

OLDER AMERICANS MONTH

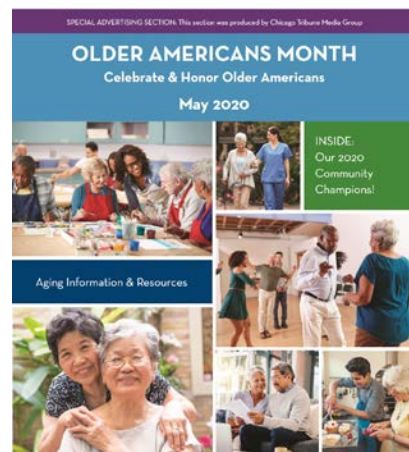


MAKE YOUR MARK: MAY 2020

PLOWS Council on Aging celebrates the many contributions of older Americans and highlights how older adults “make their mark” by offering their time, experience and talents to benefit our communities.

CHECK US OUT: Visit our Facebook page & www.plows.org to learn how you can make a mark in the lives of older adults.

SIGN UP: Visit our website or email j.petterson@plows.org to receive our magazine with the Chicago Tribune/Daily Southtown. It features inspiring stories and news about our 2020 Community Champions -- older adults who generously volunteer in Palos, Lemont, Orland & Worth Townships.



PLOWS
Council on Aging

7808 West College Drive, 5th Floor, Palos Heights, IL 60463

708.361.0219 | www.plows.org



CAREGIVERS CONNECTING

VIRTUAL MONTHLY SUPPORT GROUP



CAREGIVING IS CHALLENGING AND THE COVID-19 PANDEMIC AND NEED FOR SELF-ISOLATION HAS LIKELY ADDED MORE STRESS AND COMPLICATION TO THE ROLE. WE ARE TAKING OUR MONTHLY GROUP ONLINE SO YOU CAN TAKE A MOMENT TO TALK WITH OTHERS IN SIMILAR SITUATIONS, SHARE TIPS & LEARN ABOUT NEW RESOURCES. IT'S SAFE AND EASY TO STAY IN TOUCH AND JOIN OUR VIRTUAL GROUP FROM THE COMFORT OF YOUR HOME.

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

WHEN? DIAL IN VIA PHONE OR COMPUTER ON WEDNESDAY, MAY 20 AT 2 P.M.

REGISTER & RECEIVE EASY DIAL-IN INFORMATION:

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



RESOURCES AVAILABLE FOR CAREGIVERS

WHO? For informal caregivers & family members of people diagnosed with Alzheimer's Disease & Related Disorders.

WHAT? Our services include consultation and support about financial assistance, legal issues, self-care, and strategies to connect at every stage of the disease.

CALL 708-361-0219

WWW.PLOWS.ORG



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RESOURCES AVAILABLE



FOR GRANDPARENTS & OTHER RELATIVES RAISING CHILDREN

More than 6 million children are raised by grandparents and other relatives across the U.S. In Illinois, 100,000+ grandparents are responsible for their grandchildren. These relatives provide a vital safety net and often begin care with little or no warning or preparation. PLOWS Council on Aging is a community resource for these caregivers – providing free consultation, education, encouragement, and, in some cases, emergency funding.

WHO? For older adults who are the primary caregiver for a grandchild or other family member under 18.

WHAT? Our services include consultation and support about financial assistance, legal issues, self-care, and more.

CALL 708-361-0219



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