

Arbor West Neighbors



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Creating and Recreating Home: Options for Aging in Community

Date: Saturday, Nov. 18th

Time: 9:00 am – 12:30 pm

Location: Veteran's Room

Oak Park Public Library

834 Lake Street, Oak Park

Admission: Free

Please join Arbor West Neighbors as we examine housing options such as shared housing, cohousing, cooperative housing, and accessory dwellings. We will learn from those with personal and professional experience with these alternative housing arrangements.

To register please click here:

[Registration](#)

Registration will also be possible on the date of the event to the extent space is available.

Neighbors,

The month of November brings shorter, cooler days and the chance to gather with friends and family to celebrate Thanksgiving. We put a lot of thought and effort into that very special meal, but what about the ordinary days? Are there ways to make meals easier and more enjoyable? Is it more challenging to cook for one or two than for a whole houseful of Thanksgiving guests? Let's explore ways to make eating nutritious and pleasurable this Thanksgiving and every day.

Groceries

We are fortunate to live in a community where we have several locations to purchase our groceries ranging from options that require self-bagging such as ALDI, to full-service stores that focus on locally grown products, like Sugar Beet Food Co-op, with large and small alternatives in-between. Regardless of your store preference, having easily accessible healthy options that can be purchased and brought home are important factors when shopping for food. Does the store accommodate those with mobility issues? Are staff members available to help with the hard to reach or find items? Is there a delivery service available? Here are some resources

available at some of our local stores that you may not be aware of:

Instacart: Order groceries and other products on-line and have them delivered within an hour through Instacart. Delivery fee depends on size of order and time of delivery. An additional service fee of 10% shows up, but can be removed by the customer. Participating stores: Whole Foods, Mariano's, Pete's Fresh Market, Tony's, Binny's, Jewel-Osco, CVS, and Petco.

PeaPod: Order groceries on-line and have them delivered to your door. Minimum order of \$60 and a delivery fee that varies depending on the order size- \$6.95 for orders over \$100.00, \$7.95 for orders \$75-\$100, and \$9.95 for orders \$60-\$75. An additional surcharge may apply.

Jewel-Osco: Offers assistance from the check-out line to the car.

Meal Preparation Services

There are several meal preparation services available for those who would like the ingredients for specific meals delivered to their door. Blue Apron sends recipe cards and fresh ingredients via FedEx to prepare three meals. Hello Fresh also delivers recipe cards and fresh ingredients to prepare three or four meals per week. Similarly, Home Chef offers three meals with ingredients delivered in three separate bags and a recipe card (and recipe binder). For those looking for less effort, services like Prepped Delivery and Diet to Go provide for on-line ordering and delivery of prepared meals that simply need to be heated up.

Congregate Meals

Oak Park and River Forest Townships Senior Services, located at 130 S. Oak Park Ave., Oak Park, provides a hot meal to those 60 and over or with disabilities from 11:00 am – 1:00 pm,

November is National Memory Screening Month

Date: Thursday, Nov. 2
Time: 9:00 am - Noon
Location: 130 S. Oak Park Ave., Oak Park
Free Confidential Memory Screenings

As part of an initiative of the Alzheimer's Foundation of America, the Township Senior Services is offering simple and safe healthy brain check-ups to test memory and other thinking skills.

To register contact Steve Smith at 708-383-8060. Walk-ins also welcome.

Date: Friday, Nov. 17
Time: 10:00 am - Noon
Location: River Forest Township
River Forest Community Center
8020 Madison St., River Forest

Alzheimer's Research: Embracing the Future
Speakers Dean Hervocho and Steve Satek from Great Lakes Clinical Trials will present the latest research and the role played by clinical trials.

To register contact Steve Smith at 708-383-8060.

Monday – Friday. Suggested donation is \$1.50. Menus can be found at www.oakparktownship.org

Home Delivered Meals

For those in Oak Park and River Forest who are homebound, Oak Park and River Forest Townships Senior Services delivers a midday meal, Monday – Friday. Similarly, the City of Chicago's Family Support & Services department provides home delivered meals to homebound residents who are 60 and over.

Dining Out

Discounted coupons are available for purchase at Oak Park and River Forest Townships Senior Services, located at 130 S. Oak Park Ave., Oak Park. The coupons allow older adults to purchase discounted meals at participating local restaurants.

Making Meals Social

Don't wait for a special occasion like Thanksgiving to make your meals social. It is more enjoyable to share a meal with someone else and is often easier to cook for someone else than it is to cook for one. Consider starting a meal club with your friends and neighbors that allows you to take turns cooking simple meals for each other and provides an opportunity to socialize.

Reading for Foodies

A couple of interesting reads for those wanting to delve more deeply into what we choose to eat:

The Omnivore's Dilemma: The Natural History of Four Meals, by Michael Pollan (2006) and *A Foodies Guide to Capitalism: Understanding the Political Economy of What We Eat* by Eric Holt-Gimenez (2017).

Post-Thanksgiving Work-Out

For those looking for a good post-Thanksgiving work-out, check-out the exercise program led by Paul Radzki and sponsored by West Suburban Medical Center. The exercises, geared towards adults over 60, will help build lower-body strength. The class involves sitting and standing exercises with bands and weights. Classes are held every Tuesday 10:30 – 11:30 am or every Tuesday and Thursday 2:30 – 3:30 pm. Classes are located at West Suburban Medical Center, 3 Erie St., Oak Park, Room 285. The classes are free, but advanced registration is required by calling 844-794-4301.

More Important News

Thank you, 19th Century Charitable Association!

A huge thank you to The Nineteenth Century Charitable Association for donating their space and time to our Atul Gawande event. In particular, we would like to thank Jeanne Schultz Angel, Danielle Condon, and Susan Roberts for their tireless efforts in working with us to put this event together. The 19th Century Charitable Association has several interesting events planned for November. For a complete listing, see their calendar at: www.nineteenthcentury.org

November 6: Standing on the Shoulders of Giants: A Brief History of the American Quilt

November 9: Poetry Readings, Music, and Song

November 13: The American Songbook- Live!

November 20: Lost Mansions of the Gold Coast

November 27: The Holocaust Postal History

Volunteer Opportunity

We are working with the Oak Park and River Forest Townships Senior Services Committee to identify volunteers who would be willing to participate in the REACH OUT! pilot project. REACH OUT! is an action plan for neighbors to help each other out. It starts with someone on the block or in the condo building reaching out to neighbors to help them get to know each other. Then, it is up to the residents to reach out at the right opportunity. REACH OUT! is looking for a few residents who want to get to know their neighbors to test this new program. Captains will be asked to attend a short orientation, create a block/condo electronic directory to share with their neighbors, host a simple neighborly get-together and provide feedback. The time frame is open, though the goal is to get this pilot project completed this winter. REACH OUT! is a grassroots program created by your neighbors on the Oak Park and River Forest Townships Senior Services Committee. Find out more by emailing Judy Smith, coordinator, at judy_a_smith@msn.com.

We are Growing

Arbor West Neighbors is looking for volunteers to join the following committees:

- Advocacy
- Communications
- Partnerships
- Membership/Recruitment
- Social Interests
- Services

Become a Member

Our suggested annual membership donation is \$50, which will assist us to further develop our interest groups, programs, advocacy activities, and events. If you are interested in becoming an Arbor West Neighbors member, please e-mail us at arborwestneighbors@gmail.com or call (708) 613-015.

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Walking Group 8am	7 Movie Group 12 pm	8	9	10	11
12	13 Walking Group 8am	14	15	16	17	18 Creating and Recreating Home
19	20 Walking Group 8am	21	22	23  Happy Thanksgiving	24	25
26	27 Walking Group 8am	28	29	30		