



RIVERWALK REVIEW

Spring
2020

Message from the Executive Director

It was with a heavy heart that Riverwalk temporarily suspended operations on 16 March. We are committed to weathering this pandemic so that when it is safe for adults to return to day services, Riverwalk will be ready to resume operation immediately.

These are extreme times in Illinois, and our nation, with the Coronavirus, mandatory stay at home orders, social distancing and closures. These have placed an abnormal amount of stress on a caregiver. Maintaining a positive attitude during these uncharted times is frustrating and draining. In the last newsletter, we gave tips to help relieve stress by asking others for help, grocery shopping online and have them delivered and having your house cleaned at least once a month. But how do you relieve the daily stress and frustration in order to maintain a positive attitude?

First, you, as a caregiver, need to give yourself permission to care for yourself by taking at least 15 minutes, 3 times a week, to do something positive and relaxing for yourself. These activities can include talking to a friend on the phone, a long bubble bath, reading a favorite book or any other activity that you enjoy.

Second, you need remind yourself that you are only human. As a human you will become frustrated at your loved one's situation. You may need to take a time out away from the situation if your loved one is safe, and that is ok. In fact, that is the best thing you can do for your loved one and yourself in the moment.

Lastly, you need to find ways to proactively reduce your stress. There are numerous stress relief activities such as: deep breathing, art, music, mediation, journaling and others.

Find what works for you and try to incorporate different techniques into your day. Remember that there are people and supports that are here to help, because caring for you is just as important as caring for your loved one.

Sincerely,
Jennifer Brasfield - Executive Director



Therapy Pets



Age Guide generously donated mechanical therapy pets to our residents. These pets reduce stress and agitation with people with dementia. Our participants absolutely loved their new friends.

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A message from the Alzheimer's Association

- A common concern is how COVID-19 may affect people living with Alzheimer's or other dementia. [Most likely, dementia does not increase risk for COVID-19, the respiratory illness caused by the new coronavirus, just like dementia does not increase risk for flu.](#) However, dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk. For example, people with Alzheimer's disease and all other dementia may forget to wash their hands or take other recommended precautions to prevent illness. In addition, diseases like COVID-19 and the flu may worsen cognitive impairment due to dementia.
- If you or a loved one needs information or support, please don't hesitate to call the Alzheimer's Association 24/7 Helpline **(800.272.3900)** to speak with a master's-level dementia expert, or to [visit their website at alz.org](#) for additional caregiving and support resources.



alzheimer's  association®



SamaraCare
Counseling

Choose Stronger

Tips to Cope with Coronavirus Anxiety

As the Coronavirus continues to spread, people are experiencing a range of feelings and thoughts, including fear and anxiety. While the health issue is serious, do not let your worry about the virus take over your life. Here are some strategies to help you deal with your anxieties.

1. **Stay informed.** Get information about the Coronavirus from reputable sources including the Centers for Disease Control and Prevention (CDC).
2. **Increase self-care.** Get enough sleep, exercise regularly, and practice mindfulness.
3. **Keep perspective.** Limit the amount of time spent watching media coverage of the Coronavirus to no more than 30 minutes per day.
4. **Face your anxiety.** Allow yourself to experience your anxious thoughts and feelings, finding ways to describe them to yourself or others.
5. **Keep connected.** Maintain connections with family and friends during this health issue.
6. **Seek professional help.** If your anxiety symptoms affect your daily functioning, including your work or close relationships, consider reaching out to a therapist. In addition to in-person counseling, SamaraCare Counseling is also offering telehealth services.

SamaraCare is an independent 501(c)(3) organization dedicated to providing quality mental health counseling, psychological assessments, and testing for individuals, couples, and families from diverse backgrounds and varied financial means.

Dementia-Friendly Naperville Action Group



Did you know that the Naperville Senior Task force has formed the [Dementia-Friendly Naperville Action Group](#)? This group had started to train Naperville's first responders on what it means to be dementia friendly and how to interact better with people with dementia. Our Executive Director, Jennifer Brasfield, is one of the certified dementia friendly trainers. In the future, the Dementia-Friendly Naperville Action Team will be training organizations and businesses in Naperville to be Dementia Friendly.

In Memorium Barbara Lea Maslan 6/10/39 - 2/15/20



The legacy of Barbara Lea Maslan will live on at Riverwalk, in the form of three beautiful paintings which adorn our walls. The tranquil scene to the right was created by Riverwalk participants, working with, and under the direction of, Barbara Lea.



Riverwalk People

Service Anniversaries



Charlene
3 Feb, 5 years



Doris
12 Feb, 22 years



Diane Brown
1 Feb, 1 year



Jennifer Brasfield
1 March, 1 year

Riverwalk Honoree



Riverwalk participant Ed (4th from right) was one of three veterans honored at the March 5th Blackhawks game at the United Center. Ed served his country in the US Navy during WWII and beyond.

Organizational Support

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. Here is a list of our fall and year end organizational donors.

Arts DuPage - DuPage Foundation
DuPage County Human Services Grant
DuPage Unitarian Universalist Church
Grace United Methodist Church

Friedrich-Jones Funeral Home
Naperville Jaycees
Naperville Park District
Our Saviours Lutheran Church

St Margaret Mary Catholic Church
SS Peter & Paul Catholic Church
Wesley United Methodist Church



DuPage
Foundation

WESLEY UNITED
METHODIST
CHURCH



Lutheran Church
OUR SAVIOURS

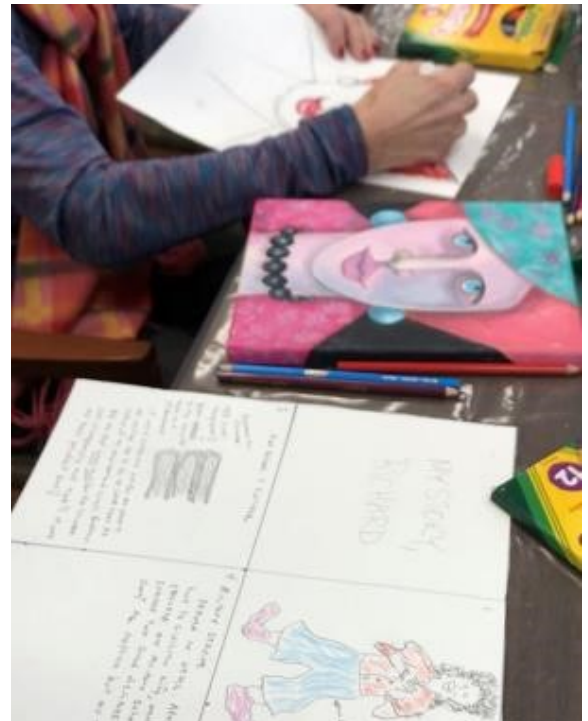


DuPage Unitarian Universalist Church





Music and Memory program – Through a grant from Age Guide, Riverwalk Adult Day Services’ participants were able to benefit from a Music and Memory Program. This program trained high school students from Neuqua Valley & Yorkville High Schools to interview our participants about their personal music tastes. From those interviews, music was downloaded to MP3 players with headphones for each participant to take home. Research has shown that music can help stimulate parts of the brain that are the last affected by dementia. It was great to see our participants come alive and interact with the students.



The Story of my Life booklets were captivating. Incredibly interesting stories: Veterans, Immigrants, a NASA scientist, Art Institute Graduate.



Graduate NNHS Podcasters from Get Lit Podcast Education streamed a poet episode. Riverwalk participated in the fun by coloring poets Henry Wadsworth Longfellow and Emily Bronte and posting to Facebook.

<https://www.getlitpodcast.com/>

Bill Sturgeon, a long-time Riverwalk volunteer, is always a hit as Santa comes to visit Riverwalk each year.



Balloon volleyball can get very competitive, but everyone agrees, IT'S A BLAST.

Local entertainer Mary Kerbs captivated her audience with songs, activities, and general Christmas funnery.





Please join our **FREE** Education Series 2020
education, discussion, and social support.



We Care for our
Caregivers too!

Feb 11 Getting the Best Care
Mar 4 DuPage County Judicial Update
May 12 The Sandwich Generation
July 18 Trivia Night "That's Entertainment"
(no lecture just fun!)

Sept 8 Nutrition: Health & Hydration
Oct 13 Ways to Strengthen Your Brain
Nov 10 Cannabis & Medical THC
Dec 8 Getting the Best Care: Rescue Your
Loved one from the Healthcare
Conveyor Belt

Register @ www.RiverwalkAdultDayServices.com or call 630.357.8166



RIVERWALK
ADULT DAY SERVICES

305 W. Jackson Ave. Naperville, IL



For over 36 years, Riverwalk
Adult Day Services has been
Sharing in the Caring.
501(c)(3) Non-Profit

Riverwalk Sponsored a lecture by Judge
James McCluskey who discussed the
DuPage County Judicial system and the
eviction court. Thank you, Jim for your
years of Service!



Trivia Night For a Cause



**THAT'S
ENTERTAINMENT**



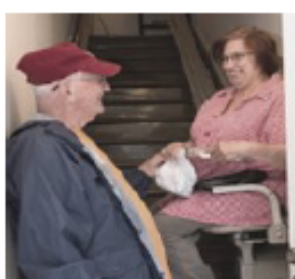
Saturday 18 July | 6:30-9:30PM

For Event & Sponsor Info:

[Riverwalk Adult Day
Services Website](http://RiverwalkAdultDayServices.com)



AgeGuide – Age Guide is a State of Illinois senior resource in Northern Illinois. Included below is a flyer detailing a supportive fund program offered by Age Guide.



Living with or Caring for Someone with Dementia? Supportive Funds are Available*

**800-528-2000
www.ageguide.org**

NEED HELP STAYING AT HOME?

- Chore and housekeeping services
- Emergency Support: Emergency rent/mortgage and/or utilities, short term medication, supplies and items not covered by insurance
- Nutrition: Meals
- Residential Repair and Modification: Changes to your home to make it safe and accessible
- Transportation: Door to door rides, vehicle adaptations, gas cards

NEED HELP CARING FOR A LOVED ONE WITH DEMENTIA?

- Comfort and Therapy Items: Technology such as two way video, security cameras, Music and Memory headsets, robotic/stuffed pets, sensory quilts
- Medical Care and Supplies: Dentures, hearing aids, GPS and Wanderer alarms
- Short term/respite services: In home, facility or adult day centers

Other approved goods or services to improve the health, safety, welfare or quality of life for those living with, or caring for someone with memory/cognitive impairment, Alzheimer's or dementia are available.

Information on how and where to apply for funds can be obtained by contacting Colette Jordan at AgeGuide 630-293-5990 cjordan@ageguide.org

*** Funding is limited and is available on a first come/first serve basis. Program ends on June 30th 2020.**