



Don't miss the coupon on page 6 for a **FREE TRIAL VISIT** for our Drop-In Service.

Message from the Executive Director:

In Naperville, you know that summer is winding down when you start to see the posters advertising the Last Fling.

Now that I have had time to get my feet wet, and not just because of all the rain we had in June and July, I would like to thank all those that have made my transition to the Executive Director position so smooth. I could not ask for a better or more caring staff or a more engaged Board of Directors. I would also like to make a special shout out to all our volunteers. It is wonderful to see so many people that are committed to our Mission. Many of our volunteers have over ten years of service. Our volunteers create special bonds with our participants and the participants truly enjoy their company.

My first quarter as the Executive Director was dedicated to understanding the participant needs, getting familiar with the center's operations, making key networking relationships, conducting staff training and submitting our application for the State of Illinois Community Cares Program and Medicaid. I have also worked to increase the community awareness of Adult Day Services as a key option for families who would like to have their loved one age at home. During this next quarter, I will focus on programming for our participants and how we can incorporate more diversity in our daily activities as well as planning for our next year's lecture and programming series. I encourage you to reach out to me with any suggestions.

Sincerely,

Jennifer Brasfield
Executive Director



**Dementia
Friendly**

Riverwalk has been designated as a **Dementia Friendly Business** by the Alzheimer's Association.

New at Riverwalk

Partnership with Northwestern University Occupational Therapy Department



Partnership with Northwestern University Occupational Therapy Department

Riverwalk has established a partnership with the Northwestern University Occupational Therapy department. Four OT students will come and spend 5 weeks with our fantastic participants and staff. Our second student Rebecca spends one day a week from 9-5 learning about how to work with an adult population with various needs. The experience is priceless!

Art Scholarship



Thanks to a scholarship that was awarded from the Arts, Health and Education Fund of the DuPage Foundation, Nancy D'Agostino has been commissioned to work with Riverwalk participants to create two 36" x 48" watercolors in an autumn theme. Nancy has enthusiastically taught painting, drawing, and printmaking to children and adults for the past twenty years. An award-winning printmaker, fine artist, and graphic designer, she has created work that has been exhibited internationally and in private collections and galleries in Italy, England, Brazil, Mexico, Ecuador, and the USA. The joy and excitement that has been created as the pictures progress is absolutely amazing. After Nancy completes this commission, Riverwalk will add a 2-hour Art segment to its programming twice each month ... led of course by Nancy!



Fun-Raising Events

Trivia Night



A Blast, reliving the Past, was had by all! On June 1st, the party was on at the Alfred Rubin Riverwalk Community Center. Nearly 150 folks battled for the title of Trivia Team Champions. Pat O'Malley, our Trivia Master, challenged the teams with trivia from the 70's, 80's, and 90's. Our Master of Ceremony, Chris Hensley, rocked the night with Heads or Tails, general "fun'ery," culminating in a fabulous round of Paddles Up that raised enough money to provide scholarship services for a low-income participant for four months!



The Presto Realty Trivia Wizards magically won the *Best Theme* prize!



These foxes and hunks look really groovy!



Is that Senator Laura Ellman celebrating her *Heads or Tail* victory?!



The Trivia Champions! Folks from the Naperville Park District and AZ Health & Elder Law were teamed up and won the \$500 *Grand Prize*.

Many thanks to our generous Donors (below) and Sponsors (right).

Rosati's
BrightStar Care
White Sox
Cougars
The Morton
Arboretum
St. Patrick's Residence
Lynfred Winery
Meson Sabika
Bob's Discount
Furniture

Paramount Theatre
Two Brothers' Tap
House
Jet's Pizza
Angeli's Restaurant &
Catering
fiamme
Lou Malnati's
Country House
Jackson Ave Pub

Taps-N-Tenders
Ted's Montana Grill
Traverso's
Soft Surroundings
Hollywood Blvd
Hollywood Palms
The Growing Place
Ballydoyle
Braconi's Restaurant
& Pizzeria
Code Ninja

OSWALD'S
PHARMACY + MEDICAL EQUIPMENT

Naperville
Park District



COOPER'S HAWK
WINERY & RESTAURANTS

Homewatch
CareGivers

Friedrich
Jones
FUNERAL HOMES & CREMATION SERVICES
Celebrating 100 Years of Service

Eyes to the Skies



Miracles do happen. Faye Wilson, a long-time advocate of Riverwalk from Wesley United Methodist church was instrumental in Riverwalk getting the parking concession at the Blake Lamb Funeral home in Lisle for this year's 4th of the July *Eyes to the Skies* Festival in Lisle. The Blake Lamb Funeral Home family was absolutely awesome! The proceeds from the festival will not only supplement the operational costs of the center to ensure that Riverwalk continues to be affordable (\$72/day), the proceeds will also be used to offer the 2-hour Art Class twice a month at Riverwalk.

Blake-Lamb Funeral Home

Recognizing Riverwalk People

Community Involvement



Riverwalk Adult Day Services Comes in Last Place at the 2019 DuPage Human Race

With 3 octogenarians running (ok, moderately walking), Riverwalk was proud to participate in their 1st ever DuPage Human Race. As a wise person says: It's better to come in last place, than not to place at all!

The Dupage Human Race is sponsored by *Giving DuPage*, another outstanding non-profit in DuPage county. Their mission is to connect volunteers with local non-profits volunteer needs.



Ribfest 2019 – Riverwalk volunteers were on hand to celebrate the last year the Ribfest (annual fundraiser event of the Exchange Club) will be held in Naperville.

The Exchange Club is an awesome donor and supporter to Riverwalk.

Exchange Club Mission: We come together in order to eliminate child abuse in all forms, to foster the health and growth of a strong family unit, to promote Americanism, to strengthen the education of our children and to give ourselves in service to our community.

Volunteers



New Volunteers: Thanks to all the teens from Benet Academy and Neuqua Valley that volunteered at Riverwalk this summer to spend time with our participants — Ben and Matt G, Sean K and Uma K. Your compassion, your smiles and your energy are priceless!

Staff Milestones



Happy Retirement

After 23 years of faithfully serving Riverwalk, Nurse Sandy is retiring and looking forward to enjoying more time with her family. Thank you, and best wishes on your retirement. You will be missed.

Service Anniversaries

Riverwalk recognizes the following staff members on their Spring/Summer service anniversaries. It is your dedication to our clients that enables us to carry out our mission.

(Clockwise) Jen T - 20 years in May; Kay L - 17 years in May; Dorothy G - 12 years in June; Hope S - 17 years in July; Diane W - 9 years in August

Photos - Top Row, left to right: Sandy, Jen, Dorothy. Bottom Row, left to right: Kay, Hope, Diane.



Fruids and Scams



Julie Smith, Crime Prevention Specialist with the Naperville Police Dept and Ryan Adaman, with the Illinois State Attorney General's office, shared tips to prevent identify theft during their Frauds & Scams Lecture on August 13th. If you missed the lecture, here are some highlights:

- ♦ **Keep Your Social Security Number Safe** - In the wrong hands, your social security number can be lethal to your credit.
- ♦ **Order Your Free Credit Reports** - Each year, you're entitled to one free credit report from each of the three credit bureaus. By ordering one of these reports every four months, you can keep an eye on your credit all year long.
- ♦ **Pay Your Bills Online** - Identity thieves use checks to steal your identity. They can also steal checks out of your mailbox when you mail bills. If you can't send your bills from a secure post office box, pay them online.
- ♦ **Place a Credit Report Security Freeze** - A security freeze goes a step beyond a fraud alert by requiring a PIN or password before a business can check your credit report. Unlike a fraud alert, there's a fee to put a security freeze on your credit report.

On a related note, if you haven't heard, District 203/204 student-educator information suffered a security breach! The breach impacts student and teacher records for K-8, from 2001-2016. For more information:

<https://www.chicagotribune.com/suburbs/naperville-sun/ct-nvs-203-204-data-breach-naperville-st-0807-20190806-3svhdhogwvgwdlne4iqhhfus6q-story.html>

Pain is Not a Normal Part of Aging

5 SECRETS FOR PREVENTING PAIN AS WE AGE



The aches and pains of aging are considered normal, but they really aren't. Follow these 5 little secrets for preventing pain and enjoy your golden years!



PRACTICE BALANCE AND COORDINATION

1. Try Tai Chi.
2. Learn new skills, like gymnastics.
3. Bounce on a mini-trampoline.
4. Go dancing or dance with your kids.



USE YOUR LEGS AND KNEES

1. Strengthen leg muscles with exercise.
2. Go for walks. Ride a bike. Go swimming.
3. Strong legs help to prevent knee pain.
4. When it comes to your knees, it's use them or lose them!



TAKE GOOD CARE OF YOUR NECK AND BACK

1. See your chiropractor regularly.
2. Have good ergonomic setup at work.
3. Sleep on a good mattress.
4. Stretch, stretch, and stretch some more!



GIVE YOURSELF A HELPING HAND

1. Stretch your arms every few hours.
2. Get massage therapy to prevent pain.
3. Don't hold objects tightly for a long time.
4. Strong arm muscles prevent elbow and wrist injuries.



YOU ARE WHAT YOU EAT

1. Eat foods that fight inflammation.
2. Avoid inflammatory causing foods.
3. Take anti-inflammatory supplements.
4. Make meat a side dish, not the main course.

www.betterhealthalaska.com



Music and the Brain



At the March 30 Riverwalk Saturday Program, John Lafferty, the Riverwalk Board Treasurer, was on hand for Mary Helen Ekstam's sing-along with the attendees, following her *Music and the Brain* lecture. The songs were treasured oldies from the past.

John brought a copy of the music list, with the lyrics, to a long-time friend who had suffered 2 debilitating strokes which had left her unable to speak. After more than a year of speech therapy, she still had severe difficulty in uttering even one word. She became excited when she saw what John handed to her, with the suggestion that she share this song list with the rehabilitation facility.

She had always had a wonderful singing voice and enjoyed singing. After three months of using this music and working on her singing voice, she is now able to speak a sentence -- not just one word! There is much more work ahead, but the progress is marvelous. John understands that the therapists at the rehabilitation center anticipate using music with more patients to unlock the cognitive function in the areas of memory and speech.

Lecture Sponsors

Many thanks to our Education Series event sponsors. Your support enables us to meet the educational needs of our community.



Free

Clear Captions Phone Eligibility
Anyone with a hearing loss, a LAN line and high speed internet, is eligible for a captioned phone at *absolutely no cost* to the hearing impaired user through a Federally Funded Program. Call Amy Sobkowicz, an Americans with Disability Act (ADA) specialist at 224-230-3124 for more information.

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. Riverwalk's grants and donations since Spring's newsletter include:



**Naperville Newcomers
And Neighbors Club**
A Bridge to Friendship

Riverwalk is pleased to be sponsoring Naperville Newcomers and Neighbors Club for the 2nd year in a row.



RIVERWALK
ADULT DAY SERVICES

THE MORE WE CARE,
THE MORE BEAUTIFUL LIFE
BECOMES!

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

Tuesday Talks (5:15 to 6:30 p.m.)		Senior Saturdays (11:30 a.m. to 1:30 p.m.)	
FREE: Presentation, Networking and Lite Fare		FREE: presentation , Food and Entertainment (Respite Care Provided if requested before event)	
Sept 10 th	Medicare Navigating the Maze	Sept 28 th Music: A Healthy Tool to Manage Stress	
Oct 8 th	The Secrets They Keep		
Oct 22 nd	Civil War – Little Known Facts		
Nov 13 th	Fear of Falling		
Dec 10 th	Preparing for the Holiday with an Aging Parent		

Register on-line: www.RiverwalkAdultDayServices.com or
Call us: 630.357.8166

Drop-In Services - Flexible 2 to 3-hour Care for Loved Ones

This program is was inspired by the needs of our community, our downtown Naperville organizations and businesses, and of course our care providers. We know there are care providers out there who feel that they are in this alone, and are in need of a respite break. Please spread the word... invite people to visit our center and consider our Drop-In, Half-Day, or Full-Day services.

Join Riverwalk Adult Day Services!



RIVERWALK
ADULT DAY SERVICES

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



CALL TO PRE-REGISTER: 630.357.8166



10 TIPS FOR FAMILY CAREGIVERS



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

1



Be open to new technologies that can help you care for your loved one.

2



Watch out for signs of depression and don't delay getting professional help when you need it.

3



Caregiving is hard work so take respite breaks often.

4

7



Organize medical information so it's up to date and easy to find.

6



Make sure legal documents are in order.

5



Give yourself credit for doing the best you can in one of the toughest jobs there is!

8

9

10



CaregiverAction.org