

Providing meals and more

ADVERTISER GENERATED CONTENT
Submitted by DuPage Senior Citizens Council

The DuPage Senior Citizens Council (DSCC) and Kane Senior Council (KSC) initiate, deliver, monitor, and coordinate services that promote the ability of older people to live their lives in dignity. As a member of Meals on Wheels America, DSCC's home-delivered meal service ensures homebound seniors are able to enjoy nutritious meals delivered by dedicated volunteers throughout the week. DSCC also provides numerous other services to ensure not only the physical well-being of seniors but also their physical and mental well-being.

Senior connections

Connections are frequently made between DSCC volunteers and seniors through consistent interaction. These volunteers see seniors on a regular basis and are sometimes the only people the seniors interact with that day. Thanks to these meaningful connections, the seniors are able to have peace of mind that someone is there to look out for them and views their well-being as the top priority. Many seniors look forward to their meal delivery every day not just because of the food, but because they get to connect with the volunteer who has become such a comforting, familiar face. By offering a Well-Being Check with every service, DSCC can also give seniors the comfort of knowing there is always someone there to make sure they are safe, healthy, and happy.

One volunteer, Nancy has brought so much comfort and care into the life of one of her seniors, Theresa, that the two view each other as family. Nancy notices when Theresa might be in need of something and makes it her priority to help whatever way she can. Stories such as Nancy and Theresa's happen every day illustrating volunteers who go above and beyond to make sure seniors can live comfortably and safely in their own



homes.

DSCC also works to enrich the lives of seniors with meaningful connections. Given the rise of social isolation and its negative effects on people's health — both mental and physical — the organization found it imperative to focus on helping socially isolated seniors have consistent social interactions with people in their communities. Through Social Connection services, DSCC matches seniors with volunteers to promote socialization and reduce

the negative impacts of social isolation on seniors' health. This is executed through regular phone call conversations or in-person connections at the seniors' homes.

Through opportunities for communal gatherings, such as Senior Dining and seasonal Senior Dance Parties, the seniors served by DSCC have also grown to form a community of their own. Seniors who attend the dance parties during the months of March-September look forward to each party and the

opportunity to see familiar faces while also making new friends out on the dance floor. One Senior Dance Party regular, Jeanette, told DSCC she looks forward to meeting new people each month while getting together with the friends she has made at these dances over the years.

By giving seniors spaces to gather with peers, seniors are able to feel a sense of togetherness and community with those who come from different backgrounds but share a common need for human

connection.

Giving Back to Seniors

Dedicated volunteers help to make DSCC services possible. Many of these volunteers look to their community and recognize the great need of seniors who require help to meet their basic necessities. Volunteer opportunities range from regular weekday commitments to one-time opportunities. For anyone looking to volunteer their time, DSCC volunteer coordinators are always working to find opportunities that fit the volunteer's schedule or ability to give their time. The DSCC volunteer base is made up of many people who are seniors themselves, dedicating their time to serving those who may not have the same abilities or opportunities as they do.

For younger volunteers looking to give back as well, Intergenerational Activities provide an opportunity for people from all generations to connect with seniors in the community through special projects or events. Anyone interested in giving their time can fill out the Volunteer Form on the DSCC website to get in touch with the volunteer coordinators.

When donating to DSCC, 80% of every dollar donated goes directly to the services that support seniors. Recurring donations of any value are always greatly appreciated and easy to set up through the DSCC website. People can also donate pet food and supplies to go toward DSCC's Pet Food and Assistance program to help support senior pet owners and their companions.

DuPage Senior Citizens Council is an organization driven by the support of the community. Whether through donating funds or donating time through volunteering, the generosity of those who give back to the organization is greatly appreciated.

Throughout the holiday and giving season, DSCC is grateful to those who help the organization to continue serving seniors through the end of 2023, into 2024 and beyond.



Volunteer Driven. Community Supported.

Serving seniors is our passion.
Join us as a volunteer, advocate or supporter.

- Fun & Flexible Volunteer Opportunities
- Individual & Group Volunteering

- Home Delivered Meals
- Friendly Phone Calls
- Well-Being Checks
- Pet Food & Assistance
- Health & Wellness Education
- Intergenerational Activities
- Minor Home Repairs
- Contractor Referrals
- Community Dining

**LAST 12
MONTHS**

DuPage / Kane
Counties



500,000+

Meals Delivered



308,700+

Well Being
Checks



7,000+

Friendly
Phone Call
Hours



Scan for info



DuPage Senior
Citizens Council

Providing Meals and More...

www.DuPageSeniorCouncil.org

630-620-0804



Kane Senior
Council