



RIVERWALK REVIEW

Winter
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

With Thanksgiving now past, we often start getting ready for the holidays. With the COVID Pandemic, holidays will look and feel very different this year. These differences will bring new stressors to an already stressful time. During this time it is extremely important that caregivers are using personal coping and self care skills. Some of these skills includes giving yourself permission to ask others for help, taking time for yourself and eating healthy and getting good sleep.

Besides adding new stressors to the holiday times, COVID has also brought new attention to the concerns associated with social isolation and how it can affect your health. It has been identified that social isolation can be as hazardous as smoking 15 cigarettes a day. To prevent social isolation, check in with family and friends as often as possible. Use Zoom or other social media to include family in your holiday traditions if they don't feel comfortable attending in person. Join social groups online or via phone like the Naperville-Lisle TRIAD Coffee Clutch, join a class online, or coordinate a social media group with friends. Just remember that finding ways to interact with others is just as important to your health as eating healthy.

Sincerely,

Jennifer Brasfield
Executive Director



12 Days of Caring 2020

Being a caregiver can be stressful and with the holidays we tend to overstress ourselves. To help relieve some stress, please join Riverwalk Adult Day Center in the 12 Days of Caring. December 12th- December 24th we will post on Facebook ideas on how to reduce your stress. It does not have to take long and some stress reducers you can even do while you multi-task. Remember, taking care of yourself is the best gift you can give yourself and your loved ones.

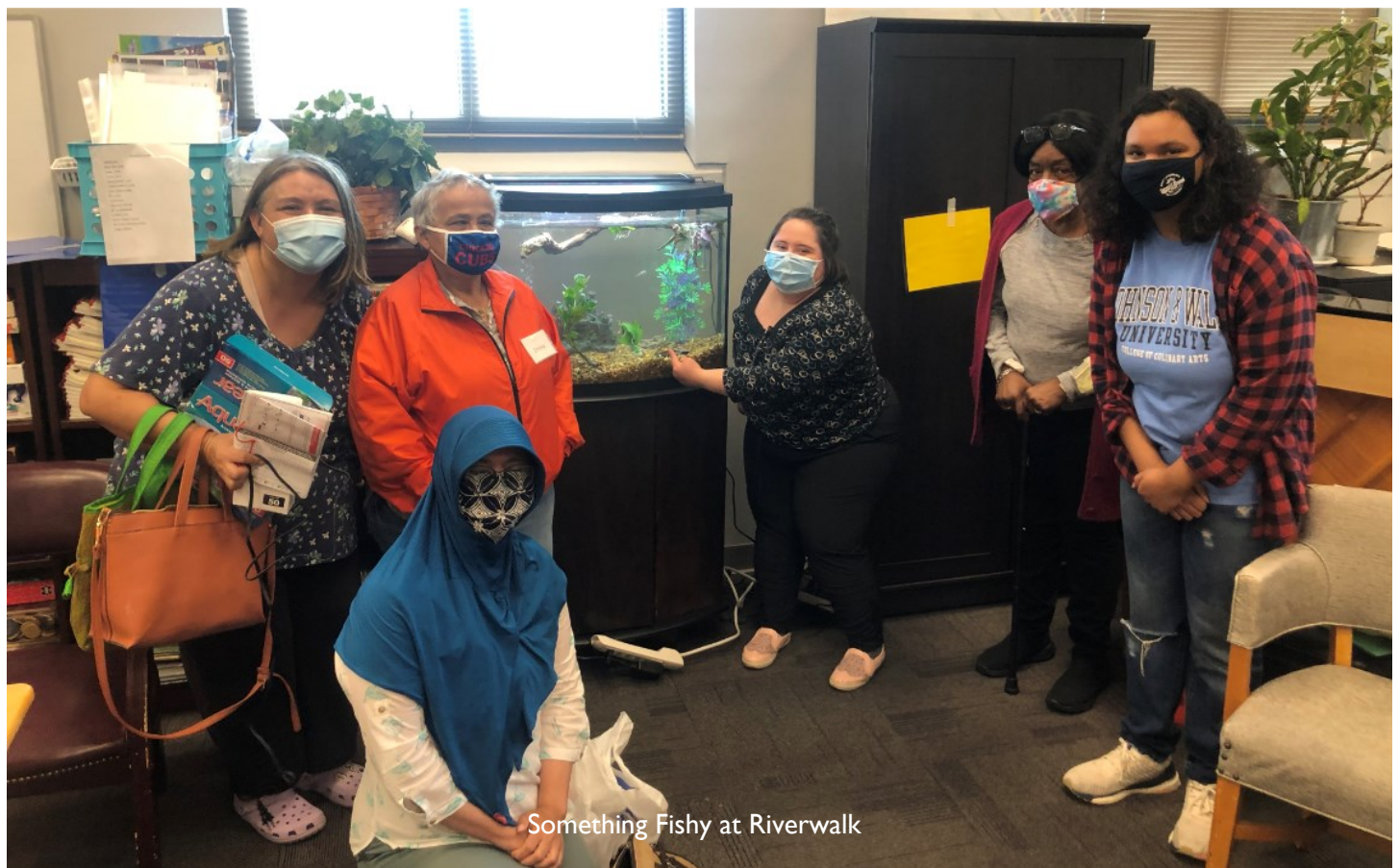
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Participant Enrichment Activities



We are excited to welcome back Yoga to our programing. Vetri is our new yoga instructor and has graciously volunteered her time with us. She will be at the center once a week to help us stay limber and healthy.

We have also restarted our art program at the center. Colleen Koziara from Beyond Bingo, Inc. has started an art class at the center once a week. The participants love creating a new picture each week.



Many thanks to Vitri, our volunteer yoga instructor, for getting our fish tank set up and filling it with fish. The participants love to feed them and watch them throughout the day.

Community Care Program (CCP)

https://www.dupageco.org/Community_Services/Senior_Services/1684/

Riverwalk Adult Day Services is now an approved Community Care Program Provider. How can this help you?

The Community Care Program offers affordable help for the activities of daily living that a senior can no longer manage on their own. This allows seniors, who would be forced to enter a nursing home, the choice of remaining in their own homes.



Naperville Caring Hands Program

<https://www.naperville.il.us/services/naperville-police-department/programs-and-services/caring-hands/>

The Caring Hands program allows residents to voluntarily provide Naperville's first responders with critical information about themselves or loved ones with developmental, cognitive, mental, medical and/or physical disabilities who may require special assistance during an emergency or non-emergency situation. Information provided could include methods of communication, sensory and medical issues as well as approach and de-escalation techniques.

Dementia Friendly Naperville Resources & Training Opportunities

<https://www.naperville.il.us/services/senior-services-and-resources/dementia-friendly-naperville/>



Through the efforts of the Senior Task Force and a committee comprised of individuals from numerous organizations in the community, including the

Riverwalk Adult Day services, Naperville is proud to have been named a Dementia Friendly City in late 2020. This designation from *Dementia Friendly America* showcases Naperville as a community that "fosters the ability of people living with dementia to remain in the community and engage and thrive in day-to-day living."

If your organization would like to be trained to become dementia friendly please contact Jennifer Brasfield at jen.b.riverwalkads@att.net or Jim Hill, President of the Senior Task Force at jamesdhill1975@gmail.com for more information or to schedule a 45 minute virtual training class.



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 Lauran Canelle, MSW, A/Z Health and Elder Law. The next classes will be starting in February. Watch Riverwalk's Facebook page for class times and registration.

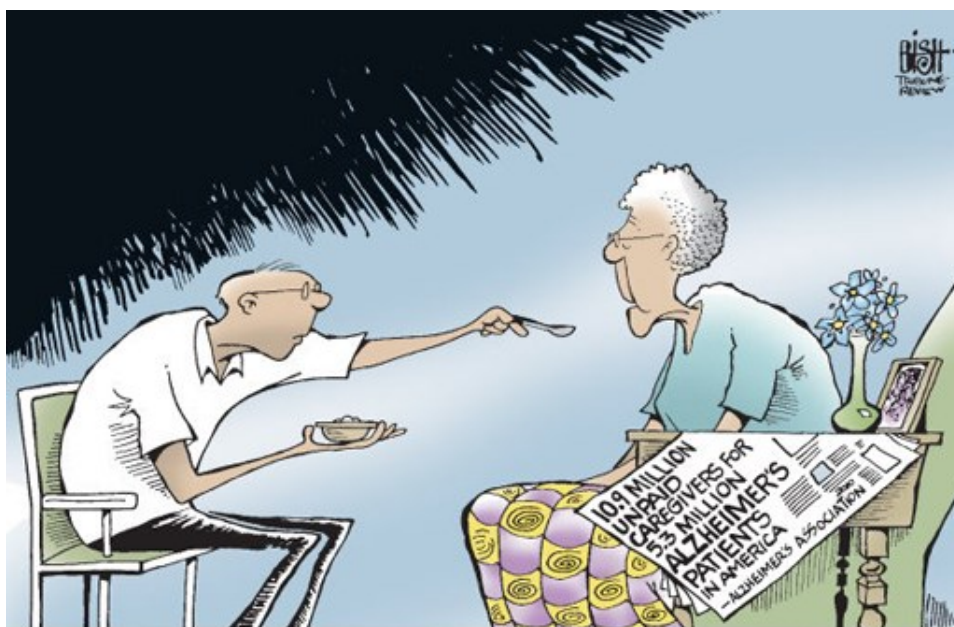
Board Member Openings

Could it be You?



Riverwalk is recruiting Board Members. Do you understand the adult care challenge and want to help? Are you fueled by compassion and/or a passion to serve others? If you bring creative energy, social media and/or marketing presence, financial or fundraising experience or networking; are new or veteran to our community ... you can help propel Riverwalk forward! Contact Marian Stricker, Board President at rstricker@comcast.net or 630-853-2813 for additional information.

The Lighter Side



FOR THOSE WHO DOUBT THE EXISTENCE OF ANGELS

Riverwalk People

Staff Anniversaries

Congratulations to Pattie B. on her one year anniversary with Riverwalk.

New Hires

We are happy to announce that we have added two new nurses and one activity assistant to our family.

Ann is a registered nurse. Ann started at the center when we re-opened in August.

Megan is a nurse practitioner from the University of Michigan. Megan started with the Riverwalk Adult Day Services in August.

Paula started in October as a new activity assistant. Paula gained experience working with the senior population while working for Visiting Angels.

Welcome aboard to all!

Farewell to Peter Sacharczyk - Yoga Instructor and Friend

Saying goodbye is never easy. We would like to congratulate Peter Sacharczyk, Yoga Instructor and owner of Natural Health Solutions on his retirement. Peter was our yoga instructor for 1 ½ years and will be missed by our staff and participants. We hope that Peter and his wife enjoy a happy and healthy retirement.

**? 2nd Annual ?
Riverwalk Virtual
Trivia Night**

**SAVE THE DATE!
Thursday 22 April**





RIVERWALK
ADULT DAY SERVICES

Our sincere gratitude from the Riverwalk staff, Board, caregivers and participants during this most challenging year. We look forward to a New Year filled with hope & healing.

Thank you for your ongoing gift of love and caring from Riverwalk Adult Day Services.

Happy Holidays!



**[CLICK HERE
TO DONATE](#)**

Congratulations

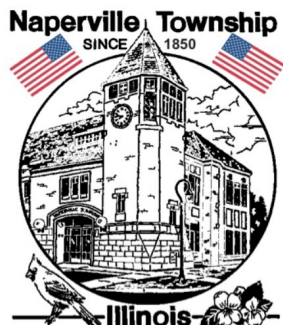


We would like to congratulate one of our partners, BrightStar, who earned the 2020 award for franchise of the year.

[CLICK HERE
TO DONATE](#)

Grants

Thanks to the local organizations and government agencies which have provided grants to assist with the continued operation of Riverwalk Adult Day Services: The Exchange Club of Naperville, DuPage Small Business Relief Program, Naperville Social Services Grant program, and Naperville Township Grant Program.



Thank You



We would like to thank Alan and LeAnn at Oasis for their ongoing support of the Riverwalk Adult Day Services. Upon the center's return to service, Oasis welcomed back our participants with an ice cream treat.

**WESLEY UNITED
METHODIST
CHURCH**

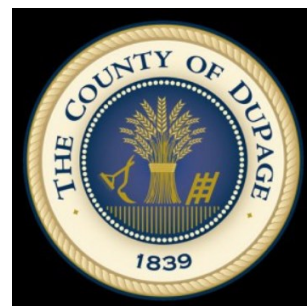
Naperville, IL

Thank you to the Wesley United Methodist Church Women for their generous donation!



Naperville

Social Services Grant Program



**SMALL BUSINESS RELIEF
GRANT PROGRAM**