Connecting
Benefits of maintaining friendships and social connections (Page 12)

Library Resources
Your local library offers more than books! (Page 17)

Breast Cancer Awareness (Page 16)

Pet Therapy
The importance of animal companionship (Page 12)
A Place for Healthy Aging

Family • Friends • Community

Open Monday – Friday, 8:00am – 4:00pm

251 N. Center Street, Joliet, IL 60435
Main Office: (815) 723-9713
Toll Free: (800) 892-1412

Visit our Website: www.willcountyseniors.org
Email us: seniorservices@agingspecialists.org
Like us on Facebook: Senior Services of Will County
View our YouTube Page: YouTube/Senior Services of Will County IL

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Social Services Available
Information and Assistance
In-Home Care Case Management
Home Delivered Meals Qualification
Family Care Giving Support

Supporting Agencies
AgeGuide
United Way
Joliet Township Government

For weather cancellations, please listen to WJOL 1340 AM.
“SURPRISE!” Was the shout I heard as I rounded the corner in my house to see a group of classmates from my third-grade class gathered around the kitchen table. It was my birthday and mom had planned a surprise party so well I had no idea. The shout was so loud, as you can imagine from 8-year-olds that I was stunned and ran out of the room.

Some surprises are amazing and memorable. Other surprises, not so amazing. Where were you when you first learned about the extraordinary steps being taken in response to the Covid-19 pandemic? Julie and I had left for our road trip vacation. By our return, Illinois was in total lockdown.

In an age that had grown increasingly distant preferring to engage through technology, we were now mandated to “social distance.” Through that, we learned how much we missed being able to touch, feel, and see the face of our friends and loved ones.

Here’s another 2020, “Surprise!”

OVATION CENTER

All of a sudden the dream was no longer a dream when we closed on the former Target building, and began construction with plans to open in the Spring of 2021.

We are expanding to create a large upscale senior experience. We will have all new activities, special event hosting, an all-season walking track and onsite service providers like Silver Cross Hospital with their senior care specialists, Friends Over Fifty home care assistance, and we have room for more (let me know about a business that wants to join us).

So what was the greatest non-surprise of 2020? We discovered how much we missed relationships. What will be the greatest non-surprise of 2021? An expanded concept in supporting seniors in their quest for relevance, health, and impact in our community.

Out of a year of fear, anger, and heartache came a flower. We learned how much we love each other. May it be a lesson that is kept close to us as we enter 2021.
Become a MEMBER to obtain additional benefits!  
Annual Membership cost is $30 per individual or $40 per family.

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Payment • Check or Money Order enclosed (Payable to Senior Services of Will County)

Charge my: Visa MasterCard Discover (Please check appropriate card)

Card #: ___________________________________ Exp. Date: ___________________________ 
CVC #: ___________________________________ Signature: ___________________________ 

251 N. Center Street • Joliet, IL 60435 • (815) 723-9713 • willcountyseniors.org

Everyone’s Welcome!

Diners Club
Noon to 2pm

Restaurant phone numbers are listed for directions.
Pay at the restaurant. Separate checks available at ALL locations.

Tuesday, October 13, 2020
Location: Tasty Waffle
642 S. Weber Rd. • Romeoville, IL • (815) 439-8151

Tuesday, November 10, 2020
Location: Applebee’s
2795 Plainfield Rd. • Joliet, IL • (815) 254-9070

Tuesday, December 8, 2020
Location: Metro Grill
2019 Essington Rd. • Joliet, IL • (815) 577-8191
Chef Sandra Corral’s Blissful Banana Bread Recipe

Instructions:
Preheat oven to 350 degrees. Place butter, brown sugar in a bowl, mix for 1 minute. Add eggs, vanilla and banana. Mix well. Add all dry ingredients. Mix well. Place mix in a well greased loaf pan. Bake for 30-35 mins.

Enjoy!

Ingredients:
• 1/2 cup melted butter
• 2/3 cup brown sugar
• 2 eggs
• 4 mashed ripe bananas
• 2 teaspoons vanilla
• 1 ¾ cup flour
• 1 teaspoon baking soda
• 1/4 teaspoon salt
Activities at Senior Services

Bingo

Wednesday, October 7, November 4 & December 2
10 - 11am BINGO
Registration required 1 week prior to event.
We are not serving food at this time, thank you for your understanding.

Dominos

Wednesday, October 14 & 21, November 18, December 9 & 16
Noon - 3pm
Registration required. Come enjoy an afternoon of Mexican Train Dominos and make new friends!

LCR Dice Game

Friday, October 9, November 13 & December 11
Monday, October 26, November 23 & December 28
Noon – 3pm • Please bring $3 in Dimes
Registration required. LCR (Left Center Right) is a fun, fast-paced dice game that everyone is talking about and is very easy to learn. Come roll the dice, you won’t be disappointed.
Check out all of our activities now on Zoom!

**Wii Bowling**

**Thursday, October 1, November 5 & December 3**
**Noon - 2pm Bowling**
Registration required 1 week prior to event. Come out for a fun-filled afternoon of friends, exercise and laughter.

**Book Club**

**Tuesday, October 6, November 3 & December 1**
**Noon - 1pm • Available virtually on Zoom**
Zoom Link: https://zoom.us/j/3742177182
Are you an avid reader? Join in on the fun of discussing a monthly book club selection!

**Cooking with Aaron**

All classes available virtually on Zoom
Zoom Link: https://zoom.us/j/3742177182

**Friday, October 2**
1:30 – 2:30pm
German Style Braised Red Cabbage & Healthy Potato Pancakes
Please Register by September 30, 2020

**Friday, November 6**
1:30 – 2:30pm
Whipped Sweet Potatoes & Green Beans Almondine
Please Register by November 4, 2020

**Friday, December 4**
1:30 – 2:30pm
Stuffed Mushroom Cap
Please Register by December 2, 2020

Aaron is the fabulous Chef from Rock Run. He will be demonstrating different recipes which are nutritious and delicious! Please register one week in advance.
**Triad Series**

**Monday, October 19, November 16 & December 21**
9 – 10am
Led by Will County Sheriff and Joliet Police.
Keeping seniors safe through education and empowerment.

**Phase 10**

**Monday, November 9 & December 14**
Friday, October 23
Noon - 3pm
Registration required.

**Game Day**

**Friday, October 16, November 20 & December 18**
Noon – 3pm
Operation, Scrabble, UNO, Sorry!, Yahtzee or many other available card or board games. **Bring your game in to share.**
No snacks/food due to Illinois Guidelines and Restrictions.

**Knit and Crochet Group**

**Tuesdays 1 - 3pm • Thursdays 9 - 11am**
Donation: $1.00
The group teaches one another new crochet and knitting tips and shares their techniques. Come join us with your knitting or crocheting project and make new friends as well.
**All skill levels are welcome!**
Painters Group

**Fridays 8 – 11am**

Explore your painting skills by improving on what you already know or by learning something new. Each artist chooses their subject matter and art medium; drawing, painting, or mixed-media.

**Supply Fee: $5.00. Supplies available or bring your own.**

Woodworkers Club

**Mondays 9 – 11am**

**Thursdays 1 – 3pm**

**Donation: $2.00**

The Senior Center has a large workshop with all the tools to help make your project. Pick up the key and sign in at the front office.

**Wood donations ALWAYS welcome!**

Rules of the Road Review Class

**Thursday, November 19**

10am – Noon

Gain the self-confidence needed to pass the driver’s license exam. The class is offered FREE by the Secretary of State’s Office.

**Register by:**

Friday, November 13
Join us on Zoom for Coffee with Barry

Barry Kolanowski is inviting you to a scheduled Zoom meeting.

When: Thursdays
October 1st, November 5th and December 3rd

Time: 9am

Join us virtually on Zoom:
1. Go to zoom.us
2. Click on “Join Meeting”
3. Enter the Meeting ID: 374-217-7182

No computer?
Dial 312-626-6799
and enter the Meeting ID: 374-217-7182
Our Information and Assistance department helps seniors and those with disabilities apply for certain state and federal programs, such as, LIHEAP (Low Income Heat Energy Assistance Program), SNAP (Supplemental Nutrition Assistance Program), and Benefit Access Program, which includes the Senior Free Ride Transit, Persons with Disabilities Free Transit Ride, and the Secretary of State license plate discount. Information and Assistance Specialists also assist with housing referrals, Census applications, prescription assistance, and provide information and resources to address general questions. Our Information and Assistance Specialist, Nina Rojas, provides Medicare and Medicaid counseling through Senior Health Insurance Program (SHIP). Our Information and Assistance Specialist, Gina Morales, travels to our Washington Township and Troy Township offices to provide better access to services. The Information and Assistance department operates by appointments or walk-in.

To schedule an appointment with one of our Information and Assistance Specialists, please contact 815-723-9713.
Hot Topics!

5 Tips for Creating Healthy Habits that Stick
Thursday, October 15th 12 – 1pm
Available virtually on Zoom - https://zoom.us/j/3742177182
Have you heard the saying that it takes 21 days to develop a new habit? If so, you might be wondering if there’s much truth to it – especially if you were trying to create healthy habits yourself. Join me, Susan Parmigiani, Center Director of Jenny Craig Thursday, October 15th to learn more.
We will not be serving food, thank you for your understanding.

Pet Therapy with Ashley Denlinger from Meadowbrook
Thursday, November 19th 12 – 1pm
Available virtually on Zoom - https://zoom.us/j/3742177182
Join us for our November Hot Topics Lunch and Learn with Ashley Denlinger. She will be discussing the importance of animal companionship and how it can help with many physical and mental issues. Did you know, interaction with a friendly pet can reduce blood pressure, improve overall cardiovascular health, and of course release happy endorphins! Besides, dog is a man’s best friend, right? Come learn more about how your pets are benefiting your everyday life!
We will not be serving food, thank you for your understanding.

A Discussion on the Importance and Benefits of Socializing and Maintaining Friendships and Social Connections
Thursday, December 17th 12 – 1pm
Available virtually on Zoom - https://zoom.us/j/3742177182
Please Register in advance. Join us for a discussion on how social interactions benefit our mental, physical and emotional health. We will talk about why it is important to remain socially involved and how to build and maintain those connections. Participants will have the opportunity to ask questions and gain support throughout the presentation. Karolina Hogueisson, LCPC, NCC, RDDP provides counseling in the Caregiver Counseling and Grandparents Raising Grandchildren Programs and is a Licensed Psychotherapist in private practice.
We will not be serving food, thank you for your understanding.

“In the cookie of life, friends are the chocolate chips.” – Salman Rushdie

Special Notice

If you are in need of having documents notarized Notary Public services are available at Senior Services office. The service is FREE for Members. Non-members may make a small donation.
October Dine & Dance

The Monster Mash • Thursday, October 22nd

4 – 7pm • Doors Open at 3:30pm

Elks Club
250 SE Frontage Road, Joliet

Register by: October 15th

Cost: $15.00 payable at registration • $.50 fee applies to credit card purchases

Entertainment by: Sandi Haynes

Dress in your spookiest costumes!

176 West Catering Menu
Turkey Breast, Dressing, Potatoes with Onion & Bacon, Glazed
Baby Carrots, Cranberry Relish and Dinner Rolls

Activities at Senior Services

Internet Café Computer Classes

Computers 101: October 6, November 3 & December 1

Facebook Class: October 13 & 20 & December 8 & 15

Email Class: October 27, November 24 & December 22

Web Surfing Safely: November 10

Q+A: PC’s and Phones: November 17
Activities at Senior Services

Weight Control Group

**Thursdays 8 – 9:30am**
October 1, 8, 15, 22 & 29
November 5, 12 & 19
December 3, 10, 17 & 31

The group weighs in weekly, shares nutritional recipes, discuss and supports each other with personal weight loss goals.

Podiatrist

We are no longer hosting the Podiatrist at our current location. Thank you for your understanding.

Blood Pressure & Glucose

**Fridays 9:30 – 11am**
October 9 & 23 • November 6 & 20
December 4 & 18

Stop by the center and take advantage of this very important health service or drop in after a Friday morning class. Take a minute and speak with the representative from Newsome Home Healthcare.

AARP Smart Driver Course

AARP has canceled all Smart Driver classes for the remainder of the year. Thank you for your understanding.

In the end, it's not what you have that matters, it's who you have.

Compassionate Care Hospice, An Amedisys Company
847.470.9480
www.amedisys.com
Veteran’s Thankful Table Luncheon

A Salute of Thanks to Our Veterans

Join us for a morning honoring our veterans.

Thursday, November 5th • 10am - 1pm

To Register, please call 815-723-9713

Elks Club
250 SE Frontage Road, Joliet
Register by: October 29th

Guest Speakers, Entertainment and Raffles!

Lunch: Soup, Fruit & Vegetable Trays, Roasted Turkey & Pork, Cornbread Dressing, Mashed Potatoes, Sweet Potato Casserole, Green Bean Casserole and Glazed Cranberries

Desserts: Pumpkin Pie, Apple Pie and Pecan Pie

The Wengler Law Firm, PC

181 N. Hammes Avenue | Joliet, IL 60435
Phone: 815•730•6968 | Fax: 815•730•6966 | www.wenglerlaw.com
Between the ages of 32-33, I lost my Grandmother and my Mother; One each year, both from breast cancer. This horrible disease robbed me of my two best friends, my biggest fans and my most staunch supporters in life. My sons lost their most treasured family members, whom they spent countless hours with on a weekly basis. Two of my most dear friends are in the fight of their lives as I type this article. I chose to write this article to implore every woman reading this to do everything in your power to not let this happen to your children and grandchildren.

My work with seniors now seems more like a calling to me. All of the seniors that I encounter are, in my mind, extra grandparents. They often actually are someone’s Grandmother. I take pride in what we do here at Senior Services of Will County, and we work hard every day to keep our participants healthy, happy and engaged. An outreach that could literally save someone’s Grandma, is important to me and I hope that in reading this article, it will be to you as well.

According to the American Cancer Society and the U.S. Preventative Services Task Force, “women ages 50-59 who got mammograms on a regular basis had a 14 percent lower risk of dying from breast cancer than women who did not get mammograms”. And, “women ages 60-69 who got mammograms on a regular basis had a 33 percent lower risk of dying from breast cancer than women who did not get mammograms”.

Many major health organizations, including the American Cancer Society, recommend women ages 70 and older continue to get mammograms on a regular basis as long as they are in good health.

Mammogram testing is often covered by health insurance and Medicare and is a quick and easy test. Some ladies plan their appointments on the same day each year and then go out to lunch after, making it a fun outing as well as a life-saving one.

So, here is what I propose: As each of you get your annual mammogram this year, send me an email. I will in turn write your name on a pink heart and put it up in the center, as a reminder to all of our clients about the importance of funding for treatment, research and the need for mammograms. If you would like me to place a heart for someone who has sadly lost their battle with this horrific disease, send me their name as well. I will be honored to add it to our “Wall of Hope”.

You can email me at skainrath@agingspecialists.org. I look forward to filling our Wall of Hope with so many hearts that I have to start a second wall. Let’s all do this together, let’s stamp out this disease and find a cure!
I Didn’t Know That!

Local Library Resources
Tuesday, October 27  1 – 2pm
Available virtually on Zoom - https://zoom.us/j/3742177182

Did you know that your local library offers more than books? Becky Wagoner, the Adult Services Outreach Librarian at the Shorewood-Troy Public Library will showcase other services that you can take advantage of if you have a local library card, including programs, technology help, museum tickets, and more! No card, no problem! She will also let you know how you can sign up for a library card.

Let’s Discuss Hobbies with Don
Tuesday, November 24  1 – 2pm
Available virtually on Zoom - https://zoom.us/j/3742177182

With the problems that the whole world is experiencing, a lot of people become bored because they don’t have much to do while staying home. There is a solution. Take up a hobby! What might that be? Well, it really depends on your interests. Among my hobbies is painting, keeping the house in order and building Lego’s sets. I enjoy doing Lego’s sets because it passes the time and helps with the arthritis in my hands. I have been collecting Lego’s sets for about seven years now and have amassed seventy-four of them. The other past time I have is painting, whether it is with oils or water colors, pen and ink or colored pencils. Other hobbies to consider are scrapbooking, sewing, reading, photography, wood working or anything else that interests you. Let your likes become a great way of passing the time and keeping you busy. Let your imagination go free and enjoy!
Activities & Fitness Classes

To register for any class, call 815-723-9713

Location: Senior Services Center, 251 N. Center Street, Joliet, IL

Country Line Dancing

Mondays, October 5 – November 30 and December 7 – February 1
10 - 11:30am

Fridays, October 2 – November 20 and December 4 – February 5
10 - 11:30am

Suggested Donation: $10/$35 per 8 class session
This class is more of an experienced dance session. No partner is needed. Class is taught by a qualified instructor.

Country Line Dancing
Beginners Class

Wednesdays, October 7 – December 2 and December 9 – January 27
9- 10am

Suggested Donation: $10/$35 per 8 class session
This class is for anyone that wants to learn the very basics of line dancing. No partner needed. This class is taught by a qualified instructor.

Country Line Dancing
Beginners+ Class

Wednesdays, October 7 – December 2 and December 9 – January 27
10:15 - 11:15am

Suggested Donation: $10/$35 per 8 class session
This class is for anyone that needs to move up from beginners but not quite ready for experienced. No partner needed. This class is taught by a qualified instructor.

Stretch & Tone (Weekly)

Tuesdays, October 6 – December 8 and December 15 – February 16
8:30 - 9:30am

Fridays, October 2 – December 11 and December 18 – March 5
8:30 - 9:30am

Suggested Donation: $10/$35 per 10 class session
This class is taught by a certified personal trainer. This is a lower impact class and offers cardio, stretching, weight training, and balance exercises.

Stretch & Tone (Bi-Weekly)

Tuesdays and Fridays
October 6 – December 11 and December 15 – March 5
8:30 - 9:30am

Suggested Donation: $20/$45 per 10 class session
One Day Class: $4 per person
This class is taught by a certified personal trainer. This is a lower impact class and offers cardio, stretching, weight training, and balance exercises.

P.A.C.E. (People with Arthritis Can Exercise)

Mondays and Fridays
2 - 3pm

Suggested Donation: FREE
This is a low impact class; stretching and toning that are gentle on the joints.

For Classes Available Virtually Go To Zoom Link
https://zoom.us/j/3742177182
Activities & Fitness Classes

PLEASE NOTE: Posted prices are member/non-member fees. Dates are subject to change.

Location: See class details below for specific locations.

Active Yoga Class
Location: Senior Services, 251 N. Center Street, Joliet, IL
Tuesdays, October 6 – November 24 and December 1 – January 19
10 - 11am
Suggested Donation: $10/$45 per 8 class session
One Day Class: $5 per person
This class is designed to bring the mobile senior into a state of calmness and balance using many methods. This class is taught by a qualified instructor.
Note: Class is limited to 16 due to space restrictions.

Tai Chi
Tai Chi provides many health benefits including stress reduction, balance improvement, well-being, and healing the body. Class is taught by a qualified instructor.
Suggested Donation: $10/$30 per 12 class session

Location: Senior Services, 251 N. Center Street, Joliet, IL
Tuesdays, October 6 - December 22
Beginners - 10 - 11am
Intermediate - 11:15am - 12:15pm
Location: Elwood Village Hall, 401 E. Mississippi Ave.
Mondays, October 5 - December 21
10 - 11am
Location: New Lenox Senior Housing, 1090 Cedar Rd.
Tuesdays, October 6 - December 22
Beginners - 2:30 - 3:30pm
Advanced - 1 - 2pm

ZUMBA®
Location: Senior Services, 251 N. Center Street, Joliet, IL
Fridays, October 2 – November 6 and November 13 – January 8
Noon - 1pm
Suggested Donation: $10/$30 per 6 class session
Moves can be modified to fit your mobility. This class is taught by a certified Zumba instructor.

Tap Dance Lessons
Location: Senior Services, 251 N. Center Street, Joliet, IL
Fridays, October 2 – November 6 and November 13 – January 8
1 - 2pm
Suggested Donation: $10/$30 per 6 class session
Moves can be modified to fit your mobility. This class is taught by a certified Zumba instructor.

AVAILABLE ON ZOOM

PLEASE NOTE: Posted prices are member/non-member fees. Dates are subject to change.

Location: See class details below for specific locations.
The staff at Senior Services of Will County sure do miss each and every one of you.

While we all work to move toward what will be our ‘new normal’ where we can be together every day once again, it warrants mentioning that we all need to take care of ourselves. Humans are a social animal and we require interaction with others to stay mentally and physically healthy. But in uncertain times such as these, what are we to do to ensure that mental and physical health?

While many of us are not computer and tech savvy, many programs and classes and activities are online. What if you don’t have a way to get online? One suggestion is to inquire about low cost or loan programs for tablets. Senior Services of Will is working on such a program as I type this article! Try and take part in these classes and activities. While it may seem odd to interact with a screen at first, I can promise you that you’ll enjoy it!

Let’s talk about movement and sunshine. Physical activity releases endorphins, which directly affect mood and well-being, in addition to keeping you physically healthy. A simple 30 minute walk every day allows your body to absorb some Vitamin D and fills your lungs with fresh air. But most importantly, getting outside simply for the pleasure of being outside removes you from the walls of your home. This change in scenery literally “resets” your psyche and updates your outlook. Give it a try!

Even when doing your best to take care of your mental health, sometimes things can seem overwhelming, and that’s on the best of days let alone during a pandemic. According to the CDC, you may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.
Please take care of yourself, and if you can’t, below is a listing of where you can find help. Of course, you can always call us at Senior Services of Will County at 815-723-9713.

Get immediate help in a crisis

• Call 911
• Disaster Distress Helpline: 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.
• National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat.
• National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522
• National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
• National Sexual Assault Hotline: 1-800-656-HOPE (4673) or Online Chat
• The Eldercare Locator: 1-800-677-1116 TTY Instructions
• Veteran’s Crisis Line: 1-800-273-TALK (8255) or Crisis Chat or text: 8388255

Find a health care provider or treatment for substance use disorder and mental health

• SAMHSA’s National Helpline: 1-800-662-HELP (4357) and TTY 1-800-487-4889
• Treatment Services Locator Website
• Interactive Map of Selected Federally Qualified Health Centers

Celebrate! — Wait what?

How can you do that with all the craziness that’s going on? I’m not talking about anything big – sometimes all it takes is getting up in the morning, making a cup of coffee and stepping outside to watch the sun come up. You don’t even have to go outside – I happen to live on the second floor, so I can get a better view from there. I get to celebrate a new day beginning. That brings me joy. Later on, I check to see how my neighbors are doing. I ask and see if there is something I can do to help them or sometimes they can help me. That gives my day purpose. I call my family to check in. Since I can’t go to many places with family or friends at this time, we spend more time on the phone, talking about what we’ll do when we do get together. How are you planning to celebrate? Write down how you would like to celebrate. It doesn’t have to be anything elaborate – just being able to be together.

I have been exploring more things to do on the computer and that gave me joy. I called the library to order a book to read – one that I recently read about it in the paper. I try to be thankful for the things I have or don’t have.

The day is done – the sun is getting low and now I’m standing in the living room watching as the sun sets – waiting – watching for those last rays – thankful I made it through the day – with some joy & little things to celebrate – Oh I forgot to mention the new blooms on my shamrock plant that I spotted this morning. It was a great day!

Just my thoughts — Joyce
2020 Income levels for RTA bus pass/license plate renewal tax discount ONLY

- $33,562 - 1 person household
- $44,533 - 2 person household
- $55,500 - 3 person household

You must be 65 or older by Dec. 31 of the current year or 16 years of age or older AND totally disabled before Jan. 1 of this year.

- Applications submitted on or after July 16, 2020 must use 2019 income to file.
- Applicants denied in 2019 based on 2018 income, may re-apply using 2019 income on or after July 19, 2020

You are REQUIRED to bring:

- ID’s for everyone in household - State ID or Driver License
- Social Security card
- 2019 Social Security 1099
- 2019 Federal Income Tax Return (1040) if you filed
- 2019 Pension/Annuities 1099 and all other 1099’s
- 2019 Alimony/TANF
- 2019 Interest/Dividends/Wages and all other 1099’s
- PROOF OF DISABILITY, IF DISABLED

Appointment

To sign up for the pass at the Senior Services Center
Monday - Friday, 8am to 3:45pm

Transportation sponsored by and available in:
The City of Joliet and the Townships of Joliet, Lockport, Homer, Jackson, Plainfield and Troy

Qualifications

- Live in one of the above areas
- Proof of age 60 and over
- Have a need for door to door service
- Passes good from July 1 - June 30 of the next year

Will County Residents in all other Townships: Contact your local township office.
Other Options: Call “Will-Ride” dial-a-ride program at (800) 244-4410 or ADA Paratransit at (312) 663-4357 to see if they cover your area.
Clean Your Mower and Yard Equipment

If you’re not familiar with fuel stabilizer, get to know it. If your mower sits for months with gas in its tank, the gas will slowly deteriorate, which can damage internal engine parts. Fuel stabilizer ($10 for a 10-ounce bottle) prevents gas from degrading. Add stabilizer to your gasoline can to keep spare gas in good condition over the winter, and top off your mower tank with stabilized gas before you put it away for the winter. Run the mower for five minutes to make sure the stabilizer reaches the carburetor. Another lawn mower care method is to run your mower dry before stowing it.

1. When the mower is cool, remove the spark plug and pour a capful of engine oil into the spark plug hole.
2. Pull the starter cord a couple of times to distribute the oil, which keeps pistons lubricated and ensures an easy start come spring.
3. Turn the mower on its side and clean out accumulated grass and gunk from the mower deck.

Remove Garden Hoses from Faucets

Remove garden hoses from outdoor faucets. Leaving hoses attached can cause water to back up in the faucets and in the plumbing pipes just inside your exterior walls. If freezing temps hit, that water could freeze, expand, and crack the faucet or pipes. Make this an early fall priority so a sudden cold snap doesn’t sneak up and cause damage. Turn off any shutoff valves on water supply lines that lead to exterior faucets. That way, you’ll guard against minor leaks that may let water enter the faucet.

While you’re at it, drain garden hoses and store them in a shed or garage.

Test Smoke and CO detectors

Make sure smoke and carbon monoxide detectors are working and have new batteries. The Fire Marshall recommends replacing detectors every 5 years to insure the detection elements are fresh and working.

Seal Air Leaks

Grab a couple of tubes of color-matched exterior caulk and make a journey around your home’s exterior, sealing up cracks between trim and siding, around window and door frames, and where pipes and wires enter your house. Preventing moisture from getting inside your walls is one of the least expensive — and most important — of your fall maintenance jobs. You’ll also seal air leaks that waste energy.

Pick a nice day when temps are above 50 degrees so caulk flows easily.

Visually inspect Your Roof from the ground

If you have a steep roof or a multistory house, stay safe and use binoculars to inspect your roof from the ground.

Look for warning signs: Shingles that are buckled, cracked, or missing; rust spots on flashing. Any loose, damaged, or missing shingles should be replaced immediately.

Black algae stains are just cosmetic, but masses of moss and lichen could signal roofing that’s decayed underneath. Call in a pro roofer for an evaluation.

A plumbing vent stack usually is flashed with a rubber collar — called a boot — that may crack or loosen over time. They’ll wear out before your roof does, so make sure they’re in good shape. A pro roofer will charge to replace a boot, price depending on how high and steep your roof is.

Check Your Furnace

Schedule an appointment with a heating and cooling pro to get your heating system checked and tuned up for the coming heating season.

Change your furnace filters, too. This is a job you should do every two months anyway, but if you haven’t, now’s the time. If your HVAC includes a built-in humidifier, make sure the contractor replaces that filter.
Senior Express Bus Schedule

Come Aboard!

Mini Bus Trip Rules
• No motorized wheelchairs allowed.
• Each resident is allowed 2 bags and a 12 pack of beverages.
• Round trip is required, all residents must return on bus.

Suggested Donation: $2.00 (cash payable at boarding). Please, no large bills. Try to have $1.00s or change.

<table>
<thead>
<tr>
<th>Senior Residence</th>
<th>Joshua Arms</th>
<th>The Park Tower</th>
<th>JFK Building</th>
<th>Victory Centre &amp; Senior Suites</th>
<th>The Park Tower</th>
</tr>
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<tbody>
<tr>
<td>Day of Week</td>
<td>Monday</td>
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<td>Drop-Off Residence</td>
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We bring healing HOME.

At LHC - Illinois Home Health Care, it’s all about helping people. Our local professionals work together every day to deliver the high-quality home health care you need. Our home health services include in home nursing, social work, physical, occupational, and speech therapies.

Proudly serving Will County for 18 years! Call us today to learn more about home health.

LHC - Illinois Home Health Care

Phone: 708.283.4240 • Fax: 708.283.4241

FALL 2020 × WILLCOUNTYSENIORE.ORG × (815) 723-9713
## October 2020 Events

<table>
<thead>
<tr>
<th>Monday</th>
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<tr>
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</table>
| **5** 9-11 Woodworking  
10-11 Tai Chi (Elwood)  
10-11:30 Line Dancing  
2-3 P.A.C.E. | **6** 8:30-9:30 Stretch & Tone  
10-11 Tai Chi  
10-11 Active Yoga  
11:15-12:15 Tai Chi  
12-1 Book Club  
1-3 Crochet/Knitting  
1-2 Tai Chi (New Lenox)  
2:30 Computers 101 | **7** 9-10 Begin Line Dancing  
10-11 Bingo  
10-11:15 Begin+ Line Dance  
12-3 Craft Corner | **8** 8-9:30 Weight Control  
9-11 Crochet/Knitting  
11-12 Painting Group  
1-3 Woodworking | **9** 8-11 Painting Group  
8:30-9:30 Stretch & Tone  
10-11:30 Line Dancing  
12-1 Zumba  
1-2 Tap Dance  
1:30-2:30 Cooking with Aaron  
2-3 P.A.C.E. |
| **12** CLOSED COLUMBUS DAY | **13** 8:30-9:30 Stretch & Tone  
10-11 Tai Chi  
10-11 Active Yoga  
11:15-12:15 Tai Chi  
1-3 Crochet/Knitting  
12-2 Diner’s Club  
1-2 Tai Chi (New Lenox)  
2:30 Facebook Class | **14** 9-10 Begin Line Dancing  
10:15-11:15 Begin+ Line Dance  
12-3 Dominos | **15** 8-9:30 Weight Control  
9-11 Crochet/Knitting  
12-1 Hot Topics  
1-3 Woodworking | **16** 8-11 Painting Group  
8:30-9:30 Stretch & Tone  
10-11:30 Line Dancing  
12-1 Zumba  
12-3 Game Day  
1-2 Tap Dance  
2-3 P.A.C.E. |
| **19** 9-10 TRIAD  
9-11 Woodworking  
10-11 Tai Chi (Elwood)  
10-11:30 Line Dancing  
2-3 P.A.C.E. | **20** 8:30-9:30 Stretch & Tone  
10-11 Tai Chi  
10-11 Active Yoga  
11:15-12:15 Tai Chi  
1-2 Tai Chi (New Lenox)  
1-3 Crochet/Knitting  
2:30 Facebook Class | **21** 9-10 Begin Line Dancing  
10:15-11:15 Begin+ Line Dance  
12-3 Dominos | **22** 8-9:30 Weight Control  
9-11 Crochet/Knitting  
1-3 Woodworking  
4-7 Evening at the Elks | **23** 8-11 Painting Group  
8:30-9:30 Stretch & Tone  
9:30-11:30 BP & Glucose Screening  
10-11:30 Line Dancing  
12-1 Zumba  
12-3 Phase 10  
1-2 Tap Dance  
2-3 P.A.C.E. |
| **26** 9-11 Woodworking  
10-11 Tai Chi (Elwood)  
10-11:30 Line Dancing  
12-3 LCR Dice Game  
2-3 P.A.C.E. | **27** 8:30-9:30 Stretch & Tone  
10-11 Tai Chi  
10-11 Active Yoga  
11:15-12:15 Tai Chi  
1-2 I Didn’t Know That  
1-2 Tai Chi (New Lenox)  
1-3 Crochet/Knitting  
2:30 Email Class | **28** 9-10 Begin Line Dancing  
10:15-11:15 Begin+ Line Dance  
11-12 Breast Cancer Awareness  
1-3 Craft Corner | **29** 8-9:30 Weight Control  
9-11 Crochet/Knitting  
11-12 Cooking with Chef Sandra  
1-3 Woodworking | **30** 8-11 Painting Group  
8:30-9:30 Stretch & Tone  
10-11:30 Line Dancing  
12-1 Zumba  
1-2 Tap Dance  
2-3 P.A.C.E. |
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<td>9-11 Woodworking</td>
<td>8:30-9:30 Stretch &amp; Tone</td>
<td>9-10 Begin Line Dancing</td>
<td>8:9-30 Weight Control</td>
<td>8-2 Painting Group</td>
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<td>10-11 Tai Chi (Elwood)</td>
<td>10-11 Tai Chi</td>
<td>10-11 Bingo</td>
<td>9 Coffee with Barry</td>
<td>8:30-9:30 Stretch &amp; Tone</td>
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<td>2-3 P.A.C.E.</td>
<td>12-1 Book Club</td>
<td>1-3 Craft Corner</td>
<td>10-1 Thankful Table</td>
<td>10-11:30 Line Dancing</td>
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<td>1-2 Tai Chi (New Lenox)</td>
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<td>11:30 Wii Bowling</td>
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<td>1-3 Crochet/Knitting</td>
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<td>12-1 Zumba</td>
<td>1-2 Tap Dance</td>
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<td>2:30 Computers 101 Class</td>
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<td>1:30-2:30 Cooking with Aaron</td>
<td>2-3 P.A.C.E.</td>
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<td>9-11 Woodworking</td>
<td>8:30-9:30 Stretch &amp; Tone</td>
<td>CLOSED VETERAN’S DAY</td>
<td>8-9:30 Weight Control</td>
<td>8-11 Painting Group</td>
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<td>10-11 Tai Chi (Elwood)</td>
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<td>9-11 Crochet/Knitting</td>
<td>8:30-9:30 Stretch &amp; Tone</td>
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<td>10-11:30 Line Dancing</td>
<td>10-11 Active Yoga</td>
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<td>11-12 Cooking with Chef Sandra</td>
<td>10-11:30 Line Dancing</td>
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<td>2-3 P.A.C.E.</td>
<td>11:15-12:15 Tai Chi</td>
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<td>1-3 Woodworking</td>
<td>12-1 Zumba</td>
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<td>1-2 Tai Chi (New Lenox)</td>
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<td>12:2 Diner’s Club</td>
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<td>2-3 P.A.C.E.</td>
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<td>2:30 Web Surfing Safely Class</td>
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<td>9-10 Triad</td>
<td>8:30-9:30 Stretch &amp; Tone</td>
<td>9-10 Begin Line Dancing</td>
<td>8-9:30 Weight Control</td>
<td>8-11 Painting Group</td>
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<td>9-11 Woodworking</td>
<td>10-11 Tai Chi</td>
<td>10:15-11:15 Begin+ Line Dance</td>
<td>9-11 Crochet/Knitting</td>
<td>8:30-9:30 Stretch &amp; Tone</td>
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<td>10-11 Tai Chi (Elwood)</td>
<td>10-11 Active Yoga</td>
<td>12-3 Dominos</td>
<td>10-12 Rules of the Road</td>
<td>9:30-11 BP &amp; Glucose Screening</td>
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<td>10-11:30 Line Dancing</td>
<td>11:15-12:15 Tai Chi</td>
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<td>12-1 Hot Topics</td>
<td>10-11:30 Line Dancing</td>
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<td>2-3 P.A.C.E.</td>
<td>1-2 Tai Chi (New Lenox)</td>
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<td>12-3 LCR Dice Game</td>
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<td>2:30 Q&amp;A: PCs &amp; Phones</td>
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<td>1-2 Tap Dance</td>
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<td>9-11 Woodworking</td>
<td>8:30-9:30 Stretch &amp; Tone</td>
<td>9-10 Begin Line Dancing</td>
<td>CLOSED THANKSGIVING</td>
<td>CLOSED DAY AFTER THANKSGIVING</td>
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<td>10-11 Tai Chi (Elwood)</td>
<td>10-11 Tai Chi</td>
<td>10:15-11:15 Begin+ Line Dance</td>
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<td>10-11:30 Line Dancing</td>
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<td>2-3 LCR Dice Game</td>
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<td>2-3 P.A.C.E.</td>
<td>1-2 I Didn’t Know That</td>
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<td>1-3 Crochet/Knitting</td>
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<td>2:30 Email Class</td>
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<td>Regular Activities</td>
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<td>Off Site Activities</td>
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<td>10-11 Tai Chi (Elwood)</td>
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<td>2-3 P.A.C.E.</td>
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### December 2020 Events

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| **1**  | 8:30-9:30 Stretch & Tone  
10-11 Tai Chi  
10-11 Active Yoga  
11:15-12:15 Tai Chi  
12:1 Book Club  
1-2 Crochet/Knitting  
2:30 Computers 101 Class | **2**  | 9-10 Begin Line Dancing  
10-11 Bingo  
10:15-11:15 Begin+ Line Dance  
1-3 Craft Corner | **3**  | 8:30-9:30 Weight Control  
9 Coffee with Barry  
9-11 Crochet/Knitting  
11:30-2 Wii Bowling  
11:30-3 Winter Wonderland  
1-3 Woodworking | **4**  | 8-11 Painting Group  
8:30-9:30 Stretch & Tone  
9:30-11 BP & Glucose Screening  
10-11:30 Line Dancing  
12-1 Zumba  
1-2 Tap Dance  
1:30-2:30 Cooking with Aaron  
2-3 P.A.C.E. |
| **7**  | 9-11 Woodworking  
10-11 Tai Chi (Elwood)  
10-11:30 Line Dancing  
2-3 P.A.C.E. | **8**  | 8:30-9:30 Stretch & Tone  
10-11 Tai Chi  
10-11 Active Yoga  
11:15-12:15 Tai Chi  
12-2 Diner's Club  
1-2 Tai Chi (New Lenox)  
1-3 Crochet/Knitting  
2:30 Facebook Class | **9**  | 9-10 Begin Line Dancing  
10:15-11:15 Begin+ Line Dance  
12-3 Dominos | **10** | 8-30-9:30 Stretch & Tone  
9-11 Crochet/Knitting  
11-12 Cooking with Chef Sandra  
1-3 Woodworking | **11** | 8-11 Painting Group  
8:30-9:30 Stretch & Tone  
9:30-11 BP & Glucose Screening  
10-11:30 Line Dancing  
12-1 Zumba  
12-3 LCR Dice Game  
1-2 Tap Dance  
2-3 P.A.C.E. |
| **14** | 9-11 Woodworking  
10-11 Tai Chi (Elwood)  
10-11:30 Line Dancing  
12-1 Phase 10  
2-3 P.A.C.E. | **15** | 8:30-9:30 Stretch & Tone  
10-11 Tai Chi  
10-11 Active Yoga  
11:15-12:15 Tai Chi  
1-2 Tai Chi (New Lenox)  
1-3 Crochet/Knitting  
2:30 Facebook Class | **16** | 9-10 Begin Line Dancing  
10:15-11:15 Begin+ Line Dance  
12-3 Dominos | **17** | 8-30-9:30 Stretch & Tone  
9-11 Crochet/Knitting  
11-12 Cooking with Chef Sandra  
12-1 Hot Topics  
1-3 Woodworking | **18** | 8-11 Painting Group  
8:30-9:30 Stretch & Tone  
9:30-11 BP & Glucose Screening  
10-11:30 Line Dancing  
12-1 Zumba  
12-3 Game Day  
1-2 Tap Dance  
2-3 P.A.C.E. |
| **21** | 9-10 Triad  
9-11 Woodworking  
10-11 Tai Chi (Elwood)  
10-11:30 Line Dancing  
12-3 LCR Dice Game  
2-3 P.A.C.E. | **22** | 8:30-9:30 Stretch & Tone  
10-11 Tai Chi  
10-11 Active Yoga  
11:15-12:15 Tai Chi  
1-2 Tai Chi (New Lenox)  
1-3 Crochet/Knitting  
2:30 Email Class | **23** | 9-10 Begin Line Dancing  
10:15-11:15 Begin+ Line Dance | **24** | CLOSED Christmas Eve | **25** | CLOSED Christmas Day |
| **28** | 9-11 Woodworking  
10-11 Tai Chi (Elwood)  
10-11:30 Line Dancing  
12-3 LCR Dice Game  
2-3 P.A.C.E. | **29** | 8:30-9:30 Stretch & Tone  
10-11 Tai Chi  
10-11 Active Yoga  
11:15-12:15 Tai Chi  
1-2 Tai Chi (New Lenox)  
1-3 Crochet/Knitting | **30** | 9-10 Begin Line Dancing  
10:15-11:15 Begin+ Line Dance | **31** | 8-30-9:30 Stretch & Tone  
9-11 Crochet/Knitting  
1-3 Woodworking |
December Dine & Dance

Winter Wonderland
Thursday, December 3rd

11:30am – 3pm • Doors Open at 11am

Elks Club
250 SE Frontage Road, Joliet

Register by: November 26th

Cost: $15.00 payable at registration • $.50 fee applies to credit card purchases

Entertainment by: Mary and the Troublemakers

176 West Catering Menu
Pot Roast, Whipped Potatoes, Vegetable Medley, Salad and Dinner Rolls

You won’t believe all the wonderful things waiting for you at the Timbers.

Silver Oaks Behavioral Hospital understands the senior population faces health conditions and life situations specifically associated with aging. Silver Oaks has created an environment that is just for Senior Adults: a supportive group setting where they can feel safe to express their feelings, share their experiences and focus on feeling better.

At Silver Oaks Behavioral Hospital, we realize that each senior’s life experiences are different. After a no cost assessment, we can determine what level of care is best for each individual.

Silver Oaks Behavioral Hospital
1004 Pawlak Parkway
New Lenox, IL 60451
(844) 580 – 5000
www.silveroaksbehavioralhospital.com

You’ll find all the wonderful things waiting for you at the Timbers.

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www.abricu.com

LSSI.org/JoshuaArms/

Supportive Living for those 65 and older
Medication management, housekeeping, laundry
 Delicious, freshly prepared meals
24-hour on-site Certified Nursing Assistants
An open floor plan for mobility access

Joshua Arms of LSSI Senior Residence &
The Oaks Supportive Living

Lutheran Social Services of Illinois
1315 Rowell Ave., Joliet, IL 60433 • 815.727.6401 • 847.390.1460 (TTY)
Caregiver Legal Issues

Some common legal issues that may arise for seniors and their family caregivers include: health and personal care planning, estate planning, and planning for incapacity. Examples of health and personal care planning are advanced directives, such as Medical Power of Attorney, Living Will, or DNR (Do not resuscitate orders). Estate planning may include Power of Attorney for property, wills, and trusts. Some caregivers may need to plan for incapacity by establishing a representative payee or guardian.

Grandparents or relatives raising children may also find themselves in need of legal advice when it comes to decisions regarding their loved one. Power of Attorney for Health Care, legal custody, guardianship, and adoption are just some of the legal issues that grandparents or relatives raising children may face.

Prairie Legal Informational Seminar

• Do you have your legal affairs in order?
• What happens when nothing is put in place?
• Do you know when and how to complete legal forms?
• How to prevent financial exploitation?

Where Should You Turn for Legal Issues?

• Local legal aid office - Prairie State Legal 815-727-5123
• Private attorneys that specialize in elder law or grandparent issues
• Senior Services of Will County for financial assistance towards legal fees - Contact Lori Sears at 815-740-4227

Zoom Link: https://zoom.us/j/97846929777

No Computer? Dial In:
(312) 626-6799 and enter the Meeting ID: 974-4692-9777

Hosted by Mona Elgindy from Prairie Legal

Please register by calling Lori at 815-740-4227 by November 11th, 2020
The talks listed below are VIRTUAL EVENTS. For all meetings go to zoom.us/j/3742177182 at the meeting start time.

**OCTOBER**

**Coffee with Barry**  
Presented by: Senior Services of Will County  
Thursday, October 1, 2020  9am

**Behaviors Related to Dementia**  
Presented by: Life Care Planning  
Monday, October 5, 2020  1pm

**Ten Warning Signs of Alzheimer’s**  
Presented by: Alzheimer’s Association  
Wednesday, October 7, 2020  1pm

**Traveling Route 66 with Virtual Music**  
Presented by: Joliet Area Community Hospice  
Friday, October 9, 2020  1pm

**Legacy Project for Your Grandchildren**  
Presented by: Joliet Area Community Hospice  
Friday, October 9, 2020  2:30pm

**Senior Nutrition with ProHealth Prevention**  
Presented by: Always Best Care  
Wednesday, October 21, 2020  1pm

**Aromatherapy - First 25 Participants Receive (1) FREE Inhaler**  
Presented by: Joliet Area Community Hospice  
Thursday, October 22, 2020  1pm

**Fraud Awareness: Be Alert of Financial Fraud**  
Presented by: Edward Jones  
Wednesday, October 28, 2020  1pm
Senior Services University November & December

The talks listed below are VIRTUAL EVENTS. For all meetings go to zoom.us/j/3742177182 at the meeting start time.

NOVEMBER

So That’s Where That Comes From? 
Presented by: Homewatch Caregivers 
Tuesday, November 3, 2020 1pm

Help for the Holidays 
Presented by: Joliet Area Community Hospice 
Wednesday, November 4, 2020 1pm

Coffee with Barry 
Presented by: Senior Services of Will County 
Thursday, November 5, 2020 9am

Holiday BLUES 
Presented by: Life Care Planning 
Monday, November 9, 2020 1pm

Dementia Conversations 
Presented by: Alzheimer’s Association 
Thursday, November 12, 2020 1pm

DECEMBER

Coffee with Barry 
Presented by: Senior Services of Will County 
Thursday, December 3, 2020 9am

Effective Communication Strategies 
Presented by: Alzheimer’s Association 
Thursday, December 3, 2020 1pm
Become a Volunteer

Physical and mental changes can make it difficult for seniors to drive. Because of these changes, many seniors are facing hardship when trying to get to their medical appointments and everyday shopping needs.

Ovation Transportation would like to close the gap in transportation needs for seniors in Will County. If you or anyone you know would like to become a Volunteer Driver for Senior Services of Will County, please visit our website: willcountyseniors.org and click on the “Volunteer Now” Button.

Volunteer Drivers must:
• Have 3+ Years of Driving Experience
• Have a Clean Driving Record/Background Check
• Have No Criminal History
• Be 21 Years of Age or Older

Call (815) 740-8495 to learn more about our Volunteer Driving Program and how you can help seniors in need across Will County!