

February 2015

## FEBRUARY’S THEME: SENIOR SUPPORT

### A Note From Jane

**Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving and tolerant with the weak and the wrong. Sometime in your life you will have been all of those.**

I found the above quote (by Dr. Robert H. Goddard) many years ago and it stuck with me. It certainly reminds us of who we’re going to be at different points in our life...and it also reminds us to think about others. I’ve always believed that one of the great lessons we get in life is when we learn that “it’s not always about us.” It’s pretty early on in life when our parents try to teach us to share toys with a sibling or fellow toddler. When we get to school, teachers and coaches help us to “work well with others” and to teach us that there “is no ‘I’ in team”. And as we get older, we’re asked to share some of what God has given us to help others.

The Foundation is spotlighting Seniors this month, and we have a great group of organizations we’re working with (see the second page). While we’ve all hated the cold blast of winter we’ve recently gotten and the endless shoveling, I can’t help but think about Seniors and being so vulnerable in winter. For those who can’t drive and rely on others to bring their food or prescriptions, what happens when the snow is so great that people have trouble getting their cars out of their driveways? Seniors also very often rely on others to get them to doctor appointments, church, and the many other things we all take for granted. The Foundation encourages you to think about a Senior you might know, and how you might help them. The treasure of your time can go a long way to helping another. And check out Lisa’s column for an array of other things you (and your kids) can do to help a Senior.

Watch for our 2014 Annual Report soon. I’m really excited to share how much YOU helped the Foundation transform lives!



February is Senior Support Month. Senior citizens are our parents and our grandparents, our great aunts and uncles, our teachers, mentors and neighbors. They are people who have contributed to the history of our community and our families in so many ways. They are treasured because of their long-accumulated knowledge, wisdom and experience. And this month the Foundation recognizes the importance of our seniors and is proud to support a variety of organizations that care for, support and uplift seniors in the later years of life.

After all, the number of senior citizens is on the rise: in 2010, there were 40.3 million people aged 65 and above, comprising 13% of the overall population. By 2050, projections indicate the population over 65 will comprise 20.9% of the population. God willing, most of us will live into our 80s and 90s; some will continue into our 100s. And given that the term “senior” generally refers to people at retirement age (62-65) but can apply to those as young as 50 (ahem!), we can look forward to living many years as seniors. This is one reason the

Foundation is dedicated to helping find the programs and services that best support older adults.

One such organization with whom the Foundation is proud to partner is the Alzheimer’s Association. Formed in 1980, the Alzheimer’s Association advances research to end Alzheimer’s disease and dementia while enhancing care for those living with the disease. The number of Americans with Alzheimer’s disease and other dementias will escalate rapidly in coming years as the baby boom generation ages. By 2050, the number of people age 65 and older with Alzheimer’s disease may nearly triple, from 5 million to as many as 16 million, barring the development of medical breakthroughs to prevent, slow or stop the disease. In addition, more than 500,000 seniors die each year because of the disease. If Alzheimer’s was eliminated, half a million lives would be saved a year, and that’s a lot of knowledge and wisdom to be passed on to future generations. See the list of other organizations we’re partnering with to help our seniors this month on side two.

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### It’s easy to transform lives!

Check out the easy ways to donate to the Foundation:

- **Automatic Payroll Deduction is simple.** Click [here](#) for the form (Click Allow in the Security Warning box that appears).
- **Donate through PayPal any time!** See the Foundation’s home page for the PayPal option.
- **Shop on Amazon.com through the AmazonSmile program:**
  1. Visit [smile.amazon.com](http://smile.amazon.com) and log in using your regular Amazon.com username and password.
  2. Search for and select **Ft Cares Foundation** from the list of charities.
  3. Begin shopping! AmazonSmile performs exactly like regular Amazon.com except that now 0.5% of your eligible purchases go directly to the Foundation.

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**LISA’S CORNER**
**GIVING BACK TO OUR SENIORS**

If you’ve been looking for a way to help out seniors in the area, consider volunteering at the DuPage Convalescent Center right here in Wheaton. At the Center, adult and teen volunteers contribute an extra dimension of care to the quality of service the Center provides for its residents. Volunteers provide an array of services from delivering the mail, transporting residents to therapy programs, participating in activities to leading religious programs, friendship visiting or sharing their musical talents for the residents’ entertainment. Individuals, families and groups are all invited to join the volunteer team at the Center. Teens must be at least 14 years old to volunteer and commit to at least three months of service. Adults are required to make at least a six-month commitment. To become a volunteer, contact the Volunteer Office at 630-784-4260 or visit their site: [http://www.dupageco.org/convalescent\\_center/1860/](http://www.dupageco.org/convalescent_center/1860/)

If your kids aren’t old enough to volunteer or can’t make the time commitment, have them create Valentine’s Day cards or crafts to send to the nursing homes/residential facilities in the area. These projects can be quick and easy and will allow your kids to use their creativity, keep them

occupied indoors during the cold weather and will bring immense joy to the nursing home residents. When you are finished, here are some locations that will happily share your gifts:

- **DuPage Convalescent Center**  
400 N. County Farm Rd., Wheaton, IL 60187
- **Brighton Gardens Wheaton**  
831 East Butterfield Road, Wheaton, IL 60189
- **Brookdale Glen Ellyn**  
60 North Nicoll Avenue, Glen Ellyn, IL 60137
- **Villa St. Benedict**  
1920 Maple Avenue, Lisle, IL 60532
- **The Birches Assisted Living**  
215 55th Street, Clarendon Hills, IL 60514
- **Victory Centre of Bartlett**  
1101 West Bartlett Road, Bartlett, IL 60103

Do you have aging relatives in need of special equipment? Fox Valley Volunteer Hospice's Community Equipment Loan Closet has wheelchairs, walkers, canes, commodes, shower benches and tub transfer benches available to borrow, free of charge, for short-term use. These items are available to anyone in the community on a first-come, first-served basis. You do not have to be a hospice or bereavement client.

Visit [www.fvh.org](http://www.fvh.org) for more information.

**Here’s the list of the organizations the Foundation is working with in February:**

- Twilight Wish Foundation
- Senior Home Sharing
- Alzheimer’s Association
- Young at Heart Pet Rescue
- Fox Valley Hospice
- Little Sisters of the Poor

**JANUARY 2015 INITIATIVES**

Northern Illinois Food Bank \$3,000	Feeding America \$2,000	Front Steps (Austin) \$2,000	Houston Livestock Show & Rodeo \$4,000
charity:water \$6,000	Plan International USA \$495	DuPage Pads \$900	Partners In Health – Malawi \$1,000
Food for the Poor \$5,390	Feed My Starving Children \$2,200	Wheaton Sensory Playground \$625	Girl Scouts of America - Cookies for Soldiers \$2,000

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