

Summer 2020

# engage

LIVE WITH PURPOSE



## INSIDE THIS ISSUE:

- Our Response to COVID-19
- Benefits of Integrative Medicine
- The Art of Consolation
- What Staff Misses Most
- The Mysteries of Online Dating

north shore **senior** center

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## Remembering a Legacy: Ann Wolff

North Shore Senior Center has lost a treasured friend and supporter. Longtime Center member and volunteer Ann Wolff died on April 21 at the age of 99. She and her late husband, Arnie, were one of the Center's most impactful donors with contributions totaling \$1.8 million.



Their son, Dick, shared his parents affinity for the Center. "My parents were both big supporters and regular users of the North Shore Senior Center facilities and programs. Recently, through a NSSC offering, my mother was interviewed to produce a wonderful oral history of her young adult and early childhood years. She regularly attended NSSC classes, enthusiastically signing up for a variety of courses, especially any presented by Jim Kenney."

Former Executive Director Sandi Johnson remembered the Wolffs fondly. "Ann and Arnie were very generous contributors through the years and instrumental in helping move the Center to its current location. Initially, they wanted their gift to the campaign to be anonymous, but after I suggested we name the A & A Café in their honor they were thrilled," she said. "Besides being major donors, they were also very kind to all of us at North Shore Senior Center. They once hosted a dinner swim picnic for the entire staff at their home which was great fun."

According to Sandi, it was Arnie who initially became involved with the Center, serving as president of the Board of Directors. As the years went by, he began to exhibit signs of dementia, and Ann would join him for lectures and concerts. "She became a major promoter of House of Welcome Adult Day Services after enrolling Arnie

in the program, and she continued promoting HOW in ensuing years," Sandi said.

It was after Arnie died that Ann became more involved with North Shore Senior Center. She served on the Associate Board and enjoyed mingling with neighbors, supporters and friends at the dinner meetings. She also continued attending concerts and lectures at the Center.

Julie Lamberti, who managed HOW for 26 years, remembered the Wolff's generosity. "Ann and Arnie were significant and unflagging supporters of House of Welcome, but they were much more than generous donors. When the time came, Ann welcomed the opportunity for Arnie to join the Day Program for the socialization that fed his soul. They were warm, kind, authentic people, who never wanted special treatment," she said.

"They were a dynamic team. Ann's dedication to the Center was an inspiration to all of us," reflected Board Member Joan Golder.

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## A MESSAGE FROM OUR EXECUTIVE DIRECTOR: *Tish Rudnicki*

This issue of *Engage* was originally conceptualized by North Shore Senior Center's marketing team last winter. Planning happened well before we were familiar with COVID-19, a novel coronavirus that changed our world in ways not previously imagined. As January flowed into February and February into March, it became obvious that the pandemic required us to reimagine this issue.

As I write today, in mid-May, we have not only reimagined this issue, but all that we do at the Center. In the next several pages you'll read how we had to quickly adopt new practices and establish new ways to fulfill our mission while quarantining and working remotely. You'll read how client assessments and therapy sessions are completed telephonically; support groups and staff meetings occur on Zoom; Lifelong Learning classes and clubs, Memory Café and House of Welcome activities now take place virtually.

Throughout these extraordinary times, our goal has been to meet our mission as we have for the past 64 years and, in some small way, to help mitigate the isolation and loneliness those we serve are experiencing. Researchers have linked social isolation and loneliness to myriad health issues including high blood pressure, cardiovascular disease, cancer, obesity, a weakened immune system, cognitive decline, Alzheimer's disease, anxiety and depression. Put simply, research has found that loneliness can be just as lethal as smoking 15 cigarettes a day.

While the services the Center provides can't erase the sense of loss and isolation that people are experiencing, we can help by staying connected to those we serve.

I encourage you to do the same—engage with a neighbor or relative over the phone, deliver groceries to someone who's homebound or vulnerable, or simply send a smile or jaunty wave from the sidewalk. Small gestures, such as these, mean the world to someone who's alone and unable to leave the house or visit with family.

At North Shore Senior Center, we will continue to reimagine and innovate to better meet the needs of the community. We will be deliberate and intentional with our focus on the health and safety of our members and participants as we design a strategy to reopen our sites. We will further our attempts to engage our partners and supporters in meaningful ways.

My hope is that come fall we will be able to share stories on the people, activities and events that make North Shore Senior Center the special place it has been since 1956. In the meantime, with fortitude and perseverance, we will get through this challenging time. I hope to see you back at the Center as soon as it's safe to do so.

Wishing you a happy and healthy summer,



Tish Rudnicki, MSW  
Executive Director



A recent online class Fun on Friday!



# Caring for Our Community

in the Midst of Uncertainty by Amy Krause



Maintenance Technician Al Davis



Maintenance Technician Sal Carbone

**Since its founding in 1956, North Shore Senior Center's focus has been to bring people together—through volunteerism, clubs, social activities and games, events and face-to-face interaction with clients and participants. This mission has been put to the test with the arrival of COVID-19.**

Center leadership made the painful decision to close all sites to the public beginning March 12. This decision was quickly followed by the determination that staff would need to work remotely starting March 19. Soon thereafter, state officials declared it no longer safe to meet with clients in person so staff had to adapt quickly to provide remote care for the thousands of older adults we serve through Senior & Family Services, Adult Protective Services, House of Welcome (HOW) Adult Day Services and Senior Options.

In the days and weeks that followed, North Shore Senior Center staff worked ardently to put new practices into place. How the Center responded to the COVID-19 pandemic and the strides it took to ensure its community was getting the care, support and socialization that is so integral to the well-being of humankind is outlined below.

### **The Big Picture**

Coming together to socialize, learn new things and volunteer are the cornerstones on which North Shore Senior Center was built.

“As an organization, we weren’t set up to work remotely. Much of our work is done face-to-face and much of what we do involves bringing people together. It was a challenge to get all of our departments up and running remotely, but with the guidance of our IT services provider, Great Computer Solutions, we did so expeditiously,” said Executive Director Tish Rudnicki, MSW.

The immediate concern, according to Tish, was to mitigate the effects of social isolation and depression that would begin to set in rather quickly. “It was a top priority for us to connect with members, volunteers, participants, clients and donors as soon as

possible,” she said. “By the end of March we had successfully reached out by phone to all of our constituents. I think those calls were as much of a cathartic relief to the staff as they were to those we called upon.”

The Center received emergency services state funding to meet the needs of older adults impacted by COVID-19. These funds help support home-delivered meals, personal care, sanitation, transportation and medical care. (Read more under Senior & Family Services.)

“We knew virtual programming would be vital to the well-being of our community, especially during this time of quarantine, so our Lifelong Learning department quickly began to investigate ways to continue offering classes. Within one week, the Center had a Zoom business license and we held our first virtual class on March 23rd,” said Tish. “Pretty remarkable for an organization that had no experience offering online classes!” (See more under Lifelong Learning.)

### **Senior & Family Services**

Shortly after the Illinois Department on Aging mandated that staff suspend face-to-face contact with clients, Gov. Pritzker announced the state’s stay-at-home order for Illinois citizens beginning March 21. Senior & Family Services care coordinators quickly began calling on clients to reassure them, complete assessments and put needed services in place. Intake staff was set up to take calls at home, provide information and screen callers to determine their needs. Benefits counseling to assist older adults with Medicaid applications, Medicare issues, online applications for SNAP and other programs continued remotely. Adult Protective Services, a program that protects older adults from physical harm, neglect

and exploitation, began to conduct investigations of abuse over the phone and requested support from local law enforcement when in-person contact was required. The Choices for Care team continued to provide screening and information about community resources to senior patients being discharged from area hospitals.

Within weeks, support groups started to meet virtually. Memory Café, a collaboration between Senior & Family Services and HOW, debuted its first virtual gathering in March. It continues to meet on a weekly basis.

The Center also developed partnerships with other organizations to provide shopping assistance and transportation to those who need it.

### **House of Welcome Adult Day Services**

Concerned about the impact isolation would have on program participants living with memory loss and their family caregivers, HOW staff regularly reaches out to families by phone to check on them and lend support. Each family was assigned a staff “buddy” to reinforce consistent relationships and provide resources. HOW staff mailed activity packets to participants’ homes immediately after the Center closed and continues to email packets every two weeks. By the first week of April, HOW brought its Day Program and Mind Matters communities together for group activities virtually and free of charge. Three daily group activities are offered Monday through Friday and are open to the public. The Alzheimer’s Family Support Group and popular Memory Café were moved to a virtual format and meet weekly. One-on-one music therapy and other activities are also offered to HOW families. Staff checks in regularly with volunteers.

(continued on page 6)

# Caring for Our Community (continued from page 5)

## Lifelong Learning

Immediately following the Center's closure, Lifelong Learning began to investigate ways to offer virtual classes. Simultaneously, staff called the more than 2,900 Lifelong Learning members to check on them and offer assistance.

The first virtual class premiered on March 23 to very positive reviews and, within one week as more online classes were added, registrations began to fill up. Each week since then, three educational presentations have been offered. Exercise classes and clubs—including Yiddish, Spanish, Profit & Pitfalls, Sculptors, Weavers, Knitters and Share the Warmth—began gathering. Book discussions, technology classes and health education classes were

added. Fun on Friday debuted in April offering interactive games such as Trivia or Scattergories, reminiscing discussions and musical performances. At print time, more than 1,200 individuals had participated in the many online programs.

To date, all online classes and clubs have been offered free of charge. Many participants make donations in lieu of class fees; others have converted their vouchers from cancelled in-person classes into donations to the Center. All donations are greatly appreciated.

## North Shore Senior Options

Throughout the pandemic, the Center's private care affiliate, North Shore Senior Options, has continued to provide money management services, care management, guardianship services and therapy sessions via telehealth for its clients. Senior Options is currently accepting new therapy and care management clients.

## Development

As soon as Gov. Pritzker announced the stay-at-home order, the Development team applied for COVID-19 funding. The team came up with creative new ways to supplement lost revenue and secure sponsorships from our corporate partners for online Lifelong Learning classes. The Center would like to thank the following sponsors for their support: Avidor Evanston, Citadel Home Care, Clear Captions, Covenant Living Northbrook, Freedom Home Care, Gentle Home Services, Home Instead Senior Care, Kastle Keeper, LLC, Mather, Peck Ritchey, LLC, Three Crowns Park, Visiting Angels and Westminster Place-Presbyterian Homes.

Another immediate concern for the Development team was the well-being of the Center's donors. Within a week's time, the team had telephoned nearly 600 donors to check in and offer

assistance. Referrals were made for services as needed.

COVID-19 also has presented new challenges for how to manage upcoming in-person events like the annual Gala. At print time, the team was investigating a number of creative and flexible ideas. Details will be shared soon, but mark your calendar now for Gala 2020, which is slated for Saturday, October 3.

## Volunteer Services

During Volunteer Appreciation Month in April, Volunteer Services reached out to more than 300 volunteers to check on them and thank them for their service. Volunteers also received the newly revamped volunteer newsletter, *The Vine*. As a way to combat social isolation for clients in need, more than 35 volunteers now participate in the Phone Friendly Visitor Program, a collaboration between Volunteer Services and Senior & Family Services.

## What the Future Holds

In April, Center leadership started plans for a phased opening once restrictions are lifted with the safety of staff, participants, volunteers, members and clients of utmost importance. The Center will follow the guidelines outlined in Gov. Pritzker's "Restore Illinois," a public health approach to safely reopen the state. The plan has five phases and is guided by health metrics with specific business, education and recreation activities characterized in each phase. It will likely be updated as research and science develop and as the potential for treatments or vaccines is realized. In addition, leadership will continue to monitor information from the Centers for Disease Control (CDC) and follow guidelines set forth by the Illinois Department on Aging (IDOA) and the Illinois Department of Health (IDOH).

"We will need patience from everyone when we begin opening our doors and meeting in person with clients and participants. Things will not look or feel

## We are here for you. Contact us!

**General Inquiries**  
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**Senior & Family Services**  
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info@nssc.org

**House of Welcome Adult Day Services**  
847.242.6250  
how@nssc.org

**Lifelong Learning**  
847.784.6030  
lifelonglearning@nssc.org

**North Shore Senior Options**  
847.242.6270  
info@northshoresenioroptions.org

**Volunteer Services**  
847.242.6257  
cpadovani@nssc.org

**Development**  
847.784.6020  
jlabaschin@nssc.org

the way they did before the pandemic, and I want to stress that we will take every precaution to ensure we stay safe as we return to 'normal,'" stated Tish.

Most likely the Center will reopen with staggered work shifts and reduced hours for onsite operations. Business services identified as "essential" will be phased in first; less essential services will be phased in later. Enhancements will be made to spaces occupied by classes and groups, and the number of people occupying a given space will be reduced. Face coverings will be required and screenings will be put in place as well as other health and safety requirements.

Director of Facility Operations and Chair of the Center's Health & Safety Committee Pat English stressed the need for compliance with CDC and other key resource guidelines. She shared measures the Center has taken to ensure its buildings are safe. "Since we've been closed, the Facilities staff has sanitized all surfaces, chairs, phones, printers and computer equipment in all of our locations, including a deep clean of the House of Welcome. Hand sanitizers have been placed throughout the buildings, and timers on restroom faucets have been reset to provide a longer flow of water. Particular attention has been paid to restroom floors, countertops and commonly touched surrounding surfaces." She added that the Fitness Center, Gym and all equipment used in these areas have undergone cleaning and sanitation. Signage and information has been placed in strategic locations throughout all Center facilities to promote health and safety practices.

"Upon reopening, we will continue and, as necessary, expand upon these measures, keeping a watchful eye upon the latest information and trends in order to maintain a clean, safe environment for all," she said.



## Be Kind to Yourself

by Liz Connolly Bauman

In the midst of the COVID-19 pandemic, news headlines are constantly changing and delivering stressful results. It is important to step away from the information overload and make sure you're taking care of yourself. According to the Centers for Disease Control, "Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger."

While staying home, set some regular daily rituals to focus on your physical and mental health. Plan meals and fill your body with healthy foods and drink plenty of water. Attempt to get eight hours of sleep each night and exercise daily. Taking a walk or gardening are great ways to get fresh air, exercise and brighten your mood. Other suggestions noted by the Mayo Clinic include meditation, deep breathing, stretching frequently and getting outside daily.

For mental health, spend time connecting with old friends and family through phone calls, FaceTime, Zoom and other video conferencing tools, as a way to keep in touch and socialize. Is there an activity you miss or a new hobby you want to take up? Check out your local library's website, yoga studios, college class offerings and, of course, the latest selections from the Center's Lifelong Learning Department.

Set up a daily schedule with planned activities and social video calls; it will help keep life more normal. Now is a great time to catch up on a favorite show or binge watch a new television series or movie. This is also a perfect time to read new books, listen to a podcast and splurge on a music subscription to Amazon Music, Apple Music, Pandora or Spotify. (See page 9 for staff recommendations.)

Another way to take care of yourself is to plan a self-care day at home. Why not take a relaxing bath and light some candles or try some new skin care treatments. Are skin treatments not really your thing? Perhaps you can order a new electric toothbrush or get fancy and order in dinner and dessert from a local restaurant.

With all that essential workers are doing to take care of sick people and maintain the grocery stores and pharmacies, now is a great time to give back to the community. Check out the local newspapers and neighborhood emails to see what is needed. Giving blood, checking on neighbors, delivering groceries, or donating to a charity can not only help others but can keep you busy and help you feel good about serving others.

***"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop."***

***—Mother Teresa***

# THE TIMES ARE CHANGING



by Jon Labaschin

*Come senators, congressmen  
Please heed the call  
Don't stand in the doorway  
Don't block up the hall  
For he who gets hurt  
Will be he who has stalled  
There's a battle outside ragin'  
Will soon shake your windows  
and rattle your walls  
For the times they are a-changin'*

From Bob Dylan's "The Times They Are A-Changin'"

I cannot remember the exact date, but I know it was sometime in March when, while in the office, I got a phone call from my neurologist. She asked me if I was in the office and if so, she directed me to go home immediately. We were in the genesis of the Coronavirus and most of us did not take it very seriously. I have an autoimmune illness called Myasthenia Gravis, an illness that afflicts only a very small segment of the population and is controlled by medication. However, I have learned over the last 10 years that I cannot place myself in harm's way. So even before COVID-19 became a household name, I needed to isolate myself. Little did I know that most of the nation's population would be joining me in retreating to their homes.

What has happened over the last few months has changed how all of us at North Shore Senior Center interact and conduct business. The first thing we realized in Development is that we needed to call our donors and let them know that, while we appreciate their support, our first concern is their well-being. This is no small task since our donors number in the hundreds and we are a staff of five. Little did we know then that contacting our donors would be such a fulfilling experience for us. This evil virus gave us an opportunity that, in the course of a normal year, would not have arisen. We have now spent significant time talking to donors—big, small and everywhere in between.

Perhaps my most memorable phone call came when I contacted a donor and remarked, "Please let me know if there is anything I can do for you." Her response was "Jon, I need a thermometer. Is there any way you can find me one?" I soon learned that it was easier to find gold than find a thermometer. I finally tracked one down in China . . . yes, China, and ordered it for her. Four weeks later the thing finally arrived complete with instructions . . . in Chinese. My Chinese is a tad rusty, but I figured most thermometers operate the same way, so how complicated can it be? So, I mailed it off to her, but it was returned for insufficient postage. Fortunately, our database administrator, Barbara Bonier, was in the office and volunteered to drive it over to the donor's home. This was no simple feat since Presbyterian Homes is now a secure fortress. Barbara gave it to one of the guards who promised to deliver

it. The next day I got a phone call from the donor, thanking us for the thermometer. She was greatly relieved because her daughter had the same one and could instruct her on how to use it.

There are so many anecdotes that have come about as a result of us reaching out to supporters and clients, and community members who have contacted the Center because of COVID-19. The work we do at North Shore Senior Center is relevant now more than ever, and "relevance" is a key word. Seniors are relevant. We continue to hear from certain groups that we should no longer have to remain confined to our homes. That statement suggests that seniors (who are the most vulnerable to the Coronavirus), because they have lived a lot of their lives, do not matter. I am reminded of Psalm 92 which proclaims: "In old age (the righteous) still produce fruit, they are full of sap and freshness." To quote Professor Paul Socken of Waterloo University in Canada: "No less important is the question of the very nature of our society and its values. What lacks within us gave rise to the discussion of the disposability of the elderly."

I have learned a great deal as a result of the pandemic. I have learned to appreciate our supporters even more; I have learned that, as an organization, we can rise above any catastrophe; and I have learned that those who work and volunteer at North Shore Senior Center are a cut above the rest.

# NSSC Staff Picks During Quarantine

If you think you've read every book and seen every movie, think again! Here are some goodies that you may not have tried yet as well as some favorites you might want to revisit.



Intake Specialist **Jay Shanahan** is reading Rhys Bowen books. She enjoys the mix of historical settings, light drama and interesting characters. She's currently reading "Above the Bay of Angels."



Database Administrator **Barbara Bonier's** recommendations include "The Ha-Ha" by Dave King, "The Music Shop" by Rachel Joyce, "Life Expectancy" by Dean Koontz and "The Guernsey Literary and Potato Peel Pie Society" by Mary Ann Shaffer and Annie Barrows.



Volunteer Coordinator **Char Padovani** has been binge-watching the "Doc Martin" series out of England. "They are set on the gorgeous Cornish coast, are both funny and poignant at the same time, and take my mind off the state of affairs!"



If you're into foreign language films, Daily Money Manager **Denise Ledford** recommends Academy Award-winning films "Departures" and "Ida."



HOW's **Sue Klock** raves about the free nightly opera streams from The Metropolitan Opera in New York available at [www.metopera.com](http://www.metopera.com).

## Quarterly Donor Honor Roll

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# INTEGRATIVE MEDICINE

TACKLES HEALTH CONCERNS WITH EVER-EVOLVING PRACTICES

BY BETSY STORM

**Most older adults confront the painful realities of a condition like arthritis with over-the-counter or prescription remedies. In increasing numbers, however, many are now adding integrative or complementary medicine, like acupuncture or therapeutic massage, to help with pain and soothe sore joints.**

Traditionally, complementary and alternative medicine (CAM) has not been part of conventional medical practice, but as evidence of efficacy and safety grows, combining these therapies with conventional medicine is becoming a more common practice. As a result, the old term (alternative medicine) has been dropped and replaced with newer terms such as complementary and integrative medicine, integrative medicine and health, or just integrative medicine.

According to the National Center for Health Statistics, more than 30% of American adults report using healthcare approaches not typically associated with conventional medicine. Some of the integrative treatments patients are using include: acupuncture;

animal-assisted therapy; aromatherapy; dietary supplements; massage therapy; music therapy; meditation, and Jin Shin Jyutsu (pronounced “Gin Shin Jit-sue”), a form of energy healing that harmonizes the body through gentle touch.

Locally, a progressive approach to complementary medicine is well established. NorthShore University HealthSystem launched its program 21 years ago and is one of the largest and most reputable centers of its kind in the country.

Dr. Patricia Piant has been part of the Integrative Medicine Program at NorthShore University HealthSystem for 14 years. She is a licensed, board-certified acupuncturist and Chinese herbalist, and is certified in integrative oncology, shiatsu massage, yoga,

reiki and energy healing. She treats a wide variety of conditions with a focus on oncology, pain, women's health, stress reduction, digestive issues, migraines and healthy aging.

During her time at NorthShore, she has observed a change in patient attitudes toward integrative therapies. Today, older adults are as open and positive about trying integrative approaches as their younger counterparts. "Older adults are especially open to these techniques when their primary care doctors recommend it," said Dr. Piant.

"When we first began providing services at the hospital's Kellogg Cancer Center, we really had to prove ourselves," Piant recalled. Just five years later, the integrative therapies program experienced a "groundswell" of devoted patients and received one of the highest patient loyalty scores among similar hospital programs. More and more, physicians now refer patients for alternative treatments, acknowledging acupuncture and other nontraditional treatments help patients cope more successfully with the side effects of cancer treatments, such as fatigue, pain, nausea, vomiting and hot flashes.

Another well-accepted form of complementary medicine is meditation. Some 8% of American adults (18 million) rely on meditation to manage anxiety, pain, or to help them relax in a stressful world, according to the National Center for Complementary and Integrative Health (see [www.nccih.nih.gov](http://www.nccih.nih.gov)).

Sheila Dixon, a resident of Belmont Village in Glenview, began her journey with meditation 40 years ago, having studied it with several masters of the practice. Now 81, Sheila was diagnosed with Parkinson's disease three years ago. She still meditates and said, "Meditation keeps me from getting anxious. It helps me center myself and be gentle to myself when I am upset about something."

Dixon is committed to meditation and now shares her knowledge of the practice with some of her fellow Belmont Village residents, teaching them about its many affirming benefits.

## LEARNING THE LANGUAGE

**There are numerous varieties of complementary and alternative therapies. Below, we highlight several of the most popular or noteworthy. For a glossary of terms related to complementary and integrative health, visit the National Institutes of Health's Center for Complementary and Integrative Medicine website: [www.nccih.nih.gov](http://www.nccih.nih.gov).**

**ACUPUNCTURE** involves the insertion of very thin needles through the skin at strategic points on the body. A key component of traditional Chinese medicine, acupuncture is most commonly used to treat pain. Acupuncture influences life force energy, called chi or qi. The flow of chi indicates a person's health. If chi is disrupted, acupuncture is used to restore the flow and bring the person toward optimal health. Neuroscience research suggests that acupuncture works by modifying the nervous system through stimulation of specific points throughout the body. The application of very fine needles to these points, or needling, releases neurotransmitters like endorphins and serotonin, which relieve pain and stimulate feelings of well-being.



**EMDR** (Eye Movement Desensitization and Reprocessing) is a nontraditional therapy that remains somewhat controversial even as it gains momentum, especially among individuals with PTSD and other types of trauma. EMDR relies upon the brain's natural healing ability and uses a patient's own rapid, rhythmic eye movements to lessen the power of emotionally charged memories of past traumatic events. It is one of five treatments recommended by the American Psychiatric Association to treat trauma. Visit [www.emdr.com](http://www.emdr.com) for details.



**MASSAGE THERAPY** dates back thousands of years and is mentioned in ancient writings from China, Japan, India and Egypt. People use massage for a variety of purposes, including pain relief, overall wellness, and relief from stress, anxiety and depression. Masseuses, some of whom are medically certified, manipulate the soft tissues of your body—muscle, connective tissue, tendons, ligaments and skin—while applying varying amounts of pressure and movement. A few of the most popular types of the practice are: deep tissue massage, sports massage, and Shiatsu massage, which uses varied, rhythmic pressure on certain precise acupressure points believed to be important for the flow of the body's vital energy.



**MINDFULNESS MEDITATION** is an exercise that trains attention and awareness. The granddaddy of the practice is Jon Kabat-Zinn, a founder of the University of Massachusetts Stress Reduction Clinic. He defines the practice as "the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally." By focusing on the breath (an idea that is simple but not easy), the intention is to focus attention on the body and mind as it is moment to moment. In so doing, it can help relieve both physical and emotional pain.

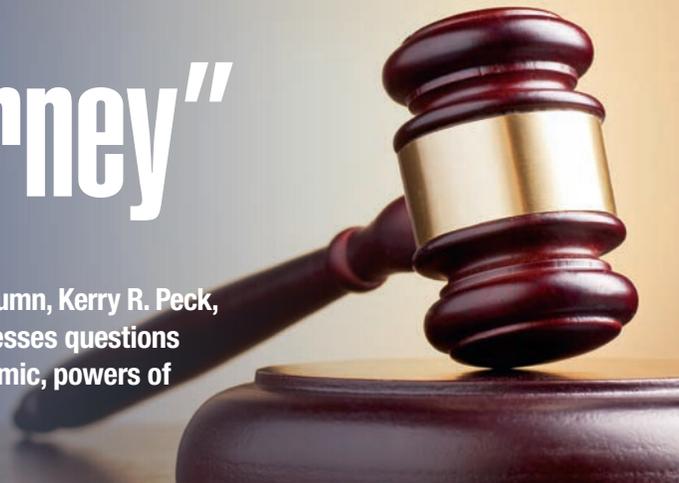




# “Ask an Attorney”

Prepared by Kerry R. Peck, Esq.

In the this edition of the “Ask an Attorney” column, Kerry R. Peck, managing partner of Peck Ritchey, LLC, addresses questions that focus on estate planning during a pandemic, powers of attorney and online estate planning.



**Q.** I have been putting off creating an estate plan. What documents should I have in place to protect myself and my family, and is it possible to do this during the pandemic? —Sally, Skokie

**A.** You are not alone in raising this concern in our current unique living situation. While an estate should be tailored to each individual, we recommend that, at a minimum, people have a power of attorney for healthcare, a power of attorney for property and a will. Given the current circumstances, it has become increasingly imperative that individuals have these basic documents in place so that family members can step in and direct medical care and handle expenses as needed. We have seen circumstances in which an individual is unable to make decisions and the hospital/nursing home/assisted living facility is looking for direction from a power of attorney. While there are laws that come into play if a power of attorney does not exist, these options can lead to dissent among family members, healthcare providers or bankers. It’s important to know that our current situation has not prevented the creation of new estate plans or modifications to current plans. On March 26, 2020, Governor Pritzker issued an executive order authorizing documents to be witnessed remotely via a two-way audio-visual system, allowing for social distancing.

**Q.** I’ve been told it’s important to have a power of attorney in place for both healthcare and property, but I’m afraid the agent I name might act before I am ready for them to take over.

—Jim, Park Ridge

**A.** The nature of when a power of attorney (POA) comes into effect is dictated by the principal (you in this instance). The language used in both a POA for healthcare and POA for property can be the same. The most common variations of when a POA comes into effect are based on the date you sign the document or based on your incapacity. If you have concerns about when your nominated agent will

begin to act, we recommend that you use language that your POA can be modified to your needs. You can also insert language that gives your agent access to information only—with no ability to make decisions. This enables your agent to review medical or financial information to assist you, but prevents them from making any decisions. When deciding on an agent, it’s important to consider whether that individual’s personal beliefs or goals conflict with your own. It’s also important to remember that POAs can be amended as needed, as long as the principal is competent.

**Q.** It seems so easy to do an estate plan online myself. Why should I spend the extra money for an attorney do it? —Frances, Wilmette

**A.** While an online estate plan might provide you with a basic framework, it lacks the nuances and knowledge that an experienced estate planning attorney can provide. An online estate plan will not provide you with a proper analysis to determine what documents and provisions you need to meet your unique goals. Most online estate planning tools offer fill-in-the-blank forms with little variety. This process lacks the ability of an attorney to review your unique circumstances and tailor the estate plan solely to you, not just a form that fits most people. Second, if your estate plan should ever be challenged, it’s very helpful to have access to the attorney or the attorney’s law firm that prepared the documents. When an individual’s estate plan is challenged in a court proceeding, it’s critical for the attorney who prepared the documents to be able to provide insight into what that individual wanted.

*Note: The responses provided in the “Ask an Attorney” column are not legal advice and do not create an attorney-client relationship. Peck Ritchey, LLC has not been retained to represent any of the above individuals for purposes of this magazine.*

**For more information on the services offered by Peck Ritchey, LLC, visit [www.peckbloom.com](http://www.peckbloom.com) or call 847.509.1099.**

# We Miss Our Volunteers!

This group of Anixter Center volunteers has set up Bridge in the Golder Dining Room for the past eight years! Becca Lubin, Sebastian Mendoza, David Ogron, Avi Wechsler and Community Transition Specialist Jon Larson come to the Center every Thursday morning to set out pencils and boxes so all the card players have to do is show up and play.

These volunteers are part of Anixter Center's Adult Community Transition Services, a program designed to engage adults with intellectual/developmental disabilities and increase their independence, self-confidence, and align with their personal goals and interests. The program was established in 2001 and includes vocational, recreational and social events throughout the North Shore.

"Volunteering at the Center makes our participants feel useful and appreciated. The program gives them a routine and enables them to quantitatively see the efforts of their work," explained Jon. "Thursday is a highlight of our week. The group enjoys seeing the same welcoming friendly faces every time we visit the Center, including Judy in the gift shop and Jackie and Sharon at the Welcome Desk."

**Avi, Becca, David and Sebastian, we look forward to the day we can welcome you back to the Center!**



*Pictured in the front row, from left: Volunteers David Ogron, Becca Lubin and Sebastian Mendoza. Back row, from left: Avi Wechsler and Jon Larson.*



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**“I miss *seeing* my residents and observing the myriad of non-verbal cues that are not available during well-being checks by phone.”**

Janet Takehara  
Social Services  
Coordinator

**“I miss the camaraderie with my colleagues and my supervisor, I miss doing paperwork the regular way with unlimited resources available to make my work efficient. I miss meeting different families and participants because I enjoy learning about different cultures in people’s homes.”**

Jeffrey Pride  
Care Coordinator, Senior &  
Family Services



**“I miss the teamwork that I was able to see in person on a daily basis. Staff members with different strengths working together to meet the needs of participants, members and the community.”**

Jean Witt  
Clinical Supervisor, Niles Senior  
& Family Services



# “What I Miss Most Ab

**“I miss seeing my colleagues perform daily activities for our participants. The staff at HOW recognizes that our participants’ lives matter and are important. I miss talking to family members and helping them with some of the challenges they are faced with every day.”**

Susan Nelson  
Nurse Manager, HOW



**“I miss watching the seniors being active at the Center and enjoying their hobbies: listening to seminars on black holes, painting, playing ping pong. One of my clients is 92, and I enjoy watching him play ping pong every Wednesday. And just for the record: he is at home right now doing an hour of exercise every day including pushups. He puts us all to shame. I know that after talking to him I need to up my game with exercise.”**

Jean Adaskevich  
Care Manager, Senior Options



**“I really miss all of my colleagues scurrying to and fro, chatting away stories, helping those in planning events, keeping things in top working order and working endlessly to the NSSC mission. I also miss giving and caring volunteers.”**

Joyce Frank  
Receptionist

**"I miss the lovely, random, chance encounters and conversations that make me smile when I walk down the hallway to check on a gram. The quick snatches of conversation with member waiting to go into a fitness class or lecture, the laugh-out-loud banter I get from the Bridge players, saying hi to Bobbi and other staff members in the hallway. Joan leaning over my cubicle wall to chat and laugh about something that happened!"**

Jill Becker  
Lifelong Learning



**"I miss the people! All of them—staff, volunteers, members, participants, sponsors. The building is an incredible space, but that's all it is without the energy of everyone who fills it."**

Tish Rudnicki  
Executive Director

**"What I miss most about not being at work is being able to sit with the person who is coming to me for help and options during a time of need. There is so much information that we are able to gather when we are sitting with a person through their non-verbal communication and being able to look into a person's eyes."**

Kimberly Hand  
Glenview Senior Services  
Coordinator



# out Coming to Work"

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**"What I miss most of all is working with everyone and seeing all those smiling faces of participants, staff, volunteers and co-workers. I want all to know that they have a clean and safe senior center to come back to."**

Al Davis  
Maintenance Technician



**"Like everyone, I miss just being with the other staff, laughing with them or witnessing their creativity and professionalism. Specifically regarding HOW, I miss being able to forget the 'outside world' for 7 hours while we are in the worlds of our participants."**

Fredelyn Calla  
Program Coordinator, HOW

**"I miss encountering NSSC members and volunteers actively engaged in Center programs, activities or volunteer projects. There was a positive 'hum' that ran through the place with all their positive energy!"**

Char Padovani  
Volunteer Coordinator



“Tax

Talk”

Prepared by  
Gina Brymer, CPA - Senior  
Manager, MichaelSilver

# How Does the SECURE Act Affect Your Retirement Plans?

Created to help Americans save for retirement, the SECURE Act was signed into law by President Trump on December 20, 2019. The SECURE Act changed a variety of retirement account rules, including who is eligible to contribute to retirement accounts and when withdrawals are required.

According to MichaelSilver Partner Laurie Kaplan, CPA, “The SECURE Act has changed the landscape for retirement planning, and it is critical that individuals revisit their beneficiary designations to ensure their estate plans still work as intended.”

The following are key provisions related to retirement planning:

## **Elimination of the Maximum Age for Contributions to Traditional IRAs**

Previously, contributions were only allowed for taxpayers who were under age 70½ during the year. Starting January 1, 2020, taxpayers can make IRA contributions after age 70½ as long as they are still working and have earned income. There is no age limit. Note that if you were 70½ or older as of December 31, 2019, you would not be able to make a contribution for tax year 2019, but would be able to for tax year 2020 and thereafter.

## **Beginning Age for Required Minimum Distributions (RMD) is 72 years old**

Previously, taxpayers were required to take distributions once they turned 70½. Under the new law, taxpayers who turn 70½ in 2020 or later do not need to take their RMD until they turn 72. Taxpayers who turned 70½ in 2019 or earlier are still required to take their RMD yearly. The new law does not apply to them.

## **IRA Qualified Charitable Distributions (QCDs)**

After reaching age 70½, taxpayers are still allowed to donate up to \$100,000 per year from their IRAs directly to a qualified charity. This distribution to charity is not taxable, and taxpayers must receive acknowledgment of their donations.

Unfortunately, to pay for these changes, the distribution rules for most inherited IRAs have changed.

## **“Stretch” IRAs are Limited**

Prior to the SECURE Act, if you inherited an IRA, required minimum distributions were based on the beneficiary's life expectancy and not the life of the deceased owner of the IRA. IRAs were “stretched” because you were able to take smaller distributions over a longer period of time assuming the beneficiary was younger than the deceased IRA owner. At the same time, the assets in the account could

continue to grow tax deferred. Under the new law, the entire balance of the inherited IRA must be distributed before the end of the 10th year from the date of death. Distributions can be taken at any time and at any amount during the 10-year period. This applies whether or not the original owner was required to take RMDs at the time of death. There are exceptions to this rule; eligible-designated beneficiaries are not affected. An “eligible designated beneficiary” is one of the following:

- the surviving spouse
- a minor child of the deceased; once the child reaches the age of majority, the 10-year rule applies
- a beneficiary who is less than 10 years younger than the deceased account owner
- a disabled or chronically ill individual

This change has the biggest impact on taxpayers who were planning on “stretching” their IRAs to leave to their heirs. The new law applies to IRA owners who pass away on or after January 1, 2020.

**The experts at MichaelSilver are ready to answer any questions and discuss how the SECURE Act can affect your retirement plans. Please contact us at 847.982.0333 to discuss your specific needs.**



# Transition to ‘Active Retirement’ Begins with a 60th Birthday Gift

by Alan Blitz

The list of great 60th birthday gifts is endless. For starters, a new flat screen television, iPad, memberships to North Shore Senior Center and the Chicago Botanic Garden, and a live theatre package. Time to celebrate a milestone!

Personally, I thought the iPad that my family gave me was terrific. But then I unwrapped the most age-appropriate gift I have ever received. It was the book, “60 Things To Do When You Turn 60,” written by 60 experts on the subject of turning 60. Contributors include Garrison Keillor, Gloria Steinem and many other well-known thought leaders.

My family knew I was in a life-changing transition. More education was necessary.

## What Does “Transition” Really Mean?

Google search the term: “How to transition to an active retirement” and you will see about 40,100,000 results—yes, that’s forty million, one hundred thousand! While there is a trove of financial advice, the very first search result is a good place to start:

“Retirement should be a transition to meaningful, exciting work. Don’t call it retirement. Call it “transitioning to a new chapter.” As people begin to live longer after traditional “retirement” age, they need to find engaging, stimulating ways to continue to grow personally.” (CNBC.com July 16, 2018.)

## Time for a Self-Assessment

Thank you, Google search, for your amazing insights. Now it’s time to search within myself and find answers to some very personal questions:

- Do I have the same passion for my client work that I did five years ago?
- What were the most rewarding aspects of my career (reaching back to my college days as a student journalist)?
- What were the least rewarding aspects of my 40-year career?
- What skills could I apply to my volunteer work where I can do “skill-based” volunteerism? Or, this is not important to me . . . I just want to engage!
- What associations do I want to have with the groups/organizations where I serve as a volunteer?
- In what role can I achieve the greatest personal satisfaction as a volunteer and the greatest value to the mission and goals of these organizations?
- Are there other goals I want to achieve (travel, taking classes, exercise, social engagement, etc.)?
- Am I mentally and financially ready to move toward volunteerism?

## Turn a Few Pages

Suddenly, that 60th birthday gift looked very practical. The writer, Ronnie Sellers, helped put everything in perspective: “So in the past, when you turned 60, you were more than just an old person, you were a walking miracle. You had made it through 60 seasons without getting written out of the script.”

“Today, for most of us,” he continued, “it merely means that we’ve reached the intermission: the end of the fifth inning; the 16-mile mark in the 26-mile reach. We still have a long way to go, and anything can happen before we cross the finish line.”

## Questions Lead to a New Script

The soul searching has worked. After networking and online searches, my volunteer work is skill-based and has made for a natural transition to active, meaningful activities.

You can be 55, 60, 70, 80 or older. I believe the questions I posed are relevant. If your answers encourage you to leave your personal comfort zone, go with it. You are likely headed in the right direction in transitioning to your new chapter.



# The Art of Consolation:

## Finding the Right Words

by Amy Krause



*“She’s in a better place.”*

*“It was God’s will.”*

*“There are no words.”*

*“At least he lived a good life.”*

Chances are you’ve used one or more of these phrases when trying to console someone who is grieving the loss of a loved one. When someone you know is grieving, it’s natural to want to reach out and help, but sometimes it’s hard to know what to say or how to lend a hand. It’s not uncommon to feel nervous about saying the wrong thing.

Experts agree that when grief occurs, there is no “right” combination of words to take away someone’s pain, but there are ways to show you care and that you are thinking of them. You can send a card, bring a meal, call the person or offer to make things easier by running an errand or walking the dog. Even if you don’t know a person well, acknowledgement can go a long way.

“If you run into someone you know is grieving, don’t avoid them or engage in small-talk like everything’s ok,” offered Megan Devine, author of *It’s OK that You’re Not OK: Meeting Grief and Loss in a Culture that Doesn’t Understand*. “Ask them how they are doing today, and then take their lead.”

**Here are some tips to keep in mind when trying to console someone:**

### **LISTEN**

Grief is universal. Everyone will experience a loss at some point in his or her life, whether it’s a parent, spouse, child, sibling, close friend or pet. However, this isn’t the time to share your personal experiences with someone who is grieving a fresh loss. Grieving people

need to talk. Let the person share how he feels to the degree he wants to share.

### **DON’T TRY TO FIX SOMEONE’S GRIEF**

Grief is a process and everyone goes through the process differently. Avoid phrases like “at least he’s not suffering anymore” and “I know how you feel.” Don’t assume that your friend whose husband just died feels the same way you did when your husband died. This can come across as dismissive and cause the grieving person to feel alienated. It can also add an unwanted competitive factor—I lost my husband four years ago and know how the grieving process goes. This leads back to the first tip: listen.

Rowena Hill lost both her mother and sister to cancer. She said, “There really is nothing to be said that can alleviate grief. When I was mourning the loss of my family members to cancer, I deeply appreciated people who were able to sit with me in silence and did not feel the need to fill the silence with platitudes. Acknowledgment of loss and asking the mourner what they need in that moment is far more comforting than imposing what society says the person ought to be doing or feeling.”

### **AVOID CANNED PHRASES OF SUPPORT**

While your intentions may be genuine toward the person grieving a loss, robotic statements such as “He’s in a better place” and “Everything happens for a reason” can come across as trite. Instead, offer phrases that let the person know you care: “I’m struggling to find the right words, but I’m thinking of you and holding you close in my thoughts” and “My heart hurts for you” are phrases that offer more support. You can always borrow a thoughtful poem or quote to express your feelings and show support.

## DON'T AVOID SAYING THE DECEASED PERSON'S NAME

After someone dies people sometimes consciously or subconsciously avoid saying the person's name. Saying the person's name won't upset the grieving person more; instead, it will let them know you are open to talking about his or her loved one.

## SHARE A MEMORY OR STORY

One way you can honor the person who died and comfort the grieving person is by sharing a favorite memory or moment you had with the person who died. Tell them something they might not know about their loved one or how that person made an impact on your life.

Senior Options Daily Money Manager Denise Ledford lost her "witty, funny and full of life" husband 10 years ago. "Within days of Greg's passing, a relative said to me, 'Heaven's got to be that much more fun now.' The two of us shared tears and giggles over that comment. It was a simple comment, but one that really hit the heart of who my husband was."

## HOW TO HANDLE DEATH ON SOCIAL MEDIA

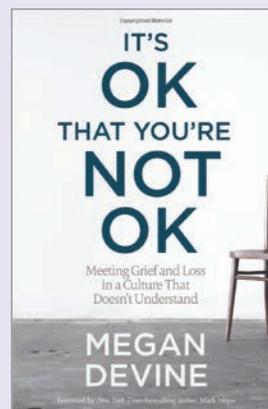
The number one rule is to follow the lead of those closest to the person who died. If he is sharing his grief on social media, it's ok to post a tribute or show support on these platforms. If he doesn't post about his loss, don't take it upon yourself to announce the news on social media.

## KEEP CHECKING IN AND OFFER SPECIFIC SUPPORT

Avoid saying "let me know if you need anything." Instead, offer specific ways you can help such as cooking a homemade meal, picking up groceries or driving the kids to school.

Loss doesn't have an expiration date. People's lives are changed forever following the death of a loved one and for most, grief never ends, it just changes. It can take a long time to establish a new normal. Just because time has passed doesn't mean we have stopped thinking about our grief and loss. It's important to keep checking in with those

who are grieving in the weeks and months after a loss. Let them know they are not alone and you are there for them.



*It's OK that You're Not OK: Meeting Grief and Loss in a Culture that Doesn't Understand* shows readers how to live with skill and compassion during their grief, but it isn't just a book for people in pain: this book is about making things better for everyone.



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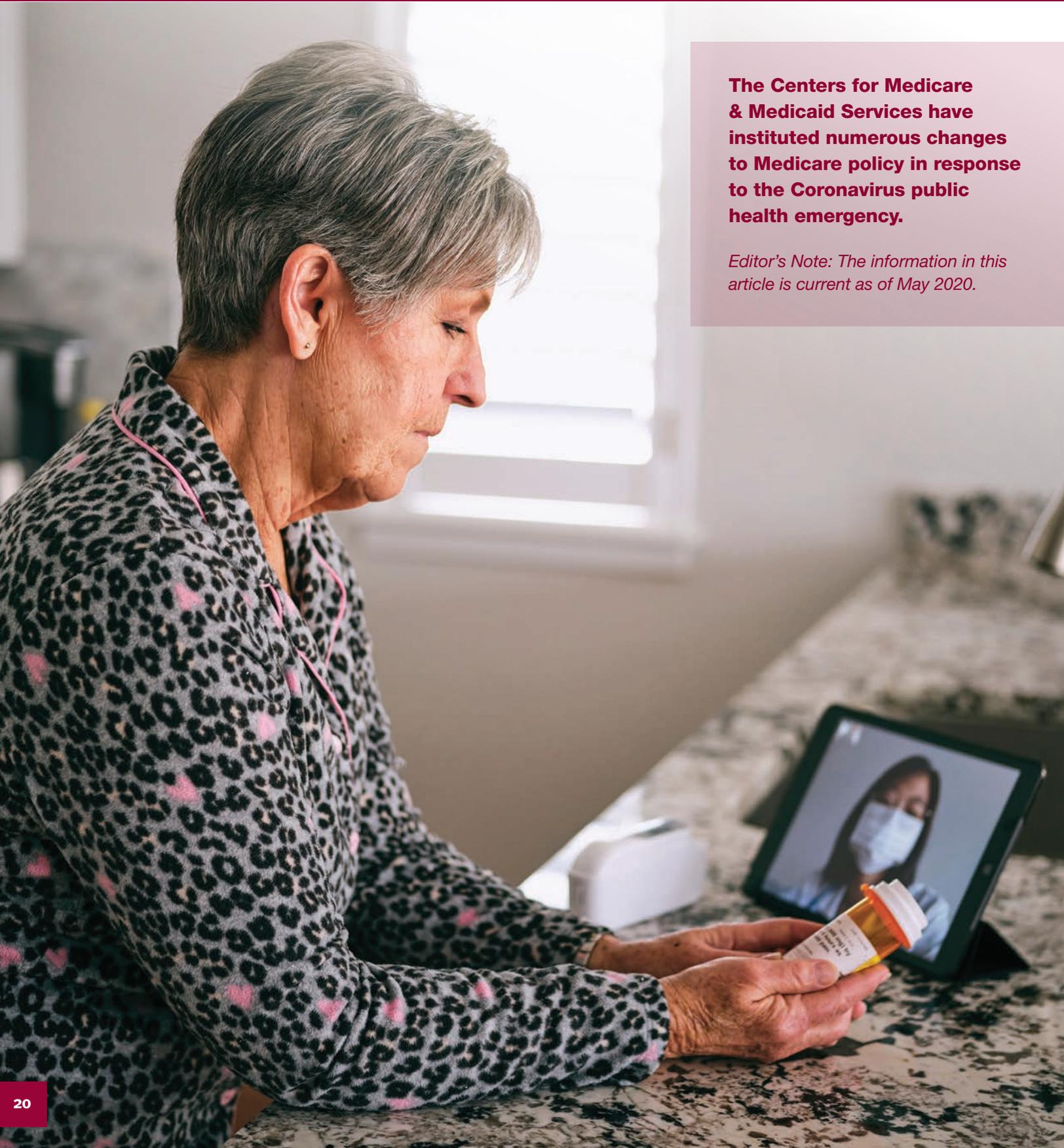
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**MEDICARE MADE EASY:**

# COVID-19 Medicare

**The Centers for Medicare & Medicaid Services have instituted numerous changes to Medicare policy in response to the Coronavirus public health emergency.**

*Editor's Note: The information in this article is current as of May 2020.*



# Policy Changes

by Michelle Grochocinski,  
Older Adults Benefits Specialist

## Medicare Enrollment

The Social Security Administration (SSA) processes Medicare enrollment. At this time, SSA offices are closed to in-person appointments until further notice. Enrollment in Parts A & B can be completed online at [www.ssa.gov](http://www.ssa.gov) or over the phone.

For those already enrolled in Part A and who now want Part B, enrollment must be done telephonically, and Forms CMS-40B & CMS-L564 must be mailed to a local SSA office or faxed to 833.914.2016. If the employer is unavailable, SSA instructs the applicant to leave the employer signature line blank and provide supporting evidence of employer-sponsored health insurance.

To enroll in a Part D Drug Plan, visit [www.medicare.gov](http://www.medicare.gov) or call the desired plan. To apply for a Medicare Supplement Plan, call the company selling the desired plan.

To enroll in a Medicare Advantage plan, visit [www.medicare.gov](http://www.medicare.gov) or call the desired plan.

## SSA General Line: 800.772.1213 (TTY 800.325.0778)

Local office numbers are listed on <https://secure.ssa.gov/ICON/main.jsp>

## Local SSA Offices

Mount Prospect: 866.931.8350

Evanston: 888.371.0791

Elgin: 877.405.0435

Waukegan: 888.320.0960

## Telehealth

Medicare will cover telehealth appointments for routine medical visits, mental health counseling, and some preventative health screenings. These appointments require the patient to use technology that streams both video

and audio. Medicare also covers virtual check-ins and e-visits, which are brief and can be simple phone appointments. Copays are the same as for an in-person appointment.

Most providers are legally required to provide language interpreters if needed, including for telehealth appointments.

## COVID-19 Coverage

Medicare Part B and Advantage plans cover COVID-19 testing with no cost to the beneficiary. Part B will also fully cover any future vaccines.

Medicare Part A and Advantage plans cover Coronavirus-related hospitalizations and skilled nursing facility admissions. Normal cost-sharing applies, so the patient may be responsible for a deductible or copayment.

## Prescriptions

Part D plans and Medicare Advantage plans must provide 90-day refills upon request (with some safety exceptions) and cover prescriptions at out-of-network pharmacies if beneficiaries cannot reasonably access in-network pharmacies during the Coronavirus lockdown. Plans can—but are not required to—expand prescription delivery and waive prior authorization requirements for COVID-19 treatments or preventive medications (which have not yet been developed).

## Medicare Advantage

During a federal emergency, Medicare Advantage (HMO- and PPO-style) plans must waive referral requirements and charge the same amount as out-of-network providers and facilities that have a contract with Medicare as they do for in-network services. Advantage plans can choose—but are not required to—expand telehealth

services beyond Original Medicare coverage.

## Skilled Nursing Facilities

Part A and Advantage plans will cover medically necessary admission to a skilled nursing facility (SNF) without requiring that the patient first be discharged from a three-day inpatient hospital stay. Normal cost-sharing applies. Additionally, the number of SNF days Part A covers has been increased.

Currently, SNFs are not having communal meals or activities, and visitors are strictly limited. SNFs will admit patients with suspected or diagnosed COVID-19, following CDC guidelines and keep them in isolation to protect other residents and staff. SNFs can transfer residents to other facilities dedicated to treatment of the resident's symptoms (COVID-19 or otherwise) or for a 14-day observation.

## Other Changes

Medicare will cover non-emergency ambulance rides if a physician writes an order detailing its medical necessity.

One requirement to qualify for home healthcare is to be homebound as defined by Medicare. Those who have conditions that make them more susceptible to the Coronavirus and those with suspected or confirmed diagnoses of the virus are now considered homebound.

## Need help with Medicare?

As always, 1.800.MEDICARE provides assistance over the phone. If you have questions or need assistance with Medicare, you may also call our Senior & Family Services Department at 847.784.6040 to make a telephonic appointment.

# Is 100 the new 80?

## Centenarians are Becoming More Prevalent

by Joanne Verney

There is no short-term approach on how to live to be 100 years old. As explained in the article “Blue Zone Living” in the Winter/Spring edition of *Engage*, most centenarians are committed to a healthy lifestyle via diet, movement, sense of purpose and social networks. When combined, these lifestyle choices can optimize living not only a longer life, but a better quality life.



**According to a 2019 report by Statista, there are around 533,000 centenarians worldwide—an all time high. The United States has the highest number of centenarians with 72,000. Japan is a close second with 68,000.**

A number of centenarians can be found in our own backyard. North Shore Senior Center members Ursula Hirsch and Howard Green, who both recently turned 100, have lived through the 1918 flu pandemic, the Great Depression, the polio epidemic, world wars, economic crashes, technological changes and landing on the moon! Like most centenarians, Ursula and Howard still lead very active lives and find purpose in their daily routines.



### Ursula Hirsch

Ursula Hirsch celebrated her 100th birthday in December. Ursula has a spry sense of humor and a sharp wit. True to the centenarian lifestyle, she has a great outlook on life and a genuine love for people. Ursula keeps her mind active and indulges in her love of culture through a wide variety of activities. She reads poems by her favorite poet, Ogden Nash, and has even dabbled in poetry writing herself. A lover of music, you might hear Dvorak or Mozart playing in the background if you visit Ursula at her North Shore apartment or find her singing beside the piano as part of the “open mic” night in her building. Until recently, Ursula created her own greeting cards using her own photos of birds and nature. Although she lives a healthy lifestyle, with a twinkle in her eye, Ursula admits her diet does not exactly mirror that of a typical Blue Zone centenarian. Does it matter? It sure seems to work for her!

### Howard Green

Howard Green was born December 30, 1919 in Chicago into a Russian immigrant family. He has led a life one might read about in a history book. In July 1942, Howard was drafted into

the Army as basic training infantry. After a promotion to sergeant, Howard and his infantry soldiers were assigned to a Tank Landing Ship (LST). He remembers one incident onboard the ship vividly. Howard said, after 10 days of radio silence, an announcement came over the ship’s loudspeaker: “Now hear this. This is your captain speaking. We have just been advised that the U.S. Airforce has dropped a bomb on the city of Yokosuka, Japan, and the Emperor of Japan will come aboard the ship where President Truman is waiting.” The war soon ended, and when Howard returned home, he took advantage of the GI Bill to start college and earn his law degree. He practiced law for the next 50 years, retiring at the age of 82. Not one to remain idle, Howard became a factory real estate manager until his full retirement at the age of 92. Before COVID-19, Howard spent five days a week at the Center volunteering and participating in a number of classes and clubs. North Shore Senior Center has “returned to him 20-fold what he may have given to it,” Howard stated humbly. His parting words of advice: “Keep your mind active and your body moving, and simply roll with the punches.”





## EASY BLUE ZONES RECIPES

A few tried and true recipes (using simple ingredients and preparation) from “The Blue Zones Kitchen Cookbook” by Dan Buettner.

### VEGGIE CASSOLA

From Sardinia

Total Cook Time: 70 Minutes/Makes 4 servings

- 1 zucchini, cut into ½-inch dice
- 1 large onion, chopped
- 2 carrots, peeled and coarsely chopped
- 1 eggplant, cut into ½-inch dice
- ½ cup extra-virgin olive oil
- Salt and pepper (optional)
- 1 bunch of parsley
- 8 basil leaves
- 1 sprig thyme, stemmed and minced
- 1 sprig oregano, stemmed and minced
- Optional: 3 bay leaves

Preheat oven to 300 degrees. In a large bowl, toss all vegetables with olive oil. Add salt and pepper to taste. Toss with herbs, then spread out evenly on a large roasting pan. Roast for 1 hour. Remove bay leaves if using.

### TICO TROPICAL SALAD

From Nicoya Peninsula

- 1 cup of papaya, peeled and diced
- 2 bananas, cut into ½-inch dice
- 2 cups of melon, cut into ½-inch dice
- 1 cup pineapple, peeled, cored and cut into ½-inch dice
- 1 tablespoon honey
- Optional: Chopped nuts and/or shredded coconut

In a large bowl, mix fruit together. In a separate bowl, whisk honey and lime juice until combined. Pour over fruit and mix well!



# THE (STILL-UNSOLVED) MYSTERIES OF ONLINE DATING

by Betsy Storm

After two years of being divorced, the seemingly inevitable moment arrived: It was time to dive into the deep waters (or were they shallow?) of online dating. How hard could it be, I mused, as I settled into my quiet, violet-hued home office to craft a 300-word profile that would capture my essence, illustrate my individuality, and attract the man (men?) with whom I could share laughs, companionship and Chinese takeout.

No pressure, right?

I am a professional writer whose job often requires me to synthesize complex ideas and then translate them into interesting, easy-to-understand language. My portfolio covers topics from healthcare policy to cyber security. However, the elusive “right way” to describe myself in a personal ad makes writing about disability legislation seem simple.

Here’s an excerpt: “Love to explore new things. Often in search of an adventure—physical, mental or spiritual. Easygoing, outgoing, politically/socially active. Among other quests, looking for a partner in crime. Here’s what makes my world go ‘round: belly laughs, great

writing, rock and roll, kind people, little kids (big ones, too), authenticity and authentic NY bagel sandwiches, breaking waves and breaking news, spontaneity and serendipity.”

**The strategy:** light and breezy, but also genuine and telling. To my surprise, crafting the profile offered a valuable exercise in self-examination. Example: Even though I’ve long known I fare best with extroverted men, writing the self-description highlighted the significance of that characteristic.

Ever the optimist, I estimated it would require six months, max, to meet someone who would meet my relationship criteria (and vice versa). Sounds simple, but after two months of checking in twice daily with my favorite websites, Match and Our Time (people aged 50-plus), I remain humbled and a tad mystified. My feelings about online dating vary wildly from frequently flummoxed to heartened by the good men who also log in regularly in search of connection.

Fifteen percent of U.S. adults say they’ve used online dating sites or mobile apps, according to the Pew

Research Center. The qualities online daters seek are similar to those sought in the offline world, according to an eHarmony survey: 64% of people look for commonalities and 49% say they seek physical attractiveness (I am convinced that number is way low because survey respondents don’t want to admit the degree to which looks matter).

**A disclaimer:** I speak from a female perspective. No doubt, men possess their own legitimate lists of pet peeves about some of the women they encounter. One man said he was pleased that my profile didn’t mention loving long walks on the beach (although I do). He added, “My God, at this rate there won’t be any sea turtles left.”

My intention is to offer relevant anecdotes and examples—not to throw a wet blanket over the male gender. Being online requires bravery, and my heart resonates with anyone who pursues these relationships with honesty, sincerity and kindness. As in the real world, one encounters rejection, confusion, mixed signals and other dating challenges. Still, I believe most of us are doing the best we can.

Alas, there are deal breakers. If someone smokes, he gets the kibosh immediately from me; it's not negotiable.

Admittedly, online dating could be less painful if people—and the process itself—were more transparent, straightforward and clear. Trying to decipher what it means when a person “winks” at you or “is interested” is baffling. What do these phrases mean? It's hard to discern, since they're often not accompanied by any kind of text message. What good is it to like someone (who you obviously don't know), if you don't initiate a conversation? Match, for example, offers a helpful nugget of advice: a note reminding the user, “He/she is 15 times more likely to respond to an email” (as opposed to an enigmatic flirt). Being a writer, that tip seems logical to me.

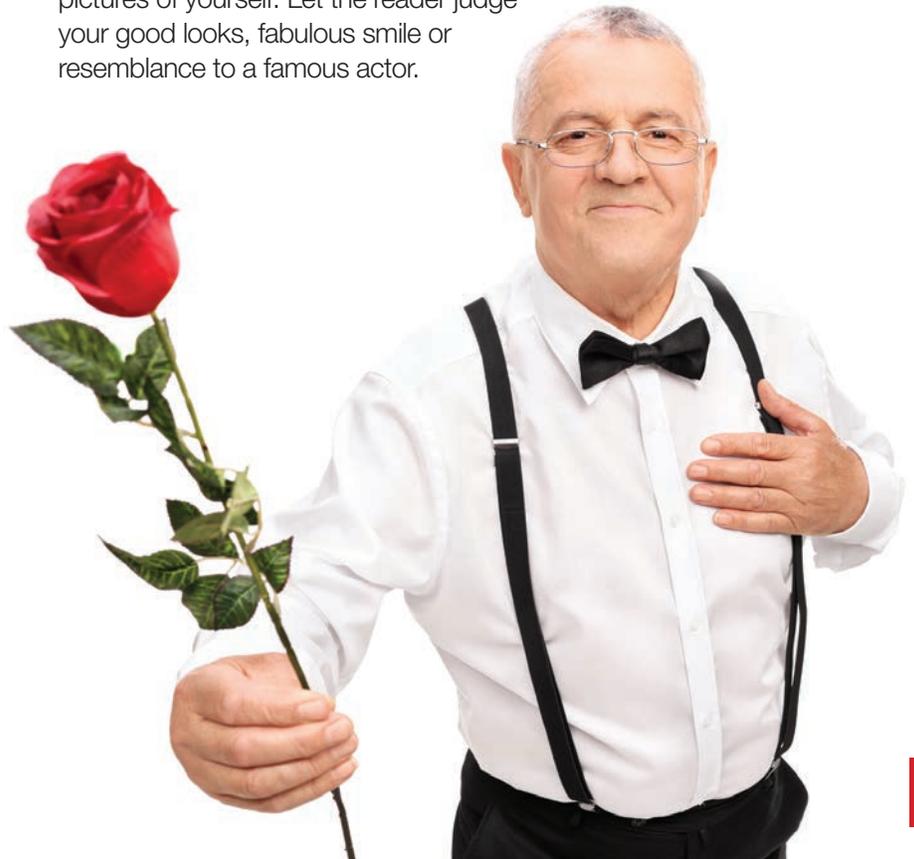
During my time of online dating (which one man described as “a human eBay,”), I've crafted a personal reply to every man I contacted. However, it appears that many men are less likely to do so. Instead, I receive a canned response such as “I like your profile. Feel free to send me a message.” Obviously, a response like this places the onus on the woman to get things going.

One of my best friends, my sister and I all launched into online dating at the same time. My sister quit in frustration after four months; my dear friend had a serious relationship with the second man she met (lucky her!); and I am still here (three years later) trying to keep my heart open. When a man who was totally uninitiated in the ways of online romance asked for a frank assessment of the experience, I said, “It's frustrating, difficult to explain and quite interesting—all at once. But ultimately, like so many worthwhile experiences, you can't win if you don't play.”

With that mantra in mind, I'm off to my laptop for another spin on the online roulette wheel of romance. But on the bright side, at least I don't have to check my hair in the mirror.

# Tips on Writing a DATING PROFILE

- 1. Aim for modesty.** It's best not to describe yourself, for example, as a “Renaissance Man.” That high falutin' claim is better suggested by others. The same goes for “highly intellectual.”
- 2. Keep it real.** When a woman contacts you, do not respond by calling her “sexy” or referring to her as “Dear Heart.” In an initial interaction, she simply wants to get acquainted. Overblown phrases may well land you in the electronic trash heap.
- 3. Avoid overt ageism.** Please don't say you're seeking women 20 years younger than yourself—even if you are. Women rarely make that kind of request and are annoyed by men who do. It's an outrageous double standard. At 63, most men would laugh if I said I was looking for a 45-year-old man.
- 4. Appropriateness matters.** Please do not feature a picture of yourself bare chested, and resist boasting about possessing a strong libido. (However, a profile titled “Must Love Chickens,” featuring a man holding a chicken, evoked a much-appreciated laugh.)
- 5. Sexism is not attractive.** Resist the urge to say you lust after a woman who wears high heels and looks “sexy” much of the time. Do women tell you what kind of shoes to wear?
- 6. Beauty (or in this case, “handsome,”) is in the eye of the beholder.** Online profiles offer opportunities to submit multiple pictures of yourself. Let the reader judge your good looks, fabulous smile or resemblance to a famous actor.



# Longtime Staff Members Retire

by Liz Connolly Bauman

## Vivian Mitchel

Program Manager, Lifelong Learning

After 18 years with Lifelong Learning, Vivian Mitchel is embarking on a new adventure in retirement. During her time at North Shore Senior Center, Vivian managed the daytrips, musical performance events, the annual Super Senior Day and the popular Wednesday play-reading class.

“Vivian’s charisma and ebullience has attracted a variety of individuals into her play reading groups, delighted and entertained them and, most importantly, turned them into a family that never wants to be apart,” said Mary Staackmann, director of Lifelong Learning. “Her sense of humor and unflappability while leading daytrips, and her ability to craft unique travel experiences, has resulted in a loyal following of adventurous participants who are proud to consider Vivian their friend.”

Vivian plans to stay active at the Center as a volunteer, teacher, class participant and coordinator of Super Senior Day. Super Senior Day has always been near and dear to Vivian’s heart as her mother was an honoree back in 1982.



**“I’ve enjoyed coming to work every day for the last 18 years and two months. The staff, members and building—it’s all a feel-good situation.” —Vivian**

## Mary Lu Osterberg, LCPC

Clinical Manager, HOW

For nearly 22 years, Mary Lu served the families and participants of House of Welcome (HOW) Adult Day Services. She started as a HOW counselor, spending part of the week working as a caregiver, and the rest providing counseling and case management. The majority of her career with HOW was spent as a clinical manager. “I was fortunate to be involved when our program grew from three small sites to our own building with full-day programming and an emphasis on creative arts,” Mary Lu said.

Cynthia Phon, LCSW, director of HOW, commented on Mary Lu’s departure in a letter to HOW families: “Mary Lu has made innumerable contributions to our programs,” Cynthia Phon wrote. “I had personally worked closely with Mary Lu for the past five years and will miss her advice and counsel.”

**“I really enjoyed working with HOW participants and their families. It truly was awe inspiring to see how resilient some people can be in very challenging situations. It gave me hope, and I felt I was doing meaningful work. I also relished the many HOW staff members I’ve worked with—an amazing group of compassionate, creative and dedicated people.” —Mary Lu**





"TV was more fun when I was your age. You could spend hours playing with the contrast, the horizontal hold, and fiddling with the rabbit ears."

CartoonStock.com



"Our financial troubles are over, Edna. The fellas and I have formed a boy band."

CartoonStock.com

### NSSC Word Search

N	D	A	L	V	O	L	U	N	T	E	E	R	S
O	O	S	C	E	D	O	A	A	I	U	R	S	E
I	C	S	O	F	C	R	N	E	C	E	I	S	W
T	O	I	M	A	A	T	I	L	S	Y	P	I	A
A	U	S	M	C	T	N	U	P	I	I	C	R	S
T	N	T	U	Y	S	B	I	R	R	N	T	S	E
R	S	A	N	R	S	T	C	T	E	S	E	R	E
O	E	N	I	O	E	E	Y	G	T	S	B	E	B
P	L	C	T	M	Y	A	D	U	S	D	L	B	G
S	I	E	Y	E	D	I	D	A	E	U	E	M	N
N	N	N	E	M	R	I	L	U	B	S	T	E	I
A	G	O	E	B	O	C	I	S	S	N	O	M	W
R	P	E	R	F	O	R	M	A	N	C	E	S	E
T	S	P	U	O	R	G	T	R	O	P	P	U	S

### Sudoku Challenge

	4	7						5
3		9		6	4	7		2
			9		2		6	
			3	4	8			
	3						2	
			5	2	7			
	9		4		1			
6		1	2	3		9		4
4					6		5	

Art Studio  
Assistance  
Bridge  
Day Trips  
Classes  
Clubs

Community  
Counseling  
Members  
Memory Café  
Lectures  
Online

Performances  
Respite  
Sewing Bees  
Support Groups  
Transportation  
Volunteers

### Movie Trivia

1. Who was known as "The King of Hollywood?"
2. Elizabeth Taylor became the first highest paid actress for what movie?
3. In which Shakespearean play did James Dean once act?

Answers: 1. Clark Gable, 2. Cleopatra, 3. Macbeth

## Call or visit us today!

### Arthur C. Nielsen, Jr. Campus

161 Northfield Rd.  
Northfield, IL 60093  
847.784.6000

### Niles Senior & Family Services Office

7900A Milwaukee Ave.  
Ste. 2-20B  
Niles, IL 60714  
847.864.3721

### House of Welcome Adult Day Services

1779 Winnetka Rd.  
Northfield, IL 60093  
847.242.6250

### OTHER LOCATIONS

#### Evanston Social Services Office

Evanston Civic Center  
2100 Ridge Ave.  
Evanston, IL 60201  
847.866.5938

#### Glenview Village Hall

2500 E. Lake Ave.  
Glenview, IL 60026  
847.904.4366



## House of Welcome Adult Day Services

Join House of Welcome (HOW) Adult Day Services' virtual specialized programs for people living with a wide range of dementias and their family caregivers.

### 3 Daily Group Activities for People Living with Dementia

Activities include music and art therapy, poetry, storytelling, art, word games, relaxation and more!

#### Monday through Friday

**9:30 – 10:30 a.m.**

**11 a.m. – 12 p.m.**

**1 – 2 p.m.** (Memory Café takes place at this time on Fridays)

### Alzheimer's Family Support Group

A supportive environment to problem solve, discuss resources, gather information and share feelings with other caregivers of people living with dementia.

#### Thursdays

**2:30 – 4 p.m.**

### Memory Café

An hour of fun and sense of community for people living with memory loss and their care partners.

#### Fridays

**1 – 2 p.m.**

**For now, the above virtual programs are free and open to the public.**

**To access group activities, please call 847.242.6250 or email [how@nssc.org](mailto:how@nssc.org).**

Please include your name, the name of the person living with dementia, and a phone number where you can be reached.

