

Senior Services Associates

Serving Older Adults, Persons with Disabilities
and their Families Since 1973

Kane County Senior Services
Greater Elgin Senior Center
101 S. Grove Avenue
Elgin, IL 60120
1.800.942.1724 • 847.741.0404
Fax: 847.741.2163

McHenry County Senior Services
McHenry Township Recreation Center
3519 N. Richmond Road
McHenry, IL 60051
1.800.339.3200 • 815.344.3555
Fax: 815.344.3593

Kane County Senior Services
Aurora Township Senior Center
900 N. Lake Street, first floor
Aurora, IL 60506
630.897.4035
Fax: 630.897.5901

Kendall County Senior Services
908 Game Farm Road
Yorkville, IL 60560
630.553.5777
Fax: 630.553.6979

McHenry County Senior Services
110 W. Woodstock Street
Crystal Lake, IL 60014
815.356.7457
Fax: 815.356.7754

March 2019

To: Elgin Township Supervisor and Board of Trustees

From: Beth McClory, Chief Administrative Officer
Senior Services Associates, Inc.

Senior Services remains grateful for the continued support of our programs and the seniors and persons with disabilities age 18 to 59 residing in Elgin Township. The financial support provided Senior Services this year has allowed Senior Services to continue and expand programming in the township building, a site that is more accessible to persons residing on Elgin's west side and for South Elgin residents of Elgin Township and in senior buildings throughout the township.

A trained information and assistance case manager has started to accept appointments and walk-ins each Tuesday morning providing information about benefits they need and are entitled to receive and assistance with accessing these programs. A bi-lingual information and assistance case manager has been hired and is being trained at this time. When she is fully trained she will join Tammy Wells, currently working in the Township building, to provide services to Spanish speaking residents and both staff will add time spent in the Elgin Housing Authority buildings, senior resident buildings and assisted living facilities in Elgin Township and add to the time spent in the township building as the demand increases.

We have been providing "Evidence Based" wellness/fitness programs in the Elgin Township building for several years but with additional staff made possible by Township support we are now able to offer a full series of these programs on a continuous rotating basis. Fitness programs offered include "Matter of Balance", client favorite "Fit & Strong" and "Take Charge of Your Health" also known as Chronic Disease Self-Management Program. Take Charge of Your Health will be offered next year specific to those being treated for cancer including nutrition coaching. Balance exercise and group walking are conducted every Tuesday to enhance the fitness programming.

Table games, Bunco, bingo and pinochle are part of the recreation programs offered each week. A new educational series begins May 9; "Changes for the Positive", will be held each Tuesday in May. Six additional special events are planned this summer and fall and four bus trips will depart Elgin Township building to see the Chicago Cubs play Philadelphia, Atlanta, Cincinnati and San Francisco. I have included flyers for each event to provide details.

In our FY18 we served over 5200 Elgin Township seniors and persons with disabilities, this year to date we have served nearly 3200 residents and are on track to increase last year by over 10%. The benefit of your support will allow Senior Services to assist the increasing number of residents in need as this population and their needs continue to grow.



SENIOR SERVICES ACTIVITIES@ ELGIN TOWNSHIP

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ACTIVITIES					
9:00am-9:30am		Balance Exercise			
9:30am-10:00am		Walking			
10:30am-11:30am		Table Games/Bunco		Table Games	
12:00pm-1:30pm		Bingo	Pinochle	Bingo	

I & A

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am-12:00pm		I & A -Tammy Wells			

EVIDENCE BASED PROGRAMS

Matter of Balance Workshop- April 9, 2019 to May 2, 2019(8 session)					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am-11:00am		Matter Of Balance		Matter Of Balance	
Take Charge of Your Health- May 7, 2019 to June 11, 2019 (6 session)					
9:00am-11:00am		Take Charge Of Your Health			

Winter Dragged On; Time now for Positivity; Your Hopes & Dreams (4 week Class) May 9, 2019 to May 30, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am-10:00am		Changes for the Positive			

MATTER OF BALANCE 2019

Managing Concerns About Falls

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, *A Matter of Balance: Managing Concerns About Falls* is a program for you.

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. *A Matter of Balance* can help people improve their quality of life and remain independent.

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

A certified Senior Services Associates Staff Member & Senior Volunteer will lead the program: *A Matter of Balance:*

Managing Concerns About Falls at the Senior Services in Elgin.

The program will run every Tuesday & Thursday in **April to May 2019** at **Elgin Township**(729 S. McLean Blvd. Elgin IL 60123)

Program Dates:

Tuesdays: April 9th, 16th, 23rd & 30th

Thursdays: April 11th, 18th, 25th & May 2nd

Time: 9:00am-11:00am

A workbook is provided and snacks will be served. Call Minnie for more details or to register at 847-741-0404! Limit 12 participants per class.

A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995

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A Matter of Balance Lay Leader Model. Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

We invite you to participate in this exciting, interactive program!

TAKE CHARGE

of your health



Tuesdays, May 7th, 14th, 21st, 28th & June 4th & 11th, 2019

9:00am to 11:30am

**Elgin Township Bldg.
729 South Mc Lean Blvd.**

Sign Up Now!

Senior Services Associates, Inc.
(847.741-0404)

- Learn from facilitators who have professional or personal experience with ongoing health conditions
- Develop your own weekly goals to help you manage your condition
- Create an exercise and healthy eating program that works for you to improve your condition
- Learn problem-solving strategies to help cope with pain, fatigue and frustration
- Gain support and encouragement from others living with ongoing health conditions

**LEARN HOW TO
THRIVE—
NOT JUST SURVIVE**

Senior Services Associates
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and Their Families Since 1973

**Agency on
AGING**
NORTHEASTERN ILLINOIS



Winter Dragged On;

Time now for Positivity; Your Hopes and Dreams

Facilitator: Lorry Davies

Changes for the Positive

4 week class in May 2019

May 9th, 16th, 23rd & 30th

9:00am-10:00am

Elgin Township Building

729 South McLean Blvd. Elgin IL , 60123

Week 1 – Affirmations: What are affirmations? Pass outs explaining affirmations, discussion on how to phrase a personal affirmation, photo book to insert notecards. Notecards, markers, photo book supplied.

Week 2 – Dream Board: On poster board, participants will glue on cut out photos describing what dreams or goals they would like to achieve. First, there will be discussion on what is a goal – for example, to travel is a great goal but not specific enough. Better would be, "I'd like to go to Paris, France in the spring; visit the Louvre, visit the Palace of Versailles, go to the top of the Eiffel tower at night, eat mussels and drink coffee outside of a bistro in France." Poster board, glue and scissors provided.

Week 3 – Journaling: Learn how to focus on one idea to explain to the family an aspect of your life they would not know about. Visit the past and learn how to write a descriptive narrative. Notebooks will be provided.

Week 4 – Surround yourself with the positive: Books, music, people, thoughts, movies, TV shows, etc. Learn to hear the positive and sweep away the negative including self-talk.

**For more information and to reserve your
seats in advance call 847-741-0404
Must RSVP by May 2nd**





SPRING FLING BINGO & LUNCH

Sponsored by Victory Center

Supportive Living

Thursday, March 21st

10:00am-1:00pm

Elgin Township Building

729 South McLean Blvd, Elgin IL

Day's Festivities

10:00 am- Registration

10:30 am- Spring Bingo

11:30 am- Lunch

Menu

Hamburger, Wedge Potatoes, Coleslaw,

Rice Krispy Treats & Beverages

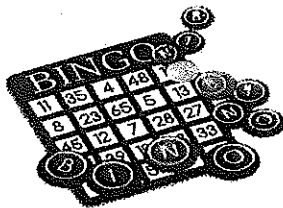
*This is an exclusive event for
Senior Services Members only.*

FREE EVENT!

Please RSVP by March 14th

by calling 847-741-0404.

Senior Services Associates
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and their Families Since 1973



VICTORY CENTRE
Supportive Living & Senior Apartments
By Pathway to Living



EASTER BIG BUCKS BINGO

Sponsored by Heritage Woods Of South Elgin

Thursday, April 4th

10:30am-12:30pm

Elgin Township Building

729 South McLean Blvd. Elgin IL

Prizes will include gift cards, cash, and lottery tickets, **One lucky player** will win a **\$100 gift card.**

Refreshments will be served.

This is an exclusive event for Senior Services Members only.

FREE EVENT!

Please RSVP by March 28th

by calling 847-741-0404.



Senior Services Associates
Serving Older Adults, Persons with Disabilities
and their Families Since 1973



Heritage Woods
of South Elgin

*An Affordable Assisted Lifestyle
Community for the Older Adult*

MOTHER'S DAY BIG BUCKS BINGO
Sponsored by Citadel Care Center

Thursday, May 9th

10:30am-12:30pm

Elgin Township Building

729 South McLean Blvd. Elgin IL

Prizes will include gift cards, cash, and lottery tickets, **One lucky player will win a \$50.00 gift card.**

Refreshments will be served.

This is an exclusive event for Senior Services Members only.

FREE EVENT!

Please RSVP by May 2nd

by calling 847-741-0404.



Senior Services Associates
Serving Older Adults, Persons with Disabilities
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Citadel
HEALTHCARE

SUMMER BINGO & LUNCH

Sponsored by Victory Center

Supportive Living

Thursday, June 27th

10:00am-1:00pm

Elgin Township Building

729 South McLean Blvd, Elgin IL

Day's Festivities

10:00 am- Registration

10:30 am- Summer Bingo

11:30 am- Lunch

Menu

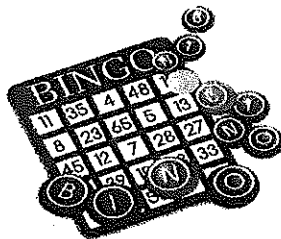
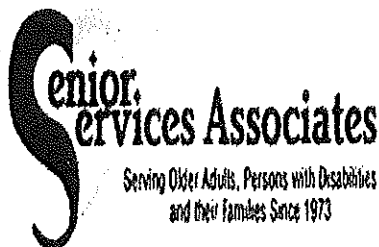
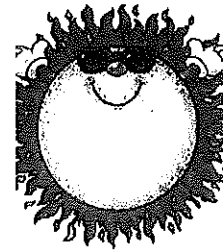
Hotdog, Corn On The Cob, Garden Ranch Salad,
Brownie & Beverages

This is an exclusive event for
Senior Services Members only.

FREE EVENT!

Please RSVP by June 20th

by calling 847-741-0404.



FALL BINGO & LUNCH

Sponsored by Victory Center
Supportive Living

Thursday, October 3rd

10:00am-1:00pm

Elgin Township Building

729 South McLean Blvd, Elgin IL

Day's Festivities

10:00 am- Registration

10:30 am- Fall Bingo

11:30 am- Lunch

Menu

Chili, Corn bread, Southwestern Salad,

Chocolate Mousse & Beverages

This is an exclusive event for
Senior Services Members only.

FREE EVENT!

Please RSVP by September 26th
by calling 847-741-0404.

Senior Services Associates
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and their Families Since 1973



VICTORY CENTRE
Supportive Living & Senior Apartments
by Pathway to Living

HALLOWEEN BIG BUCKS BINGO
Sponsored by Heritage Woods Of South Elgin

Thursday, October 24th
10:30am-12:30pm
Elgin Township Building
729 South McLean Blvd. Elgin IL

Prizes will include gift cards, cash, and
lottery tickets, One lucky player will win
a \$100 gift card.

Refreshments will be served.
*This is an exclusive event for
Senior Services Members only.*

FREE EVENT!

*Please RSVP by October 17th
by calling 847-741-0404.*



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Heritage Woods
of South Elgin
An Affordable Assisted Lifestyle
Community for the Older Adult



2019 Chicago Cubs Trips
*Follow the Cubs as they try to make
 it back to the World Series*



Beginning April 8th you can call in and reserve your seats for exciting Chicago Cubs Baseball. This offer is limited to Senior Services Associates members. Please note that payment is due when you place your order. (Please note: If there are tickets still available by May 13th, non-members may sign up.)

Chicago Cubs vs. Philadelphia Phillies

Thursday, May 23, 2019
 Game Time: 1:20 pm
 Cost: \$50.00 member/\$55.00 non-member

Chicago Cubs vs. Atlanta Braves

Thursday, June 27, 2019
 Game Time: 1:20 pm
 Cost: \$80.00 member/\$85.00 non-member

Chicago Cubs vs. Cincinnati Reds

Wednesday, July 17, 2019
 Game Time: 1:20 pm
 Cost: \$80.00 member/\$85.00 non-member

Chicago Cubs vs. San Francisco Giants

Thursday, August 22, 2019
 Game Time: 1:20 pm
 Cost: \$67.00 member/\$72.00 non-member



*Cheer for the former World Champion Chicago Cubs. Your trip includes
 round-trip bus transportation and Terrace
 Reserved seating.*

Host for Event: Senior Services of Elgin.
Departure Time: 10:00 a.m. @ Elgin Township Building
(729 S. Mc Lean Blvd. Elgin IL 60123)



Kane County Guide to Community Services
1750 Grandstand Place #5
Elgin, IL 60123
847.741.2259
847.741.2270 fax
www.kanecountyguide.org

Kane County
Guide to Community Services
www.kanecountyguide.org

March 5, 2019

Sponsors

Franklin Ramirez
Elgin Township
729 S. McLean Boulevard
Elgin, IL 60123

Advocate Sherman
Hospital

Dear Franklin:

Batavia Township

First, I want to thank you for the long support of the Elgin Township for the *Kane County Guide to Community Services* initiative. In the 13 years of the online guide's existence, hundreds of thousands of Kane County residents were able to find the health and human services help they needed. Your support helped keep the guide running and up-to-date with that critical information.

Batavia United Way

City of Aurora

Community Crisis
Center

I'm writing to you today to let you know that as of March 31, 2019, the guide will come offline. Last fall, the **2-1-1 Health and Human Services Hotline** was launched here in Kane County, providing residents with an even faster way to get information—anyone with a Kane County area code can just dial 2-1-1 and be connected with trained referral specialists. The service can also be accessed at 888-865-9903 for those without a local area code. 2-1-1 also has a web based guide at www.findhelp211.org.

Dundee Township

Elgin Township

Fox Valley United Way

As we work to publicize this new service in our local community, please let me know if you will take some posters, rack cards, or business cards promoting 2-1-1. We will be using remaining Kane County Guide funds to purchase these materials in the next few months and would like to get them in the hands of as many local organizations as possible to help residents get the information they need.

Gail Borden Public
Library

Kane County

Presence Mercy
Medical Center

Sincerely,



Presence Saint
Joseph Hospital

Elissa Kojzarek
Director of Marketing
United Way of Elgin
ekojzarek@uwlegin.org

Rush-Copley Medical
Center

United Way of Elgin

