



# RIVERWALK REVIEW

Winter  
2021

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

## Message from the Executive Director

When the leaves change their colors, and the weather becomes cooler the sun sets earlier. These shortened days can lead to seasonal depressions. Seasonal depression affects all of us no matter the age but for seniors that can already be isolated, the effects can be worse. It is very important to stay active and social. Try to find a new hobby or reengage in an old one. Make plans with friends for drinks or dinner. Find a music or theater event that you can go see. If you are homebound, invite friends over or join online group like the Naperville-Lisle TRIAD Coffee Clutch. Whatever you choose, just make sure that you are interacting with others and keeping your mind active. At the Riverwalk Adult Day, we understand the importance of these activities and how they can affect a person's mood and cognitive abilities and offer programs for those adults that are navigating some form of cognitive decline.

Sincerely  
Jennifer Brasfield MSW, MA  
Executive Director

## Parade of Lights



Riverwalk Adult Day Services participated in the Naperville Parade of Lights, put on by the Naperville Rotary Club on November 26<sup>th</sup>. Riverwalk staff and board members were joined by participants and family members to walk in the parade and promote our upcoming giftwrapping fundraiser.



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# RIVERWALK ADULT DAY SERVICES



## GIFT WRAPPING FUNDRAISER

### **Your \$80 Charitable Contribution:**

- ◆ Allows up to 10 gifts wrapped by our participants
- ◆ Covers the cost of one day of services
- ◆ Provides meaningful purpose for participants



**Packaging with a Purpose**  
**Mon - Fri, 8 - 4:30, Nov 29 - Dec 22**  
**and Sat Dec 18, 12 - 4:30**



[Schedule your gift wrapping](https://www.signupgenius.com/go/5080b4cadab23a2fa7-naperville)

<https://www.signupgenius.com/go/5080b4cadab23a2fa7-naperville>



**Our next Stress Busters Caregivers group will start in December, please look at website for dates and times.**

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.



Ride Assist Naperville (RAN) is an Illinois non-profit corporation with the mission of providing affordable and dependable transportation to medical appointments for Naperville Seniors. If you are, or know of, a senior that could use this resource, either call (630) 864-3087 or click on their website link for more information.

<https://www.rideassistnaperville.org/home/contact/>



### 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 two Dementia Friendly Community Trainings through the Naperville-Lisle Triad. If your organization would like to be trained to become dementia friendly, contact Jennifer Brasfield [jen.b.riverwalkads@att.net](mailto:jen.b.riverwalkads@att.net) for more information or to schedule a 45-minute virtual training class.

## Free Online Health and Wellness Education for Caregivers of People with Alzheimer's

\$30 Compensation  
4 Online Sessions

**Research Study Includes:**

- Social opportunities
- Learning strategies to improve your health and well-being
- Fill in questionnaires to tell us about the sessions and your health and wellbeing

Please Contact Dr. Yujun Liu with questions  
Email: [lyujun@niu.edu](mailto:lyujun@niu.edu)  
Or call (815) 753-1301





## Riverwalk Donors and Sponsors and Grantors

**Riverwalk, a sponsor for Walk to End Alzheimer's; the annual YMCA / Naperville Park District Christmas Dinner for seniors and families in need; Community Access Naperville (which empowers people with intellectual and developmental disabilities), and Naperville Rotary Club's Parade of Lights.**

### Walk to end Alzheimer's

Riverwalk staff, board members, were excited to walk with participants and caregivers during this year's Walk to End Alzheimer's. We couldn't have asked for a more beautiful day to spend time with our families and raise money for a cure.



### Christmas Dinner

Seniors and families in need are invited to sign up for Christmas hosted by Naperville Park District and the YMCA!

<https://www.napervilleparks.org/news/2021-community-christmas-meal-for-naperville-seniors-and-families-in-need>

## COMMUNITY ACCESS NAPERVILLE

info@communityaccessnaperville.org

CAN's 2021 Virtual Fundraiser is taking place September 20-30. Click here to make Giving Tree donations and to purchase sponsorships, CAN products, and raffle tickets.

Donate

Home Volunteer Support CAN Our Products Contact

**Our Mission: To empower people with intellectual and developmental disabilities to work in, contribute to, and enjoy their community.**

Many thanks Naperville Jaycee's, Naperville Chamber of Commerce, Wesley Church Women, White Crane Wellness, and Aurora Township. We are so grateful to our generous donors, sponsors, and grantors.



**WESLEY UNITED  
METHODIST  
CHURCH**

White Crane  
Wellness Center



Thanks to the Naperville Chamber of Commerce's Adopt-an-Agency program, the amazing A-Team's donation drive collected nearly \$500 worth of food, paper goods, and office supplies for Riverwalk Adult Day Services! The A-team has worked with Riverwalk for over 9 months providing support, counsel and volunteers. It takes a village. Heartfelt thanks to both the NACC and especially the A-Team.

## Opportunities



### Volunteers Welcome:

Riverwalk Adult Day Participated in the first “Do Good” volunteer fair put on by Lisle Park District. The volunteer fair was started to give people who are looking for volunteer opportunities the opportunity to meet with several organizations at one time. If you are looking to volunteer, we are always looking for great people to share their talents, hobbies, and time. If you are interested, please call Hope Schamberger at 630-357-8166.



## Riverwalk Staff

### Anniversaries:

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.

19 Years	Hope S	July
10 years	Diane W	August
2 Years	Patti	September
1 Year	Megan	August
1 Year	Paula	October

### New Staff:

The Riverwalk Adult Day welcomes our newest staff member. Pam Wood has joined the Activity Assistant staff in September. We are looking forward to Pam’s enthusiasm and energy while working with our participants.

## Covid Policy Update

### **News from the State of Illinois**



Although more and more people continue to become vaccinated, and the COVID rates due to DELTA remain higher with the holidays approaching we are all staying masked at the center for our participants and their families protection. The good news is that our participants are still able to enjoy the services at the center. Riverwalk Adult Day will continue to review and update our safety guidelines as the State directs to safeguard our participants, families, and staff as much as possible.



## Riverwalk Activities



Riverwalk Adult Day offers a variety of activities. This fall, activities included creating tie-dyed tee shirts and masks, decorating a treasure box, a costumed Halloween party, and a visit from a canine friend.





### November

#### National Family Caregivers Month

It is said that 70% of people aged 65 and over will need some type of long-term care. Are you prepared for this situation? In 2001, the National Long Term Insurance companies formed the National Family Caregiver month to emphasize the importance of having a long-term care plan in place. The month also celebrates the family caregivers that take on the responsibility of caring for loved ones at home. For more family care resources and caregiving financial solutions visit the Naperville-Lisle Triad page for the 2021 Healthy, Wealthy and Wise presentation. [2021 Healthy Wealthy & Wise Senior Conference - Zoom](#)



### December

#### Bingo's Birthday

In December we say Happy Birthday to Bingo. It is thought that Bingo was first played in Italy in 1530 and the French have a record of Bingo being played as early as 1770. Bingo or Beano as it was first called came to the U.S. in 1929. It is said that a person accidentally called out Bingo instead of Beano and that is how the name changed. Visit the Arkadium or other online sites to play Bingo or other brain games at home. [Online Strategy Games | Free Strategy Games | Arkadium](#)



### January

#### National Puzzle Day

On January 29<sup>th</sup> gather friends and family and complete a puzzle on National Puzzle Day. The puzzle dates back to 2300 B.C. with Labyrinth Drawings. The first modern puzzle was created by John Spilsbury in 1767 and puzzles peaked their popularity in the U.S. in 1933. During the depression, the sale of puzzles averaged 10 million a week. Doctors now feel that working puzzles helps with memory, cognitive functioning, and problem-solving skills because it works both sides of the brain at the same time. Check out Amazon or Puzzleworld to order a puzzle to do with family over the holiday's or go to Shutterstock.com to make a puzzle using a family photo.

