

WISE & WELL SENIOR SUMMIT



THURSDAY, AUGUST 6, 2026

8:30 AM - 3:30 PM | DeKalb County Farm Bureau

Practical Information. Helpful Resources. New Connections.

FREE BREAKFAST
Continental Breakfast

FREE LUNCH*
With pre-registration

DOOR PRIZES
Throughout the day

17 SESSIONS
Five time blocks

THANK YOU TO OUR GENEROUS SPONSORS:

Food & Beverage
Sponsor



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Sponsors



OFF-SITE PARKING + SHUTTLE SERVICE | 8:00 - 4:00 PM | Courtesy of VAC

Remote parking available at Kishwaukee Family YMCA & Bethany Road Bible Church

WHAT TO EXPECT

A full day of learning, discovery, useful services, and connections.

Choose from 17 informative sessions in five concurrent time blocks.

YOUR DAY AT A GLANCE

8:00 AM	Doors open; shuttle service begins
8:30 AM	Free breakfast, welcome, Pledge, patriotic singalong and kazoo choir
9:00 AM	First block of sessions begin; I-PASS & ICASH service begins
10:15 AM	Second block of sessions begin
11:00 AM	Grab-and-go lunch begins
11:30 AM	Third block of sessions begin
12:45 PM	Fourth block of sessions begin
2:00 PM	Final block of sessions begin
3:00 PM	Sessions conclude
3:30 PM	I-PASS & ICASH service concludes
4:00 PM	Shuttle service ends

SERVICES & EXTRAS

Connect with senior service providers

Access to **FREE** amplified phones.
8:30 AM - 12:30 PM at RAMP Table.

DeKalb Police & Fire Department
Resource Tables.

Door Prizes every hour; must be present to win and must claim prize promptly at Information Table in Lobby.



FREE CONTINENTAL BREAKFAST

Begins at 8:30 AM; available until about 10:30 AM

FREE GRAB-AND-GO LUNCH

11:00 AM - 12:45 PM for those who pre-registered by July 29. Lunch ticket required.

SUMMIT TIPS:

**1 - CHOOSE ONE
SESSION FROM
EACH BLOCK**

2 - ARRIVE EARLY

Rooms have limited seating capacity and close when full.

3 - HAVE A BACK-UP

Choose another session if your first choice is full.

Important: Food and beverages are not permitted in the theatre.

Blank pages for note-taking located at the back of the program. *Program subject to change.*

8:30 AM Opening Ceremony AUDITORIUM - SOUTH

Pledge of Allegiance, Patriotic Sing-along, America 250 Kazoo Chorus, FREE Breakfast

Help us celebrate America 250! Join our patriotic sing-along by following the lyrics below—or pick up a red, white, or blue kazoo and play along! No musical experience is needed. Kazoos are easy to play, and everyone is invited to be part of our patriotic vocal and kazoo chorus.

AMERICA THE BEAUTIFUL

O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain!
America! America!
God shed his grace on thee
And crown thy good with brotherhood
From sea to shining sea!

MY COUNTRY, 'TIS OF THEE

My country, 'tis of thee,
Sweet land of liberty,
Of thee I sing;
Land where my fathers died,
Land of the pilgrims' pride,
From ev'ry mountainside
Let freedom ring!

YOU'RE A GRAND OLD FLAG

You're a grand old flag,
You're a high flying flag
And forever in peace may you wave.
You're the emblem of
The land I love.
The home of the free and the brave.
Ev'ry heart beats true
'neath the Red, White and Blue,
Where there's never a boast or brag.
Should auld acquaintance be forgot,
Keep your eye on the grand old flag.

9:00 - 10:00 AM

Choose one session. Seating is first-come, first-serve and rooms have limited capacity.

Music: A Powerful Medicine

AUDITORIUM - NORTH

Discover how music can support physical, cognitive and emotional well-being. Learn evidence-based ways music may reduce stress and anxiety, lift mood, support relaxation and sleep, encourage movement and coordination, strengthen social connection and promote lifelong learning. The session includes a beginner-friendly drum circle - no musical background is needed.

Presented by: Jen Conley, LMPT, LPC - Northern Illinois Hospice.

Wholesome Habits for a Healthier Heart

THEATRE - *NO FOOD OR DRINK*

Everyday choices in nutrition, movement, sleep and stress management can protect the heart or increase risk over time. A registered dietitian will help you reflect on current habits and identify practical, realistic changes that can begin improving heart health right away and support lasting well-being.

Presented by: Miranda Reinhardt, MS, RDN, LDN - Seattle Sutton's Healthy Eating.

Beyond the Behavior: A Compassionate Response to Dementia's Challenges

CONFERENCE CENTER

Learn to understand common dementia-related behaviors through a compassionate, person-centered lens. Review practical approaches that can improve communication, reduce distress for the person and caregiver, protect dignity and help caregivers manage stress, maintain patience and respond with greater confidence in difficult moments.

Presented by: LaVon Lenaway, MA, Gerontologist, Owner - Dragonfly Senior Navigation Services; Mercedes Del Toro, BSW - Elder Care Services.

SPECIAL THANKS TO THE FOLLOWING VOLUNTEERS:

Hillary Cali, Aileen Zei, Melissa Coppert, Ashley Hughes, Laci Emmens, Jennifer Yochem, Lindsey Oas, Linda Sherman, Michelle Lyons, Cleo Acosta-Molina, Rosa Montes-Reyes, Ann Marie Martinez, Colleen Parks, Dillon Caplinger, Robert Mellon, Annette Meares, Natalie DiCosola, Julyne Kenney, Carlos Orr, Jessica Wexell, Benjamin Barrios, Dan Franklin, Steve Lekkas, Scott Franzgrote

Blank pages for note-taking located at the back of the program. *Program subject to change.*

FREE CONTINENTAL BREAKFAST

BEGINS AT 8:30 AM; AVAILABLE UNTIL ABOUT 10:30 AM

Auditorium South available for breakfast seating in addition to select presentation rooms:
Auditorium North & Conference Center

10:15 - 11:15 AM

Choose one session. Seating is first-come, first-serve and rooms have limited capacity.

Practical Steps for Better Brain Health: What the Research Reveals

AUDITORIUM - NORTH

Learn what research says about protecting cognitive health and reducing the risk of Alzheimer's disease. Explore the connections among physical activity, nutrition, heart health and brain health, then use practical tools and resources to begin a personalized action plan for brain-healthy habits at any age.

Presented by: Aileen Zei - Alzheimer's Association.

In Command: Taking Hold of Your Healthcare Decisions

THEATRE - *NO FOOD OR DRINK*

Build confidence in advance care planning and end-of-life decisions. Healthcare professionals will explain Advance Care Directives, offer practical ways to begin meaningful conversations with loved ones and discuss Deb's Law, including its purpose, eligibility requirements and practical considerations. Leave better prepared to communicate and advocate for care that reflects your values.

Presented by: Dr. Annette Meares, DNP, RN, HEC-C - Northwestern Medicine; Lisa Novak, MA, CEO - Northern Illinois Hospice; State Senator Linda Holmes - Dist. 42, Illinois State Senate.

Navigating Arthritis: An Integrated Approach to Joint Health

CONFERENCE CENTER

Understand common causes and symptoms of arthritis and chronic joint pain. Learn evidence-based approaches to protecting joints, reducing discomfort and improving mobility, including physical activity, weight management, treatment options and available resources. The presenters will also discuss when to seek medical guidance so you can remain active and independent.

Presented by: Dr. Zac Sheedy, DC, Clinic Director and Owner - Sycamore Integrated Health; Dr. Lewis Blevins, DC - Sycamore Integrated Health; Dylan Donnelly, CPT - Northwestern Medicine Kishwaukee Health & Wellness Center.

FREE CONTINENTAL BREAKFAST 8:30 AM UNTIL ABOUT 10:30 AM

FREE GRAB-AND-GO LUNCH 11:00 AM - 12:45 PM FOR THOSE WHO PRE-REGISTERED BY JULY 29. LUNCH TICKET REQUIRED.

Breakfast seating available in **Auditorium South** and in select presentation rooms: **Auditorium North & Conference Center**. Lunch seating available in **Auditorium South** until **12:15 PM**, and in select presentation rooms: **Auditorium North & Conference Center**.

No food or drink is permitted in the Theatre.

11:30 AM - 12:30 PM

Choose one session. Seating is first-come, first-serve and rooms have limited capacity.

Who Am I Now? Rediscovering Identity & Purpose in Retirement

AUDITORIUM - NORTH

Retirement can change identity, routine, purpose and belonging. In this supportive, peer-led workshop, explore the four crossroads of retirement - Identity, Meaning, Energy and Belonging - along with eight Intentional Elderhood Roles. Brief reflections and optional table discussions help you shape a more purpose-filled next chapter. Participants also receive access to a free eBook and self-assessment tool.

Presented by: Art Bingham, PCC - Your Third Journey.

Support for the Journey: Navigating Serious Illness

THEATRE - *NO FOOD OR DRINK*

Learn how palliative care can manage symptoms, reduce stress, strengthen communication with healthcare providers and support complex medical decisions. The session clarifies how palliative care differs from hospice, who may benefit and what families can learn from real experiences with serious illness, loss and supportive care services.

Presented by: Toni Hughart, DNP, APRN, FNP-BC, Palliative Program Coordinator - Northern Illinois Hospice; Melissa Coppert, Care Consultant - Heartland Hospice.

Making Your Money Last: Financial Tips and Support for Retirement

CONFERENCE CENTER

Get practical ideas for stretching retirement dollars, creating a realistic budget and finding help when financial responsibilities feel overwhelming. Learn about the Illinois Volunteer Money Management Program, which assists older adults with bills and finances when illness, loss of a spouse, limited family support or other changes threaten independence and financial security.

Presented by: Jim Kearns - Financial Literacy Educator, Outreach Specialist - Consumer Credit Counseling Services of Northern Illinois; Tyler Owens, MSW, Money Management Coordinator - Elder Care Services.

SPECIAL THANKS TO THE FOLLOWING "FRIENDS OF THE SUMMIT"

Seattle Suttons Healthy Eating, Kishwaukee Family YMCA, Bethany Road Bible Church, DeKalb County Farm Bureau, Northern Illinois Hospice, Devoted, Grand Victorian of Sycamore, Heritage Woods of DeKalb, Oak Crest DeKalb Area Retirement Center, Elder Care Services, Barb City Manor, Family Service Agency, DeKalb County TRIAD.

FREE GRAB-AND-GO LUNCH

11:00 AM - 12:45 PM FOR THOSE WHO PRE-REGISTERED BY JULY 29. LUNCH TICKET REQUIRED.

Lunch seating available in **Auditorium South** until **12:15 PM**, and in select presentation rooms:

Auditorium North & Conference Center. *No food or drink is permitted in the Theatre.*

12:45 PM - 1:45 PM

Choose one session. Seating is first-come, first-serve and rooms have limited capacity.

A Life Remembered: Funeral Planning with Care and Consideration

AUDITORIUM - NORTH

Learn how thoughtful funeral planning can honor a person's values, relationships and story while easing decisions for loved ones. Explore pre-planning, traditional and personalized services, burial and interment options and ways to write a meaningful obituary - at your own pace and with support.

Presented by: Kristine Ranger, BFA, Licensed Advanced Planning Advisor and Steve Brunette, Licensed Funeral Director & Embalmer - Olson Funeral & Cremation Services; Mary Hess, BS, MS, Supervisor - DeKalb Township; Melissa Coppert, Care Consultant - Heartland Hospice.

The Road Less Traveled

THEATRE - *NO FOOD OR DRINK*

Learn about city bus routes, scheduled door-to-door service and medical transportation within and outside DeKalb city limits. Presenters will explain eligibility, ride scheduling and strategies for common mobility challenges, plus grocery and prescription delivery options that support safety, connection and independence.

Presented by: Brian Van Hine, Assistant Transit Manager and Ryan Neale, Transdev General Manager - City of DeKalb; Cami Loving, BS, Marketing & Outreach Manager - VAC of Northern Illinois; Miranda Hernandez, Catering Coordinator - Hy-Vee.

On the Lookout: How to Spot Elder Abuse and What to Do About It

CONFERENCE CENTER

Learn how to recognize and respond to abuse, neglect, financial exploitation, rights violations and common scams. Hear how the Long-Term Care Ombudsman Program and Adult Protective Services protect vulnerable adults, investigate concerns and help individuals and families report problems safely.

Presented by: Julie Schuppner, BA, MS, Regional Director for the Ombudsman Program - Catholic Charities; Colleen Parks, LCSW, EMDR Certified Therapist - Elder Care Services; Darryl Dunham, BSA Specialist - Resource Bank.

The Power of Movement: Strength, Energy and Well-Being

AUDITORIUM - SOUTH

Explore how regular movement supports strength, energy, mobility and well-being at every age. Learn about water exercise, resistance training, hydration, supportive daily habits and the added benefits of being active with others. The session ends with a gentle, accessible seated Tai Chi experience.

Presented by: Laci Emmens, CPT, CFN, CET, CBS, CTS, CETS, CERS, GBPD, Healthy Living Coordinator - Kishwaukee Family YMCA; Rob Mondri, BA, Owner & Rory Cantu, Business Development Advisor - Home Instead

2:00 - 3:00 PM

Choose one session. Seating is first-come, first-serve and rooms have limited capacity.

The Cost of Coverage: Understanding Insurance Rates and Reducing Premiums

AUDITORIUM - NORTH

Understand factors that influence home and auto insurance rates and learn practical ways to reduce premiums, including discounts tied to home improvements, security features, driving habits and safe-driver programs. The session also covers Illinois rate changes and how to recognize when driving may no longer be safe.

Presented by: Dillon Caplinger, P&C, L&H Licensed, Agent - Shelter Insurance; Kimberly Barrios - P&C, L&H Licensed, Driver Safety Instructor - AARP

Supportive Living: Here, There and Anywhere You Call Home

THEATRE - *NO FOOD OR DRINK*

Explore the continuum of care: services that help people remain safely at home, community-based living with varying levels of assistance, rehabilitation, skilled nursing and long-term support. Gain practical guidance for matching current or future needs with the right level of care.

Presented by: Linda Sherman, BA, Director of Admissions - DeKalb Area Retirement Center; Lindsey Oas, Director of Marketing & Sales - Heritage Wood of DeKalb; Hillary Cali, BA, Community Liaison - DeKalb County Rehab & Nursing Center; Johanna Jackson, MSW, LSW - Elder Care Services.

The Weight of Service: What Endures Beyond the Uniform

CONFERENCE CENTER

Learn how military service can affect health, relationships, caregiving and end-of-life experiences long after active duty. Explore post-traumatic stress, unresolved grief, moral injury, life review, trust-building, veteran recognition and community resources that support veterans and their families.

Presented by: Dawn Pregont, LSW, and Suzanne Ravlin, JD, CEO and Stephanie Wheeler, CNA, Volunteer Director - Serenity Hospice & Home.

A Stroke of Genius: Learning New Skills for Brain Health

AUDITORIUM - SOUTH

See why learning new skills, solving problems and using creativity can strengthen memory, attention and brain resilience. Learn how stepping outside routine keeps the brain flexible and engaged, then try a guided painting activity designed for beginners - no artistic experience is needed.

Presented by: Dr. Jamie Mayer, BA, MA, PhD, College of Health & Human Services Professor - Northern Illinois University; Andrea Cromwell, Artist, Instructor, Owner - Painting With AnLavek; Rob Mondj, BA, Owner - Home Instead.

BUT WAIT - THERE'S MORE!

Check out our **Thrive! Encore Series**, August 10th through September 10th

Encore Series

AUGUST
SEPT

MON	TUE	WED	THU	FRI
10 *Alzheimer's: Early Signs & Emerging Therapies	11	12 *Medicare Made Personal... *Protecting Your Assets & Preserving Your Independence	13 *Understanding Your Care Options: Exploring Home Health, Palliative Care, and Hospice	14 *Making Home Affordable: Financial Help for Housing, Home Repairs & Energy Costs
17 *If These Walls Could Talk: On-Air!	18 *Making Connections to Combat Isolation & Curb Loneliness *Free Legal Consultations	19 *'Grand' Tour & Open House	20 *Finding Relief: Solutions for Chronic & Acute Pain + Move, Explore & Shop.. *Scam Slam... *Medicare 101	21 *Living with Purpose: Discovering the Roles That Shape a Meaningful Third Journey
24 *Right-sizing for Your New Lifestyle	25 *Take Control of Your Brain Health: Simple, Science-Backed Steps to Reduce Your Dementia Risk	26 *Too Old to Work, Too Young to Retire: Strategies for Finding Employment Later in Life	27 *AARP Smart Driver Course - Day 1	28 *AARP Smart Driver Course - Day 2
31 *Chair Yoga *Arms & Abs *Vinyasa Flow *Balance & Fall Prevention	1 *Boost Your Brain Health: What Really Works—and What Doesn't	2 *FREE Walk-In Vision & Hearing Screening *Heritage Woods Open House	3	4 *Living with Purpose: Embracing the Roles That Enrich Your Third Journey
7 Labor Day	8 *What if it is Dementia?	9 *Understanding Reverse Mortgages	10 *Township BINGO	11

MONDAY, AUGUST 10

2:00 PM

Alzheimer's: Early Signs & Emerging Therapies

HOME INSTEAD, 2585 Sycamore Rd, DeKalb, IL 60115

This two-part series explores how to recognize the warning signs of Alzheimer's disease and understand emerging treatment options. Learn how to distinguish typical age-related changes from signs that may require further evaluation, what next steps to take, and how to begin a conversation with your doctor. The series will also highlight recent advances in Alzheimer's treatment and introduce supportive care resources that may help individuals living with dementia and the family members who care for them. *Snacks and refreshments will be served. This session requires advance registration. To register, call DeKalb Township at 815-758-8282.*

Presented by: Aileen Zei, Program Manager - Alzheimer's Association; Rob Mondj, BA, Owner - Home Instead.

WEDNESDAY, AUGUST 12

10:00 AM

Medicare Made Personal: Navigating Your Options with Confidence

DEKALB PUBLIC LIBRARY - YUSUNAS ROOM, 309 Oak St, DeKalb, IL 60115

Whether you are approaching Medicare eligibility, working past age 65, or simply want to better understand your options, this session will provide clear, practical guidance. Special attention will be given to the decisions working adults face as they prepare for retirement. Learn about enrollment timelines, avoiding penalties, and personalizing your coverage based on your needs, preferences, and budget. This interactive session features real-life examples and ample time for questions, helping take the mystery out of Medicare so you can make decisions with greater clarity and confidence. *Refreshments will be served.*

Presented By: Mary Hansen, BS, L&H Licensed, AHIP Certified, Professional Associate - American Republic Insurance Services.

11:15 AM

Protecting Your Assets and Preserving Your Independence

DEKALB PUBLIC LIBRARY - YUSUNAS ROOM, 309 Oak St, DeKalb, IL 60115

Planning for the future means preparing both financially and legally for life's expected and unexpected events. This session will cover long-term care planning, insurance options, asset protection strategies, and essential legal documents, including powers of attorney, advance healthcare directives, trusts, and beneficiary designations. You will also learn about Medicaid planning, the look-back period, and how early preparation can help preserve your assets and independence. Practical examples and discussion will help you make informed decisions and create a plan that reflects your goals. *Refreshments will be served.*

Presented by: Mary Hansen, BS, L&H Licensed, AHIP Certified, Professional Associate - American Republic Insurance Services.; Kim Myers, BS, JD, Staff Attorney - Prairie State Legal Services.

THURSDAY, AUGUST 13

2:00 PM

Understanding Your Care Options: Exploring Home Health, Palliative Care, and Hospice

DEKALB PUBLIC LIBRARY - ZIMMERMAN ROOM, 309 Oak St, DeKalb, IL 60115

Understanding the differences between home health, palliative care, and hospice can make it easier to choose the right support at the right time. This session will explain the purpose of each type of care, who may be eligible, what services are typically provided, and how care is paid for. Attendees will also learn that hospice is a philosophy of comfort-focused care provided by many independent organizations—not a single provider. A helpful question-based resource will be shared to guide conversations with hospice providers and help individuals and families determine which organization may be the best fit for their unique needs, preferences, and priorities.

Presented by: Melissa Coppert, Care Consultant - Heartland Hospice; Lisa Novak MA, Chief Executive Officer - Northern Illinois Hospice.

FRIDAY, AUGUST 14

11:00 AM

Making Home Affordable: Financial Help for Housing, Home Repairs & Energy Costs

DEKALB TOWNSHIP, 2323 S. 4TH St. DeKalb, IL 60115

If you're living on a fixed income, every dollar matters. This session will provide attendees with information about programs and resources that can help reduce housing-related expenses, including assistance with utility bills, home repairs, energy efficiency improvements, weatherization, property tax savings, and more. Attendees will leave with a better understanding of available assistance programs, eligibility requirements, and how to access these resources to help manage costs, remain comfortably in their homes, and maintain their independence.

Presented by: Kevin Gadzala, BS, MBA, Regional Community Affairs Manager - Nicor Gas; Jennifer Yochem, Community Services Coordinator - City of DeKalb; Lilly Johnson, BA, Assistant LIHEAP Director - Community Contacts, Inc.; Casey Bachochin, BS, MPA, Director of General Assistance, and Mary Hess, BS, MS, Supervisor, and Rich Dyer, CIAO, Assessor - DeKalb Township; Andy McFarlane, BS, MS, Executive Director ay Kishwaukee United Way.

MONDAY, AUGUST 17

10:00 AM

If These Walls Could Talk: On-Air!

WNIU & WNIJ - NORTHERN PUBLIC RADIO, 801 N 1st St. DeKalb, IL 60115

From the outside, the WNIU/WNIJ radio station may appear unassuming, but inside is a place rich with history, creativity, and community spirit. This behind-the-scenes tour and open house offers a unique look at what it takes to keep local public radio on the air. Participants will explore the station's studios, learn about its history, and discover how Northern Public Radio serves the region through local programming, community outreach, and special events. The tour also includes a rare opportunity to hear historic newscasts from the station's archives, bringing decades of broadcasting history to life. The session concludes with a look at how volunteers help power Northern Public Radio. Station staff will share how community members—especially older adults—can use their talents and interests to support the station, along with opportunities to get involved. *Snacks and refreshments will be served.*

Presented by: Staci Hoste, BA, General Manager, and Jenna Dooley, BA, MA, News Director, and Tyler Sutton, BA, MA, Associate Director for Community Philanthropy & Partnerships - Northern Public Radio WNIU/WNIJ.

TUESDAY, AUGUST 18

10:00 AM

Making Connections to Combat Isolation & Curb Loneliness

DEKALB PUBLIC LIBRARY - ZIMMERMAN ROOM, 309 Oak St, DeKalb, IL 60115

Many older adults experience isolation and feelings of loneliness as they age. This session will define loneliness, explore its risks, and discuss how counseling, social engagement, and a sense of community can help. Attendees will hear from local agencies and organizations offering senior-focused programs designed to cultivate relationships, encourage meaningful involvement, and foster a greater sense of belonging. Participants will also learn about volunteer opportunities that allow older adults to share their experience, skills, and talents while building connections with others. *Snacks and refreshments will be served.*

Presented by: Ann Marie Martinez; LSW - Family Service Agency of DeKalb County; Amy Freeman, BA, MLIS, Adult Service Librarian - DeKalb Public Library; Laci Emmens, CPT, CFN, CET, CBS, CTS, CETS, CERS, GBPD, Healthy Living Coordinator - Kishwaukee Family YMCA; Abby Johnson, BA, Recreation Program Manager - DeKalb Park District; Tami Oas, Club 55 Program Assistant - Family Service Agency of DeKalb County; Mercedes Del Toro, BSW, Intern - Elder Care Services; Kimberly Barrios, BA, MS (ABT), Community Relations & Events Coordinator at DeKalb Township, Co-Chair - DeKalb County TRIAD; Clare Buchanan, BA, MA, Engagement Coordinator - Northern Public Radio WNIU/WNIJ; Melissa Coppert, Care Consultant - Heartland Hospice.

12:00 - 4:00 PM

Free Legal Consultations

DEKALB TOWNSHIP, 2323 S. 4TH St. DeKalb, IL 60115

Prairie State Legal Services provides free legal consultations to eligible senior citizens and income-qualifying individuals on the third Tuesday of every month. Consultations cover civil legal matters such as tenants rights, nursing home discharges, public benefits reductions and/or denials, employment-related cases, and elder abuse. *Appointments are required. To schedule an appointment call 815-758-8282.*

WEDNESDAY, AUGUST 19

10:30 AM

'Grand' Tour & Open House

GRAND VICTORIAN OF SYCAMORE, 1440 Somonauk St, Sycamore, IL 60178

Get the "royal treatment" at the Grand Victorian of Sycamore during this one-hour open house and guided tour. Guests will have an opportunity to explore the community, learn about its services and amenities, meet members of the team, and ask questions in a relaxed and welcoming setting. Whether you are considering future options for yourself or a loved one—or are simply curious to learn more—this event offers a helpful introduction to all this community has to offer. [Light snacks and refreshments will be served.](#)

THURSDAY, AUGUST 20

10:00 AM

Finding Relief: Solutions for Chronic and Acute Pain + Move, Explore & Shop at Barb City Manor

BARB CITY MANOR RETIREMENT HOME, 680 Haish Blvd, DeKalb, IL 60115

Living with chronic or acute pain can affect mobility, independence, and quality of life. This session will explore resources, treatments, and supportive services that may help individuals manage pain, improve comfort, and remain active. Attendees will also learn about the wide range of approaches available to address individual needs. Following the presentation, guests can participate in games featuring gentle movement—one helpful way to support mobility and manage pain—and explore Barb City Manor to discover what life in the community is like. There will even be an opportunity to shop for hidden treasures at the Manor's own thrift store. Whether you are experiencing pain, supporting a loved one, or planning for the future, this event will provide practical information and engaging activities to help you move forward with greater confidence. [Light snacks and refreshments will be served.](#)

Presented by: Dr. Zac Sheedy, DC, Clinic Director, Owner - Sycamore Integrated Health; Dr. Roy Werner, MD, Medical Director - Compassus Hospice; Sarah Davis, BA, Executive Director - Barb City Manor.

12:00 PM

Scam Slam: Outsmarting Fraudsters and Finding Support

ELDER CARE SERVICES, COZY CORNER, 1701 E. Lincoln Hwy., DeKalb, IL 60115

Slam the door shut on scammers by learning how common scams work, how to recognize warning signs, and what steps to take when something does not seem right. This session will provide practical tips to help you protect yourself and others, respond to suspicious activity, and report potential fraud or exploitation. Attendees will also receive a brief overview of the Adult Protective Services program at Elder Care Services, including how it helps protect older adults and adults with disabilities. The session will conclude with a short introduction to Care Coordination services and the support available to help individuals remain safe, independent, and connected to needed resources. [Light snacks and refreshments will be served.](#)

Presented By: Tyler Owens, MSW, Money Management Coordinator - Elder Care Services.

THURSDAY, AUGUST 20... Continued

1:00 PM

Medicare 101: Set Sail with SHIP

ELDER CARE SERVICES, COZY CORNER, 1701 E. Lincoln Hwy., DeKalb, IL 60115

Medicare can feel difficult to navigate, but you do not have to chart the course alone. This session will provide a basic overview of Medicare Parts A, B, C, and D, including what each part covers, important enrollment periods, and when to sign up. Attendees will also learn about Elder Care Services' trained SHIP counselors, who provide free, unbiased guidance to help individuals understand their Medicare coverage and make informed decisions. You do not have to drift through Medicare decisions alone. SHIP can help you navigate unfamiliar waters and set a steady course. *Snacks and light refreshments will be served.*

Presented by: Shari Hanson, BS, SHIP Supervisor - Elder Care Services.

FRIDAY, AUGUST 21

10:00 AM

Living with Purpose: Discovering the Roles That Shape a Meaningful Third Journey

WNIU & WNJ - NORTHERN PUBLIC RADIO, 801 N 1st St. DeKalb, IL 60115

Retirement offers an opportunity not only to reflect on the life you've lived but also to intentionally shape the life you want to continue creating. This interactive workshop explores four of the eight Intentional Elderhood Roles—The Advocate, The Connector, The Steward, and The Guide—and how they can help you cultivate purpose, strengthen relationships, and make meaningful contributions in this stage of life.

Through guided reflection and conversation, you'll discover practical ways to live with greater intention, significance, and satisfaction in your later years. No previous workshop attendance is required. *Snacks and light refreshments will be served. This session requires advance registration. To register, call DeKalb Township at 815-758-8282.*

Presented by: Art Bingham, BA, PhD (ABD), PCC - Your Third Journey.

MONDAY, AUGUST 24

10:30 AM

Right-Sizing for Your New Lifestyle

OAK CREST DEKALB AREA RETIREMENT CENTER, 2944 Greenwood Acres Dr., DeKalb, IL 60115

Moving to a new home involves more than packing boxes—it means deciding what to bring, what to let go of, and how to create a space that supports your next chapter. This session will offer practical tips and helpful strategies to make the relocation process feel more manageable and less overwhelming. Attendees will learn how to declutter and prepare a home for the market, create a personalized transition plan, develop a customized floor plan, determine how much is “enough” for a new space, and simplify the packing, unpacking, and setup of a new home. The session will also explore options for handling belongings that will not be making the move, helping participants find thoughtful solutions for life’s extra treasures. *A light lunch and facility tour will follow the presentation. This session requires advance registration. To register, call DeKalb Township at 815-758-8282.*

Presented by: Tammy Bilek, Certified Senior Move Manager, Owner - Honoring Aging; Linda Sherman, BS, Director of Admissions - Oak Crest DeKalb Area Retirement Center.

TUESDAY, AUGUST 25

2:00 PM

Take Control of Your Brain Health: Simple, Science-Backed Steps to Reduce Your Dementia Risk

DEKALB TOWNSHIP, 2323 S. 4TH St. DeKalb, IL 60115

You have more influence over your brain health than you may realize. Discover the latest research on dementia prevention, learn which risk factors you can actually change, and separate fact from fiction about genetics and aging. You'll leave with practical, evidence-based strategies and a personalized action plan you can start using right away to support lifelong cognitive health.

Presented by: Dr. Jamie Mayer, BA, MA, PhD, College of Health & Human Services Professor - Northern Illinois University.

WEDNESDAY, AUGUST 26

4:00 PM

Too Old to Work, Too Young to Retire: Strategies for Finding Employment Later in Life

FIRST UNITED METHODIST CHURCH, 2501 N Annie Glidden Rd, DeKalb, IL 60115

Finding work later in life can come with unique challenges, including age bias, changing hiring practices, online applications, and difficulty identifying legitimate opportunities. This session will provide practical strategies for navigating today's job market, highlighting transferable skills, and finding employers that value mature workers. Attendees will also learn how volunteer experience, and no-cost college courses can strengthen their qualifications and support their job search. Participants will leave with useful tools, trusted resources, and greater confidence as they pursue their next opportunity.

Presented by: Danita Sims, BA, MS, Job Coach, Executive Director at Passion Pursuit, Inc., Director of Programming and Community Development - Opportunity DeKalb; Claudia Oliveros, Community Navigator - FLAP.

THURSDAY, AUGUST 27

10:00 AM - 2 PM

AARP SMART DRIVER COURSE, DAY 1

DEKALB TOWNSHIP, 2323 S. 4TH St. DeKalb, IL 60115

The Smart Driver course from AARP is the nation's leading driver safety course, teaching valuable defensive driving strategies and providing a rules of the road refresher to experienced drivers. Additionally, participants who complete the full 8-hour course will receive a completion certificate entitling them to a multi-year auto insurance discount.

There is a small fee for the course: the classroom course costs \$20 for AARP Members and \$25 for non-members. Financial Assistance is available to qualifying DeKalb Township residents who are unable to pay the course fee. **Light snacks and beverages are provided. Space for the course is limited and attendees must pre-register by calling the DeKalb Township at 815-758-8282.**

Presented by: Kimberly Barrios, BA, MS (ABT), P&C, L&H Licensed, AARP Volunteer Instructor, Community Relations & Events Coordinator - DeKalb Township,

FRIDAY, AUGUST 28

10:00 AM - 2 PM

AARP SMART DRIVER COURSE, DAY 2

DEKALB TOWNSHIP, 2323 S. 4TH St. DeKalb, IL 60115

MONDAY, AUGUST 31

10:15 AM

Chair Yoga

SENIOR CENTER INSIDE BETHLETHEM LUTHERAN CHURCH, 1915 N. 1st St, DeKalb, IL 60115

Discover the benefits of gentle movement in this accessible chair yoga session. Participants will be guided through seated stretches, breathing exercises, and simple movements designed to support flexibility, balance, relaxation, and pain management. No prior yoga experience is needed, and movements can be adapted to individual comfort and ability levels. Wear comfortable clothing and come prepared to move, breathe, and leave feeling refreshed. Yoga mats not provided. [Healthy snacks and refreshments will be served.](#)

Presented by: Cori, Volunteer Instructor at Club 55 - Family Service Agency

11:30 AM

Abs, Arms & Legs Fitness

SENIOR CENTER INSIDE BETHLETHEM LUTHERAN CHURCH, 1915 N. 1st St, DeKalb, IL 60115

Build strength, tone muscle improve mobility, and support everyday movement in this engaging full-body fitness session. Participants will be guided through exercises that target the core, arms, and legs while promoting balance, flexibility, and endurance. Movements can be adapted to different fitness and ability levels but participants must be able to move independantly. Wear comfortable clothing and come ready to move at your own pace. [Healthy snacks and refreshments will be served.](#)

Presented by: Linda, Volunteer Instructor at Club 55 - Family Service Agency

12:00 PM

Vinyasa Flow

SENIOR CENTER INSIDE BETHLETHEM LUTHERAN CHURCH, 1915 N. 1st St, DeKalb, IL 60115

Move through a flowing sequence of yoga poses that links breath with movement. This class is designed to support strength, flexibility, balance, and relaxation while encouraging participants to move at a comfortable pace. This intermediate yoga class does require prior yoga experience. Wear comfortable clothing and bring a your own yoga mat. [Healthy snacks and refreshments will be served.](#)

Presented by: Linda, Volunteer Instructor at Club 55 - Family Service Agency

1:00 PM

Balance & Fall Prevention

SENIOR CENTER INSIDE BETHLETHEM LUTHERAN CHURCH, 1915 N. 1st St, DeKalb, IL 60115

This strength training class focuses on balance and mobility as means to support personal safety, independence and overall well-being. All experience levels welcome. [Healthy snacks and refreshments will be served.](#)

Presented by: Pommy, Volunteer Instructor at Club 55 - Family Service Agency

TUESDAY, SEPTEMBER 1

2:00 PM

Boost Your Brain Health: What Really Works—and What Doesn't

DEKALB TOWNSHIP, 2323 S. 4TH St. DeKalb, IL 60115

Conflicting advice about brain health can make it hard to know where to start. This session cuts through the myths to highlight the lifestyle habits that have the strongest scientific evidence for supporting cognitive health. You'll leave with practical, trustworthy guidance and free resources you can use to build a brain-healthy routine that fits your life.

Presented by: Dr. Jamie Mayer, BA, MA, PhD, College of Health & Human Services Professor - Northern Illinois University.

WEDNESDAY, SEPTEMBER 2

10:00 AM - 2:00 PM

Free, Walk-In Vision & Hearing Screenings

DEKALB TOWNSHIP, 2323 S. 4TH St. DeKalb, IL 60115

Healthy vision and hearing support safe driving and everyday independence while helping older adults to enjoy their favorite activities and to maintain meaningful connections with family and friends. Because changes in vision and hearing often occur gradually, they can be easy to overlook or dismiss as insignificant. Screening offers a simple way to identify concerns that may otherwise go unnoticed. Early detection of degenerative eye conditions, such as macular degeneration and diabetic retinopathy, can lead to timely treatment that may slow or prevent further vision loss, preserve sight, protect quality of life, and prolong independence. Adults age 55 and older are especially encouraged to undergo vision and hearing screenings. That's why DeKalb Township and The Lion's of Illinois Foundation are hosting the community screening event. Take advantage of this opportunity to check your vision and hearing and take a proactive step toward protecting your health and independence.

WEDNESDAY, SEPTEMBER 2... Continued

2:00 PM - 4:00 PM

"Fall" in Love with Heritage Woods - Open House

HERITAGE WOODS OF DEKALB, 2626 N. Annie Glidden Rd., DeKalb, IL 60115

Celebrate the season with a warm autumn welcome at Heritage Woods' fall-themed open house. Guests will have an opportunity to tour the assisted living community, meet members of the staff, ask questions, discover the services and amenities available to residents, and experience the home-like atmosphere residents of Heritage Woods enjoy.

Recently honored with the AHCA/NCAL Silver Quality Award, Heritage Woods is shining as a recognized leader in long-term care. Whether you are exploring future living options for yourself or a loved one—or are simply curious to learn more—this open house offers an opportunity to experience the community's award-winning commitment to quality firsthand. *Light snacks and refreshments will be served.*

FRIDAY, SEPTEMBER 4

10:00 AM

Living with Purpose: Embracing the Roles That Enrich Your Third Journey

WNIU & WNIJ - NORTHERN PUBLIC RADIO, 801 N 1st St. DeKalb, IL 60115

Retirement offers an opportunity not only to reflect on the life you've lived but also to intentionally shape the life you want to continue creating.

Explore four additional Intentional Elderhood Roles—The Anchor, The Story Keeper, The Explorer, and The Creator—and discover how they can inspire personal growth, meaningful relationships, creativity, and lasting legacy. Through reflection and discussion, you'll gain practical insights for living with greater purpose, intention, and fulfillment while making your later years among your most rewarding. No previous workshop attendance is required. *Light snacks and refreshments will be served. This session requires advance registration. To register, call DeKalb Township at 815-758-8282.*

Presented by: Art Bingham, BA, PhD (ABD), PCC - Your Third Journey.

TUESDAY, SEPTEMBER 8

10:30 AM

What if it is Dementia?

HOME INSTEAD, 2585 Sycamore Rd, DeKalb, IL 60115

It all starts with a sneaking suspicion of something different or something changed in a loved one. From there, the questions and curiosity don't stop. This program will discuss where to start if you suspect memory impairment in a loved one and continue through the three stages of dementia. This helps us to understand where we are at and where we might be going. Clarity is kindness, and honesty about dementia realities, while difficult, are important for advocacy, coping, grief, and planning. [Snacks and refreshments will be served.](#) [This session requires advance registration. To register, call DeKalb Township at 815-758-8282.](#)

Presented by: LaVon Lenaway, MA, Gerontologist, Owner - Dragonfly Senior Navigation Services; Rob Mondj, BA, Owner - Home Instead.

WEDNESDAY, SEPTEMBER 9

10:00 AM

Understanding Reverse Mortgages

DEKALB PUBLIC LIBRARY - ZIMMERMAN ROOM, 309 Oak St, DeKalb, IL 60115

Rising everyday costs can place added pressure on a fixed retirement income. For homeowners age 62 and older, a reverse mortgage may offer a way to access a portion of their home equity to help cover expenses, strengthen their monthly budget, or remain in their home longer. But is it an option worth considering? Led by a HUD-certified reverse mortgage counselor, this introductory session will explain how reverse mortgages work, who may qualify, and the potential benefits, costs, and long-term considerations. Attendees will also learn how a reverse mortgage could affect their home and heirs, as well as other options that may help address financial needs in retirement. Most importantly, the session will provide balanced information to help answer the question: Is a reverse mortgage right for me?

Presented by: Nicole Stritzel, NCFP, Housing Reverse Mortgage Counselor - Consumer Credit Counseling Services of Northern Illinois.

THURSDAY, SEPTEMBER 10

2:00 PM

Township BINGO: Bringing It All Together

DEKALB ELKS LODGE, 209 S Annie Glidden Rd., DeKalb, IL 60115

Celebrate the conclusion of the Thrive! Series with the BINGO game everyone knows and loves—plus a fun trivia twist. Participants will revisit helpful information and resources shared throughout the Wise & Well Senior Summit and the Thrive! Encore Series, with opportunities to answer trivia questions and upgrade their prizes. This final session offers a relaxed and engaging way to review what you have learned, test your knowledge, and enjoy plenty of chances to win. [Light snacks and refreshments will be served.](#)

SPECIAL THANKS TO THE FOLLOWING THRIVE! SERIES HOST SITES:

Home Instead, DeKalb Public Library, WNIU/WNIJ, Grand Victorian of Sycamore, Barb City Manor, Cozy Corner at Elder Care Services, Oak Crest DeKalb Area Retirement Center, First United Methodist Church, Club 55 at Family Service Agency’s Senior Center, Heritage Woods of DeKalb, the DeKalb Elks Lodge.

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