



OCT 2024 ISSUE

THE S.A.L.T. COMMUNICATOR

SENIORS & LAW ENFORCEMENT TOGETHER

MEETINGS

Monthly meetings are held at the Glen Ellyn Police Department Community Room located at 65 S. Park Avenue, Glen Ellyn, 60137. Meetings are held on the 2nd Monday of the month and start at 10:00 AM and end around 11:15 AM.

Our S.A.L.T. Council consists of police officers that help keep our community safe, social workers, Milton Township employees, along with interested seniors that want to stay informed on different topics of interest to seniors.

Each month we feature guest speakers that present on topics that help educate our seniors on potential scams and help them live safely and happily in their homes.

We welcome all seniors to attend.

JAN 8, 2024	S.A.L.T. Meeting @ GEPD @ 10:00
FEB 12, 2024	S.A.L.T. Meeting @ GEPD @ 10:00
MAR 11, 2024	S.A.L.T. Meeting @ GEPD @ 10:00
APRIL 8, 2024	S.A.L.T. Meeting @ GEPD @ 10:00
MAY 13, 2024	S.A.L.T. Meeting @ GEPD @ 10:00
JUN 10, 2024	S.A.L.T. Meeting @ GEPD @ 10:00
JULY 8, 2024	S.A.L.T. Meeting @ GEPD @ 10:00
AUG 2024	No Meetings in August
SEPT 9, 2024	S.A.L.T. Meeting @ GEPD @ 10:00



S.A.L.T. meets on the second Monday of each month EXCEPT August.



Glen Ellyn Police Department
65 S. Park Blvd. Glen Ellyn, IL @ 10 AM

Milton Township's Senior Services

The primary wishes of the Milton Township Supervisor, John Monino is to assist those within the community who are most underserved. Seniors, are among those most underserved, which is why our elected and staff has put in much effort into meeting the needs of the aging in our community.

This year we have hosted several different events in which seniors can come and engage with others and added new programs such as craft days, game days, and pen pals. We also assist seniors in applying for several different transportation programs that serve DuPage County.

Please contact the township at (630)668-1616 for any questions regarding our senior programs.



DuPage County Sheriff Dept helping with Thanksgiving Turkey Distribution for Seniors

On November 18th 2023, The DuPage County Sheriff's Office helped distribute Thanksgiving turkeys along with complete packed meals for the community food drive. Very special thank you to Jason Kinander from Electri-Flex for donating all the Turkeys!! Thank you to DuPage Senior Citizens Council meal on wheels for this joint effort with Electri-Flex. What a beautiful day to give away these Turkeys and meals to help our seniors in our community.

SCAM REPORT

MILTON TOWNSHIP S.A.L.T. COUNCIL MEETING November 14, 2023

Submitted by Arnold H. Shifrin, RPh, Director of Communications, SALT



Ring™ Video Doorbell Scams

The Ring video doorbell is mounted next to your front or rear door and is used for home security and video surveillance. The doorbell is connected via the internet to apps installed on your devices and allows you to monitor a limited area at the door. The doorbell also permits you to speak to visitors from a remote location. (See photograph below of a mounted doorbell.)

Scammers believe homes with Ring doorbells may contain valuables that are worth stealing. Thus, these homes are often targeted for burglaries. Scammers have also devised various ploys to obtain personal and financial information from those individuals whose homes have Ring doorbells.

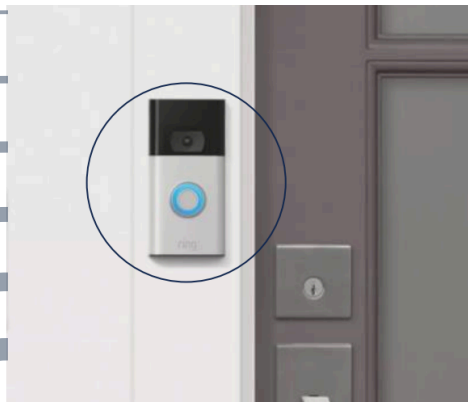
How the Ring doorbell scams work:

- Phishing attacks: Victims receive emails that appear to originate from Ring and are asked to verify their identity and update their account information. The emails may also include malicious links or attachments that, if clicked on, can cause malware infections that place a victim's personal and financial information at risk.
- Fake Ring company representatives: Scammers pose as Ring doorbell representatives selling new doorbells. Homeowners with a Ring doorbell are told their models have security issues or are outdated and should be replaced. The homeowners are asked for their personal and financial information for "software updates" or to purchase new doorbells.
- Fake alarms: Scammers send victims fake notifications stating there is a fire or burglary at their residence to entice them to log into a bogus Ring website and reveal their personal information.

How to protect yourself

- Ring will never contact you and ask for your personal and financial information to "update your account." Any requests for such information originate from scammers.
- If you wish to confirm that an email or text message from Ring is legitimate, contact the company directly. Enter the URL address (www.ring.com) in your web browser and click on "Contact Us" at the bottom of the screen. Do not use contact information for the company that was given to you by someone else.
- Do not open attachments or click on links in unsolicited emails from Ring. If you do, you will be taken to a fake website that appears to be legitimate and asked for your personal and financial information. Once scammers have this information, they will attempt to access your Ring doorbell account and view your live video feeds. Your credit card information will be used for unauthorized purchases that are charged to your account.
- If you are notified on your Ring app that there is a fire or burglary at your residence and you are not home, you can confirm if the notice is legitimate by contacting a trusted neighbor or your local police or fire department.
- Ring regularly releases security updates. Be sure the latest software version is installed on your devices and that your web browser, operating system, and antivirus programs are all current.
- If you are a victim of a Ring doorbell scam, change the password to your Ring account and monitor your credit card charges for unauthorized activity. Report the incident to Ring, your local police department, and the Illinois Attorney General Senior Citizens Consumer Fraud Hotline (1-800-243-5377).

Example of a Ring video doorbell mounted next to the front door



[Source: Ring LLC]

SENIOR AUTO INSPECTION 2023 RECAP

OUR FREE SENIOR AUTO INSPECTION HELD LAST OCTOBER 14, 2023 SET AN ALL TIME RECORD!

What a great day we had serving seniors in our community and helping better assure that their cars were ready for winter driving.

The weather was cold, raining and windy but that did not keep our seniors from coming out to take advantage of a free 43 point check of their vehicles. We inspected a record of 118 cars during 3 ½ hours.

Our 79 volunteers had the pleasure of safely directing our seniors in and out of the Fire Station, checking, inspecting and filling all tires, topping off all fluids as needed and condition checking all batteries and providing a detailed report with corrective actions if needed.

We enjoyed hosting our seniors with light refreshments and having an opportunity to speak to them about recent scams and opportunities for support by various agencies in our community.

Thank you to all of those that supported this event including AAA Wheaton Care Care Plus, for battery testing and donation of all fluids, and our Milton Township Board. Thanks to our volunteer mechanics, Wheaton Boy Scout Troops 34 & 23, Glenbard North Young Men's Service League, and Milton Township CERT for traffic management. We were also very appreciative for the great help and participation by our DuPage County Sheriff, Wheaton and Glen Ellyn Police officers and Milton Township Board members for all of their support and interaction with our seniors.

- Chuck Smith, Milton Township SALT Chairman

INSPECTION PHOTO HIGHLIGHTS



Milton Township S.A.L.T.

Scams Presentation for the Catholic Daughters of America

St. Petronille Catholic Daughters invited the Milton Township S.A.L.T. Council to provide an educational program about the steps seniors can take to protect themselves from being scam victims. On November 7, 2023, Chuck Smith and Arnold Shifrin represented the S.A.L.T. Council at a presentation given to about 25 attendees at the Glen Ellyn Public Library. Following the presentation, there was an opportunity for questions and comments from the participants.

Arnold Shifrin, Communications Director Milton Township SALT

Arnold Shifrin's presentation to the St. Petronille Catholic Daughters at the Glen Ellyn Public Library is shown in the photographs at the left.



MILTON TOWNSHIP S.A.L.T. COMMUNICATOR

ISSUED: JAN 2024

MONTHLY MEETING RECAPS

OCTOBER MEETING PRESENTER

Topic: Senior Services Provided by the DSCC

On Tuesday, October 10th, Chad Harry and Marge Dunning from DSCC visited SALT to share the numerous ways in which the council serves seniors in DuPage County.

DuPage Senior Citizens Council (DSCC) is a 501(c)(3) not-for-profit, volunteer-driven organization that has been advocating for and providing services for older adults in DuPage County since 1975. DSCC's mission is to initiate, deliver, monitor, and coordinate various services that allow seniors to live their lives in dignity. The services provided help seniors live safely in their homes and communities and provide them with the resources necessary to maintain their physical and mental health.

DSCC is a member of Meals on Wheels America, providing Home Delivered Meals to seniors in DuPage County. Homebound seniors receive nutritious meals delivered by volunteers Monday-Friday. These meals provide 1/3 of the Dietary Reference Intake (DRI) for seniors 60 and older. Chad and Marge presented information about how seniors can sign up to receive meals and shared the various meal options offered, such as vegetarian, diabetic and medically tailored options, as well as a Southeast Asian & Pakistani meal option.

Another upcoming opportunity planned to begin in 1st quarter 2024 is the Senior Dine service for adults aged 60+. Seniors can register with DSCC to receive a Senior Dine card to use in exchange for their meal ordered off of a Senior Dine menu. DSCC partners with local restaurants to provide a dining experience catered toward seniors with a senior menu designed to meet 1/3 of the Registered Daily Intake (RDI) of food for seniors.

DSCC has also made efforts to provide much-needed socialization to seniors through Social Connection services. These include the Friendly Phone Call service through which volunteers connect with seniors through a phone call on a regular basis to reduce loneliness and the effects of social isolation.

During the months of March through September, DSCC offers Senior Dance Parties where seniors enjoy a meal, as well as a chance to dance and socialize with other seniors.

Other services offered include Pet Food & Assistance for senior pet owners, Yard Clean-Ups, Minor Home Repairs, and Contractor Referrals. With each DSCC service comes a Well-Being Check to ensure every senior is safe and well.

In 2022, DSCC served approximately 4,800 seniors, 330,000 meals, and 194,000 wellness checks in DuPage County. As the number of seniors in need of services continues to grow, so does the need for volunteers. These volunteers work toward DSCC's vision of a DuPage County where no senior citizen goes hungry or faces isolation.

To volunteer or sign up for services, contact information is provided below.

📞 (630) 620-0804 📍 1990 Springer Dr, Lombard, IL 60148 🌐 www.dupageseniorcouncil.org

NOVEMBER MEETING PRESENTER

Topic: Fall Prevention

On November 13, the proud owner of Just Right at Home, Julee Lockard, presented at our November SALT meeting about Fall Prevention. Her extensive background in home health has allowed her to educate others on this critical matter related to seniors (credentials can be seen at right).

Lockard begins her presentation by explaining that 20-30% of falls result in moderate to severe injury, reducing the ability to live independently and increasing the risk of early death. Her presentation listed several things that can lead to the increased risk of falling, including changes in medication, illness, infection, and dehydration. Those who suffer from loss of vision or sensation in their feet are at an increased risk of falling. She notes it is essential to always get adequate sleep and to keep up with regular exercise. Changing one's environment and mobility equipment can also lead to a higher risk of falling.

How can you reduce the risk of falls in your home or your loved ones' home? Most of us have lived in our homes for a long time and have never considered simple modifications that might keep us safer as we age. Some simple modifications include removing unnecessary rugs, adding more lighting, using an anti-slip mat in the bathroom shower, placing frequently used items between hip and eye level, ensuring your shoes have nonskid soles, and making sure pathways are clutter-free.

Professional help is available to those at a high risk of falling or for those who have experienced a fall. You can have a pharmacist and doctor review your medications for side effects that may cause a fall. An occupational therapist will be able to assess your home and will be able to give recommendations to make your home safer. Occupational therapy home assessments are covered by insurance with a doctor's order after medical necessity is determined.

If you would like help with physical activity, balance, strength, and safely moving, seeking a physical therapist would be beneficial when preventing falls. Physical therapists are not just there for those who have already sustained an injury from a fall.



*Julee Lockard, MS, OTR/L, CAPS
Just Right at Home, PLLC
Occupational Therapist, Fall
prevention Specialist, Illinois Falls
Coalition Member*



*The addition of hand rails and extra
seating throughout your home to
complete daily tasks is helpful when
trying to reduce the risk of falling.*

☎ (630) 454-1445 ✉ julee@justright-at-home.com 🌐 www.dupageseniorcouncil.org

DECEMBER MEETING PRESENTER

Topic: Hospital at Home

On December 11th, the Co-Owner and Vice President of BrightStar Care of Central DuPage, Leonard Sanchez, presented at our December SALT meeting about the 'Hospital at Home' nationwide initiative. This effort in the nation's medical centers and the communities they serve helps reduce overall cost and results in less stress on the patient. There is greater evidence of rehabilitation and recovery from what would have been a 'hospital stay' to now having the hospital care performed at home in a very effective manner. Leonard began his presentation defining 'Hospital at Home' which really started as simply remote patient monitoring of vitals. He then referenced how Apple and Android watches are basically conducting the same stepping-stone functions. As technology continued its adoption rate, the computer/mobile 'tablet' allowed even further interaction with the physician and nursing staff virtually.

The federal government has now provided a 'waiver' for hospitals to further pilot and implement hospital at home services. It was noted that in 2021 there were 170 hospitals and health systems in 29 states offering this service. As of July 2023, there are over 400 hospitals and health systems across 33 states with these programs and expected to grow by 50% over the next few years as the U.S. population ages. Technology to monitor your condition 24/7 and on-demand interaction with physicians, specialists and nurses will result in professional medical and personal care at your home.

For more information, contact Leonard Sanchez of BrightStar Care of Central DuPage at 630.384.1766 or email at Leonard.Sanchez@brightstarcare.com.

*Leonard
Sanchez of
BrightStar
Care*



☎ (630)243-5629 📍 416 East Roosevelt Road Suite 105 Wheaton, IL, 60187 🌐 brightstarcare.com



Serving & Protecting Our Citizens

Would you like to...

Read the past issue of the newsletter?

miltontownship.net/s-a-l-t-2/

Call the Township?

(630)668-1616

Visit the Township?

1492 N. Main St. Wheaton, IL 60187

Questions?

L.Schwardt@miltontownship.net

S.A.L.T. Council Members

Chuck Smith, **Chairman**

Arnold Shifrin, **Director of Communications**

Officer Jill Uhlir, **Wheaton Police Department**

Officer Allison Ramirez, **Glen Ellyn Police Department**

Officer Carol Cadle, **Carol Stream Police Department**

Corporal Terri Albright, **DuPage Sheriff's Office**

Carl Voda, **Warrenville Fire Department Inspector**

Kathleen Drouin, **Metropolitan Family Services**

Chief Robert Brill, **Wheaton Fire Department**

Fire Administrator Nicole Shanley, **Glen Ellyn Volunteer Fire Department**

Sue Davison, **Glen Ellyn Senior Center**

Andy Dina, **Warrenville Fire Department Chief**

Perry Johnson **Lombard Fire Department Inspector**

Milton Township Elected

John Monino, **Supervisor**

Yadav "Nick" Nathwani, **Clerk**

Jeff Castle, Drew Ellis, Joe Soto, Dan Milinko: **Trustees**

Thinking about "going green"
and would like to receive The
Communication Electronically?

Please Email:
E.LEMEZS@MILTONTOWNSHIP.NET

Comfort Dog, Julia with DuPage
Co Sheriff Cpl Terri Albright at
December SALT meeting



www.miltontownship.net

1492 N. Main St.
Wheaton, IL 60187

