



Hello Friends!!

Winter 2023



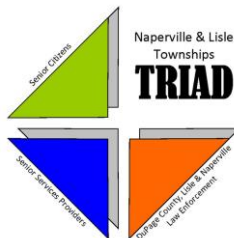
Adult Day Services & Respite

In addition to allowing family caregivers to continue working outside the home, Adult Day Services allow caregivers to receive help with the physical care of a loved one, have respite from what can be a “24/7” responsibility, and avoid the trauma of placing a loved one in institutional care.

Research has shown that ADS programs reduce caregiver depression, stress, and burden levels linked to caregiver health and well being... [read more...](#)

[Click](#) or Call (630) 857-3017 to schedule a FREE Trail.

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TRIAD Upcoming Events [\(Click here for more info\)](#)

March 1, 2023, 9-10 AM: TRIAD Talks: "Senior Caregiver Resources" (Panel Discussion), [FREE](#)

- Location: Naperville Municipal Center, 400 S. Eagle St., Naperville, Meeting Rooms A/B (Lower Level)

April 27-28 (Thursday-Friday): SHOE >> Senior Housing Options Expo at Grace Pointe Church, Naperville [FREE](#)
Please Share With Your Network.

Caregiving Population

More than 65 million people, 29% of the U.S. population, provide care for a chronically ill, disabled, or aged family member or friend during any given year and spend an average of 20 hours per week providing care for their loved one.

Approximately 66% of family caregivers are women. More than 37% have children or grandchildren under 18 years old living with them. [Read more...](#)



How Naperville Senior Center Adult Day Services Can Help Our Members:

Skilled Nursing Care, Julie & Lee Ann

- Daily Vitals | Troubleshoot | Medication Administration

Physical Therapist, Pam

- Promote Mobility

Activity Director, Jenn

- Purposeful Activities | BINGO | Socialize | Exercise | More...

CNAs: Ana, Laura, Liz, Ralph

• Ensure safety of all Members | Transfers | ADLs | Fun Aging in Place (Stay Home As Long As Possible)

Our Family Caregivers:

- Caregiver Support
- Caregiver Advisor: Overwhelmed? Under Appreciated? Stressed? Burnout?
- Six Stages of Caregiving (Interactive Workshop)
- Senior Service Provider Resources

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Students Helping Seniors

Naperville Senior Center is incredibly proud and grateful to be a part of the learning experience for Lewis University, North Central College, Governor's State University, and Midwestern University programs:

- > Nursing Students
- > Exercise Science Student
- > Speech Therapy Students
- > Occupational Therapy Students
- > Physical Therapy Students



NSC February Newsletter

We mailed out 150 copies of our blockbuster 12-page February newsletter. Complete with our 2022 Pictorial Year in Review, this edition is sure to be a collectors' edition...

If your copy got lost in the mail, [click here](#) and enjoy!



Ride Assist Naperville >> Volunteers Needed

This exciting initiative pairs Naperville seniors who need rides to and from their medical appointments with a volunteer driver to take them to the appointments, wait with them, and then drive them back home.

Volunteer Drivers Needed. March 9, 9:30 AM, is the next 'New Volunteer Training Orientation' at Alfred Rubin Community Center, Room 205. ([click here for event details](#))

Sales Tip from the Head Chef

Be Bright.
Be Brief.
Be Gone.
[The Three B's](#)



Email Scams Targeting Facebook, Apple Users

Facebook: This latest phishing scam is targeting people's Facebook direct messaging inboxes. They imply you are in Facebook jail.

The second similar scam going around is a phishing email claiming that **your Apple ID was locked** because of suspicious activity or multiple sign-in attempts.

We also received text messages saying our Amazon Account, or Apple Account is locked. They want your info to hack into your accounts and steal your money.

Never click links in email or texts if you do not know the sender... [Read more here...](#)

[Click](#) or Call (630) 857-3017 to schedule a **FREE** Trail or Tour.



[Our Company](#) | [Contact Us](#) | [FAQs](#) | [Donate](#)

You are getting this email because you either subscribed via Sales Kitchen or Naperville Senior Center Adult Day Services, or we are in a group together, or we met at a networking event, or you gave me your business card, or you sent me an email, or we played golf together.