

Park Forest Aging-in-Community

Resource Handbook



Table of Contents

- Introduction 1**
- Government 5**
- Healthcare 6**
 - Ambulance Service 6
 - Clinics 6
 - Dentists 6
 - Hotlines (please see next section) 6
 - Hospice 6
 - Hospital 7
 - Mental Health 7
 - Pharmacies 7
 - Organizations that Provide a Variety of In-Home Care 7
- Hotlines 8**
 - Illinois Department of Human Services 8
- Housing Options 9**
 - Apartment Complexes–Open to All Ages 10
 - Senior Living 10
 - Home Modifications 11
- Social Services 12**
 - General Aging Network Resources 12
 - Financial 13
 - Funeral Homes 14
 - Housing Assistance 14
 - Legal 15
 - Meals 15
 - Senior Center 15
- Transportation 16**
 - Public 16
 - Private 16
- Additional Resources 17**
 - Aging in a Changing Region Partner Organization Resources..17
 - Local/Regional Aging-in-Community Aging Network Organizations Serving Park Forest.....17
 - Aging-in-Community General Resources..... 18
 - Planning Services 18
 - Transportation Resources 19
 - Housing/Aging-in-Place Resources 19
 - Ageism Resources 19
 - Intergenerational Resources 19
- Acknowledgements 20**

Introduction

Park Forest was one of the first five participating municipalities in the “Aging in a Changing Region” program, run by the Metropolitan Mayors Caucus, the Chicago Metropolitan Agency for Planning and Planning/Aging, funded by a grant from the RRF Foundation for Aging. Throughout 2021, Planning/Aging led public meetings in each municipality to obtain community input on how aging-in-community might be better supported.

One consistent theme – first articulated by residents in Park Forest, and later reiterated in every municipality – was the need for a single resource to which older residents or those who assist them could turn to find relevant factual and contact information for local supports and services to help age in their homes and the community. Sourcing, aggregating, verifying, and updating such information represents a significant task for individuals.

This topically organized document represents CMAP's initial foray into preparing such a one-stop, single-source Handbook. It was developed in partnership with key Park Forest staff and stakeholders and with resident input on May 5, 2022, Summit. During the Summit, attendees identified the following themes: Guide

Format, Distribution, Guide Content, Programs and Resources that already exist, Best Practices from other organizations, and other ideas/programs for the Village to consider. CMAP, and its Aging in a Changing Region partners are pleased to present this Handbook, both to support Park Forest residents as they age-in-community, and in the hope that it can serve as a template for the development of similar documents throughout the region.

Park Forest offers various support services to address the diverse needs and interests of older adults, from those who are active and healthy, to those residing in long-term care facilities and seniors who are fragile and may be restricted to their homes. The following resources are a combination of local government, social services agencies, and medical offices, both nonprofit and private businesses. Most of the resources are within the Village, but we have included a few more outside of Park Forest for additional resources. Neither the Village nor Aging in a Changing Region endorses any private or local business, but wanted to include all resources needed and provided by the accessible to Park Forest residents.

COMMUNITY SNAPSHOT

Park Forest Village, Illinois

Total Population **21,687**

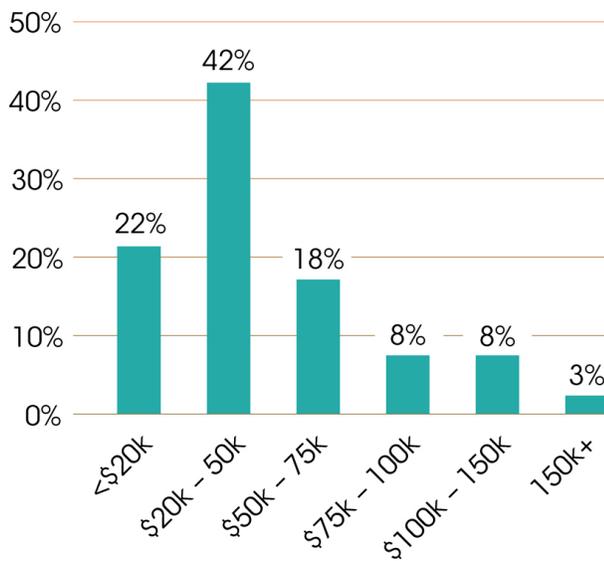
65 and Over **3,169**

- Approx. **15%** population in Park Forest is 65 and over
- **53%** forecasted increase in 65 and older population in 2050 from 2020 regionwide

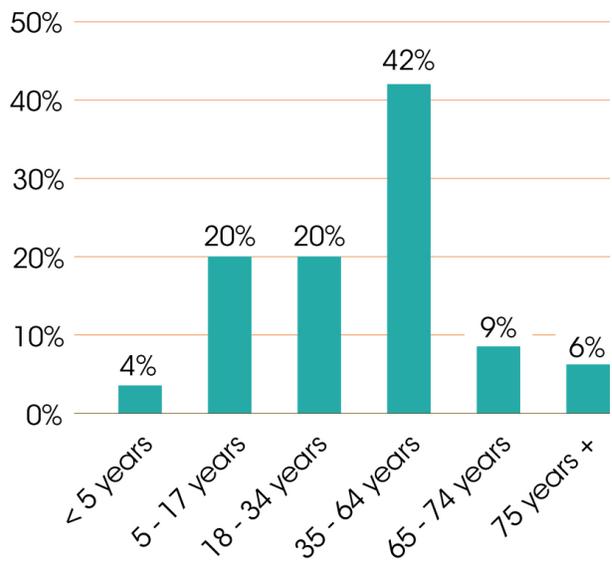
Working Seniors **2,358**

- Median income of 65 and older population is **\$37,237**
- **22%** of the senior population earns less than \$19,999

Income - Working Seniors



Disability Status

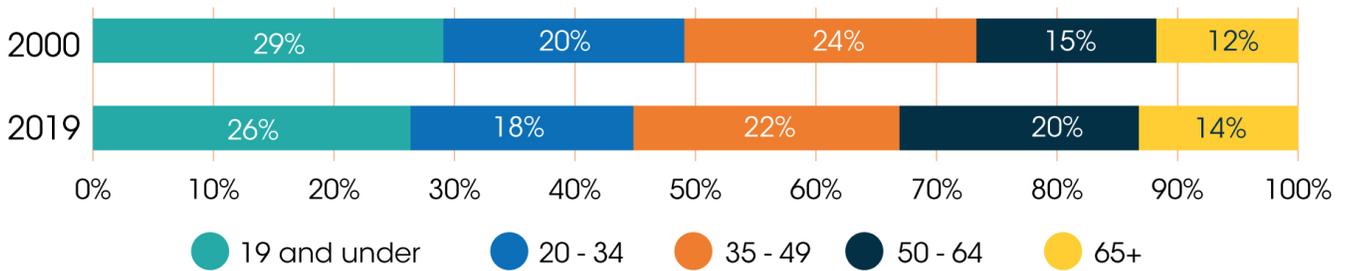


Grandparents 60 years and over living with their grandchildren under 18 years **45**

Almost half of the grandparents 60 years and over who live with their grandchildren under 18 years are below poverty level.

Source: Data from Chicago metropolitan Agency for Planning

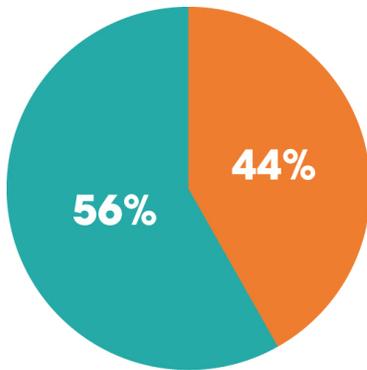
Age Cohorts 2000 - 2019



40% of the senior population has a disability

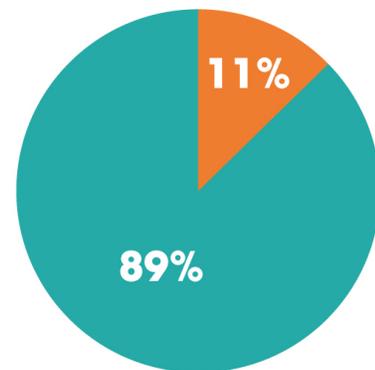


+20% increase in population between 50 - 64 years of age, and +17% increase in 65 and older population since 2000



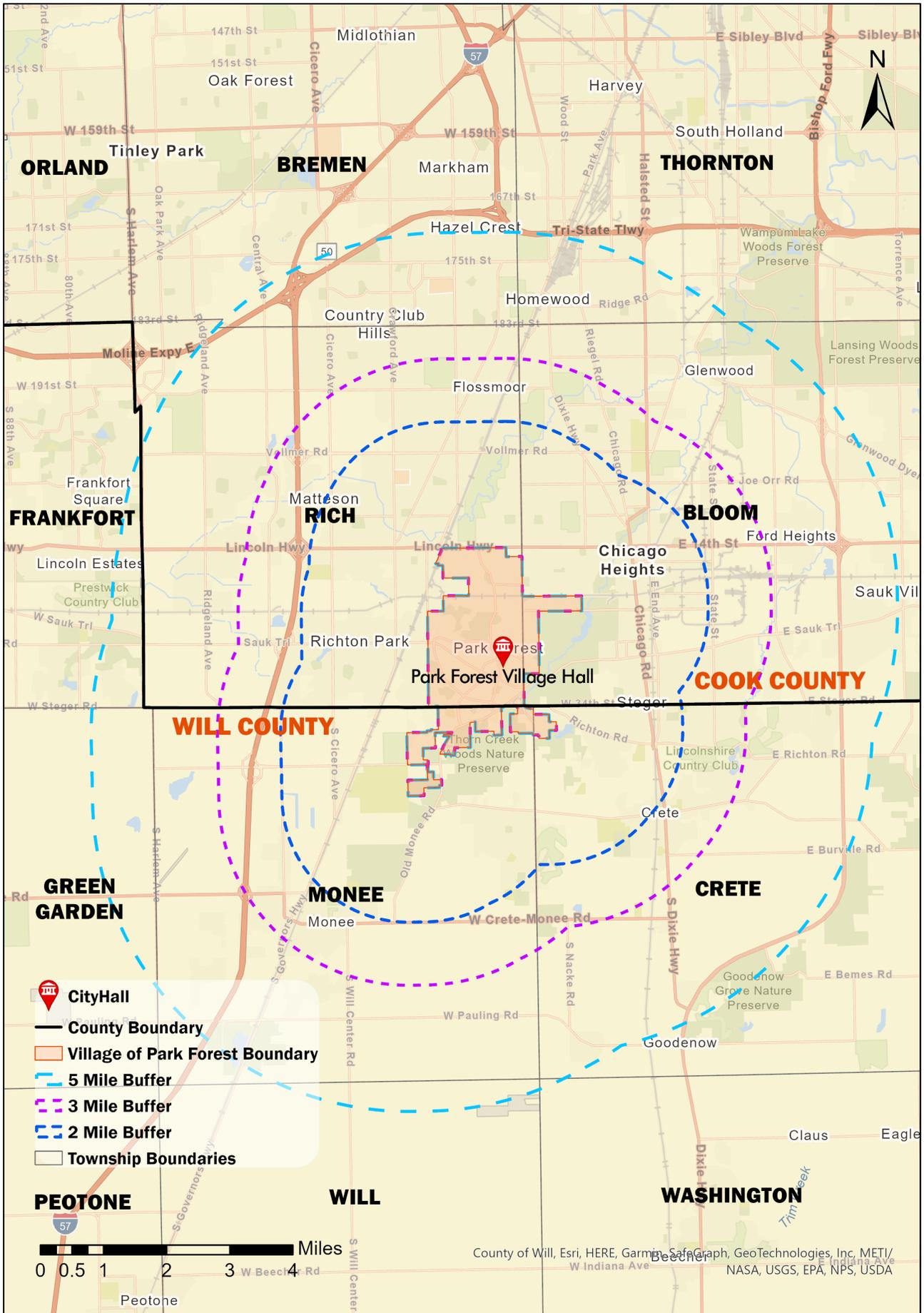
Poverty status of grandparents above 60 years of age living with grandchildren under 18 years

- Below poverty level
- At and above poverty level



Disability status of grandparents 60 years and over living with grandchildren under 18 years

- With a disability
- Without a disability



County of Will, Esri, HERE, Garmin, SafeGraph, GeoTechnologies, Inc, METI/ NASA, USGS, EPA, NPS, USDA

Source: Data from Chicago metropolitan Agency for Planning

Government

Currently, the Village of Park Forest offers a variety of resources for senior residents. The following numbers can be contacted for general Village of Park Forest information. Other pertinent information for Richton Township, Cook and Will Counties, and the federal government are located in corresponding topic sections.

Village of Park Forest (708) 748-1112

Extensions (may select at any time after dialing to be connected)

<i>Water Billing</i>	<i>1</i>
<i>Building.....</i>	<i>2</i>
<i>Recreation and Parks.....</i>	<i>3</i>
<i>Public Works.....</i>	<i>4</i>
<i>Housing Authority.....</i>	<i>5</i>
<i>Economic Development.....</i>	<i>6</i>
<i>Administration & Finance.....</i>	<i>7</i>
<i>Police Department (non-emergency).....</i>	<i>8</i>
<i>Fire (non-emergency)</i>	<i>9</i>

Park Forest Senior Citizens Advisory Commission(708) 283-5663

The Senior Citizens Advisory Commission discusses issues related to the elders of the community and assists in the planning of educational and health-focused events for seniors.

Healthcare

Healthcare is specialized care designed to meet senior residents' needs and requirements. It includes everything from basic medical needs to assisted living and nursing care to adult day care, home care, and even hospice care. The following contacts provide direct access to various healthcare providers in the area.

Ambulance Service

For an Emergency 911

Trace Ambulance Service.....(708) 532-0088
8400 W. 183rd Pl., Tinley Park

Clinics

Oak Street Health..... (844) 808-8262
1401 Western Ave., Chicago Heights

Dentists

Dr. Shellie Harden (708) 283-3100
114 N. Orchard Dr., Bldg 63, Park Forest

Dr. Vincent A Oganwu..... (708) 747-6766
2520 Lincoln Hwy., Ste F, Olympia Fields

Dr. Liqing Zhang (708) 481-2288
3677 Sauk Trl., Richton Park

Dr. Omar Y Yeung(708) 747-6610
22117 Governors Hwy., Richton Park

Hotlines (please see next section)

Hospice

Oasis Hospice Care of Olympia Fields..... (708) 350-7267

Healthcare *continued*

Hospital

- Franciscan St. James**..... (708) 733-2700
1423 Chicago Rd., Chicago Heights
- St. James Hospital & Health Center**.....(708) 747-4700
20201 S. Crawford Ave., Olympia Fields
- Advocate South Suburban Hospital**..... (708) 799-8000

Mental Health

- Aunt Martha's**..... (877) 692-8686
440 Forest Blvd.

Pharmacies

- Walgreens** (708) 481-7878
15 S. Orchard Dr.
- CVS**.....(708) 747-5562
1 Main St.

Organizations that Provide a Variety of In-Home Care

- Right Choice Home Care**.....(708) 998-4362
831 Maple Ave, Homewood
- Right Choice Home Care**..... (312) 799-9280 or (866) 799-5955
7244 Benton Dr., Frankfort
Provides specialized care, including post-surgical care, end-of-life care, live-in-home care, companionship care, respite care, and care for dementia/Alzheimers
- Right at home**.....(708) 873-9007
8951 w. 151st St., Suite 1, Orland
Provides specialized care, including companion, personal, and specialty care such as Alzheimer's, diabetes, and Parkinson's.
- Rosie Mae**..... (708) 980-1018
220 Forest Blvd., Park Forest
Variety of care provided, including bathing assistance, light housekeeping, meal planning, prep, transportation, and errands.

Hotlines

Residents can find valuable information on emergency services in the area by contacting the numbers below.

Nursing Home Complaint Line -24 hour..... (800) 252-4343
(Illinois Department of Public Health)

Elder Abuse..... (866) 800-1409
(Illinois Department of Aging)

Alcoholics Anonymous..... (312) 346-1475

South Suburban Council on Alcoholism..... (708) 957-2854

Illinois Department of Human Services

Family Community Resource Center in Will County...(815) 740-5350

Illinois Department of Human Services
Suicide and Crisis Lifeline..... 988

National Suicide Hotline..... 988

Illinois Department on Aging Senior Helpline..... (800) 252-8966
(Senior Helpline provides information on programs and services and links persons 60 years of age and older and their caregivers to local services)

IL AG Senior Citizens Consumer Fraud..... (800) 243-5377
or.....(800) 964-3013 (TTY)

Veterans Crisis Line.....(800) 273-8255 #1

Housing Options

Older populations begin to face many housing challenges, including those related to affordability, physical accessibility, and access to medical and other services inside and outside the home. This section provides the contact information for various housing options ranging from independent living to assisted living available for seniors in Park Forest and surrounding areas. The term “senior housing” is often used to describe any one of multiple types of housing geared to people over age 55 or 62 years. However, many senior housing categories target different market niches, so it is helpful to clarify these housing types. This section also contains contact numbers for common house repairs and building modification services.

Active Adult Retirement Community

Active adult communities are usually geared to those ages 55+ and have restrictions on children living in the community full-time. They attract people in their 60s and early to mid 70s at move-in. Active adult communities are geared to those who can live independently, prepare meals, and care for their own homes. They offer a high level of common area recreational amenities, usually including a large clubhouse and pool, and often are built around a golf course. Limited social services are provided.

Independent living

These are free standing buildings restricted to those age 62+ but are occupied primarily by those in their 70s and 80s. They are more likely to be rental properties with studio, one and two-bedroom apartments. Amenities may include a community or multipurpose room, exercise equipment, computers, and some activities. Meals are not included, though some properties will make arrangements for meals for an additional fee.

Independent Living – Congregate Care

These buildings are restricted to those aged 62+ but are occupied primarily by folks in their 70s, 80s, and 90s. The buildings are

usually rentals and have a mix of studio, one and two-bedroom apartments. The difference between this type of housing and independent living described above is that these buildings include some or all meals. The monthly fees are significantly higher than at the independent living facilities where meals are not included. These buildings have many amenities and activities and often have their bus to take residents on shopping and other trips.

Assisted living

Assisted living facilities to cater to seniors needing assistance with several activities of daily living (ADLs), such as dressing, bathing, medication management, walking, eating, toileting, etc. Residents are usually over 75, and most are in their 80s and 90s. These facilities provide a high level of care, including three daily meals, services, and activities. A significant difference is that assisted living facilities are licensed by the state, while independent living is not. Usually, Medicaid covers the cost for low-income residents who turn over their monthly earnings for rent (generally from Social Security, pensions, etc.). However, they are allowed to keep \$90 per month for spending money.

Housing Options *continued*

Continuing Care Retirement Community (CCRC)

CCRCs typically provide three levels of care – independent living, assisted living, and skilled nursing. They can include independent apartments, cottages, assisted living apartments, and nursing home rooms. They usually require an entry fee plus a monthly fee. Unlike a condominium, residents do not buy a fee for simple interest in their unit. CCRCs have a high level of amenities and services.

Nursing Homes

Free-standing nursing homes are for residents who cannot live independently, need assistance with a wide range of personal services, and have health problems requiring 24-hour care. Residents typically have semiprivate rooms, though more are renovating and providing private rooms. Some nursing homes will accept patients on Medicaid, where the government pays the fees once a person has exhausted their assets.

Apartment Complexes - Open to All Ages

Autumn Ridge (708) 283-2222
119 Fir Sycamore Dr. (Park Forest)

Central Park Apartments (708) 748-2000
1 Fir St. (Park Forest)

Cedar Ridge Apartments (844) 656-0992
100 Cedar Ridge Ln. (Richton Park)

Pangea Park Townhomes (312) 724-7007
3324 Western Ave. (Park Forest)

Westbridge Apartments (708) 304-1970
23439 S. Western Ave. OFC D40 (Park Forest)

Senior Living

Living that only allows seniors or provides specific care for seniors

Garden House Associates..... (708) 747-6460
69 Park St.
Apartments for residents 62 years and older

Juniper Towers..... (708) 748-0441
350 Juniper St.
Run by the Housing Authority of Cook County specifically for elderly residents.

Housing Options *continued*

Victory Centre of Park Forest..... (708) 283-2921
151 Main St.
Features supportive living and independent apartments for adults
65 and over.

Home Modifications

Village of Park Forest Building Department..... (708) 503-7703
350 Victory Dr.

The following common repairs require permits:

- Roofing installation or repair/replacement
- Siding, soffit, and gutter installation or repair/replacement
- Concrete driveway work (curb cut fee may be required)
- Asphalt driveway (curb cut fee may be required)
- Bathroom modifications
- Walking Ramps

If you are considering hiring a contractor, verify that they are licensed and bonded to do work within the Village of Park Forest. All contractors working within the Village of Park Forest are required to be licensed through the Village.

Social Services

Below is a list of the various financial, legal, and general life services that seniors can contact; specialized services exclusive to seniors like senior legal aid, elderly care, and community centers are also listed.

General Aging Network Resources

Please see individual organization descriptions of services and resources provided.

Age Options(708) 383-0258

(Press 2 for receptionist, 3 for programs)

A nonprofit organization is connecting older adults and those who care for them with resources and service options so they can live their lives to the fullest.

Catholic Charities Senior Case Management (708) 596-2222

Case management services provide comprehensive services so that seniors are able to live independently or with caregivers in their own homes and communities. Catholic Charities offers a wide variety of programs and services for older adults and their family members.

CEDA (Community and Economic Development Association of Cook County) (312) 782-CEDA (2332)

CEDA offers a variety of programs and services such as housing services, utility bill assistance, home weatherization, housing services, health and nutrition, and housing.

Center of Concern (847) 823-0453

Center of Concern provides housing solutions, support services, and counseling for older adults, people with disabilities, and others in need, enabling them to live with dignity and independence.

Illinois Department of Aging Long Term Care Ombudsman

.....(800) 252-8966 or 711 (TRS)

Please press 4, "other services," and ask for a Home Care Ombudsman. Provides advocacy services outside of the long-term care setting.

Social Services *continued*

Respond Now(708) 755-4357

Respond Now exists to provide immediate relief for residents of Chicago's south suburbs on such issues as helping people through their temporary emergencies with financial assistance; providing food to families and individuals in need; and providing sound referrals and counseling for other needed services.

Rich Township Senior Services..... (708) 748-6722 (*Press 2*)

Will County Center for Community Concerns.....(815) 722-0722

Will County Center for Community Concerns is one of 36 Community Action Agencies which together serve the entire state of Illinois and is a member of the national organization, Community Action Partnership. Among the programs they provide are individual and family assistance, utility assistance, homeowner resources, homeless services, and continuum of care.

Will County Senior Services (815) 723-9713

4S Wellness Services.....(708) 298-4849 / (877) 205-8080

268 Main St Park Forest

The organization serves as a liaison to help seniors and their families connect with resources and service providers in their area to navigate the transition to structured daily living.

Financial

DM Consulting Service (Medicaid planning) (708) 238-8152

License Plate Benefit Assistance (815) 723-9713

Available to seniors with a household income below an amount determined by the State of Illinois (connects with an agent, tells what number you are in the queue).

Low Income Home Energy Assistance Program (LIHEAP)

.....(815) 722-0722

Provides a one-time yearly benefit to low-income households for winter heating bills. An overdue account or disconnect notice is not required, nor do you have to own your own home or pay energy bills directly to be eligible for assistance. (*Ext. 3, remain on the line*)

Social Services *continued*

Property Tax Deferral.....(815) 740-4675

Property owners with a total household income determined by the State of Illinois, fire and casualty insurance, and no delinquent real estate taxes, may elect to defer all or part of their property tax payments. Taxes would be repaid once the home is sold or when the taxpayer dies, with interest at 6% annum. *(Ext. 2 for payment options, 0 for representative)*

Rich Township Assessor Office (708) 748-6722 (Press 4)

Senior Homestead Exemption (815) 740-4648

When you (or your spouse) turn 65, the Senior Homestead Exemption will allow annual savings on property taxes regardless of income. *(Press 2)*

Social Security Administration Help Line.....(800) 772-1213

State of Illinois Public Aid.....(708) 371-5750

The State of Illinois Good Start Medicare(800) 252-8635

Will County Supervisor of Assessments..... (815) 740-4648

(For All tax assessment questions, press 1, for questions about exemptions, press 2)

Will County Treasurer.....(815) 740-4675

Funeral Homes

Lain-Sullivan Funeral Directors(708) 747-3700

Housing Assistance

Neighborhood Housing Services of Chicago(773) 329-4111

NHS is a nonprofit neighborhood revitalization organization committed to helping South Suburban Cook County homeowners. The organization assists in the area of fixed-rate loans to buy a home, assistance to fix up your home or trying to save your home from foreclosure.

Social Services *continued*

Legal

Legal Aid Chicago.....(312) 229-6080

For those that qualify, Legal Aid Chicago provides free legal assistance in civil cases to people living in Chicago and suburban Cook County.

Center For Disability & Elder Law.....(312) 376-1880

Meals

Meals On Wheels..... (708) 748-5454

Mom's Meals.....(877) 823-0453

Senior Center

Rich Township Senior Center/Café..... (708) 748-5454
297 Liberty Dr., Park Forest

Transportation

There are public transportation options through the townships and some nonprofit organizations. Township services are usually available only for trips within the township, but the communities are in multiple townships and two counties. As such, there is a need to coordinate transportation across township and county lines for trips other than medical appointments. To ensure Park Forest residents have access to public and private transportation options, the contact numbers for transportation services in the area are provided below.

Public Transportation

PACE (847) 364-PACE (7223)

One stop number for PACE questions, including route info, ventra, fares, paratransit, request information, pace news, reduced fares, issues with passes, and general questions.

Jolly Trolley (708) 748-4433

The Village has a paratransit Service Provider Agreement with PACE for a Dial-A-Ride bus service known as the Jolly Trolley. The Jolly Trolley will take any Park Forest resident to any location within Park Forest and select destinations outside of Village boundaries.

Non-Emergency Transportation Services Prior Authorization

Program (NETSPAP)..... (877) 725-0569

A program of the Illinois Department of Healthcare and Family Services NETSPAP is a Medicaid program dedicated to helping Medicaid Participants who have limited access to non-emergency transportation to and from a Medicaid-covered health care service.

Metra 211th Station (312) 322-6777

Private Transportation

St. James Courtesy Van - Care Links (708) 679-2777

*(FREE Service ONLY to Franciscan St. James Hospital Olympia Fields)
(Call ahead for eligibility.)*

Riverdale Taxi Inc..... (708) 288-5038

Vickie Cab Services..... (708) 941-1209

American Cancer Society (800) 227-234

(The American Cancer Society Road To Recovery program provides transportation to and from treatment for cancer patients who do not have a ride or cannot drive themselves.)

Additional Resources

In the final document, “Elevating Aging-in-Community in Park Forest: A Strategic Guide,” the team identified an online list of community resources. There may be some redundancies as certain documents may be included in multiple sources. Some of these sources will provide links to additional resources. Carefully evaluate any resources found here for their applicability to Park Forest’s specific needs.

Aging in a Changing Region Partner Organization Resources

[AFCC REPOSITORY - Google Drive](#)

This repository is maintained by the Metropolitan Mayors Caucus and includes both resource materials and documents developed for its Age-Friendly Communities Collaborative.

[Home - CMAP \(illinois.gov\)](#)

The Chicagoland Metropolitan Agency for Planning (CMAP) is the federally designated metropolitan planning organization for the seven-county metropolitan Chicago region and develops and provides plans, programs, and other initiatives. [94b4305c-4586-4bd3-acf1-e177194f8820 \(illinois.gov\)](#) CMAP developed this Aging in Place white paper in 2016.

[Planning Aging-Supportive Communities](#)

This 2015 American Planning Association (APA) Planners Advisory Service report was primarily authored by Brad Winick of Planning/Aging. APA members can download the report for free, and others are required to purchase it for \$25.

Local/Regional Aging-in-Community Aging Network Organizations Serving Park Forest

[Home - AgeOptions](#)

AgeOptions (*formerly known as the Suburban Cook County Area Agency on Aging*) is designated by the federal Older Americans Act and the Illinois Department on Aging as the planning and service agency for the 30 townships surrounding Chicago and supports partner agencies to provide a wide range of aging-in- community services.

[Senior Services | My Site \(richtownship.org\)](#)

Rich Township includes a large portion of Park Forest and provides a number of supportive services for older adults, including operating the Rich Township Senior Center in downtown Park Forest.

[Senior Services | Bloom Township, IL](#)

Bloom Township includes a small portion on Park Forest’s eastern edge, and it provides a range of supportive services for older adults within its boundary.

[Senior Page | Monee Township, IL](#)

Monee Township includes a portion of southern Park Forest, and provides certain older services, including transportation services both within and beyond Monee Township.

Additional Resources *continued*

[Senior Community-Based Services \(catholiccharities.net\)](#)

Catholic Charities South Suburban Senior Case Management Services is the central access point for older adults throughout southern and southwestern Cook County – including those who live in Rich and Bloom Townships – and it provides a wide range of home and community-based services.

Aging-in-Community General Resources

ASA Roundtables

The local chapter of the American Society on Aging stages free bi-monthly topical Roundtables, often on aging-in-community topics. Currently being staged virtually due to COVID-19, they had previously been presented at Rush University Medical Center in Chicago. Bonnie Ewald (Bonnie.Ewald@rush.edu) serves as the roundtable coordinator.

[AARP Livable Communities Publications and Resources](#)

This repository is the best location at which to explore AARP's many resources, including its Livable Communities initiatives and publications and the AARP Network of Age-Friendly States and Communities.

[Resources for Age-Friendly Communities | The Henry and Marilyn Taub Foundation](#)

The New Jersey-based Taub Foundation includes aging-in-community as one of its primary focus topics and maintains a comprehensive and well-organized aging-in-community library.

[Age-Friendly Resources | Grantmakers in Aging \(giaging.org\)](#)

New York City-based Grantmakers-in-Aging is the preeminent membership organization for philanthropies focused on aging issues. It maintains a resource center full of GIA-funded and other resources.

[Publications \(usaging.org\)](#)

Washington DC-based USAging (*formerly the National Association of Area Agencies on Aging – “n4a”*) maintains an extensive searchable database of primarily n4a-sponsored reports and other documents.

[Research \(ncoa.org\)](#)

The Washington DC-based National Council on Aging (*ncoa*) provides research articles and other materials for older adults, caregivers, aging professionals, and advocates, primarily developed by ncoa staff and its partners.

Planning Services

[Search \(planning.org\)](#)

(American Planning Association resources search results for “aging-in-community”)

The American Planning Association maintains a resource library searchable by topic, including this link to aging-in-community resources.

Additional Resources *continued*

Transportation Resources

[Aging and Disability Transportation Overview | NADTC](#) *(National Aging and Disability Transportation Center)*

The National Aging and Disability Transportation Center (NADTC) is a program initially funded in 2015 by the Federal Transit Administration and administered by Easterseals and the National Association of Area Agencies on Aging (n4a). Its resource center provides information on transportation for older adults and people with disabilities.

[Home - National Center for Mobility Management](#)

The National Center for Mobility Management is a program of NADTC that focuses on and maintains resources for person-centered transportation services.

Housing/Aging-in-Place Resources

[North West Housing Partnership - Affordable Housing, IL \(nwHP.net\)](#)

This northwest metropolitan Chicago area suburban five-town collaborative runs several housing programs, including their Handyman Program, which helps support aging-in-place and aging-in-community.

[Aging in Place Resources | Aging In Place Resources for Seniors Living at Home](#)

Aginginplace.com is maintained by its Oregon-based founder Patrick Roden, a nurse by training. It maintains a comprehensive set of resources dedicated to supporting older adults aging in place.

[Welcome - HomesRenewed™ Resource Center](#)

Maryland- based contractor founded HomesRenewed, and aging-in-place advocate Louis Tenenbaum and its website provide various aging-in-place materials and resources.

[Aging in Place: Growing Older at Home | National Institute on Aging \(nih.gov\)](#)

The National Institute on Aging program of the U.S. Department of Health & Human Services has developed a database of aging-in-place resources.

Ageism Resources

[Home \(reframingaging.org\)](#)

The Reframing Aging Initiative began in 2012 as a shared initiative of eight national aging organizations. To find out how the American public perceives Aging, and once it was determined that this perception was negative, developed an infrastructure of strategies and techniques to convey more positive and supportive messaging. This website offers many tools and resources.

Intergenerational Resources

[Resources - Generations United \(gu.org\)](#)

Generations United is the preeminent national advocacy and informational organization supporting intergenerational collaborations, programs, and policies. It maintains a resource library established by a group of organizations focused on different portions of the lifespan.

Acknowledgements

Summit Attendees

Robbie Johns • Mariah W. Hill • Erin Slone • Lenora McWhorter • Daniel Munoz • William Bright • Rebecca Rosedale • Sharon Newman • Denise Williams-Harvey • Jessica Rybarczyk • Ted R

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