



# RIVERWALK REVIEW

Spring  
2022

Riverwalk Adult Day Services is committed to social justice and equity.

## Message from the Executive Director

Even though it is wonderful to see all the flowers in bloom, it seems that in Illinois we don't get much of a spring anymore. I feel that the diagnosis of Dementia can be seen as skipping over a season in our life. A person may go from childhood to adult and just as they are about to enjoy retirement, they jump to a person with dementia and to needing additional care. Even though our loved one may need additional help in some areas, we need to remember to identify and cherish the things they are still able to do. We need to recognize their "spring." Letting our loved one do the tasks they are still able to do, like folding clothes, setting the table, or helping fix dinner, gives them purpose in their day and gives the caregiver some time to relax knowing that they don't have to take on all the daily tasks. Even later in the diagnosis, people with dementia want to have a purpose so give them a job of sorting things by color, size, or object.

Sincerely

Jennifer Brasfield MSW, MA

Executive Director



## Board Members



**Board Members** enjoyed a lovely dinner at Mason Sabika in appreciation for their work on behalf of Riverwalk. We are currently seeking new members, especially those with a marketing or financial background. If you are interested or have questions, contact Marian Stricker at [rstricker@comcast.net](mailto:rstricker@comcast.net)

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## Community Resources



Riverwalk Executive Director Jennifer Brasfield MSW presented a lecture on dementia at the Islamic Center of Naperville. Jennifer educates people about dementia and how to support a person living with dementia and their caregiver. If you are interested in having this informative lecture presented at your place of worship or business, contact Jennifer at [riverwalkadultcare@att.net](mailto:riverwalkadultcare@att.net).



**Islamic Center of Naperville**  
Family Support Services



### WHAT IS THIS THING WE CALL DEMENTIA AND HOW DO WE CARE FOR SOMEONE WITH DEMENTIA?

- Over 6 million Americans are living with some form of Dementia
- Nearly 70% of people with Dementia choose to live at home
- 15 million people are caregivers for someone with Dementia
- 3.3% of US population is expected to have some form of Dementia by 2060

Learn about Dementia and how to support a person with dementia or help their caregiver:

Join Jennifer Brasfield, MSW and Executive Director of Riverwalk Adult Day Services, on  
**May 16, 2022, 11:00 AM - 12:00 PM, at Islamic Center of Naperville, 25W530 75th Street, Naperville, IL 60565**



## Community Resources



**Our current session of Stress Busters Caregivers group started on April 6<sup>th</sup>.** We will be starting another session in August, please look at website for dates and times. The Stress Busters Caregiver Program is a 9-week online or in person class that is proven to reduce stress, anxiety and anger and improve caregiver quality of life. The class is taught by Jennifer Brasfield, MSW, Riverwalk's Executive Director and Lauran Cianelle, MSW, A/Z Health and Elder Law. Watch Riverwalk's Facebook page for class times and registration.



### Dementia Friendly Training

The Riverwalk Adult Day Services continues to work with the Dementia Friendly Naperville Task Force to improve our community for people with dementia and their families. Jennifer Brasfield, ED of Riverwalk conducted 2 Dementia Friendly Community Trainings through the Naperville-Lisle Triad. If your organization would like to be trained to become dementia friendly, please contact Jennifer Brasfield at [jen.b.riverwalkads@att.net](mailto:jen.b.riverwalkads@att.net) for more information or to schedule a 45-minute virtual training class.



### Summer is Coming—Know Your Local Cooling Centers

**Dupage CRIS** Community Resource Information System contains a complete list of local cooling centers, sorted by zip code. Centers in Naperville include Naperville City Hall (400 South Eagle Street) and all three branches of the library: 95th Street Library (3015 Cedar Glade Drive), Nichols Library (200 W Jefferson Street), and Naper Boulevard Library (2035 S Naper). Lisle included Lisle Township (4711 Indiana Avenue).

**News from the State:** Although the State has continued to move towards less restrictive measures for COVID, we continue to mask at the center. As of March 30<sup>th</sup>, we no longer need to take temperatures when you enter the center, but we do ask that you do not attend the center if you have any symptoms associated with COVID. This is to ensure the safety of all. The good news is that the Riverwalk will be allowed to increase our volunteers and entertainers that have been waiting to return to the center. Riverwalk Adult Day will continue to review and update our safety guidelines as the State directs to safeguard our participants, families, and staff as much as possible.

## Riverwalk Staff

During the Caregivers and Nurses months, we would like to thank all our staff for their continued dedication to the Riverwalk and our participants. We would not be able to continue our work without the wonderful staff and volunteers that we have.

### Service Anniversary:

Diane B - 3 yrs.	Kay L - 20 yrs.
Jenn B - 3 yrs.	Dorothy - 15 yrs.
Jenn T- 23 yrs.	Hope - 20 yrs.

## Opportunities

### Activity Assistant needed:



Riverwalk Adult Day Services is looking for Energetic, Positive, Self – Directed, Caring adults for part-time positions as Activity Assistants. An Activity Assistant will run the daily activities with the adult participants who are 18 and older who are navigating conditions or diseases that decrease their cognitive level. The assistants will help in meal preparation, activity set up, and help participants safely play or do the activity. If interested, please contact Jennifer Brasfield at Riverwalk Adult Day Services at (630) 357-8166 or [Riverwalkadultcare@att.net](mailto:Riverwalkadultcare@att.net).

**Volunteers Welcome:** If you are interested in volunteering, we are always looking for great people to share their talents, hobbies, and time. For more information, please call Hope Schamberger at 630-357-8166.





### Packaging with a Purpose

We would like to thank everyone that participated in our first Packaging with a Purpose Program. This year, Riverwalk has designed programs that not only occupy our participants, but also give them a purpose at the center. We started with our gift-wrapping service around the holidays. Our participants had a great time wrapping presents and decorating with bows.

### Plant Nursery

To continue with our programming with a purpose, Riverwalk Adult Day participants created a plant nursery to grow plants for the center and for their families. The process lasted over several months, while our participants had a great time making pots out of newspaper, decorating plant tags, filling the pots with dirt, and planting the seeds. From there the participants watered the plants and made sure the grow lights were on. In the end, we had enough plants to give to each family and have some plants for our planters out front. Come see what your participants grew.



## Riverwalk Donors and Sponsors and Grantors

### Trivia Night

In March we held our 3<sup>rd</sup> annual Virtual Trivia Night. We came together as teams and had a great night answering general trivia questions.

Congratulations to the Presto Real Estate team on their 1<sup>st</sup> place finish.

Thank you to our sponsors: Alarmist Brewing, EventCombo, Cooper's Hawk, Naperville Park District, and BrightStar Care.

### Special Thanks to Our Sponsors:



# Thank You

A heartfelt thanks to our donors, sponsors, and grantors. Your support helps us continue to bring needed services to our community.



*St. Margaret Mary Parish*





## Fun at Riverwalk



Bingo, Art, Crochet,  
Dancing, Pet Visits  
and Bean Bag Toss  
- just a few of the  
activities enjoyed  
by our participants  
this spring.





**April** - Stress awareness month was established in 1992 to help people understand the effects of stress and ways to cope with stress. Everyone has stress, it is a normal part of life, however, too much stress can lead to health problems. It is important to learn ways to manage your stress, so you don't become overwhelmed. For some stress management tools click on the link. [25 Quick Ways to Reduce Stress | Colorado Law | University of Colorado Boulder](#)

**May** - May is a great time to get out and moving. On the last Wednesday of the Month is the day to celebrate senior health and exercise. On this day 100,000's of seniors seek out different activities that get them moving. Exercise and movement helps reduce the risk of falls, helps strengthen joints and muscles, helps control blood pressure, and reduce anxiety levels. Another benefit of exercise can be socialization when you join a club or group to exercise. The Naperville Park District and YMCA have great programs for seniors.

[www.NapervilleParks.org](http://www.NapervilleParks.org)

<https://www.ymcachicago.org/fry>



**June** - June is Alzheimer's and Brain Awareness Month. Alzheimer's is one of the over 100 types of Dementia. Although dementia symptoms have been written about for as far back as



Roman times, Alzheimer's was first diagnosed in the 1950's. Even though there is still no cure for any form of dementia, the medical community has come a long way with developing medications to help with the symptoms associated with the disease. In 1983, President Regan declared June as Alzheimer's awareness month. The Alzheimer's Association has many activities planned to help bring awareness to the disorder and how to support caregivers. Please check out <https://www.alz.org> for more information.

**July** - Francis Pesek of Detroit didn't realize that his actions of cheering up lonely seniors would turn into a national movement. It is not officially known when this movement started but Francis had the idea that people suffering from loneliness could be cheered up by a simple phone call or kind act. Since COVID, Social Isolation has become a larger epidemic but one that can be easily overcome. If you know of someone that is lonely, reach out with a phone call, offer to come play a game with them, watch a movie, or take them shopping. You will both feel the benefits from the connection.

