

# DSCC UPDATE

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## Letter from Marylin Krolak, Executive Director....

Dear Friends,

As we all know, times are tough right now. With the fragile economy, rising prices and shrinking savings, everyone is feeling uncertain about the future. And although we're all facing the same worries, it has been especially difficult for our seniors. Many elderly people are on fixed incomes, have limited transportation options, and don't have family and friends nearby. Add to this the high cost for food and medicine, making ends meet can be overwhelming. But it doesn't have to be this way. That's where the DuPage Senior Citizens Council (DSCC) comes in.

DSCC is a not for profit, community based agency, devoted to enriching senior life. Since 1975, we have provided programs and services for seniors in the DuPage area. All of our programs are designed to enrich senior life and promote the ability of older persons to live their lives in dignity. Our programs help seniors be able to stay in their homes safely through our Home Maintenance Program, meet their nutritional needs through our Senior Nutrition Program, and stay active and connected by attending our Community Dining Centers.

It has been through our generous supporters that we have been able to serve our seniors this past year. We thank all of you and look forward to your continued support in the future.

## Spring Chore Days is Coming!

Chore Days is our very popular seasonal assistance program that helps seniors with yard work around their homes. Volunteers of all ages team up to help their older neighbors prepare their yards and homes for the season, doing things that many seniors are no longer able to do by themselves, such as raking leaves and trimming bushes. Because all of the work is done by volunteers, many seniors can be assisted at little or no cost. Chore Days provides an ideal way for families, friends, and civic groups to work together and give back to their communities and their neighbors. Spring Chore Days runs the first three weekends in May and Fall Chore Days runs the first three weekends in November.

Last year, our Spring Chore Days served 130 seniors, and our Fall Chore Days served 155 seniors. We were able to assist more seniors than in prior years, demonstrating the fact that many more people came out to volunteer and help their older neighbors.

To qualify, seniors must be a homeowner, unable to do yard work, and on a limited income. The requests from seniors for these services can be overwhelming, so each season we ask for community volunteer support. We are always amazed at the number of community residents willing to lend a hand. Chore Days proves that when people come together, great things can be accomplished. Please contact Trish Sims at (630) 620-0804 for more information.

## 8th Annual Volunteer Celebration Honors Those Who Give

To honor our many volunteers, DSCC hosted its 8th Annual Volunteer Celebration last June at Danada House in Wheaton. The Volunteer Celebration is the time when we give back to the volunteers who give so much of themselves in the service of senior residents throughout DuPage County. Our 600+ volunteers deliver meals to homebound seniors, serve meals at nutrition sites, participate in Chore Days, and assist at the central office. The success of DSCC's programs depends on all of our hard-working volunteers.

To honor our volunteers, DSCC gave out awards in two categories: Volunteer of the Year and Ambassador Club. This year, fourteen people were awarded Volunteer of the Year: Lois Orlow of Villa Park; Jim Albrecht of Glen Ellyn; Chris Blalock of Naperville; Francis Wenig of Elmhurst; Bill Bryers of Addison; Grayson Haller of Elmhurst; Hualin Cai of Naperville; Harriet Kunesh of Bartlett; George Wamsley of Wheaton; Rick Yule of Naperville; Claudia Andrus of Downers Grove; Laverne Northway of Downers Grove; Sue Ferguson of Darien; and Naliniben Gandhi of Addison.

The Ambassador Club Award was presented to volunteers contributing 250 or more hours of service. These volunteers included: Natalie Insley of Lombard; Ray Graham Association of Lisle and Elmhurst; Laverne Kruzich of Downers Grove; Judith Podzerwinski of Westmont; Loretta Peteck of Glen Ellyn; Joan Kaiser of Lombard; Al and Hazel Smith of Naperville; Jean Parker of Westmont; Betty Brooks of Wheaton; Robert Hermann of Downers Grove; Peg Rider of Bloomingdale; Edward Schulz of Lombard; Peggy Austin of Elmhurst; Ann Herlehy of Downers Grove; Sharon Mosestich of Villa Park; and Lois Orlow of Villa Park.

Please contact the DuPage Senior Citizens Council at 630-620-0804 if you are interested in becoming a volunteer and helping DuPage County seniors.

### We All Love Our Pets (W.A.L.O.P)



As a member of the Meals on Wheels Association of America, DSCC partnered with local *PetSmarts* and *Banfield Pet Hospitals* to offer pet food to our seniors who find it difficult to provide for their furry friends. Through these efforts a generous amount of pet food has been distributed to DSCC seniors.

If you are a senior in need of cat or dog food assistance, please contact the DSCC office at (630) 620-0804 and ask to be added to the W.A.L.O.P. waiting list. Pet food donations are currently being accepted at the DSCC Central office, or at the *Banfield Pet Hospital* located inside the Bloomingdale *PetSmart*.

### DSCC Wish List

There are many ways to support the DSCC and the work that we do. You can become a volunteer, make a monetary donation, or make an in-kind donation. If you would like more information, please contact our office at 630-620-0804.

Our wish list includes the following items:

- ◆ Passenger Van
- ◆ Photo ID Maker and Supplies
- ◆ Meals on Wheels Delivery Truck
- ◆ Firewall Software for Server
- ◆ High Volume Color Copier
- ◆ Commercial Grade Steam Tables
- ◆ Insulated Meal Delivery Bags
- ◆ Commercial Grade Warming Ovens
- ◆ Commercial Grade Refrigerators
- ◆ Fundraising Event Volunteers

### Thank You To Our Generous First Quarter Sponsors

- |                             |                            |                           |                          |                            |                                |
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In addition we would like to thank Linda Zielinski for choosing DSCC as the recipient of memorial gifts in honor of her Mother, Dora Wargo. Dora enjoyed congregate meal service at our York Township Center for many years and was grateful to have Home Delivered Meals from DSCC when she became homebound. Generous friends and family contributed \$1,300 in Dora’s honor. We offer our sincerest condolences to Linda and her family.

### 2008 Annual Meeting Raises Funds For the Agency

At the DSCC 2008 Annual Meeting, the Board of Directors recognized outstanding volunteers and staff members for their hard work throughout the year. The prestigious *Ilva Szopa Volunteer of the Year Award* was given out to not one, but two very deserving recipients due to a tie in the voting. **Robert Hermann** of Downers Grove and **Anna Sandor** of Wood Dale were this year’s winners. **Moneek Khan** was the recipient of DSCC’s 2008 Site Manger of the Year Award. Congratulations to all of the winners - we couldn’t have done it without you!

In addition, through our *Beat the Odds Raffle* fundraiser, winners received cash prizes, including a grand prize of \$3,500! This year’s winners were:

|  |   |
|--|---|
| Grand Prize - Myron Wilson             | 6th Prize - Eileen Fitzgerald           |
| 2nd Prize - Isaaah Kinder              | 7th Prize - James Growoski              |
| 3rd Prize - Craig Edwards              | 8th Prize - Rae Kocinski                |
| 4th Prize - St. Elizabeth Seton Church | 9th Prize - Diane Nelson                |
| 5th Prize - Ken Stanek                 | 10th Prize - St. Elizabeth Seton Church |



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To receive a copy of the *DSCC UPDATE* mail, simply send a contribution to:

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**1919 S. Highland Avenue**  
**Building A, Suite 210**  
**Lombard, IL 60148**

For more information, to make a donation, or to volunteer, call us at 630-620-0804 or visit [www.dupageseniorcouncil.org](http://www.dupageseniorcouncil.org)

## Senior Meal Program Offers Variety and Good Taste

Good nutrition is important for the health of seniors, but variety and options are important too. Many seniors expressed an interest in seeing more variety and menu options at our nutrition sites. DSCC responded to their requests by incorporating a sandwich buffet into the regular menu. This new sandwich buffet provides a broad range of sandwich choices for every taste and is being served with hot soups and beverages.



The pilot program was launched in the spring at the Downers Grove Peace Memorial Manor Nutrition Site by offering the sandwich buffet each Tuesday. The response was so positive that Thursdays were added. By November, DSCC added a sandwich buffet at two additional nutrition sites: Castle Towers Senior Center in Bensenville and the Lombard York Township Senior Center. DSCC's Home Delivered Meal Manager, Julie Carco, has encouraged all seniors to give the program a try. *"The food is delicious and it's affordable."*



In addition, DSCC also offers Indian cuisine at two locations in DuPage County. The dining sites are located at the Metropolitan Asian Family Services Centers in Roselle and Lombard. At these sites, seniors will experience culturally sensitive meals, atmosphere, and service. It has been so successful that we are planning to open other culturally-targeted sites to offer a wider variety of food and to reach out to underserved populations throughout DuPage County.

DSCC's Community Dining Program serves over 300 meals each day countywide. Not only do seniors get a fresh, well-balanced meal, they get the chance to enjoy entertainment, games, and socializing with their peers.

The *DSCC UPDATE* is a quarterly publication of the DuPage Senior Citizens Council, a not-for-profit, volunteer driven, community-based organization devoted to enriching senior life.