



RIVERWALK REVIEW

Summer
2021

Riverwalk Adult Day Services is committed to social justice and equity.

Message from the Executive Director

With the State moving to phase 5, it has been nice to start attending more outside senior activities with the Naperville-Lisle and the Southeastern Kane TRIAD's. It was exciting to be able to see and interact with people without masks. Although we have to continue to be cautious, getting out and enjoying friends and family is so important to our mental health. Many senior activities have started to open. Look to Naperville and Lisle Park District's, Naperville-Lisle TRIAD and other senior organizations for senior programming opportunities.

Sincerely

Jennifer Brasfield MSW, MA
Executive Director



The
Rotary Club of Naperville  Leadership Through
Community Service
Since 1941

Paul Harris Fellowship Club Award

On 24 May, Mary Lou Miller, a former Riverwalk Adult Day Services Board member was honored by the Rotary Club of Naperville by receiving the Paul Harris Fellowship Club Award at her new home, Independence Village. Each year, members of the Rotary Club nominate individuals in the community that have demonstrated the Rotary Spirit of 'service above self!' Mary Lou has inspired generations with her club service, most recently being an active member of Riverwalk, United Methodist Church, the VFW and the Women's Club of Naperville. Mary Lou, thank you for being a model of volunteerism and community service! You are an inspiration to volunteers of all ages.



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John Lafferty

Roger Garvert

Robert Presnak

Incoming and Outgoing Board Members

Riverwalk extends a heartfelt thanks to outgoing board members John Lafferty, Treasurer, and Roger Garvert, Fundraising Chairman, for their fantastic support and service as Riverwalk navigated through some difficult times. Riverwalk has developed into a key community resource and is a fiscally stronger organization now than when they joined us for their Board term over 3 years ago.

We'd also like to welcome Bob Presnak to the board in the position of Church Liaison. Bob has jumped into this role with both feet and working to expand our network within the religious community.



A big shout out to board members Julie, Caroline, and Marian for joining me as we volunteered at the first ever "Naperville Salutes" over the 4th of July weekend. We had a great time listening to astounding local bands and helping raise money for the Naperville Responds to Veterans organization.

Trivia Night Recap

Thank you for supporting
Riverwalk Adult Day Service's Trivia Fundraiser

You are the lucky winner of the \$250 first Prize!



Moon Team - Silverado!
Congratulations!



Riverwalk was the big winner as 19 teams vied for the title of Earth Day Trivia Champs on 21 April! Over \$6000 was raised, a portion of that from the prize money Silverado, the Moom Team, donated back to Riverwalk!

A Huge Thank You to our major donor/sponsors: Homewatch Caregivers of Naperville, Petersons Winery & Spirits, Alarmist Brewery, and Cooper's Hawk. A big shout to our other generous donors: Macy's of Bolingbrook, Soft Surroundings, Costco, Trader Joe's & North Central College.

As always, thanks to the Naperville Park District for providing Riverwalk space to provide participant care in the Alfred Rubin Riverwalk Community Center, a fantastic location!

Riverwalk Activities



Duke the Therapy Dog

We were excited to have Duke return to our program. Duke is a 3-year-old therapy dog that preforms tricks and interacts with the participants.



Opportunities

Opening - Treasurer, Board of Directors

Do you have a passion for people and an affinity for numbers? If so, we need you! Riverwalk is actively recruiting a Treasurer for our Board of Directors. Contact: Marian Stricker, Board President @ 630-853-2813 or rstricker@comcast.net with additional questions or for information about joining the Board.

Help Wanted - Activity Assistants

Is there someone in your community that is looking for a part time position in downtown Naperville. Riverwalk Adult Day Services is hiring Energetic, Positive, Self-Directed, Caring adults who are looking for a part-time position as Activity Assistants. An Activity Assistant will run the daily activities with the adult participants who are 18 and older who are navigating conditions or diseases that decrease their cognitive level. For a complete job description see the Riverwalk web-site @ <http://www.riverwalkadulthoodservices.com/job-opportunity.html>



Volunteers Welcome

Are you good with music, crafts, theater or any other entertainment and are looking to share your skills and time? The Riverwalk Adult Day Services is always looking for volunteers, age 16 and older, to share their talents with the participants. If you are interested, please call Hope Schamberger at 630-357-8166.

Riverwalk People

May Anniversaries

Jen T 22 years

Kay L 19 years

June Anniversaries

Dorothy G 14 years

Hope S 19 years



Riverwalk is pleased to congratulate our staff on their service anniversaries. In a field that is subject to a high turnover rate, we think the longevity of our staff speaks well of their dedication and our program.



Covid Policy Update

News from the State:

As more and more people are vaccinated, the State continues to reopen after the COVID pandemic. However, adult days services are continuing to operate under stricter guidelines to help ensure participant safety. Riverwalk Adult Day continues to review and update our safety guidelines as the State directs to safeguard our participants as much as possible.



Riverwalk Board Advisors & Affiliations

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Your Name Here Treasurer



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Brightstar Home Care,
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National Observances

CREATING A DEMENTIA FRIENDLY COMMUNITY



AgeGuide

Naperville is a
Member of the
Dementia Friendly
America Network

Date

National Mental Health Awareness Month - May

In 1949, the US Government established the Mental Health Awareness month to help raise awareness for and reduce stigma that surrounds all mental health illnesses including Dementia. In 2020, Naperville became a Dementia Friendly City to help reduce stigma and help caregivers and persons suffering from dementia. If you or your organization would like

training on what a Dementia Friendly City means, please contact Jennifer Brasfield at 630-357-8166. And remember that adult day services are a great way to give caregivers of people suffering from dementia the respite that they need.

National Safety Month – June

It is time to check your fire alarm batteries, appropriately dispose of outdated medications and refill the medicine cabinet, all of which are tasks that are including in National Safety month. In 1996 the US government declared June as the national safety month with a campaign to help promote practicing safety routines like fire and tornado drills. This is also a good time to find information about preventing falls that could lead to other medical problems. Here is the link to Mayo Clinics fall prevention tips: [Fall prevention: Simple tips to prevent falls - Mayo Clinic](#)



National Sandwich Generation - July

We are not talking sub sandwiches here. The sandwich generation refers to adults aging between 40-50 that are caregivers for their aging parents while also raising their own children. It is estimated by the Pew Research Center, that 47% of adults in this age range are living in the sandwich generation and this number is expected to at least double as the baby boomers are entering their golden years. In 2009, the sandwich generation gained a month to recognize and educate these caregivers. If you know any caregiver that is part of the sandwich generation, refer them to adult day services for help with their loved ones.

Riverwalk Events



Stress Busters

Our current Stress Busters group will be wrapping up the first week in July. **Our next Stress Busters Caregivers group will start on July 28th and run through September 22nd.** The Stress Busters Caregiver Program is a 9-week online or in person class that is proven to reduce stress, anxiety and anger and improve caregiver quality of life. The class is taught by Jennifer Brasfield, MSW, Riverwalk's Executive Director and Luran Cianelle, MSW, A/Z Health and Elder Law. Watch Riverwalk's Facebook page for class times and registration.

Dementia Friendly Training



The Riverwalk Adult Day Services continues to work with the Dementia Friendly Naperville Task Force to improve our community for people with dementia and their families. Jennifer Brasfield, ED of Riverwalk conducted 2 Dementia Friendly Community Trainings through the Naperville-Lisle Triad. If your organization would like to be trained to become dementia friendly, please contact Jennifer Brasfield at jen.b.riverwalkads@att.net for more information or to schedule a 45-minute virtual training class.

Join Riverwalk Adult Day Services!



RIVERWALK
ADULT DAY SERVICES

Alfred Rubin Riverwalk Community Center
305 W. Jackson Ave. Naperville, IL
riverwalkadultcare@att.net



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**

- ❖ **ADULT SOCIALIZATION**
- ❖ **RN SUPERVISED PLANS**
- ❖ **MIND, BODY & SPIRIT BENEFITS**
- ❖ **"HOME-LIKE" SETTING**
- ❖ **MONDAY – FRIDAY DAYCARE**
- ❖ **RESPIRE CAREGIVER TIME**



Riverwalk is certified as a:
State of Illinois Community Cares Program Provider &
US Veterans Affairs Community Cares Network Provider



U.S. Department
of Veterans Affairs

For more information call Jennifer @ 630-357-8166
Or log onto <http://RiverwalkAdultDayServices.com>



Grant Recipient

In June, Riverwalk Adult Day Services was one of 37 DuPage County not-for-profit organizations to receive a grant through DuPage Foundation's Spring *Community Needs Grant Program* (*Community Needs* or CNGP). DuPage Foundation awarded \$702,860, a new record amount, to organizations working in the areas of Health & Human Services. These grants are the result of caring and generous donors who see the value in helping those with limited resources in our community," said Barb Szczepaniak, DuPage Foundation vice president for programs.

Riverwalk was also the grateful recipient of a Community Service grant from the Rotary Club of Naperville. This is also due to the generous donations received from the Rotary Club members and their fundraisers. With the Rotary motto of service above self, the Rotary Club of Naperville year over year has helped to ensure that Riverwalk is able to continue to provide services to those adults and their caregivers who are most in need.

It is due to the generosity of the community, DuPage County, philanthropic organizations like the DuPage Foundation & the Rotary Club of Naperville and the CARES PPP loans that Riverwalk was able to provide salary continuation for their staff and be able to provide community services as soon as the CDC permitted the center to open. Thank you from the bottom of our hearts.



Community Sponsors and Donors

Thank you, thank you, thank you to the many community organizations that have generously helped support us in April, May, and June, either through grants or donations. Your generosity is truly appreciated.

Aurora Township Grant, Caterpillar Grant, DuPage Unitarian Universalist Church, Naperville Social Services Grant, Our Saviour's Lutheran Church, State of Illinois PPE Grant, St Margaret Mary Catholic Church, Progressives Harambe, Inc, and Giving DuPage- Part of Giving DuPage Days.



DuPage Unitarian Universalist Church



Naperville



*St. Margaret
Mary Parish*



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