

## Message from the Executive Director

As fall turns into winter, we often start to think about spending time with loved ones during the holidays. However, when you are a caregiver, it can be an especially difficult time to manage the stress of the holiday and the stress of being a caregiver. It is very important to remember to take care of yourself during these highly stressful times.

Here are a few tips to help you through the season. First, resist the urge to do it all on your own; don't be afraid to ask friends and family to help. Most truly want to help but don't know what you need. Have a list of chores ready for when friends and family ask. Second, most grocery stores now have pick up or delivery services. There may be a small fee for the service but most people find that they still pay less for their groceries since they save on the impulse buys we all make in the store. Lastly, having a house cleaning service, even once a month, can alleviate stress.

Just remember you have to care for yourself so that you can care for your loved one. Have a wonderful holiday season.

Sincerely,  
Jennifer Brasfield  
Executive Director

## Partnership with Waubensee Community College Nursing School

Riverwalk has added a new educational partnership. We are pleased to announce that Waubensee Community College has joined in partnership with us. Waubensee is the third college, in addition to Aurora School of Nursing and Midwestern School of Occupational Therapy, to join us in educational partnership. We will have three different levels of nursing students from Waubensee. First year students will be focusing on different types of community populations. Our second and third year students will work more hands-on with our nursing staff while learning the senior population. We are excited to be working with all of our community partnerships.



Waubensee student nurses lead Riverwalk clients in a fall-themed art therapy project.

## Riverwalk Scholarship Program

As a non for profit, Riverwalk Adult Day Service not only has a mission to provide stimulating and caring day services for adults who cannot be left home alone, but to provide those services to our adults who may not be able to otherwise afford these services. Riverwalk is establishing a Scholarship Fund to provide services for low income adults as they navigate through the Medicaid and State of Illinois Community Cares Program application process. Please visit our website at <http://www.RiverwalkAdultDayServices.com> to see how you can help!



## Art Scholarship



Winter scene painted by Riverwalk participants, in collaborative effort, under the direction of Nancy D'Agostino.

**Art Scholarship:** Thanks to the scholarship from the Arts, Health and Education Fund of the DuPage Foundation, the Riverwalk participants completed two painting under the direction of Nancy D'Agostino. For some participants Nancy employed the pointillism technique of painting in which small dots of color are applied to form an image so everyone could contribute! Art Fridays are now a favorite program addition.

## Strategic Planning

Led by George Safford and John Panarese from SCORE (Service Corps of Retired Executive), the Riverwalk Adult Day Services Board held their 2<sup>nd</sup> Strategic Planning Session on 10 September. With George's 20+ years of Non-Profit Strategic Planning experience and John's non-profit marketing background, the session was productive in defining stretch goals with a solid vision for the future. SCORE is a tremendous marketing resource.



## Riverwalk People



Patti Bowlin, R.N.  
Nurse



Doris Hedl  
Activity Assistant



Maureen Wood (Board  
Advisor – Brightstar Care



Jason Doran  
Board Legal Advisor

We extend a warm welcome to Patti Bowlin, who joined Riverwalk at the beginning of Oct as a nurse. She will be working two days a week. Patti has great experience in the home health and hospital settings. We are happy that she has joined our Riverwalk family.

Riverwalk sends wishes for a speedy recovery to Doris Hedl as she recovers from a recent illness. Get well soon, Doris. We miss your smile!

We would like to honor and thank Jason Doran, board legal advisor and Maureen Wood, board advisor from Brightstar Care, for their time and dedication to the Riverwalk Adult Day Services. Their wealth of knowledge is greatly appreciated.





Our Fall Lecture Series was well attended and provide invaluable information on a variety of subjects of interest to caregivers, as well as a fun historical topic. If you were unable to attend, here are some of the key points that were addressed.



**The Secrets they Keep**  
by Martha Kern, Lifecare Innovations

What your loved ones might not share with you:

- Memory loss
- Falls
- Declining health, pain or discomfort
- Driving mishaps
- Financial abuse, gambling or running out of money
- Alcohol or drug use or abuse

Facing the elephant in the room:

- Be respectful and acknowledge that they are adults and can make decisions
- Be an ally - reassure them that you want to help them solve the problem
- Speak in abstracts - "I imagine..." or see if they will make changes to help you feel better about situation
- Ask other trained professionals to help assist in the conversations



**The Fear of Falling**  
by Martha Kern, Lifecare Innovations

Physical risk factors

- Lower body weakness
- Foot pain/neuropathy or inappropriate footwear
- Balance or gait issues
- Vision impairments

Environmental risk factors

- Poor lighting in area
- Uneven or slippery surfaces
- Obstructions around

Prevent Falls

- See an eye doctor
- Talk to doctor or pharmacist about medications and possible side effects
- Wear correct footwear
- Clear away clutter and make sure rugs are taped down
- Add lighting but make sure cords don't cross walkways

**Civil War Trivia, Fun Facts & Oddities**



By Paul Beach, Home-watch Caregivers

Soldiers wrote their names on paper and attached it to their clothes to help identify the soldiers. It was the first use of Dog Tags.

The youngest known soldier was an 8 year old that served for the Union army as a drummer boy.



A huge thank you to Alan and LeeAnn Hoffman from Oasis Senior Advisors who sponsored our fall lecture series! You are amazing!



**Dementia Friendly Naperville**

Did you know that the Senior Task Force has formed a committee to make Naperville a dementia friendly community. Jennifer from Riverwalk is the representative for Adult Day Care.



Seven Riverwalk volunteers manned the *Block Party Beer* tent and rocked to the tunes of *The Hat Guys and Kashmir* (Led Zeppelin Tribute Band). The Naperville Jaycees are dedicated to helping the community by fundraising, volunteering time, helping others and recognizing outstanding effort of others within the community...and they have fun doing it!



**Naperville and Lisle Townships Triad**

Triad is a partnership of Law Enforcement, Senior Citizens, and Community Groups.

The mission of our local Triad is to enrich the lives and safety of all senior citizens in Lisle and Naperville Townships. Jennifer has taken a leadership role in the TRIAD organization by volunteering to head the program committee. As program committee chair, she will be helping coordinate the existing programs TRIAD runs as well as helping to develop new senior programs for the Naperville and Lisle community.



Organizational Support

Riverwalk Adult Day Services would not be able to provide affordable Day Services to our adult population without the generosity from our family of organizational, civic donors, personal donors. We are fortunate to receive financial donations from our local service and county organizations and churches.

- ◆ The Rotary Club of Naperville
- ◆ DuPage County Human Services Grant – part 2
- ◆ St Raphael’s Church
- ◆ Our Saviors Lutheran Church

A special thanks to the **Wesley United Methodist Church** group who provided a wonderful brunch for our participants to help celebrate fall. The company and food were wonderful and our participants truly enjoyed themselves.

Thank you all for your continuing support.







**Above:** Some of the proud artists pose in front of the autumn foliage painting they created under the guidance of Nancy D'Agostino, thanks to the scholarship we received from the Arts, Health and Education Fund of the DuPage Foundation.

**Below:** Parachute Beach Ball - lots more than just a fun activity. It's also physical, cognitive, and social therapy.







Clockwise from top right: Afternoon Uno game; Riverwalk door decorated for Halloween; the proud decorators pose in front of their work; Puppy Power brings a smile to all; Velcro golf - watch out for that sand trap!

