Keeping Active
Check out our classes available in person and on Zoom!

Virtual Education Talks Available
Check out our full list of informative talks available on Zoom (Pages 29-31)

Feeling Anxious?
You are not alone (Page 17)

Caregiver Support
This program is available to help you with your needs (Page 28)

WillCountySeniors.org
815-723-9713
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: facebook.com/willcountyseniors
Follow us on Instagram: instagram.com/seniorserviceswillco
View our YouTube Page: YouTube/Senior Services of Will County IL

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

Supporting Agencies
AgeGuide
Illinois Department on Aging
United Way
United Way of Will County

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For weather cancellations, please listen to WJOL 1340 AM.

WINTER 2021 x WILLCOUNTYSENIORS.ORG x (815) 723-9713
My wife and I were at the grocery store and as we checked out the cashier commented, “Have a nice day.” With a smile, I said “Thanks,” and we exited the store. When we got to our car Julie commented on my lack of politeness. She reminded me that when the cashier gave us a greeting, I should have said something along the lines of, “You have a nice day as well.” It was a brief conversation, but the thought lingered with me that maybe Julie was on to something.

Maybe, especially now, we could take a look at how we are treating each other and make an intentional effort to applaud others. Applauding the lives of others requires three things:

**Being Aware**  This is where my story began. I was just checking out at the grocery store. My mind was wandering. I thought to myself, did I pick the best line, why is that kid still crying, and did I forget something? No wonder I am offering a feeble “Thanks,” and moving on. I was barely present.

**Being Focused**  We can be so consumed by the affairs of our own lives. It can become hard to focus on others because we are all running a little low in our tanks. We may feel unappreciated, overwhelmed, a bit stressed, or unloved. We don’t have enough in us to share with others. So we curl up and protect ourselves, saving what we do have.

**Being Genuine**  To be genuine in our sharing with others requires a certain tone of voice, unhurried listening, and good eye contact. These are things we do automatically when we are interested in what we do. To applaud others is to truly engage with them. Not in an uncomfortable manner, but with the gift of time and focus.

Next time you shop and approach the checkout counter, pause for a moment, and let them know you appreciate them.
## Join Senior Services of Will County

### Become a MEMBER to obtain additional benefits!
Annual Membership cost is $30 per individual or $40 per family.

<table>
<thead>
<tr>
<th>MEMBERSHIP FORM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last Name: ____________________________ First Name: ___________ Birth Date: __________________</td>
</tr>
<tr>
<td>Spouse Last Name: ______________________ First Name: ___________ Birth Date: __________________</td>
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<tr>
<td>Phone: __________________ Email: __________________</td>
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<tr>
<td>Address: __________________ City: __________________</td>
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<tr>
<td>State: __________________ Zip: __________________ Veteran (Please Circle One): Yes No</td>
</tr>
</tbody>
</table>

**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

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

#### Tuesday, January 12, 2021
**Location:** Big Apple Pancake House
106 N. Larkin Ave. • Joliet, IL • (815) 630-5738

#### Tuesday, February 9, 2021
**Location:** Hamburgereria
1015 Essington Rd. • Joliet, IL • (815) 729-3606

#### Tuesday, March 9, 2021
**Location:** McBride’s on 52
2727 W. Jefferson St. • Joliet, IL • (815) 714-2215
Welcome New Members!

JOLIET
Kathleen Damato

ROMEOVILLE
Jayne Armstrong

ELWOOD
Wayne Jupiter

Joan Murray

Pat Emrick

Jan Stampley

NEW LENOX
Charleen Yapp

Looking to join?
See our registration form on page 4.

New Members

Senior Solutions
Senior Living & Care Finders
Offering Reliable, Local, Unbiased, Personal & Free Information about Senior Living and Care.
815-407-7059
www.YourSeniorSolution.com

Solstice Senior Living
Affordable Independent Living
- Spacious Apartments
- Restaurant-Style Dining
- Vibrant Life Program
- Housekeeping & Utilities Included, and Much More!!
Call to schedule your tour today 815.744.4488
901 Essington Road, Joliet, IL 60435

Daley’s Ambulance
Phone (815) 734-3525
2313 Oakleaf at Unit B Joliet, IL 60436

Pat McGuire
State Senator
District 43

John Connor
State Representative
District 85

AgeGuide Northeastern Illinois
The Senior Medicare Patrol (SMP) Program empowers consumers to prevent healthcare fraud. We help people with Medicare & Medicaid to Prevent, Detect, and Report fraud, waste, and abuse. If you are interested in learning more about a particular type of fraud, coordinate or attend a presentation, or volunteer in our region contact Glenda Love at AgeGuide Northeastern IL at 630-293-5990 or glove@ageguide.org.

Will County Veterans Assistance Commission
Providing needed services to military veterans and their families.
815-740-8389
(fax) 815-740-4329
(email) vacwc@willcountyillinois.com

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Joliet Area Community Hospice can help.

Our hospice and palliative care programs provide relief from the symptoms, pain, and stress of a serious illness—for both the patient and family. We will come to you—in your home, nursing home or assisted living residence—so you can avoid going out to doctor’s offices or hospitals.

Call 815-740-4365 anytime, right or day to speak to one of our RNs who can help you determine if hospice or palliative care is right for you.

We’ll work with your doctors and insurance to coordinate your care. Hospice and palliative services are covered under Medicare, Medicaid, and private insurance.

We have established teams working locally in communities in Will, Grundy, Cook, Kendall, LaSalle, Livingston, DuPage and Kane counties.

She was diagnosed with a serious illness, I don’t know what to do.
Activities at Senior Services

Bingo

Wednesdays: January 6, February 3 & March 3
10 - 11am
Registration required 1 week prior to event.

Dominos

Wednesdays: January 13 & 20, February 10 & 17, March 10 & 17
Noon - 3pm
Registration required. Come enjoy an afternoon of Mexican Train Dominos and make new friends!

LCR Dice Game

Fridays: January 8, February 12 & March 12
Mondays: January 25, February 22 & March 22
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**

**Thursdays: January 7, February 4 & March 4**

11:30am - 2pm

Registration required 1 week prior to event.

Come out for a fun-filled afternoon of friends, exercise and laughter.

**Book Club**

**Tuesdays: January 5, February 2 & March 2**

Noon - 1pm

Available virtually on Zoom

Zoom Link: 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: zoom.us/j/3742177182

- **Friday: January 8**
  - 1:30 – 2:30pm
  - Salmon Wraps
  - Please Register by January 6, 2021

- **Friday: February 5**
  - 1:30 – 2:30pm
  - Turkey Wraps
  - Please Register by February 3, 2021

- **Friday: March 5**
  - 1:30 – 2:30pm
  - Greek Summer Salad
  - Please Register by March 3, 2021

Aaron is the fabulous Chef from Rock Run Place. He will be demonstrating different recipes which are nutritious and delicious!
**TRIAD Series**

**Mondays: January 25, February 22 & March 15**

9 – 10am

Led by Will County Sheriff and Joliet Police. Keeping seniors safe through education and empowerment.

**Phase 10**

**Mondays: January 11, February 8 & March 8**

Fridays: January 22, February 26 & March 26

9 – 10am

Noon - 3pm

Registration required.

**Game Day**

**Fridays: January 15, February 19 & March 19**

Noon – 3pm

Operation, Scrabble, UNO, Sorry!, Yahtzee or many other available card or board games. **Bring your game in to share.**

**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.

**Check out all of our activities now on Zoom!**
Activities at Senior Services

Woodworking

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!

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 - Supplies available or bring your own.

Rules of the Road Review Class

Thursday: January 21 10am – Noon
Register by Friday, January 15

Thursday: March 18 10am – Noon
Register by Friday, March 12

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

How are you doing? I, for one, have been missing so many of the normal things I used to do and never gave it a thought that I wouldn’t be able to continue to do so. To try to compensate somewhat, I tried the reading thing, the puzzle thing, cleaning out the hall closet, and the endless phone calls to family and friends. I decided I needed to move out of my comfort zone and try out some of the “new to me” technology.

I recently took a Zoom cooking class and I loved it! Surprised the heck out of me, I am not that tech-savvy. I was very hesitant about trying it and I didn’t think I would be able "to get it," but I found out how relatively easy it was, thanks to some very patient and helpful people along the way. I will be looking forward to the next class on a day when I have off.

Since then, I have also had a “Face Time” phone call from my Grandson, Nathaniel. All he had to do was call me. It caught me off guard when my phone made a weird noise. When I looked at the screen, there was my Grandson holding up my Great-Grandson, Patrick! All I had to do was answer the phone, and they were able to see me!! Since they live in another state and can’t visit-this was the next best thing. Bet you know what I have to say now. He’s so adorable, so cute, so smart, etc., etc., etc.!! Best of all, I got to see him starting to figure out how to walk!!

Have you tried some new things too? Take care, stay home, and stay safe. -Joyce
Close To You

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

Healthy Living for Your Brain and Body: Tips from the Latest Research
Thursday, January 21st
12 – 1pm
Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Please register in advance.

3PT Healthcare: An Innovative Approach to Healthcare
Thursday, February 18th
12 – 1pm
Understanding the importance of exercise, nutrition, and behavioral health for Seniors. Please register in advance.

“Ask The Doctor”
Thursday, March 18th
12 – 1pm
Dr. Jalaal Shah from OAK Orthopedics will discuss the physiology, symptoms, and treatment options for arthritis. Please register in advance.

Special Notice

AVAILABLE ON ZOOM

Zoom Link
zoom.us/j/3742177182
Classes Available Virtually!

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Thoughts from Sue’s Desk...

“Music is the Soundtrack of Our Lives” - Dick Clark

I have always found this statement made by the late Dick Clark to be one of the most simple and yet poignant descriptions of the memories that music creates for us. Music creates a time stamp in our minds, of good times and the not so great that leaves an indelible inscription in our memory. Indeed, studies show that patients with severe dementia are often moved from the depths of their disease by the memories that a familiar piece of music brings back to them.

In these months of January through March, our focus is on Health. Renewed healthy habits and new ones alike bring us a sense of control over our lives, which is much needed in these uncertain times that we are all experiencing. One of the best things that we can do for our overall health is to take care of our mental health. And, one way that we can do that is through music.

Consider this, what was the theme song to your high school prom? How about a memory of hanging out with friends? “Summer Songs” that remind us of driving in the car with the windows down. Christmas songs, and patriotic music…All of these musical pieces bring along a memory.

For me, memories of songs from the 70s take me back to grade school. Electric Light Orchestra (one of my favorite bands) brings me right back to going roller skating with friends. Eric Clapton was played at my wedding. I bet that you have memories just like I do of songs that bring you back to happy thoughts. What are some of the songs that you just love to hear? Perhaps on these gloomy winter days, consider playing some of your favorite music from times gone by. Take a moment to reflect on the memories that the songs bring back to you. Dance around your living room! Share a song with a friend, or tell the story of that memory to someone. Share the joy that is music!

-Sue Kainrath
Activities at Senior Services

**Weight Control Group**

**Thursdays:** 8 – 9:30am  
January 7, 14, 21 & 28  
February 4, 11, 18 & 25  
March 4, 11, 18 & 25

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

**Blood Pressure & Glucose**

**Fridays:** 9:30 – 11am  
January 8 & 22  
February 5 & 19  
March 5 & 19

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 Class**

AARP has canceled all Smart Driver classes until March 2021.  
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
Fairy Tale Adventure

Thursday, February 25th • 12 – 3pm
Doors open at 11:30am

Register by: Thursday, February 18th

Syl’s Chophouse
829 Moen Ave, Rockdale, IL 60436

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

Entertainment by: Good Clean Fun

Menu: Roasted Pork with Gravy, Au Gratin Potatoes, Cheese Tortellini, Riviera Blend Vegetables and Tossed Salad with Dressings

The Wengler Law Firm, PC

Trust and Estate Litigation • Decedent’s Estates
Guardianship for Minors and Disabled Adults
Estate Planning • Long Term Care Planning

181 N. Hammes Avenue | Joliet, IL 60435
Phone: 815•730•6968 | Fax: 815•730•6966 | www.wenglerlaw.com
Appointments are necessary, please call 815-723-9713.

It is that time of year again, and we are partnering with our friends at the AARP offices to provide tax preparation assistance to seniors in Will County.

Procedures will be different this year. We will start taking calls for appointments the last week of January.

Let us help!

Appointments are necessary, please call 815-723-9713.
Anxious? Learn More About Anxiety and How to Cope  
**Tuesday: January 26th 1 - 2pm**  
Feeling anxious? You’re not alone. Anxiety, what is it?  
What are the types and what is the treatment?

---

Opioid Addiction with Dr. Abhin Singla, MD  
**Tuesday: February 23rd 1 - 2pm**  
Do you or a loved one struggle with addiction to opiates? Learn more about how you can kick the habit with Dr. Abhin Singla, MD. Dr. Singla has over 26 years of experience in the medical field and a vast knowledge of opioid addiction.

---

Essential Oils 101: Massage and Aroma Therapist Laura Donley  
**Tuesday: March 23rd 1 - 2pm**  
Complementary therapies and alternative medicine have become more and more popular over the past few decades. The use of Essential Oils or Aromatherapy are a part of that. Essential Oils are extracted from plants and have been used for thousands of years for health practices, religious ceremonies, cultural rituals, food, and perfumes. Frankincense was even once used as currency. Come learn about how these oils can help you and the special people in your life, you’ll be glad you did!
Activities & Fitness Classes

To register for any class, call 815-723-9713
Virtual classes available at zoom.us/j/3742177182

Location: At The Center, 251 N. Center Street, Joliet, IL unless otherwise noted.
Please Note: Posted prices are member/non-member fees. Dates are subject to change.

Country Line Dancing
Mondays: February 1 – March 29
and April 5 – May 24
10 - 11:30am
Fridays: February 5 – March 26
and April 2 – May 28
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: February 3 – March 24
and March 31 – May 19
9 - 10am
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.

Country Line Dancing
Beginners Class
Wednesdays: February 3 – March 24
and March 31 – May 19
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.

Stretch & Tone
Tuesdays & Fridays:
February 2 – April 9 and
April 13 – June 18
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.

Stretch & Tone
Tuesdays: February 2 – April 6
and April 13 – June 15
8:30 - 9:30am
Fridays: February 5 – April 9
and April 16 – June 18
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.

Hands and Feet
Chair Class
Thursdays: 8:30-9:30am
Your feet are your foundation. The foundation of balance, mobility, and independence. Your hands can stiffen and be painful, your grip not as strong. This is a seated class where you will focus on both hands and feet. You will work on range of motion, stretching, and building strength from ankles to toes and forearms to fingers.
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.

Active Yoga Class

Tuesdays:
February 2 – March 23
and March 30 – May 18
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: At The Center, 251 N. Center Street, Joliet, IL unless otherwise noted.
Please Note: Posted prices are member/non-member fees. Dates are subject to change.

Location: At The Center, 251 N. Center Street, Joliet, IL
Tuesdays: February 2 – April 20 and May 11 – July 27
Beginners: 10 - 11am
Intermediate: 11:15am - 12:15pm

Location: Elwood Village Hall, 401 E. Mississippi Ave.
Mondays: February 1 – April 19 and May 10 – July 26
10 - 11am

Location: New Lenox Senior Housing, 1090 Cedar Rd.
Tuesdays: February 2 – April 20 and May 11 – July 27
Beginners: 2:30 - 3:30pm
Advanced: 1:30 - 2:30pm

Zoom Link
zoom.us/j/3742177182
Classes Available Virtually!
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

APPOINTMENTS REQUIRED

PLEASE CALL
815-723-9713

TITLE TWENTY (XX) BUS PASS - ELDERLY PARATRANSIT SERVICE

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.
“I was at a very low point in my life, this program saved my life.” - Participant

Do you provide care for a loved one with a chronic illness? YOU ARE NOT ALONE.

We know caregiving can be stressful, this program will teach:
Stress Management Techniques • Relaxation and Coping Strategies

Program for Family Caregivers
90 minutes/week for 9 weeks • Groups of up to 8 people

**Who:** Family caregivers of a loved one with a chronic illness.

**What:** Multi-component program meets online from the comfort of your own home.

**Date:** Wednesdays: January 20th - March 24th • **Time:** 10-11:30am

**Where:** Zoom!

Join us virtually on Zoom
Use the link to join:
zoom.us/j/97846929777

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

Please call Lori Sears at 815-723-9713 Ext. 4227 for more information or to register.
www.caregiverstressbusters.org
March Luncheon Series

Sock Hop

Thursday, March 25th • 12 – 3pm
Doors open at 11:30am

Register by:
Thursday, March 18th

Entertainment by:
DJ Thom

Syl’s Chophouse
829 Moen Ave, Rockdale, IL 60436

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

Menu
Baked Chicken, Cheesy Potatoes, Pasta Shells Alfredo, Corn
and Tossed Salad with Dressings

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

Joshua Arms of LSSI Senior Residence &
The Oaks Supportive Living
• 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

LSSI.org/JoshuaArms/
1315 Rowell Ave., Joliet, IL 60433 • 815.727.6401 • 847.390.1460 (TTY)

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

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

www.timbersofshorewood.com
1100 North River Road • Shorewood, IL 60404

Discover the credit union difference
866.I.OWN.ACUCredit Union
www.abricu.com

Berkot’s Super Foods
500 Summit Plaza, Lockport, IL 60441
(815) 838-8899
berkotfoods.com

The Support They Need to Thrive
Lutheran Social Services of Illinois

INDEPENDENT AND ASSISTED RENTAL RETIREMENT COMMUNITY

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Lutheran Social Services of Illinois

INDEPENDENT AND ASSISTED RENTAL RETIREMENT COMMUNITY

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You won’t believe all the wonderful things waiting for you at the Timbers.
As the season changes and cold weather approaches, there are several things to do to prepare your home. Cold weather affects many areas of a home, and taking a few precautions can save you from having any serious problems.

The change from air conditioning to heat means it’s time to service your heating, ventilation, and air conditioning system. Inside your home, there are a few simple steps to make sure of the proper operation of your furnace. Furnace filters should be replaced with new ones. Dirty filters decrease airflow reducing energy efficiency. They also make the fan motor work harder and can cause it to overheat and burn out. Heat vents should be clear of obstructions and any furniture that could restrict the airflow. Cold air returns should also be free of any coverings or blockage.

Make sure your house is sealed adequately. Proper caulking and weather stripping around windows and doors can reduce cold air from entering, causing higher heat bills. Closing chimney flues in fireplaces also stops cold air from coming in. Storm windows should be closed or put on for the season to increase insulation. Plastic on the inside of windows can also increase the insulation value and stop drafts. Portable heaters can help; just make sure your smoke detectors and carbon monoxide detectors are working, and the batteries are new. Kerosene heaters and oil burners should be close to a fire extinguisher.

Outside, your home needs some preventative maintenance too. Hoses need to be detached, drained, and stored properly. Shut off exterior faucets at the shutoff valve inside the house if you have one. Once off, open the exterior valve slightly to drain any remaining water in the pipe. Locate the main water shut off valve for your house and make sure it is not corroded. If a pipe does burst, you will need to shut off the water.

Check all exterior lights for proper operation. It gets darker earlier this time of year, and we are more likely to be out with less sunlight and visibility, so change bulbs and broken fixtures to safely illuminate walkways and driveways.

Store or protect your summer furniture. Either covered with a tarp or in the garage or shed, your furniture will last much longer if it’s out of the elements. Air conditioners should be stored. Central air units should be covered, and window units should be removed and stored.

However, these tasks take time and energy that not everyone has. Let Senior Services of Will County help. We provide vetted trained professionals employed by the agency to area seniors at below-market cost. Some seniors even qualify for financial assistance. If you are interested in our programs, please call 815-723-9713 Ext. 4204.
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.

Senior Residence | Joshua Arms | The Park Tower | JFK Building | Victory Centre & Senior Suites | The Park Tower
--- | --- | --- | --- | --- | ---
Day of Week | Monday | Monday | Monday | Tuesday | Tuesday
Pick Up | 9am | 10am | 9:30am | 10:30am 11:15am | 10:00am
Drop-Off Walmart | 9:30am | 10:15am | 9:40am | 10:45am 11:30am | 10:15am
Pick-Up Walmart | 11am | 12pm | 11am | 12:30pm 1:15pm | 11:30am
Drop-Off Residence | 11:30am | 12:15pm | 11:10am | 12:45pm 1:30pm | 11:45am

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

5 Star Quality of Patient Care
# January 2021 Events

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<thead>
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<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
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<td><strong>Purple = Monthly Activities</strong></td>
<td><strong>Red = Off Site Activities</strong></td>
<td><strong>Green = Special Activities</strong></td>
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<td>12-1 Book Club</td>
<td>1-3 Tai Chi (NL-Advanced)</td>
<td>1-3 Wii Bowling</td>
<td>12-3 LCR Dice Game</td>
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<td>2-3 P.A.C.E.</td>
<td>1-3 Crochet/Knitting</td>
<td>2:30-3:30 Tai Chi (NL-Advanced)</td>
<td>1-3 Woodworking</td>
<td>1:30-2:30 Cooking with Aaron</td>
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| **11** | **12** | **13** | **14** | **15** |
| **4** | **5** | **6** | **7** | **8** |
| 9-11 Woodworking | 8:30-9:30 Stretch & Tone | 9-10 Begin Line Dancing | 8:30-9:30 Weight Control | 8:11 Painting Group |
| 10-11 Tai Chi (Elwood) | 10-11 Tai Chi (Beginners) | 10-11 Bingo | 8:30-9:30 Hands & Feet Exercise | 8:30-9:30 Stretch & Tone |
| 11:30 Nutrition Lunch | 12-1 Book Club | 12-3 Tai Chi (Intermediate) | 1-3 Wii Bowling | 12-3 Game Day |
| 12-3 Phase 10 | 1-3 Crochet/Knitting | 1-3 Tai Chi (Intermediate) | 1-3 Tai Chi (NL-Advanced) | 2-3 P.A.C.E. |
| 2-3 P.A.C.E. | 1-3 Crochet/Knitting | 2:30-3:30 Tai Chi (NL-Advanced) | 2:30-3:30 Tai Chi (NFL-Beginners) | **2** |

| **4** | **5** | **6** | **7** | **8** |
| **18** | **19** | **20** | **21** | **22** |
| CLOSED | **8:30-9:30 Stretch & Tone** | 9-10 Begin Line Dancing | 8:30-9:30 Weight Control | 8:11 Painting Group |
| MARTIN LUTHER KING JR. DAY | 10-11 Tai Chi (Beginners) | 10-15-11:15 Begin+ Line Dance | 8:30-9:30 Hands & Feet Exercise | 8:30-9:30 Stretch & Tone |
| | 10-11 Active Yoga | 11:15-12:15 Moments with Mary | 9-11 Crochet/Knitting | 9:30-11 BP & Glucose Screening |
| | 11:15-12:15 Tai Chi (Intermediate) | 12-3 Tai Chi (Intermediate) | 10-12 Rules of the Road | 10-11:30 Line Dancing |
| | 12-1 Diner’s Club | 1-3 Tai Chi (Intermediate) | 12-1 Hot Topics | 12-3 Phase 10 |
| | 1-3 Crochet/Knitting | 1-3 Tai Chi (Intermediate) | 1-3 Tai Chi (NL-Advanced) | 2-3 P.A.C.E. |
| | 1:30-2:30 Tai Chi (NL-Advanced) | 2:30-3:30 Tai Chi (NL-Advanced) | 1:30-2:30 Tai Chi (Intermediate) | **3** |

| **25** | **26** | **27** | **28** | **29** |
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| 9:10 TRIAD | 8:30-9:30 Stretch & Tone | 9-10 Begin Line Dancing | 8:30-9:30 Weight Control | 8:11 Painting Group |
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| 10-11 Tai Chi (Elwood) | 10-11 Active Yoga | 11:15-12:15 Moments with Mary | 9-11 Crochet/Knitting | 9:30-11 BP & Glucose Screening |
| 11:30 Nutrition Lunch | 1-2 I Didn’t Know That | 1-3 Tai Chi (Intermediate) | 1-3 Tai Chi (NL-Advanced) | 2-3 P.A.C.E. |
| 12-3 LCR Dice Game | 1-3 Crochet/Knitting | 1:30-2:30 Tai Chi (Intermediate) | 2:30-3:30 Tai Chi (Intermediate) | **4** |
| 2-3 P.A.C.E. | 1-3 Crochet/Knitting | 2:30-3:30 Tai Chi (Intermediate) | 2:30-3:30 Tai Chi (Intermediate) | **5** | **9** | **25** | **26** | **27** | **28** | **29** |
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| 12-3 LCR Dice Game | 1-3 Crochet/Knitting | 1:30-2:30 Tai Chi (Intermediate) | 2:30-3:30 Tai Chi (Intermediate) | **6** |

**Zoom Link:**
zoom.us/j/3742177182

No computer?
Dial 312-626-6799
Enter Meeting ID: 374-217-7182

To register, call 815-723-9713
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Are you a caregiver to an older adult or someone with Dementia?

Are you a grandparent or relative raising children?

THE Caregiver Support Program is here to help you with your needs!

- **Respite Services**
  Designed to provide relief from caregiving duties

- **Counseling Services**
  To support, advise and counsel caregivers during difficult times

- **GAP-Filling Services**
  Designed to assist with goods or services not covered by other means

- **Educational Seminars**
  To educate and provide information on topics of interest to caregivers

- **Resources**
  Links to other services and programs

For more information, call Lori Sears, Caregiver Support Specialist

815-723-9713 Ext. 4227

WINTER 2021  WILLCOUNTYSENIORS.ORG  (815) 723-9713
The talks listed are **VIRTUAL EVENTS**. For all meetings go to zoom.us/j/3742177182 at the meeting start time.

**JANUARY**

**The Who, What and Why of Wills**  
Presented by: Sterks Law Group  
Monday, January 11, 2021 • 1pm

**Low Vision**  
Presented by: LHC-IL Home Healthcare  
Tuesday, January 12, 2021 • 1pm

**The Civil War: Little Known Facts, Trivia and Oddities**  
Presented by: Homewatch Caregivers  
Wednesday, January 13, 2021 • 1pm

**Scooter Lifts**  
Presented by: 101 Mobility  
Thursday, January 14, 2021 • 1pm

**Importance of Being Prepared (Before illness/accidents occur)**  
Presented by: Joliet Area Community Hospice  
Friday, January 15, 2021 • 1pm

**Allowing Yourself Fun**  
Presented by: White Oaks Library  
Tuesday, January 19, 2021 • 1pm

Cont. on next page
Virtual Education Talks

The talks listed are VIRTUAL EVENTS. For all meetings go to zoom.us/j/374177182 at the meeting start time.

JANUARY (CONT.)

Voting Opportunities
Presented by: Will County Clerk Office
Lauren Staley Ferry
Friday, January 22, 2021 • 1pm

Memory and Aging:
What’s Normal and What’s Not
Presented by: Revere Court of Bolingbrook
Monday, January 25, 2021 • 1pm

FEBRUARY

Sexuality in Later Life with Anna Walters
Presented by: Compassionate Care Hospice
Tuesday, February 2, 2021 • 1pm

Coping During Uncertain Times
Presented by: Joliet Area Community Hospice
Wednesday, February 3, 2021 • 1pm

Myth vs. Reality, Facts vs. Fiction and Historical Coincidences
Presented by: HomeWatch Caregivers
Thursday, February 4, 2021 • 1pm

“Ask the Doctor” Segment
Hypertension with Dr. Niraj Shah
Presented by: Oak Street Health
Friday, February 5, 2021 • 1pm

Cutting the Cable Cord
Presented by: White Oaks Library
Monday, February 8, 2021 • 1pm

Hearing Loss
Presented by: Connect Hearing
Tuesday, February 9, 2021 • 1pm

“Help, My Loved One has Just Died, What Do I Do Now?”
Presented by: Joliet Area Community Hospice
Thursday, February 11, 2021 • 1pm

It’s Not Like My Grandmother’s Hearing Aids
Presented by: Finer Hearing, LLC
Friday, February 12, 2021 • 1pm

Let’s Get Real...
Presented by: Stephen Sutera Law Offices
Tuesday, February 16, 2021 • 1pm

Crafting Your Legacy for your Grandchildren
Presented by: Joliet Area Community Hospice
Wednesday, February 17, 2021 • 1pm

Brain Boot Camp
Presented by: Humana
Wednesday, February 24, 2021 • 1pm

Understanding Services Offered for Home Health Care, Hospice & Palliative Care
Presented by: Centered Care Hospice & Palliative Care, LLC
Friday, February 26, 2021 • 1pm

Let us make your move to a new home easier!
We can help you pack, move, and resettle your belongings, then clean out, repair and sell your home. Our unique, one-stop-shop model takes the stress out of senior relocation.

Lisa Stover | 630-336-1820 | Lisa@PrestoRealEstate.com | www.PrestoRealEstate.com
MARCH

Aging Happily
Presented by: Humana
Wednesday, March 3, 2021 • 1pm

Virtual Trip Down Historic Route 66—2nd Edition
Presented by: Joliet Area Community Hospice
Friday, March 5, 2021 • 1pm

How to Boost Your Immune System Naturally
Presented by: Chiro One Wellness Centers
Monday, March 8, 2021 • 1pm

Learn about Stair Lifts
Presented by: 101 Mobility
Tuesday, March 9, 2021 • 1pm

Exploring Ancestry - Library Edition
Presented by: White Oaks Library
Wednesday, March 10, 2021 • 1pm

Understanding and Responding to Dementia Related Behavior
Presented by: Alzheimer’s Association
Thursday, March 11, 2021 • 1pm

“Ask The Doctor” Segment
Varicose Veins - Why Pursue Treatment?
Doctor Umesh Sharma, MD Vascular Surgeon
Presented by: Eterna Medspa and Laser Vein Center
Monday, March 15, 2021 • 1pm

Alzheimer’s Research Update
Presented by: Rush Alzheimer’s Disease Center
Tuesday, March 16, 2021 • 1pm

Tinnitus: What is It and Why do I have to Hear it?
Presented by: Finer Hearing, LLC
Friday, March 19, 2021 • 1pm

The Beatles: The Stories Behind the World’s Biggest Band
Presented by: Homewatch Caregivers
Thursday, March 25, 2021 • 1pm

Start the New Year Off Right and Discover What’s Yours
Presented by: Illinois Treasurer
Friday, March 26, 2021 • 1pm

Need Help?
Please call 815-723-9713 if you need help. We will assist with Zoom, Facebook or other social media questions over the phone or schedule an appointment to help you.
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) 723-9713 Ext. 8495 to learn more about our Volunteer Driving Program and how you can help seniors in need across Will County!