and cruise holiday. Visit the capital of the Bahamas and a private island as you enjoy world class dining, entertainment, white sand beaches and more. Enjoy a night Myrtle Beach's Grand Strand at an ocean front hotel, reserved seats to the Carolina Opry, and a Guided tour of Charleston before embarking on a 5 day cruise aboard Carnival's M/S Ecstasy cruise ship. Visit Nassau on New Providence Island, a capital city combining fine dining and boutique shopping with perfect white-sand beaches and crystal-clear waters. Enjoy two beautiful ports of call: Nassau on New Providence Island, and Half Moon Cay, the private island paradise. Upon return enjoy a farewell dinner at historic Boone Tavern, on the campus of Berea College.



Midwestern Tour!

August 8 – 12, 2016 - \$879 per person, includes 10 meals, hotel stays, attractions and transportation.

Join us for this motor coach tour of some interesting places in the

Midwest! Visit the sites of Springfield, IL., St. Louis, MO., Hannibal, MO., Des Moines, IA. and the Amish Community near Ames, IA!

Enjoy the Lincoln Presidential Library and Museum, Korean War Memorial, St. Louis Arch and area attractions, lunch at the famous Sweeties Pies, Mark Twain sites, River Cruise on the Mark Twain Paddle-boat, Iowa State Fair and tour of the Amish community, the Amana Colonies.



The Legendary Blue Danube River Cruise

Visit five countries - Hungary, Slovakia, Austria, Germany and the Czech Republic while cruising the best of the Danube River including the beautiful Wachau Valley.

September 16 - 26, 2016 - Main Deck \$2,599 & Middle Deck \$2,799

*Single Room Available at additional fee. Air fare is additional. At home pick up is included.

11 DAYS • 23 MEALS - Experience the Danube River aboard our exclusively chartered river ship on a seven-night cruise through four countries. Includes escorted shore excursions in five cities with English-speaking guides and two nights in Prague. International Cruise Director and Mayflower Tours expert staff onboard, plus local guides for shore excursions. For more information or to book your cruise call Mayflower 800-728-0724. Mention Waukegan Township Park Place.

RAVINIA

The Ravinia Season is here! Enjoy easy access to the park as we relax in lawn seats and see some of the season's most highly demanded performers. Gourmet box meals are available for an additional price. For specific show times/dates



June 23 - Patti LaBelle / Commodores \$56 (Lawn)
\$111 (Pavilion A)

July 24 - Kenny Rogers: Final World Tour / Nitty Gritty Dirt Band / Linda Davis \$35 (Lawn) \$93 (Pavilion A)

July 27 - Diana Ross \$62 (lawn)

August 7 - Dolly Parton \$56 (lawn)

August 13 - Tony Bennett \$51 (lawn)

September 17 - Los Tigres del Norte / Mariachi Flor de Toloache \$40 (lawn) & \$88 (Pavilion/Center)



Did You Know?

Statewide Cell Phone Restriction



Elected state officials recognize that distracted driving continues to compromise public safety. On January 1, 2014 a statewide law went into effect which restricts the use of hand-held cellular devices while driving a vehicle. Drivers in Illinois may still use hands-free cell phone technology while driving such as a headset, ear bud or Bluetooth device. Fines for violations begin at \$75, with a second offense carrying a fine up to \$150. For more information visit www.illinoislegalaid.org.



Older American Targeted By Gangs in Smuggling Con

U.S. officials are warning about a scheme that has conned scores of older Americans. The ruse entices victims with the promise of romance, inheritance or business opportunity if they fly abroad, all expenses paid, to meet with a supposed love interest, attorney or business partner. They unknowingly receive drugs to carry that might be concealed in chocolates, picture frames, canned goods, shampoo bottles, soap or wooden hangers. Please contact your local law enforcement agency to report suspicious calls.



More Americans Are Postponing Retirement

Women over 55 are a growing part of the workforce. The labor force keeps getting older. The 55 plus share will increase from 21.7% in 2014 to nearly 25% in 2024, according to U.S. Labor Department projections. That's a 1.8% annual growth rate, more than three times the rate of the overall labor force. Boomer women lead the wave of aging workers. The trend may continue with younger generation. 7 in 10 millennials expect to keep working during their retirement years to supplement their income. That's a far higher rate than the 56% of Gen Xers and 39% of boomers who intend to keep working into retirement.



The Dangers of More Seniors Living Alone

More older Americans are living alone, but a staggering number of those seniors are experiencing social isolation and dementia symptoms. According to AARP, nearly 90% of people over age 65 want to stay at home for as long as possible. Living at home and staying in a familiar community may offer benefits to seniors' emotional well-being, but research indicates that a staggering number of seniors who should be receiving assisted living care are still living at home and in many cases, alone. To some of us, the answer may seem obvious: make the move to an assisted living community where social activity, health monitoring and medication management is all included. However, moving to senior living can be a difficult decision, particularly if you're not keen on moving. For more information contact assistedliving.com or call 855-401-5396.



Matching Jobs with Life Needs and Goals

Older adults may have different motivations to work. Life goals, change as workers age. Older worker's motivation to work stems from different needs: the desire for social interaction, social status, a need to feel productive and a desire for structure. Some companies are beginning to understand this, and are offering bridge jobs, which may fit the needs of talented individuals not yet ready to retire. For more information visit www.mindtools.com.

Health & Wellness



Wednesday, May 11 - 11:00 am – 12:00 pm

Topic: Migraine & Headaches – Learn the Symptoms and Treatment

Presenter: Northshore University Health System

Migraines and other types of headaches, such as tension headache and sinus headache, are painful. Migraine symptoms include a pounding headache, nausea, vomiting, and light sensitivity and are treated with anti-nausea drugs and abortive or preventive medications. Headache remedies include pain relievers. At Park Place.



Wednesday, May 11 - 1:00 pm – 2:00 pm

Topic: Hypnotherapy for the Management of Chronic Pain

Speakers: Lynx & Brenden Brown, Massage Therapist from Blue Moon Hypnosis

Discussion: Imagine if you could use the power of your own mind to manage chronic pain and the anxiety that comes from dealing with pain on a daily basis. How much more freedom would you have in your life if you could take control of your pain with just a couple of simple techniques? How valuable would this be to you? Learn both self-hypnosis and an extremely effective mind control method for managing pain in any situation. Massage therapist will also answer questions about pain management from a body-mechanics perspective as needed. At Park Place.



Tuesday, May 17 - 11:00 am – 12:00 pm

Topic Discussion: Retirement: When and How to Start Planning

Speaker: David Tustison, Investment Advisor – Fifth Third Bank

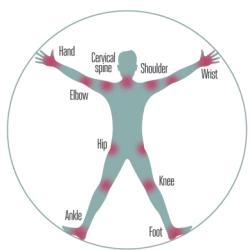
Retirement savings is an important consideration at every stage of your life – whether you are just embarking on a career, moving up the ladder or planning your retirement party. This presentation will provide an overview of important retirement considerations. At Park Place.

Tuesday, May 24, 2016 - 10:00 am - 11:30 am

Topic: Alternative Approaches to Preventing and Relieving Joint Disease

Presenter: Dr. Mark Fredrick, Fredrick Chiropractic Plus

***At Park Place.**



Over 50 Million Americans suffer with joint diseases. This presentation will educate the audience about:

- What is arthritis?
- What causes arthritis?
- Who is susceptible to arthritis?
- How to relieve it?
- Steps to help prevent joint disease.

Complimentary Screenings will include:

- Posture/Spinal
- PH Balance Level Test
- BMI – (Body Mass Index)
- Blood Pressure Check
- Raglands Test



Wednesday, May 25, 2016

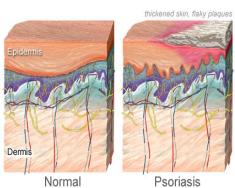
1:00 pm - 2:00 pm

Park Place - 414 S. Lewis Ave

Speaker: Monica Marr, Development Officer/Special Events

Northern Illinois Food Bank is the source of nutritious food, innovative feeding programs, and hope for more than 71,000 people each week. As a nonprofit organization with a goal of solving hunger in 13-county service area, they rely on community partners – the local food pantries and feeding programs, food manufacturers and retailers, companies, foundations and individuals who join with their vision for no one to be hungry in northern Illinois. At Park Place.

For more information or RSVP call 847-244-9242 or email jnieves@waukegantownship.com



Support Groups



Meeting Dates For May and June

Book Club.....	Monday 5/02 & 6/06 1:00 p.m.
Coping With Loss.....	Wednesday 5/11 & 6/08 10:00 a.m.
Grandparents & Other Relatives.....	Monday 5/09 & 6/13 5:30 p.m., Wednesday 5/25 & 6/22 11:00 a.m.
Spanish.....	Friday 5/13 & 6/10 11:00 a.m.
Lollie Drew Low Vision	Tuesday 5/10 & 6/14 10:00 a.m.
Red Hat Society.....	Thursday 5/19 & 6/16 Noon
Alzheimer's.....	Tuesday 5/24 & 6/28 10:00 a.m.

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. - 4:30 p.m. Call 847-244-9242 for more information.

Support groups in the spotlight!

Grandparents & Other Relatives Caregiver's Support Group

Monday, May 9 - 5:30 pm - 7:00 pm &
Wednesday, May 25 - 11:00 am - 12:00 pm

Topic: Handling Stress

Guest Speaker: Tonya Miller, Home Care Representative - Vista Home Health & Hospice. (Childcare and Dinner provided).

Monday, June 13 - 5:30 pm - 7:00 pm

Bowling at Sunset Bowl - June 13 only! Cost \$5
RSVP by calling Jackie Nieves @ 847-244-9242 x 216

Lollie Drew Low Vision Support Group

Tuesday, May 10 - 10:00 am - 11:00 am

Topic: Bradley Institute for the Blind and Visually Impaired
Guest Speaker: Doug Anzlovar, Vice President

The mission of Hadley Institute for the Blind and Visually Impaired is to promote independent living through lifelong, distance education programs for individuals who are blind or visually impaired, their families and blindness service providers.

Tuesday, June 14 - 10:00 am

Trip to the Botanic Gardens

RSVP by calling Jackie Nieves @ 847-244-9242 x 216

Technology Classes

Customizing Your Tablet or Phone to Your Needs: \$10

Wednesday, May 11, 1:00 p.m. - 2:30 p.m. Thursday, June 9, 9:30 a.m. - 11:00 a.m.

Mobile devices like smart phones, iPads and tablets have features to help people with vision, hearing or dexterity loss. Get the most enjoyment from your phone or tablet and take home the OASIS Mobile Accessibility Guide.

Smart Phone 101: Understanding and Using Your Devise: \$10

Tuesday, May 17, 9:30 a.m.. - 11:00 a.m. Wednesday, June 1, 1:00 p.m. - 2:30 p.m.

Come to this session to explore the basics of using and enjoying your cell phone.

Downloading Mobile Apps: \$10

Wednesday, May 18, 1:00 p.m.. - 2:00 p.m.

Learn how to install and use two useful applications. You will receive coaching for using your banks mobile application on your device! Pre-requisite: Smart Phone 101 or Tablet 101, or prior approval of instructor.

Tablets 101: Basics of Tablet use and Operation: \$10

Tuesday, May 24, 9:30 a.m. - 11:00 a.m.

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.

E-mail Essentials: \$10

Thursday, May 26, 1:00 p.m.. - 2:00 p.m.

E-mail may never be your favorite way to communicate, but it is a key skill to have to properly set up and operate Smart Phones, Tablets, and Apps! Learn how to handle your mail box, set up contacts, manage your inbox, and create your very own g-mail account.

Using Google Drive: \$10

Thursday, June 2,

9:30 a.m.. - 11:00 a.m.

Never Lose a File Again!

Learn one of the most popular cloud storage apps. You will learn how to create and save documents, upload and share files. Learn to install Google Drive on your personal computer or mobile device.

Voice to Text on Smart Phone & Tablets: \$10

Wednesday, June 8,

1:00 p.m. - 2:00 p.m.

Forget sliced bread- this is so much better! Learn to use voice to text applications to make Smart Phone or Tablet operation a breeze. Pre-requisite: Smart Phone 101 or Tablet 101, or prior approval of instructor.

Google - More than a Search Engine: \$10

Tuesday, June 14, 9:30 a.m.. - 11:00 a.m.
Google provides powerful free apps for everything from calendars, spreadsheets, language translation, cloud storage, and even website creation. Come to learn how to operate some of these Apps.

Password Management: \$10

Wednesday, June 22, 1:00 p.m.. - 2:00 p.m.

Explore techniques for creating secure passwords, and develop a system for recording and tracking your passwords.

Exercise & Fitness

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

Coach to 5K - 6:00 a.m.

*SeniorSize - 9:15 a.m.

*SeniorSize -10:15 a.m.

*Chicago Soul Dancing - 5:30 p.m.

*Yoga/Meditation - 5:30 p.m.

TUESDAY

*Walk Fit - 9:00 a.m.

*Country Line

Dancing - 10:00a.m.

*Yoga/Meditation - 10:15 a.m.

WEDNESDAY

Coach to 5K - 6:00 a.m.

*Advanced SeniorSize-

9:15 a.m.

*Yoga/Meditation 10:15 a.m.

THURSDAY

*SeniorSize - 10:15 a.m.

*Chicago Soul

Dancing - 5:30 p.m.,

FRIDAY

Coach to 5K - 6:00 a.m. *Walk Fit - 10 a.m.

*Zumba - 9:00 a.m.

*Step Up Aerobics - 10:00 a.m.

SATURDAY

*** Advance sign up for classes & a medical release form must be on file. (renew form yearly)**



Coach to 5K - Starting May 16th 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 lpwhite@waukegantownship.com.



Patricia Jones
Waukegan Township
Supervisor

Trustees:

Katherine Rothwell-Francis

Percy L. Johnson

Jeff McBride

Chuck Willms

Township Clerk: Rose Staben

Assessor: Mark Stricklin

Park Place Senior Citizen's Services Committee:

Chair: Victor Ruiz

Vice Chair: Ray Evelyn Curry

Secretary: Opal Rice:

Ed Buschbacher

Evelyn Bailey, Larry Eaker &

Gloria Carr

Park Place Hours

Monday 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 PREVIEW

414 S. Lewis Ave.

Waukegan, IL 60085

Phone: 847-244-9242

Fax: 847-244-9258

www.waukegantownship.com

Park Place
will be closed
Memorial Day
Monday, May
30th!

Waukegan Township office is a certified Passport site, including pictures. Waukegan Township now accepts Credit Card (Visa, MasterCard and Discover only) payments (or cash) for the Acceptance Agent and photo fees. Passport fee is check or money order only. Call us for fee information at 847-244-4900.

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**

2/10/15 - 4/10/16

Deborah Colbert
2/29/16
Albert Hall Jr. 3/9/16
Shelley Kneeland Sr.
2/22/16

**Congdon &
Company Funeral
Home**

Jack Baker 3/27/16
Donald Behnke
2/22/16

Joseph Bakanec Sr.
2/28/16
Aura Carlson 2/11/16
Evelyn Krogman
4/7/16

Laura Casey 2/18/16
Lorraine Erickson
2/16/16

James Fout 3/29/16
Charles Miller 2/26/16
Hattie Nicholson ?

Lester Powers
3/13/16
Richard Crouthers
3/17/16

James Hahn 2/16/16
William Heiney
3/13/16

Gregory Richardson
3/28/16

Marsh Funeral Home

Ronald Carlson
3/9/16

Norma Lindstrom
2/16/16
Barbara Ann Kutzler
2/22/16

Shirley O'Donnell
4/3/16
Helen Vincent 4/3/16
William Walt 3/12/16

**Strang Funeral
Home**

Carol Felix 2/13/16
Geraldine Finley
3/22/16

Lenore Lane 3/17/16
Ophelia Myafield
2/19/16

Billy Burks 3/5/16
Leroy Franklin
2/25/16

Simmie McClain
2/22/16
Kenneth McKelvy
2/26/16

Billy Burks 3/5/16
Vivian Williams
3/31/16

Jacklyn Ruff 2/25/16

Candase Martin Davis
3/9/16

Tamika Moore

3/10/16
Michael Jones
3/12/16

Lenore Lane 3/20/16
Gregory Minnis
3/20/16

Michael Ward 3/21/16
Geraldine Finley
3/22/16

Anna Easterwood
3/22/16
Vivian Williams
3/31/16

Lula Atkins 4/6/16
Leo Presley 4/6/16

**Peterson & Patch
Funeral Home**

Louise Gilliom 3/17/16
Geraldine Keirnan
4/4/16

Romona Kirsling
3/18/16
Margaret Latz 2/28/16

Bonnie Sue Miller
3/23/16
George Minkler
3/24/16

Erika Nieper 2/28/16
Frank Savaglio 2/7/16

Cleone Suurmeier
2/16/16
Frank Costa 3/28/16

Bonnie Rymill 2/19/16
Shirley Shauser
4/1/16

Warren Cemetery

Dorothy Keyser
2/28/16

Leo Presley 4/6/16
Donald Robinson
3/23/16

Proko Funeral Home
Dorothy Pasiewicz
3/28/16

**Salata Gurnee
Funeral Home**

Paul Pikalek 2/20/16
Anne Sekulich
2/25/16

Anka Serdar 3/28/16
Theresa Skilling
2/25/16

Veronica Kapter
2/7/16

Henry Mroz 2/29/16
The Memorial
Chapel Of
Waukegan

Catherine Devost
2/20/16

**Westgate Funerals
and Tributes**

Mary Solomon 3/2/16

The mission of Park Place is to encourage the independence and well-being of adults age 55 and better by providing health and fitness opportunities, recreational programs, transportation options, trips, events and support services.