

Message from the Executive Director

As Riverwalk anticipates its 40th year of 'Sharing in the Caring' in 2023, it is with gratitude that I share that Riverwalk Adult Day Services is back to pre-pandemic participant levels. It would not be possible without the generosity of our donors.

With the help of the Naperville Park District and Ageguide, Riverwalk has been able to implement evidence-based programming, such as NeuroFlex and Bingo-size to further enhance the quality of lives of our dear participants. As one caregiver states, my mother comes home steadier and more confident in her balance and able to interact more fully with the family.

Participant centered projects such as the Riverwalk plant sale fundraiser, which was a total disaster financially, sparked joy in each person as they created the seed pots, filled with dirt, planted the seeds, and watered and watched them grow and then wilt (alas the financial disaster).

Riverwalk is serving more veterans and income limited households than ever before, and there is one area where Riverwalk needs your help: transportation costs! For each public pay participant Riverwalk loses money on private transportation. Several private pay participants are limited in the number of attending days because the cost of transportation is over 30% of a full day of adult day services. Each gift of \$30 provides transportation for one day for one client! Help us, help our clients!

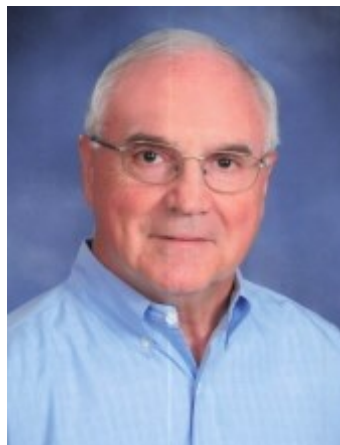
This past year Riverwalk has actively reached out to provide educational lectures and training to the community. Look for our '12 Days of Caring on Facebook' beginning on 11 December!

Enjoy our picture collage as Riverwalk looks in the rear-view mirror and celebrates 2022!

Jennifer Brasfield, MSW, MA, DCS
Executive Director



Saying Goodbye to a Mentor and Friend



In June 2017 John Panarese stormed the doors of the then Ecumenical Day Center of Naperville (now Riverwalk Adult Day Services) with his SCORE expertise (Service Corps of Retired Executives) and mentored the Board and staff through the center's transformation.

The sudden passing of John on 10 November highlights the fragility of life but doesn't dim the impact of one person on an organization! John exemplified Carpe Diem!



12 Days of Caring - 2022

Being a caregiver can be stressful and with the holiday's we tend to overstress ourselves. To help relieve some stress, please join the Riverwalk Adult Day Center

on Facebook starting on December 11, 2022, and the next 12 days as we post ideas on how to reduce your stress. It does not have to take long and some stress reducers you can do while your multi-tasking. Remember, taking care of yourself is the best gift you can give yourself and your loved ones. **Share the post with other caregivers to help them care for themselves through the New Year.**



**Help us transport
our participants.**

Looking Back at 2022 - Fun at the Center

Therapy Pets - Can you tell which is real and which is mechanical?



Physical Fitness

Old School and New:
Dance, Bingo-cize and NeuroFlex



Artists at Work



Looking Back at 2022 - Community Lectures

Community Lectures

Women's Group at Islamic Center of Naperville



The Return of the Riverwalk Lecture Series



Mary Helen Engstrom Presents:

A Neurological Perspective on
Music, Memory and the Brain

Looking Back at 2022 - Fundraising

Spring Plant Sale

As a fundraiser - a total bust. But as an ongoing activity - a total blast! We made paper pots and decorated plant markers, planted seeds and (unsuccessfully) cared for plants.



Trivia Night - Zoom Edition



1st Annual Garage Sale

Re-homed some usable items and raised some funds. A fun weekend!





Halloween Hijinks

Costume Party and
Pumpkin Races



Fun With Music



Autumn Scavenger Hunt At Joseph Naper Homestead Park



Looking Back at 2022 - Community Volunteerism



Rib Fest



Naperville
Parade of Lights



Naperville
Last Fling



Thank You

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



Naperville Park District™

BrightStar Care®

HOME CARE | MEDICAL STAFFING
A Higher Standard



Allstate®



**AURORA
TOWNSHIP**
KANE COUNTY, ILLINOIS
★ ★ ★ SINCE 1849 ★ ★ ★



DuPage
Unitarian Universalist
Church

CATERPILLAR®

