



RIVERWALK

ADULT
DAY
SERVICES

CITINGS

Spring
2019

Message from the President:

I am very excited to introduce Riverwalk Adult Day Services' first-ever spring newsletter. So much to share and celebrate! In March, Riverwalk welcomed a new Executive Director to the family, Jennifer Brasfield. With a Masters in Social Work, certification in gerontology and aging of the brain, Jennifer has a contagious energy and a passion for her work. Riverwalk thanks Laura Milligan for her 33 years of dedicated service and wishes her the very best in her next venture.

It takes a village.... Riverwalk treasures and celebrates everyone that contributes to the care of our loved ones: care givers, staff, volunteers, Board of Directors, and all the organizations, businesses and individuals that support Riverwalk. Looking back over the last few months, it was very exciting to see the energy and activities this spring. Just like mother nature, the Riverwalk team is planting more and more seeds, watering and caring for them with educational lectures and innovative program expansion and looking forward to a bountiful future.

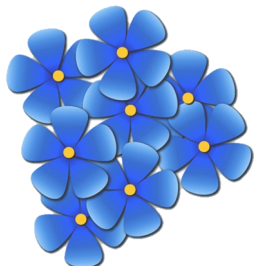
This newsletter is meant to CITE the people, programs, services, organizations and events that provide the heartbeat for Riverwalk.

Celebrate
Inform
Thank and
Educate

Enjoy this first of three Riverwalk newsletters for 2019. Please feel free to reach out with suggestions for inclusion in future newsletters.

Thank you for your interest and continued advocacy for Riverwalk Adult Day Services.
Sincerely,

Marian Stricker,
Board President



New at Riverwalk

Join Riverwalk Adult Day Services!



RIVERWALK
ADULT DAY SERVICES

Alfred Rubin Riverwalk Community Center

305 W. Jackson Ave. Naperville IL

**CAREGIVING CAN BE STRESSFUL AND
OVERWHELMING. WE ARE HERE TO
SHARE IN THE CARING.**

**FREE: ONE TRIAL VISIT FOR
DROP-IN SERVICES**

**ONE VISIT (UP TO 3 HOURS) PER FAMILY PLEASE
CALL TO PRE-REGISTER: 630.357.8166**

Partnerships

In January, Riverwalk entered into a contract with Aurora University to have their student nurses spend one Tuesday of each month observing and learning how best to communicate and determine what type of activities are most engaging for our participants. Teaching the next generation of professional care givers is a special honor for our Activity Coordinator Hope, our nurse, Diane and our activity assistants, Dorothy and Char.



Upcoming Events

 **RIVERWALK ADULT DAY SERVICES**
Non-profit caring for Naperville for over 35 years
305 W. Jackson Ave. Naperville IL

Presents Tuesday Talks!
A Monthly Education Series 2019

CARE TOPIC: YOU MATTER TOO!
the journey of caregiving

Presented by our Friend:
Mary Helen Ekstam, JourneyCare,
a Life Learning Advocate for over 30 years.



CAREGIVING CAN BE STRESSFUL AND OVERWHELMING.


TOGETHER WE WILL EXPLORE THIS JOURNEY AND HOW TO BALANCE ALL OF THE STRESSORS WHILE MAINTAINING HEALTH OF BODY, MIND AND SPIRIT.

Tuesday May 21st 5:15 to 6:30 p.m.
Lite Fare Included
At Riverwalk Adult Day Services
Alfred Rubin Riverwalk Center
Downtown Naperville
Please RSVP 630.357.8166
www.RiverwalkAdultDayServices.com

Thank you to our Evening and Marketing sponsors.
Together we support multi-generational families.

  **SENIOR LIVING EXPERTS**
SENIOR CARE CONCIERGE




 **Trivia Night**

Saturday, June 1 | 6:30-9:30pm


Riverwalk Adult Day Services
Alfred Rubin Riverwalk Center Community Room
305 W. Jackson Ave, Naperville

Come with your own team of up to 8 people or let us match you up with one.


\$25 / person
Includes: Sliders, Pizza, & More.
Beverages & Desserts – Cash Bar



Tickets available:
online at <https://trivia-night-riverwalk.eventbrite.com>
website at www.Riverwalkadultdayservices.com
or call 630-357-8166



- Pre-trivia music
- \$500 1st prize
- Prize for best team theme
- Wine pull & more
- Paddles up for Riverwalk

 **RIVERWALK ADULT DAY SERVICES**

Proceeds support Riverwalk Adult Day Services. 501(c)3 non profit caring for adults & seniors for over 35 years. If you are unable to attend, please consider supporting Riverwalk with a donation.

The DuPage Human Race

With a team of 15, Riverwalk Adult Day Services is participating in this year's DuPage Human Race, a 5K Run/2 mile Fitness Walk Fundraising Event. Sponsored by [Giving Dupage](http://GivingDupage.com), this fundraiser celebrates volunteerism and raises awareness for 60+ DuPage Charitable Organizations. The race took place on Saturday, April 27, 2019 in Downers Grove.



Octogenarians prepare for race.



ColorBurst Team



Cheerleader Chris encourages her team

In the spirit of raising awareness for Riverwalk Adult Day Services, team shirts were purchased from ColorBurst. <http://www.cburst.com/>. ColorBurst is a graphic design company that was started over 20 years ago, as a place where individuals with autism and other developmental disabilities could find job opportunities in their own community. Riverwalk is proud to support the ColorBurst mission.

Recognizing Riverwalk People

Welcome

Jennifer Brasfield

Executive Director

Diane Brown

Staff Nurse

Bea Demoss

Board Member,
St. Thomas the
Apostle

Carolyn Atkin

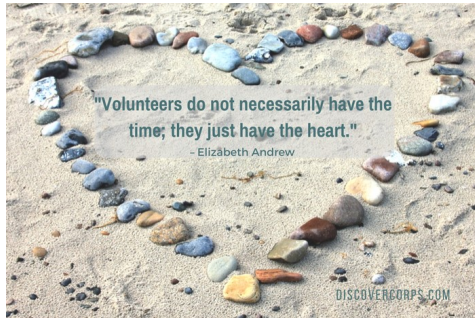
Board Member,
DuPage Unitarian
Universalist Church

Susan Walters-Flood

Board Advisor,
Contract Marketing
services

Volunteers

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in."



Thank you to our treasured volunteers. We hold you close to our hearts.

Many Thanks to:

Pat Clancy- Outgoing Board Member - DuPage Unitarian Universalist Church – Thank you for 6 years of service to Riverwalk Adult Day Services.

Bill Sturgeon, Volunteer, for underwriting the cost of a new copy machine. We had to take the old one out back and shoot it!

Jeanne Coleman, volunteer, for publishing our newsletters.

The family of **Evy Schum,** a past Board member for her very generous memorial Gift to Riverwalk presented by the members of the Wesley Methodist Church Circle of Friends.

Mike and Pam Cooper from the Naperville Senior Center who donated a computer to Riverwalk Adult Day Services.

The family of **Judy Bertucci,** past participant, for the lovely memorial gift. We will miss Judy's smile and wonderful attitude.

Maureen Wood of BrightStar Care for spreading the word about our education series.

Staff Anniversaries

Charlene: 4 years

Doris: 21 years



Jennifer and Computer



Judy



Pat and the Board



Staff and the Copy Machine



Wesley Methodist Church
Circle of Friends

Riverwalk Community Education

Since January, Riverwalk has hosted the following 4 1-hour monthly **Tuesday Talks** and one 2-hour **Saturday Program**:

Music and the Brain:

Mary Helen Ekstam, [JourneyCare](#)

The Lone Senior –The Life and Death Effects of Social Isolation:

Martha Kern, [Lifecare Innovations](#)

The Nine Key Principles of Caring for a Loved one with Alzheimers/Dementia:

Patricia McClure Chessier, [Author](#)

Hoarding: What a Beautiful Perspective:

Colleen Ceh Becvar [Trinity Advocacy Group](#)

Over 170 people have benefitted from this educational and informational series. Continuing educational credits were provided to over 50 social workers, nurses and care assistants to arm them with the information needed to stay current on care issues.

After the Saturday lecture and during lunch, the Dupage Senior Citizens Council (DSCC) was on site to provide literature and answer questions for seniors.

For our Saturday entertainment, Mary Helen Ekstam led a very enthusiastic group through a rollicking medley of oldies, Patriotic songs and Broadway classics.

Please join us for the next Tuesday Talk! “You Matter too!” on May 21st. This lecture is being sponsored by Kerry Quirin from Senior Living Experts and is being promoted by Riverwalk and the Naperville YMCA.

Do U Know?

Fact about senior isolation:

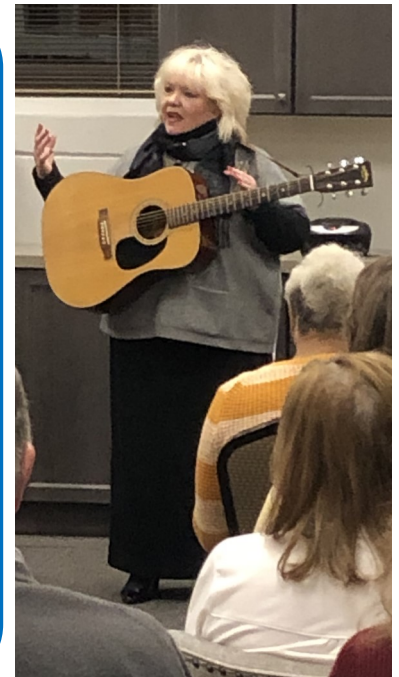
50% of seniors that are engaged in social activity live longer, happier lives!



Do U Know?

- ☐ DuPage SCC offers:
- ☐ Meals on Wheels
- ☐ Well-being Checks
- ☐ Yard Clean Ups
- ☐ Minor Home Repairs
- ☐ Pet Care
- ☐ Friendly Visits

Contact 630-620-0804 if you or someone you know qualify for these services.



Tuesday Talks and Saturday Program Sponsors

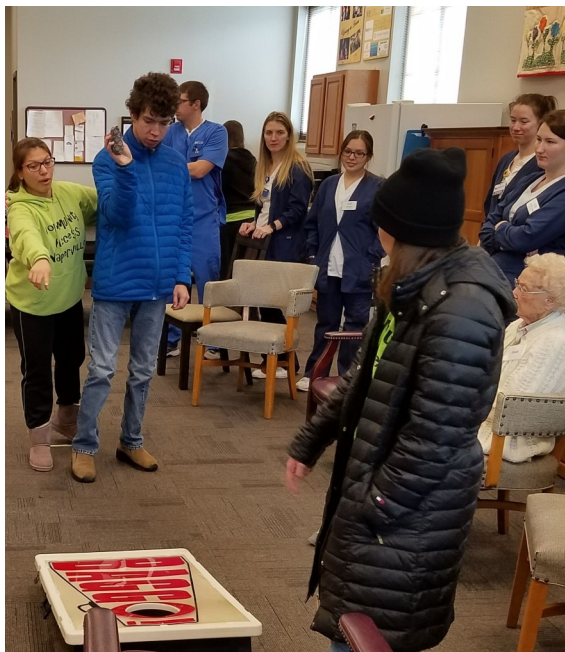


Recognizing Riverwalk's Community Network



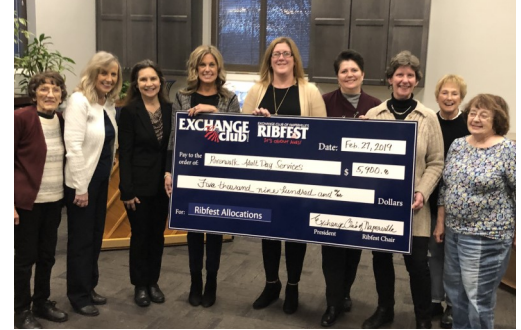
Silent Samaritan Breakfast Sponsor – Riverwalk Adult Day Services was a sponsor for SamaraCare's 12th annual Silent Samaritan Breakfast on February 26th at the Hotel Arista in Naperville. This event was attended by 220 guests and raised over \$47,000 to provide access to affordable mental health services at SamaraCare for women, and their children, in difficult financial situations.

Community Access Naperville - In February, while the nurses were at the center, we had a visit from the Community Access Naperville group, whose mission is to integrate differently enabled adults into the community. It was a tough bags competition, but the Community Access team prevailed!



Naperville Senior Task Force – Riverwalk Adult Day Services has met several times with the Naperville Senior Task Force (STF). The STF promotes coordination among existing senior service providers in the Naperville area; improves awareness among seniors of available resources to assist them; and develops recommendations to address service gaps related to transportation challenges, housing concerns and healthcare resources. Two of the major issues discussed during the meetings were affordable transportation and community education. We look forward to continued productive discussions and innovative solutions for our seniors. For information about STF, email seniortaskforce@naperville.il.us.

Senior Housing Options Exhibition – For 2019, Riverwalk was selected as a sponsor for the Triad hosted event held on Friday 26 April at Grace Pointe Church.



Organizational Support – Riverwalk Adult Day Services would not be able to provide affordable Day Services to our adult population without the generosity of our local organizational and civic donors.

Riverwalk Sponsors



Naperville Woman's Club
Art - Education - Community Service

**Cress Creek
Garden Club**

**NAPERVILLE
BANK & TRUST***
A branch of Wheaton Bank & Trust Company

AWINTRUST COMMUNITY BANK

**WESLEY
UNITED
METHODIST
CHURCH**



Riverwalk Education Series



RIVERWALK ADULT DAY SERVICES

Alfred Rubin Community Center
305 W. Jackson Ave Naperville

THE MORE WE CARE,
THE MORE BEAUTIFUL LIFE
BECOMES!

We Care for our Caregivers too!

Please join our Free Education Series 2019
events: Tuesday Talks or Senior Saturdays:
education, discussion, and social support.

Tuesday Talks (5:15 to 6:30 p.m.)

FREE: Presentation, Networking and Life Fare

Feb 12 th	Lonely Senior: Risk of Isolation
Mar 12 th	9 Principals Caring for Loved Ones with Dementia/Alzheimer's
April 16 th	Hoarding: A Beautiful Perspective
May 21 st	You Matter Too! (caregivers support) Shared with the YMCA
June 1 st	Blast from the Past Trivia Night & Fundraiser (no lecture, just fun)
July 9 th	Financial Planning as You Age
Aug 13 th	Frauds and Scams
Sept 10 th	Medicare Navigating the Maze
Oct 8 th	The Secrets They Keep
Nov 13 th	Fear of Falling
Dec 10 th	Preparing for the Holiday with an Aging Parent

Senior Saturdays (11:30 a.m. to 1:30 p.m.)

**FREE: presentation , Food and Entertainment
(Respite Care Provided if requested before event)**

Mar 30 th	Music and the Brain + Sing-a-long
June 29 th	Pain is NOT a Normal Part of Aging
Sept 28 th	Music: How to Reduce Stress & Improve Health and Well-Being (live music entertainment)

Register on-line:

www.RiverwalkAdultDayServices.com or

Call us: 630.357.8166

Riverwalk Adult Day Services, has been serving Naperville families for over 35 years. This year we are **expanding our community support with Senior Education Series** that are meant to provide knowledge and networking for caregivers, professional support staff, and seniors in our community.

501C non-profit
since 1983.
Thank you !