

# PROGRAMS FOR OLDER ADULTS



RIVER FOREST TOWNSHIP

Caring | Connection | Community

## Welcome to River Forest Township!

We have a wide range of programs and services for older adults in River Forest.

- + We partner with Oak Park Township, under the umbrella of Township Senior Services, to deliver many essential services (*see page 2*).
- + We also work closely with other entities, like the River Forest Public Library and Park District, to bring you educational, cultural, and active programming.
- + The Assessor's Office, another part of the Township, is here to assist you with questions about property taxes and senior exemptions. Contact Assessor Pamela Kende at [assessor@riverforesttownship.org](mailto:assessor@riverforesttownship.org) or 708-366-2787.
- + Finally, on page 3, we highlight two unique senior services: HomeSharing, a new pilot program, and the Home Repair/CAPABLE Program, designed to enhance seniors' independence in their homes. Please take a look!

### PROGRAM SAMPLER

Programs to enrich life in our community.

- Senior Home Repair Program
- Educational Programs with the RF Public Library
- Medical Equipment Lending Library
- Senior Bus Transportation



### ACTIVE ADULT PROGRAM

through the Park District of Oak Park

The Active Adult Program at Oak Park's Dole Center is open to River Forest residents aged 50+. For a \$50 annual membership fee, older adults can participate in fitness programs, crafts such as weaving, lapidary and ceramics, bridge, and more! Contact **Megan Ulczak** with questions or to take a tour! 708-725-2106 or email [megan.ulczak@pdop.org](mailto:megan.ulczak@pdop.org).



### STAY INFORMED!

Join our email list for the latest senior event and program updates!

#### **Assessor Updates**

news about property taxes, dates, and deadlines

#### **Township Senior News**

monthly email for River Forest older adults

#### **Community Connect**

resource for older adults in RF, OP, Austin and neighboring communities

#### **General Township News**

updates about Township events and services

#### **To sign up:**

Scan the QR code,

Use the following link:

<https://bit.ly/RFT-signup>, or

Contact the Township Clerk at [clerk@riverforesttownship.org](mailto:clerk@riverforesttownship.org) or 708-366-2029 x12



### PLEASE CALL OR EMAIL WITH ANY QUESTIONS:

**Carla Sloan, Supervisor**

708-366-2029 x11,

[supervisor@riverforesttownship.org](mailto:supervisor@riverforesttownship.org)

**Betsy Kelly, Senior Outreach Coordinator**

708-366-2029 x13

[bkelly.rftownship@gmail.com](mailto:bkelly.rftownship@gmail.com)

Visit us at [www.RiverForestTownship.org](http://www.RiverForestTownship.org)

# Programs and Services for Older Adults in River Forest

## Overview of Community Programs



### River Forest Township in partnership with other River Forest entities:

- Cultural and educational programming with RF Public Library
- Celebrating Seniors Week
- Programming with local universities and groups like Arbor West Neighbors
- Weekly mahjong at the RF Community Center
- Pickleball with the RF Park District at the RF Community Center
- ICE (In Case of Emergency) Packets with the RF Fire Department
- ID bracelet program with the RF Police Department
- Temporary disability parking placard (at RF Township and Village of RF)
- Cab Coupon Booklets (reduced fare)
- HomeSharing pilot program
- River Forest Township Senior News monthly email newsletter
- Community Connect biweekly email newsletter

Contact Betsy Kelly, Senior Outreach Coordinator at [bkelly.rftownship@gmail.com](mailto:bkelly.rftownship@gmail.com) or 708-366-2029 x13

### TOWNSHIP ASSESSOR:

The Township Assessor assists with questions about property taxes and senior exemptions. Contact Assessor Pamela Kende at [assessor@riverforesttownship.org](mailto:assessor@riverforesttownship.org) or 708-366-2787.



### River Forest Township in partnership with Oak Park Township:

- Information and Assistance
- Home-Delivered Meals
- Dine-In Lunch Program
- Educational & fitness programming
- Meal Pick-up Program
- Dine-out Program
- Medical Equipment Lending Library
- HomeMeds Program
- Senior Home Repair Program
- CAPABLE Program (handyperson working with nurse and OT)
- Chore Services
- Case Management Services
- Adult Protective Services
- Caregiver Support, Grief Support, Wellness Programming
- Memory Cafe for those with memory changes, and their care partners
- PEARLS mental health program
- Money Management Program
- Advanced Directives Program
- Medicare (SHIP) and other benefits counseling
- Bus Transportation
- Reduced Fee License Plate Stickers (income-based)
- RTA Reduced Fare Program (income-based)

Contact Senior Services of Oak Park and River Forest Townships at 708-383-8060.

Sign up for the OP RF Township Senior Services News & Views newsletter! Call 708-383-8060 or email [seniors@oakparktownship.org](mailto:seniors@oakparktownship.org).

# River Forest Township HomeSharing Program



- Do you have an extra room in your home?
- Are you looking for ways to reduce housing costs?
- Do you want to help someone who works or goes to school in the community but cannot afford the market rate rent for a studio or one bedroom apartment?
- Could you benefit from the companionship of another adult, the extra money and possibly some help with small chores?

River Forest Township will help you find an ideal match, provide screening and background checks, and will be available for ongoing support.

Any River Forest homeowner over 60 who is interested in exploring this opportunity, please reach out to Betsy Kelly at the Township Office: 708-366-2029 x 13 or at [bkelly.rftownship@gmail.com](mailto:bkelly.rftownship@gmail.com)

## Do You Need Help with Simple Home Maintenance?

If you are 60 or older, or age 18-59 with a disability, call the Home Repair Program!

### Eligibility Requirements:

- 60+ years of age
- Age 18-59 with a disability
- Only minor home repairs
- All income levels welcome

Fees are either \$20, \$30 or \$40 per hour depending on income. Repairs are done by insured and reliable professionals.

### Examples of Eligible Work:

- |                      |                       |
|----------------------|-----------------------|
| ■ Faucet Repair      | ■ Grab Bars           |
| ■ Toilet Repair      | ■ Installing Curtains |
| ■ Window Repair      | ■ Disposal Repair     |
| ■ Gutter Cleaning    | ■ Door Locks          |
| ■ Shower Door        | ■ Ceiling Fans        |
| ■ Hanging Pictures   | ■ Light Fixtures      |
| ■ Putting up Shelves | ■ Screen Repair       |

The Townships and Villages of River Forest and Oak Park have partnered with North West Housing Partnership (NWHP) to bring you two programs: the **Home Repair Program**, to help you with small repairs around your home, and the **CAPABLE Project**, which combines the services of a handyperson, nurse and occupational therapist to make your home more safe. Call NWHP at 847-969-0561 or email [paulabush@nwHP.net](mailto:paulabush@nwHP.net) for more information.







PRSRT STD  
US POSTAGE  
PAID  
RESCIGNO'S MARKETING  
CONNECTIONS

**IMPORTANT INFO:  
Please Open**

\*\*\*\*\*ECRWSS\*\*\*\*

Local  
Postal Customer



8020 Madison St.  
River Forest, IL 60305  
708-366-2029

STAY CONNECTED  
[RiverForestTownship.org](http://RiverForestTownship.org)  
[facebook.com/RiverForestTownship](https://facebook.com/RiverForestTownship)  
[linkedin.com/company/riverforesttownship](https://linkedin.com/company/riverforesttownship)  
[instagram.com/riverforesttownship](https://instagram.com/riverforesttownship)

THE TOWNSHIP ENHANCES THE HEALTH AND  
WELL-BEING OF RIVER FOREST THROUGH CARING,  
CONNECTION AND A SENSE OF COMMUNITY.

**SUPERVISOR**  
Carla Sloan  
708-366-2029 x11

**CLERK**  
John Becvar  
708-366-2029 x12

**TRUSTEES**  
Helene Connolly  
Deana Herrman  
Keith Strom  
Karen Taubman

**SENIOR OUTREACH  
COORDINATOR**  
Betsy Kelly  
708-366-2029 x 13  
**MENTAL HEALTH  
ADMINISTRATOR**  
Sarah Schwarting  
708-366-2029 x14

**ASSESSOR**  
Pamela Kende  
708-366-2787 x 21

**DEPUTY ASSESSOR**  
Kathy Elliott  
708-366-2787 x 22

**Visit us at [www.RiverForestTownship.org](http://www.RiverForestTownship.org)**