



RIVERWALK REVIEW

Summer
2020

Riverwalk Adult Day Services is committed to social justice and equity. Only when diverse perspectives are included, respected, and valued can we start to get a full picture of the world: who we serve, what they need, and how to successfully meet people where they are.

Message from the Executive Director

COVID-19 has impacted everyone's daily lives. Wearing face masks, store and restaurant closures, the inability to connect in person with groups of friends and loved ones has caused social isolation and depression for many. But the good news is that Illinois is moving into Phase 4.

With the proper safety measures in place, stores and restaurants are starting to open and the Illinois Department of Aging is working on guidelines for adult day services to re-open safely. Once the guidelines are completed, they will have to be approved by the Department of Public Health and the Governor.

Until then, please make sure to check in with the homebound adults and seniors in your life and be vigilant in checking for social isolation symptoms. Social Isolation has been said to be as lethal as smoking a pack of cigarettes a day. Symptoms include complaints of aches and pains, headaches more than usual, or illness or worsening of medical conditions. Other symptoms may be depression, anxiety, paranoia, panic attacks, extreme fatigue, or lack of energy or motivation. If symptoms are seen, please seek help from the doctor.

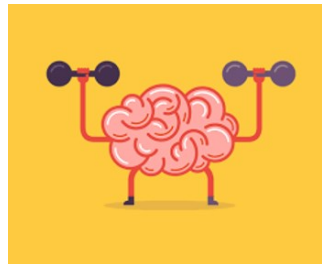
Remember to laugh, as it helps our mood. We have all been through difficult challenges and we will get through this as well. In the meantime, continue to practice self-care.

Sincerely,

Jennifer Brasfield
Executive Director



Fit Mind for Living Well



Riverwalk held its first virtual lecture *MIND Fit for Living Well* on 5 June. The lecture was given by Alita Arnold, RN, MS, MA, DCP from Home Care Assistance. Alita gave numerous

techniques on how to strengthen your mind to help prevent or delay the progression of cognitive decline as we age. Alita spoke of the five cognitive areas of the brain that need to be strengthened. They include the Supportive, Executive Functioning, Memory, Language, Attention and Visual-Spatial domains. Memory games, mazes, learning a new language, finding the difference in pictures, playing an instrument to name a few can work those areas of your brain that will help you continue to be Mind Fit as you age.

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Riverwalk Services Reimagined



Riverwalk Adult Day Services was temporarily closed on March 16th by executive order from the governor to help prevent the spread of COVID 19. Knowing the importance of maintaining cognitive skills and preventing social isolation, Riverwalk Staff thought outside the box.

At the beginning of April, the Riverwalk Staff began to host complimentary one hour Zoom meetings with our participants. These hourly meetings are hosted daily, Monday through Friday. Each meeting consists of a half hour of exercise and a thirty-minute group activity. The participants love seeing everyone each day! The Riverwalk staff also puts together activities that the participants can do at home. Participants receive a packet each week that has a craft, coloring pages, and various puzzles like word searches, crossword puzzles or word finds that they can do on their own. Participants look forward to showing off their completed puzzles and crafts during the Zoom meetings.

Farewell to Nancy D-Agostino – Artisan and Exceptional Person



Our heart-felt sympathy goes to the family of Riverwalk's beloved artist Nancy D'Agostino, who unexpectedly passed-away on June 16th, due to a cardiac event. Nancy's passion for working with adults with special needs and dementia on creative projects was inspiring.

Until the March closure, Nancy held 2-hour semi-monthly art programs for our participants. Prior to that, Nancy was commissioned by Riverwalk to create two large paintings with our participants with a grant received from the DuPage Foundation. Riverwalk has a lasting visual legacy of Nancy with these fall and winter landscapes completed in 2019.

Riverwalk Milestones



Riverwalk Adult Day Services has been approved as a State of Illinois Senior Community Care Provider. Riverwalk will be accepting State of Illinois program participants when the

center re-opens. After Riverwalk's Executive Director, Jennifer, completed training to be a certified State of Illinois Adult Day Care Manager, she jumped at the chance to be on the task force working to define the guidelines to allow Illinois Adult Day Centers to re-open safely.

Staff Anniversaries



Jen T
May - 21 Years



Kay
May - 18 Years



Dorothy
June - 13 Years



Hope
July - 13 Years



Diane
August - 10 Years

Riverwalk Virtual Trivia Night Fundraiser

Riverwalk Virtual Trivia Night For a Cause

THAT'S ENTERTAINMENT

\$10/device or \$60 for a team of 6 devices
Sign up with your own team or let us create a team for you.

\$250 first Prize

Riverwalk Adult Day Services Fundraiser

Hosted by Sporcle, Inc.

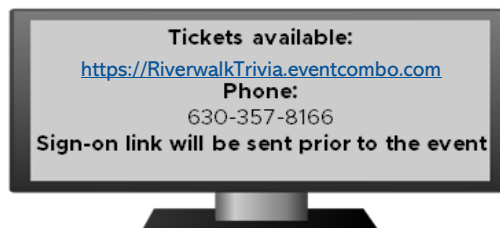
Thursday 23 July 2020 7:00-8:30P

Activities include:

- 1 hour of fun filled trivia
- Raffle baskets
- Wine pull with 4 bonus prizes
- Fundraising Challenge



Team breakout rooms make this Trivia Event a blast.



Let's have some fun! Back by popular demand, Riverwalk's 2nd Annual Trivia Night fundraiser in a brand-new Virtual Format hosted by Sporcle, Inc., the Trivia experts. With virtual Breakout Rooms you will experience the fun of answering Trivia questions with your team in a private breakout room and then join the main event for the answers and other fun. [\\$10/device or \\$60 for a team of 6 devices](#)

A Zoom sign-on link and instructions will be sent prior to the event. Just click to join an evening of fun for a great cause. (for the best Trivia experience use a laptop or an iPad with a camera).

Sign up today at <https://RiverwalkTrivia.eventcombo.com> or phone 630-357-8166 When you register as part of a team, please include your team name. If you register as an individual, please indicate 'none' and we will create a team for you.

Dollars During COVID-19

These last 3.5 months have been challenging and life altering for each one of us. The impact on organizations that provide essential services has been profound. Riverwalk Adult Day Services would not be able to continue to provide social connection and engagement virtually without the generosity of our family of organizational, civic, and personal donors. A special thanks to those donors and the federal government CARES Protection Program that is helping to sustain Riverwalk as a viable health service organization for the future.

Rotary Club of Naperville Annual Community Service Grant
St. Raphael's Catholic Church
Sunrise Club of Naperville Annual Community Grant
City of Naperville Social Services Grant
Federal CARES Act Payroll Protection Program funding
Generous donations from our caregiver families and board members!

The Rotary Club of Naperville | Leadership Through Community Service Since 1941

Thank You!

Because you care for us...

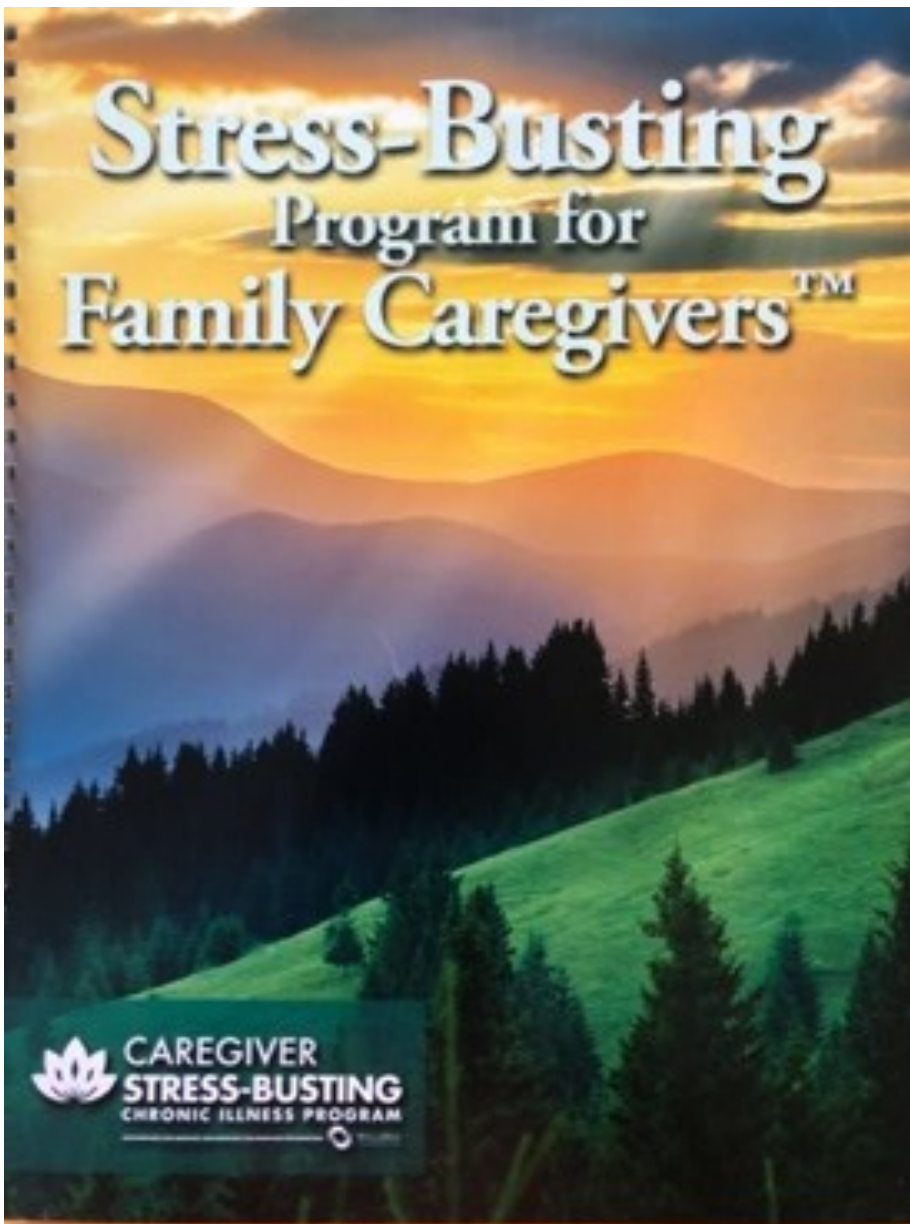
ST. RAPHAEL CATHOLIC CHURCH & SCHOOL

Naperville

Rotary Club of Naperville Sunrise

SBA U.S. Small Business Administration

...We can care for others.



Stress Busting Program For Family Caregivers

With a grant provided by Age Guide of NE Illinois, Jennifer Brasfield from Riverwalk and Loren Cianelli from A/Z Health and Elder Law were trained and are partnering to offer a 9-week program to help caregivers cope with and resolve stressful situations associated with caring for a loved one. The research-based program called *Stress Busters for Caregivers* was originally developed to be conducted in a small group setting. Since the COVID Crisis, the program was adapted to an online format. The Stress Busters program is designed to give education, stress management and problem-solving tools and resources to help improve a caregiver's quality of life. The first of the nine-week sessions were completed on June 17th. If you would like more information about the next session, please contact Jennifer at Riverwalk Adult Day Services (630)357-8166 or email RiverwalkAdultCare@aol.com.



COVID-19 Test Site

A new drive-through COVID-19 testing site opened at the DuPage County Fairgrounds on June 16th. All residents of DuPage County can be tested. The test is free and no appointment, doctor referral, or insurance is needed.

The DuPage County COVID-19 testing site, which will be accessible through the County Campus' main entrance off County Farm Road, will be open Tuesday through Saturday, 7 a.m. to 3 p.m., or until 400 tests are completed each day.

To ensure the safety of testing personnel, the test will be done while you are sitting in your vehicle. You must be sitting at a functioning window and cannot exit your vehicle while at the test site. No motorcycles will be allowed to enter. Results should be available in 48 hours.