

## Minutes

### Senior Services Round Table

February 16, 2021

The meeting was called to order at 10:00 a.m. via Zoom and Shermer Study in the Village Hall. Present were Christophe Andersen, Northbrook Library; Harvey Huie, Northbrook Library; Nancy Vaccaro, Northbrook Police Department; Laura Wassinger, Northbrook Park District; Jill Brickman, Northfield Township; Karen Brownlee, North Shore YMCA; Cathy Traznik, Covenant Living, Sandra Whitmore, Northbrook Senior Services Commission, Betsy Garibaldi, Staff Liaison and Heather Ross, Village Trustee.

Fred Rosenberg, Chairman Senior Services Commission and David Crawford, Northbrook Fire Department joined the meeting later.

There were no public comments

#### **New Business**

Maggie Nash M.ED, MHFA coordinator at the Josselyn Center gave an overview of Josselyn's Mental Health First Aid Program. This program helps identify signs of mental health and substance abuse, assists in understanding the fear and hesitation of starting conversations with friends and loved ones, and helps respond safely and responsibly by developing an action plan.

Maggie indicated that the course has pre reading that takes about 2 hours and then the training session is 4 hours long. It is free to Northbrook groups.

Karen Brownlee said the YMCA already has a training session set for April 9 from 11 a.m.- 3 p.m.

After discussion, it was determined that the Round Table would set up a training program focused on senior populations. Maggie will get back to us with possible dates and Sandra will poll the members as to which date works best for all with the time slot of 11:00 a.m. – 3 p.m.

It was suggested that Josselyn Center reach out to the Chamber of Commerce.

Maggie went on to discuss how best program providers can deal with stress. She suggested that the providers acknowledge that they do not have a positive attitudes all the time, some days are better than others; to set boundaries between work and home and keep personal social connections.

#### **Old Business**

Members were asked to update the Round Table on programs, concerns and future steps. A discussion involving all attendees focused on the frustration of getting information and appointments for the COVID-19 vaccine for the seniors as well as staff.

#### **Park District**

Laura reported that many of the programs will continue to be hybrid through April. Some participants wanted programs in person and others wanted them virtual. Some seniors are still finding it frustrating to get books. Both Christophe and Harvey said the Library can walk these people through the Library's procedures.

## **YMCA**

Karen reported that about 50% of the Y participants wanted in person programs. In person programs are by appointment only.

## **Library**

Christophe again talked about the virtual programs at the Library including a personal drop off of books to seniors and those people that are homebound and cannot get to the Library.

Harvey talked about Tech Tuesday's programs that help all ages with tech issues. He also said that all programs will continue to be virtual, no hybrids.

The Library will reopen Feb. 22 and the main floor is being renovated.

## **Police Department Counselling Services**

Nancy stated that cases regarding older citizens between 88 and 98 have increased. They are dealing with grief, being separated from family, how to get food with ice and snow and how to get furnaces repaired. She also said she was seeing an increase in calls from out of state asking to have check-ups on their older relatives. Nancy also reminded everyone that the Village has an Angel Fund to help those in need.

## **Northfield Township Food Pantry**

Jill indicated that the Food Pantry had not seen a spike in usage but had seen a marked increase in deliveries. She stated how the community has continued to give food and money to the Pantry.

## **Covenant Living**

Cathy reported that all residents and most of the staff at Covenant Living have received both the first and second COVID-19 vaccinations. Walgreens came to the campus to give the doses.

People in independent living can gather with up to 25 people as long as they are social distancing.

## **Village of Northbrook**

Heather indicated that the Village of Northbrook joined the North Suburban Legal Aid Clinic. The Clinic has been serving Highland Park and Highwood and are expanding. Their services include information on health care, housing issues, immigration issues as well as abuse problems.

It was suggested the Round Table ask a representative from the Legal Aid Clinic to give a presentation at a future meeting.

## **Fire Department COVID-19 – 19 Response.**

David addressed the frustrations of getting appointments for the vaccine. He said the best way was to call **833-308-1988 Cook County's Hot Line** in addition to trying to find appointments on line. He also said to look at different locations. Walgreens and Jewel have 25 locations.

## **Adjourn**

The next meeting of the Round Table will be May 18 at 10:00 a.m. via Zoom.

The meeting was adjourned at 11:15 am.