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PLOWS Council on Aging Sponsors July Events

Palos Heights, IL – June 26, 2019 – PLOWS Council on Aging is sponsoring the following special events in July and there is no charge for the sessions.

July 9 – Advocacy & Benefits Assistance in Worth

From 9 A.M. to 1 P.M. – Applying for critical government-related benefits can be challenging and overwhelming. Our professionals can assist you or another qualified older adult with services such as: Medicare Savings Program, SNAP/Food Stamps, Senior Health Insurance, Medicare Part D and more. This session is for older adults 60+ years old and persons with disabilities 18-59 years old and takes place the second Tuesday of every month at Worth Township, 11601 South Pulaski Road in Alsip. **Registration required by calling PLOWS Council on Aging at 708-361-0219.**

July 10 -- Memory Café

From 10 A.M. to 11:30 A.M. – A Memory Café is a social gathering for people living with dementia and other forms of cognitive impairment and their care partners. The Café is held the second Wednesday of every month through September 2019 at the Community Nutrition Network Site in Hometown. There is no charge for the event and a complimentary lunch will be provided. **Registration required by calling PLOWS Council on Aging at 708-361-0219.**

July 11 – Caregivers Connecting

Starting at 6:00 P.M. – New or continuing caregivers assisting friends and/or family are invited to join this supportive group. Caregiving is challenging and it can be emotionally healing to talk to others in similar situations. This group provides education, emotional support, and social interaction in a safe environment. Interested people are screened to make sure this group is a good fit. Sessions will be held at the PLOWS Council on Aging Office in Palos Heights. **Registration required by calling PLOWS Council on Aging at 708-361-0219.**

South Suburban Cook County's premier leader and connection to aging information and resources empowering individuals navigating the aging life cycle with a focus on those 60 years of age and older.



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July 11 –Advocacy & Benefits Assistance in Lemont

From 9 A.M. to 4:30 P.M. – Applying for critical government-related benefits can be challenging and overwhelming. Our professionals can assist you or another qualified older adult with services such as: Medicare Savings Program, SNAP/Food Stamps, Senior Health Insurance, Medicare Part D and more. This session is for older adults 60+ years old and persons with disabilities 18-59 years old and takes place the second Thursday of every month at Lemont Township, 1115 Warner Avenue in Lemont.
Registration required by calling PLOWS Council on Aging at 708-361-0219.

July 23 –Advocacy & Benefits Assistance in Worth

From 12:30 P.M. to 4:30 P.M. – Applying for critical government-related benefits can be challenging and overwhelming. Our professionals can assist you or another qualified older adult with services such as: Medicare Savings Program, SNAP/Food Stamps, Senior Health Insurance, Medicare Part D and more. This session is for older adults 60+ years old and persons with disabilities 18-59 years old and takes place the fourth Tuesday of every month at Worth Township, 11601 South Pulaski Road in Alsip.
Registration required by calling PLOWS Council on Aging at 708-361-0219.

Support Groups Starting Soon: Call 708-361-0219 and we'll contact you about the the best schedule for groups that meet at our offices in Palos Heights.

Grief and Loss: We are hosting a group for those grieving the loss of a loved one. The pain of loss can be overwhelming, but there are healthy ways to cope. Participants help each other through shared experiences and the group provides education and healing.

Powerful Tools for Caregivers: This six-week class provides helpful resources and strategies to care for yourself while caring for others. We'll give you tools to reduce stress, improve self-confidence, manage time, set goals and solve problems, better communicate feelings, and make tough decisions.

About PLOWS Council on Aging

Founded in 1975, PLOWS Council on Aging is South Suburban Cook County's premier leader and connection to aging information and resources. We are a 501(c)3 human service organization providing comprehensive community services to more than 16,000 individuals navigating the aging life cycle. We provide critical programs and services for people 60 years of age and adults with disabilities 18 years of age living at home. Our team is focused on bringing innovative opportunities and integrated solutions that help older adults maintain their health, independence, dignity and self-worth in their community. We serve people in 20 municipalities throughout Palos, Lemont, Orland and Worth Townships. For more information, visit plows.org



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CAREGIVERS CONNECTING

MONTHLY SUPPORT GROUP

CAREGIVING IS CHALLENGING AND IT CAN BE EMOTIONALLY HEALING TO TALK WITH OTHERS IN SIMILAR SITUATIONS. JOIN OUR MONTHLY GROUP FOR PRACTICAL TIPS & ACCESS TO RESOURCES, EMOTIONAL SUPPORT, AND SOCIAL INTERACTION IN A SAFE, SUPPORTIVE ENVIRONMENT.

WHO? FOR NEW OR CONTINUING CAREGIVERS ASSISTING FRIENDS OR FAMILY.

WHEN? THE GROUP MEETS EVERY SECOND THURSDAY OF THE MONTH AT 6 P.M.

WHERE? PLOWS COUNCIL ON AGING,
7808 COLLEGE DRIVE, PALOS HEIGHTS, IL



PLOWS
Council on Aging

REGISTRATION REQUIRED: CALL 708.361.0219

PARTIAL FUNDING FOR THE PROGRAM IS PROVIDED THROUGH AN AWARD FROM AgeOptions, THE AREA AGENCY ON AGING FOR SUBURBAN COOK COUNTY UNDER TITLE III OF THE OLDER AMERICANS ACT AS ADMINISTERED THROUGH THE ILLINOIS DEPARTMENT ON AGING AND THE FEDERAL ADMINISTRATION ON AGING. PLOWS COUNCIL ON AGING DOES NOT DISCRIMINATE IN ADMISSION TO PROGRAMS OR TREATMENT OF EMPLOYMENT IN COMPLIANCE WITH APPROPRIATE STATE AND FEDERAL STATUTES. IF YOU FEEL YOU HAVE BEEN DISCRIMINATED AGAINST, CALL 708.361.0219



ADVOCACY & BENEFITS ASSISTANCE IN LEMONT

MONTHLY SESSIONS EVERY SECOND THURSDAY OF THE MONTH

APPLYING FOR CRITICAL GOVERNMENT-RELATED BENEFITS CAN BE CHALLENGING AND OVERWHELMING. OUR PROFESSIONALS CAN ASSIST YOU OR ANOTHER QUALIFIED OLDER ADULT WITH SERVICES SUCH AS: MEDICARE SAVINGS PROGRAM, SNAP/FOOD STAMPS, SENIOR HEALTH INSURANCE, ENERGY ASSISTANCE, MEDICARE PART D AND MORE.

WHO? FOR OLDER ADULTS 60+ YEARS OLD AND PERSONS WITH DISABILITIES 18-59 YEARS OLD.

WHEN? WE'LL MEET THE SECOND THURSDAY OF EVERY MONTH FROM 9 A.M. TO 4:30 P.M.



WHERE? LEMONT TOWNSHIP, 1115 WARNER AVENUE, LEMONT, IL 60439

To REGISTER AND FOR MORE INFORMATION: CALL 708.361.0219

FUNDS TO HELP OLDER ADULTS IDENTIFY AND ACCESS SERVICES NEEDED TO CONTINUE LIVING INDEPENDENTLY IN THEIR HOMES WERE RECEIVED FROM THE LEMONT JUNIOR WOMEN'S CLUB. PLOWS COUNCIL ON AGING IS GRATEFUL FOR THIS OPPORTUNITY.



POWERFUL TOOLS FOR CAREGIVERS

THIS SIX-WEEK CLASS PROVIDES HELPFUL RESOURCES AND STRATEGIES TO CARE FOR YOURSELF WHILE CARING FOR SOMEONE ELSE. WE'LL GIVE YOU TOOLS TO REDUCE STRESS, IMPROVE SELF-CONFIDENCE, MANAGE TIME, SET GOALS AND SOLVE PROBLEMS, BETTER COMMUNICATE FEELINGS, AND MAKE TOUGH DECISIONS. THE CLASS IS FREE AND ALL PARTICIPANTS WILL RECEIVE "THE CARE GIVER HELP BOOK".

WHO? FOR NEW OR CONTINUING CAREGIVERS.

WHERE? 7808 WEST COLLEGE DRIVE, PALOS HEIGHTS, IL

WHEN? CALL US AND WE'LL CONTACT YOU TO DETERMINE THE BEST SCHEDULE FOR GROUPS STARTING SOON. WEEKLY CLASSES ARE 90-MINUTES.

REGISTRATION REQUIRED: CALL 708.361.0219



PARTIAL FUNDING FOR THE PROGRAM IS PROVIDED THROUGH AN AWARD FROM AGEOptions, THE AREA AGENCY ON AGING FOR SUBURBAN COOK COUNTY UNDER TITLE III OF THE OLDER AMERICANS ACT AS ADMINISTERED THROUGH THE ILLINOIS DEPARTMENT ON AGING AND THE FEDERAL ADMINISTRATION ON AGING. PLOWS COUNCIL ON AGING DOES NOT DISCRIMINATE IN ADMISSION TO PROGRAMS OR TREATMENT OF EMPLOYMENT IN COMPLIANCE WITH APPROPRIATE STATE AND FEDERAL STATUTES. IF YOU FEEL YOU HAVE BEEN DISCRIMINATED AGAINST, CALL 708.361.0219



SHARED HOUSING

**DO YOU HAVE AN EXTRA ROOM IN YOUR HOME?
ARE YOU LOOKING TO REDUCE HOUSING COSTS?**

**SHARED HOUSING MAY BE A TERRIFIC OPTION FOR YOU.
WE HAVE 30+ YEARS OF EXPERIENCE MATCHING PEOPLE THAT
HAVE HOUSES, APARTMENTS OR CONDOS, WITH PEOPLE WHO NEED
AN AFFORDABLE PLACE TO LIVE.**

**WHO? ADULTS OF ALL AGES CAN PARTICIPATE AS LONG AS LONG AS ONE
PARTICIPANT IS 62 YEARS+ OR HAS A DISABILITY.**

**WHY? THIS PROGRAM CAN OFFER COMPANIONSHIP, FINANCIAL SECURITY
AND INDEPENDENCE.**

**HOW? PROVIDERS AND SEEKERS AGREE UPON SHARED EXPENSES. PLOWS
COUNCIL ON AGING THOROUGHLY VETS ALL INTERESTED PEOPLE AND
PROVIDES GUIDANCE ON SHARED HOUSING AGREEMENTS.**

CALL US AT 708-361-0219 TO LEARN MORE.



PLOWS
Council on Aging



SHARED HOUSING

**ARE YOU LOOKING FOR AFFORDABLE HOUSING?
DO YOU WELCOME COMPANIONSHIP?**

**SHARED HOUSING MAY BE A TERRIFIC OPTION FOR YOU.
WE HAVE 30+ YEARS OF EXPERIENCE MATCHING PEOPLE WHO NEED
AN AFFORDABLE PLACE TO LIVE WITH PEOPLE WITH HOUSES,
APARTMENTS OR CONDOS.**

**WHO? ADULTS OF ALL AGES CAN PARTICIPATE AS LONG AS LONG AS ONE
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**WHY? THIS PROGRAM CAN OFFER COMPANIONSHIP, FINANCIAL SECURITY
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**HOW? SEEKERS AND PROVIDERS AGREE UPON SHARED EXPENSES. PLOWS
COUNCIL ON AGING THOROUGHLY VETS ALL INTERESTED PEOPLE AND
PROVIDES GUIDANCE ON SHARED HOUSING AGREEMENTS.**

CALL US AT 708-361-0219 FOR INFORMATION.





ADVOCACY & BENEFITS ASSISTANCE IN WORTH

TWO MONTHLY SESSIONS

APPLYING FOR CRITICAL GOVERNMENT-RELATED BENEFITS CAN BE CHALLENGING AND OVERWHELMING. OUR PROFESSIONALS CAN ASSIST YOU OR ANOTHER QUALIFIED OLDER ADULT WITH SERVICES SUCH AS: MEDICARE SAVINGS PROGRAM, SNAP/FOOD STAMPS, SENIOR HEALTH INSURANCE, MEDICARE PART D AND MORE.

WHO? FOR OLDER ADULTS 60+ YEARS OLD AND PERSONS WITH DISABILITIES 18-59 YEARS OLD.



WHEN? THE SECOND TUESDAY OF EVERY MONTH FROM 9 A.M. TO 1 P.M. AND THE FOURTH TUESDAY OF EVERY MONTH FROM 12:30 P.M. TO 4:30 P.M.

WHERE? WORTH TOWNSHIP, 11601 SOUTH PULASKI ROAD, ALSIP, IL 60803

REGISTRATION & APPOINTMENTS REQUIRED : CALL 708.361.0219

FUNDS TO HELP OLDER ADULTS IDENTIFY AND ACCESS SERVICES NEEDED TO CONTINUE LIVING INDEPENDENTLY IN THEIR HOMES WERE RECEIVED FROM THE RUSSELL AND JOSEPHINE KOTT MEMORIAL CHARITABLE TRUST. PLOWS COUNCIL ON AGING IS GRATEFUL FOR THIS OPPORTUNITY.





GRIEF & LOSS SUPPORT

THE PAIN OF LOSS CAN BE OVERWHELMING. LEARN HEALTHY WAYS TO COPE BY INTERACTING WITH OTHERS IN SIMILAR SITUATIONS. THIS GROUP WILL FOCUS ON PROVIDING EDUCATION AND HEALING IN A SAFE, SUPPORTIVE ENVIRONMENT.

WHO? FOR OLDER ADULTS WHO ARE GRIEVING FROM THE PASSING OF A LOVED ONE OR LOSS OF THEIR COMPANIONSHIP DUE TO PHYSICAL OR COGNITIVE IMPAIRMENT.

WHERE? 7808 WEST COLLEGE DRIVE, PALOS HEIGHTS, IL

WHEN? REGISTER AND WE'LL CONTACT YOU TO DETERMINE THE BEST SCHEDULE FOR GROUPS STARTING SOON



REGISTRATION REQUIRED: CALL 708.361.0219

PARTIAL FUNDING FOR THE PROGRAM IS PROVIDED THROUGH AN AWARD FROM AGEOptions, THE AREA AGENCY ON AGING FOR SUBURBAN COOK COUNTY UNDER TITLE III OF THE OLDER AMERICANS ACT AS ADMINISTERED THROUGH THE ILLINOIS DEPARTMENT ON AGING AND THE FEDERAL ADMINISTRATION ON AGING. PLOWS COUNCIL ON AGING DOES NOT DISCRIMINATE IN ADMISSION TO PROGRAMS OR TREATMENT OF EMPLOYMENT IN COMPLIANCE WITH APPROPRIATE STATE AND FEDERAL STATUTES. IF YOU FEEL YOU HAVE BEEN DISCRIMINATED AGAINST, CALL 708.361.0219



WEDNESDAY MEMORY CAFÉ

Wednesday, July 10, 2019
From 10 A.M. to 11:30 A.M.

Join PLOWS Council on Aging and Community Nutrition Network for our Memory Café, a social gathering for people living with dementia and other forms of cognitive impairment and their care partners. The Café provides informative presentations, friendly conversation, and a chance to connect with your community.



No charge for event or lunch

Partial funding for the program is provided through an award from AgeOptions, the Area Agency on Aging for Suburban Cook County under Title III of the Older Americans Act as administered through the Illinois Department on Aging and the Federal Administration on Aging. Community Nutrition Network & The PLOWS Council on Aging do not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708.361.0219.

WHEN?

July 10, 2019

10 A.M. -11:30 A.M.

**Memory Café meets
every second
Wednesday of the month
until September.**

**Program first with lunch
to follow at 11:30 A.M.**

WHERE?

**Community
Nutrition Network
Site (formerly Our Lady of
Loretto School)**

**8925 S Kostner Ave
Hometown, IL**

REGISTRATION REQUIRED:

**Call 708.361.0219
PLOWS COUNCIL
ON AGING**

**PLOWS Council on Aging serves
more than 16,000 individuals in 20
communities within Palos,
Lemont, Orland and Worth
Townships.**



MAKE A DIFFERENCE AND BRIGHTEN SOMEONE'S DAY!

WE NEED DEDICATED, CARING DRIVERS TO DELIVER MEALS TO HOMEBOUND OLDER ADULTS FOR A FEW HOURS IN THE MORNING ONE DAY A WEEK MONDAY THROUGH FRIDAY. DRIVERS LEAVE FROM OUR OFFICES IN PALOS HEIGHTS. VOLUNTEERS NEED THEIR OWN CAR, LICENSE, AND INSURANCE AND MUST SUBMIT TO A BACKGROUND CHECK. A SMALL STIPEND OFFSETS DRIVING EXPENSES.

CALL 708.361.0219 TO LEARN MORE



**7808 WEST COLLEGE DRIVE, 5TH FLOOR
PALOS HEIGHTS, IL 60463**

VISIT US AT WWW.PLOWS.ORG OR E-MAIL C.SUDDRETH@PLOWS.ORG

