

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 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.



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 or 708-366-2029 x12



PLEASE CALL OR EMAIL WITH ANY QUESTIONS:

Carla Sloan, Supervisor

708-366-2029 x11,

supervisor@riverforesttownship.org

Betsy Kelly, Senior Outreach Coordinator

708-366-2029 x13

bkelly.rftownship@gmail.com

Visit us at www.RiverForestTownship.org

Programs and Services for Older Adults in River Forest

Overview of Community Programs



RIVER FOREST TOWNSHIP

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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 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 or 708-366-2787.



OAK PARK TOWNSHIP



RIVER FOREST TOWNSHIP

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.

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**

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!

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 for more information.

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

