

A Guide to Aging in Place The Village of Hawthorn Woods

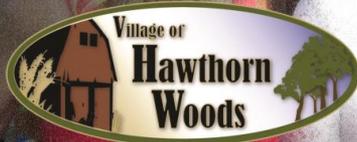


Table of Contents

Aging in Place in Hawthorn Woods	3
Places of Learning.....	4
Spiritual Growth Opportunities	6
Socialization.....	7
Transportation.....	9
Services.....	10
Health	12
Assisted Living.....	15
Shopping.....	17
Senior Discounts	19
Library of Things	22
Contact Information	23



Home for Longer

Aging in Place is the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level. It is a personal sense of planning to remain at home and in a community that supports those opportunities. The Village of Hawthorn Woods is dedicated to being a community that values the principles of Aging in Place. We have been the home of many residents for decades, even their entire lives, and have a mission to provide the necessary tools to care for our residents into their senior years. Hawthorn Woods and its surrounding areas offer many assets and methods for developing a successful plan to remain at home as one grows older. This guide is a tool to explore the necessary resources available in our community.

As the Village of Hawthorn Woods increases in population, its median age increases as well. Since 2010 the age cohort that has gained the most overall share in the population has been senior citizens aged 55 years and above. Lake County residents are significantly younger than the median age in Hawthorn Woods, 37.5 to our Hawthorn Woods 44.5. In 2018, the County's median age is estimated to be roughly 7 years younger than the Village's. It is ideal for both residents and the Village to embrace what this data shows us. By supporting resources to ensure the ability to remain healthy and happy in our area, Hawthorn Woods can truly call itself an Aging in Place community.



Places of Learning

Hawthorn Woods Places a high priority on places where residents can continue to expand your mind, learn and grow as an individual. These might include libraries, universities, colleges, trade schools or even other community organizations that offer some type of instruction.

Adult learning is an exciting adventure and can be a priority in retirement years. Continuing to develop skills and trying new things can be an important part of Aging in Place with many associated benefits.

Most people have always wanted to learn something and being a senior can mean there is finally the time to do so! Continued learning is an excellent way to work out the brain and keep it active, while also creating a space for socialization and self-esteem boosts. The gift of learning is available in Hawthorn Woods through many of our partner agencies including:

- Libraries
 - Fremont Public Library
Address: 1170 N Midlothian Rd, Mundelein, IL 60060
Phone: (847) 566-8702
Site: <https://www.fremontlibrary.org/>

- Ela Area Public Library
Address: 275 Mohawk Trail, Lake Zurich, IL 60047
Phone: (847) 438-3433
Site: <https://www.eapl.org/>
- College of Lake County Satellite Facilities
 - Southlake (Vernon Hills)
Address: 1120 S. Milwaukee Ave. Vernon Hills, IL 60061
Phone: (847) 543-6501
Lakeshore (Waukegan)
Address: 33 N. Genesee St. Waukegan, IL 60085
Phone: (847) 543-2191
 - Grayslake Campus
Address: 19351 W. Washington St. Grayslake, IL 60030
Phone: (847) 543-2000
- Parks & Recreation Department
 - Address: 2 Lagoon Drive Hawthorn Woods, IL 60047
Phone: (847) 438-5500
Fax: (847) 847-3534
Site: <https://www.vhw.org/92/Parks-Recreation>
- Forest Preserve District of Lake County Classes
 - Address: Throughout Lake County
Phone: (847) 367-6640
Site: <https://www.lcfd.org/education/>
- Rotary of Long Grove, Kildeer, Hawthorn Woods (30427)
 - Address: HarborChase of Long Grove 1190 Old McHenry Rd Long Grove, IL 60047
Phone: (847) 920-7254
Site: <https://rotary6440.org/clubinfo/long-grove>
- Stevenson High School Adult Learning Classes
- Senior Discounts and Targeting for retirement age
- Environmental Volunteerism Opportunities



Spiritual Growth Opportunities

Getting older can deepen the desire for things that a healthy spiritual life can provide, a sense of comfort, meaning, purpose, and connection. Aging in place can mean having access to locations and activities that enable focusing on spiritual needs and aspirations. Feelings of interconnectedness, renewed outlooks on life, or attuning one's place in the world are things that are deserved at every age.

The Pew Research Center released survey results in 2014 stating religion is very popular among older adults. In fact, 85 percent of Americans above the age of 65 rated religion as either very or somewhat important. Activities that can promote inner strength and new perceptions are available through religious institutions, houses of worship, and spiritually significant practices in and around Hawthorn Woods.

Please call the Village of Hawthorn Woods at (847)-438-5500 for a list of nearby houses of worship.





Socialization

A healthy social life is part of a healthy lifestyle. Company, love, and support are needs that are of particular importance for seniors. Socializations for seniors will naturally keep people more mentally, physically and emotionally fit. Beneficial socialization can improve senior health and avoid problems that can stem from isolation.

Some of these include:

- Reduced stress. Older adults who are socially active handle stress better. This leads to important increases in cardiovascular health and an improved immune system.
- Longer lifespan. High levels of socialization in seniors help increase longevity.
- More fitness. Older adults with diverse social supports are more likely to exercise regularly, which leads to a host of physical, mental and cognitive benefits.
- Reduced risk of depression. Consistent socialization reduces the likelihood that seniors will experience the depression caused by isolation and loneliness.
- Less anxiety. Similarly, senior socialization reduces levels of anxiety as well.

- Greater self-esteem. Socialization helps seniors maintain their self-esteem and sense of worth.
- Form a group of supportive new friends.

(Source: Acts Retirement-Life Communities, 2017)

- Ela Township Community Center & 55+
 - Address: 380 Surryse Road, Lake Zurich, IL 60047
Phone: 847-438-9160
Site: <http://elatownship.org/seniors>
- Fremont Public Library
 - Address: 1170 N Midlothian Rd, Mundelein, IL 60060
Phone: (847) 566-8702
Site: <https://www.fremontlibrary.org/>
- Ela Area Public Library
 - Address: 275 Mohawk Trail, Lake Zurich, IL 60047
Phone: (847) 438-3433
Site: <https://www.eapl.org/>
- Village Senior Events
 - Hawthorn Woods Senior Monthly Gathering
Site: <https://www.vhw.org/323/Senior-Resources>



Membership into Ela Township “55 Plus” is free to all residents in Ela Township 55 and older!

Call (847) 438-9160 for more information



Transportation

It is important to remember that there are sufficient transportation options, such as ride-shares, buses, trains or other mass transit for those seniors who are no longer driving.

Sufficient transportation alternatives become a key factor for quality of life. Relying solely on family members or friends for rides can assume feelings of guilt over time. Without access to mass transit, ride-sharing, or senior-specific driving services there can be temptation to stay at home and risk social isolation. Providing the means for our community members to get around is available through these services:

- Ride Lake County
 - Phone: (800) 201-6446
 - Site:
www.lakecountyiil.gov/3486/RideLakeCounty
- Ela Township Senior/Disabled Bus Service: Dial-a-ride
 - Phone: (847) 438-6677
 - Site: <http://elatownship.org/bus-service>
- Uber, Lyft, or other ride-share opportunities.
- GoGoGrandparent: GoGo turns on demand transportation companies like Lyft into services that can be accessed and monitored without a smartphone.
 - Phone: 1 (855) 464-6872
 - Site: <https://gogograndparent.com/>



Services

Home maintenance: Delivery services for groceries, shopping services or any other service that might help you continue to maintain your quality of life are commonly available in your area.

Trained aides, housekeepers, or counselors: Wonderful resources to being able to assist with the different forms of help and support. Usually for a cost, chores and errands can be found in lists of services available in Hawthorn Woods.

Personal care: Is bathing, washing your hair, or dressing getting harder to do? Maybe a relative or friend could help. Or, you could hire a trained aide for a short time each day.

Household chores: Do you need help with chores like housecleaning, yard work, grocery shopping, or laundry? Some grocery stores and drug stores will take your order over the phone and bring the items to your home. There are cleaning and yard services you can hire, or maybe someone you know has a housekeeper or gardener to suggest. Some housekeepers will help with laundry. Some drycleaners will pick up and deliver your clothes at your front door.

Meals: Worried that you might not be eating nutritious meals or tired of eating alone? Sometimes you could share cooking with a friend or have a potluck dinner with a group of friends. Often meals are served at a nearby senior center or house of worship. Eating out

may give you a chance to visit with others. Is it hard for you to get out? Ask someone to bring you a healthy meal a few times a week. Meal delivery programs bring hot meals into your home; some of these programs are free or low-cost.

Money management: Do you worry about paying bills late or not at all? Are health insurance forms confusing? Maybe you can get help with these tasks. Ask a trusted relative to lend a hand. Volunteers, financial counselors, or geriatric care managers can also help. Just make sure you get the referral from a trustworthy source, like your local Area Agency on Aging:

- Northeastern Illinois Area Agency on Aging
 - Address: 1910 South Highland Ave. Suite 100
Lombard, IL 60148
Site: <http://www.ageguide.org>
Office Phone: 630-293-5990
Information Phone: 630-293-5990
National Toll-Free Phone: 800-528-2000
- Senior Service Coalition of Lake County
 - Phone: (630) 330-7716
Site: <https://www.lakecountyseniorcoalition.org/>
- Waste management – garbage pickup at doors for seniors
- Foglia YMCA Senior Programs
 - 1025 N. Old McHenry Rd. Lake Zurich, IL, 60047
Phone: (847) 438-5300

“Our senior population is the foundation of Hawthorn Woods. We rely on their citizenship service and historical perspective as a cherished resource in town.”

– Pamela O. Newton, Chief Operating Officer, Village of Hawthorn Woods



Health

Are there sufficient medical facilities or in-home medical care companies, including doctors, hospitals, outpatient or emergency care?

One of the most important aspects of being able to age in place is ensuring one's health needs are taken care of. Whether this includes driving distance to a doctor or access to having access to assistance with caring for oneself within the home Hawthorn Woods prides itself on its access to world-class health systems. Local hospitals and outpatient offices or services can be found here:

- Advocate Good Shepherd Hospital
 - Phone: (847) 381-0123
 - Website: locations.advocatehealth.com
- Advocate Good Shepherd Outpatient Centers
 - Phone: (847) 842-7510
 - Website: locations.advocatehealth.com
- NCH Kildeer Outpatient Care Center
 - Phone: (847) 618-9500
 - nch.org

Health care. Do you forget to take your medicine? There are devices available to remind you when it is time for your next dose. Special pill boxes allow you or someone else to set out your pills for an entire week. Have you just gotten out of the hospital and still need nursing care at home for a short time? The hospital discharge planner can help you make arrangements, and Medicare might pay for a home health aide to come to your home.

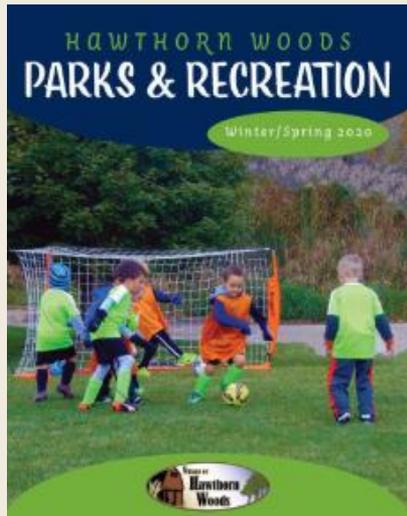
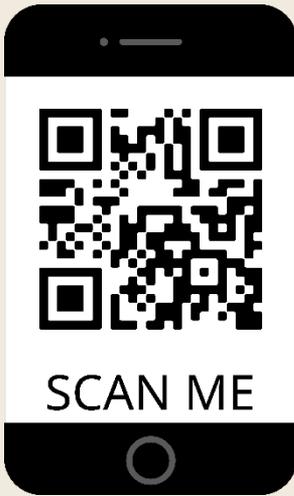
If you can't remember what the doctor told you to do, try to have someone go to your doctor visits with you. Ask them to write down everything you are supposed to do or, if you are by yourself, ask the doctor to put all recommendations in writing.

An Active Lifestyle

The access to community parks is one of the greatest assets of Hawthorn Woods. Our 18 parks are available year-round and are resources for exercise and the mental and emotional stimulation of time outside.

Read our Parks and Recreation Brochures!

Engage in new opportunities for physical activity



Scan this link to visit the download page for our current brochure

<https://www.vhw.org/92/Parks-Recreation>

Sign up for our Weekly E-Blast!



Scan this code to link to our registration page

<https://www.vhw.org/336/Hawthorn-Woods-Happenings>



Assisted Living

When you do get to the point where you require moving to some sort of assisted living, are there sufficient options in your community?

If assisted living is required, being able to remain close to where home was can be a benefit. Lake County is home to multiple living facilities that make socialization and transitions between moves easy for our local residents. Some of the options we have in our local area are:

- Cedar Lake Assisted Living & Memory Care Assisted living facility
Address: 777 Church St, Lake Zurich, IL 60047
Phone: (847) 550-0555
Site: <https://spectrumretirement.com/cedarlake-assisted-living-and-memory-care-il-lakezurich/>
- Brookdale Hawthorn Lakes Assisted living facility
Address: 10 E Hawthorn Pkwy, Vernon Hills, IL 60061
Phone: (847) 367-2516
Site:
<https://www.brookdale.com/en/communities/brookdale-hawthorn-lakes-al.html?cid=yext>
- Azpira Place of Lake Zurich Assisted living facility
Address: 795 N Rand Rd, Lake Zurich, IL 60047
Phone: (847) 430-0047

Site: <https://www.pathwaysl.com/senior-living/il/lake-zurich/azpira-place/>

- HarborChase

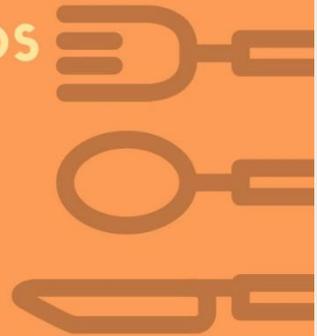
Address: 1190 Old McHenry Rd, Long Grove, IL 60047

Phone: (847) 613-4255

Site: <https://www.harborchase.com/harborchase-long-grove/>

HAWTHORN WOODS SENIOR MONTHLY GATHERINGS

GOOD FRIENDS, GOOD
FOOD, & MEMORABLE
MOMENTS!



Contact: Brian Sullivan at (847) 847-3531 for more information



Adopt-a-Park in
coordination with
Hawthorn Woods in
Bloom Committee!



Shopping

Stores where you can buy groceries, clothing, flowers, or other items you need. Having one that delivers to your home is a plus.

Grocery runs can be a hassle that retirees and seniors may wish to avoid. While ordering in can be unhealthy there are options for getting at home delivery of all kinds of shopping needs. Hawthorn woods is near to a variety of shopping options where there are opportunities for home delivery. This method can ensure independence for seniors who may no longer be driving or can no longer carry heavy bags. A list of grocery delivery services is available a phone call away.

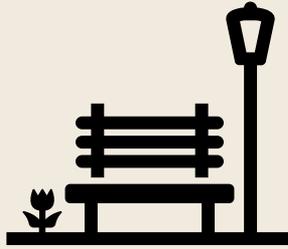
During winter months when driving is hazardous retirees may think twice about venturing out if they realize they need a dinner item just as rush hour traffic kicks in. And while many people love in-store discounts and “face time” at the produce section, ordering in can streamline meal planning and cut down on impulse purchases. Most importantly, online delivery means greater independence for seniors who no can longer drive or carry heavy bags.

<https://www.aginginplace.org/best-grocery-delivery-plans-for-seniors/>

Delivery:

- Instacart
- Peapod

- Jewel
- Aldi
- Mariano's
- Uber deliveries
- Many restaurants in town deliver!



Support our Parks and purchase your Memorial Tree or Bench to honor a loved one or celebrate a special event!

Tree \$300 Bench \$350

Please contact the **Parks and Recreation Department** at **(847) 847-3531** for more information or to make a donation.

Town Safety Awards

**#1 Safest Place
in Illinois**

**#1 Small City
Safety Rank**

**#1 Lowest
Violent Crime**

**#5 Safest and
Most Peaceful
Place to Live in
Illinois**



Senior Discounts

Tips and tricks for finding Senior Discounts:

1. Research national deals. Some business locations will label their senior discounts clearly on menus or websites. Amtrak travelers age 62 and older are eligible for a 15 percent discount on most rail fares, and many public transportation systems offer discounts or even free rides to people above a certain age. Many museums, movie theaters, restaurants, and retailers also clearly post senior rates.



2. Ask at local businesses and services. Many local businesses will give senior discounts to regular customers. When seeking a discount on household services, ask for a quote first and then ask for the senior discount. Other somewhat unexpected things you might get a discount on (if you ask and qualify)

include utilities, your water or trash removal bill, property taxes, cable, and even your cell phone bill.



3. Pay attention to the fine print. Some discounts are only available on specific dates or times, and age requirements vary considerably. Kohl's, for example, offers shoppers age 60 and older 15 percent off in-store purchases on Wednesdays. And Ross customers age 55 and older get 10 percent off purchases made on Tuesdays. In some cases, the day of the week a discount is offered varies by location.



4. Get an AARP card. AARP, which costs \$16 a year to join, has negotiated a wide variety of discounts on behalf of members. The most utilized AARP deals are for travel, including hotels and rental cars. AARP offers up to 25 percent off car rentals from companies including Hertz, Alamo, and National, and up to 20 percent off at hotels including Sheraton, Weston, and Ramada. There's also a variety of discounts in other categories, ranging from 20 percent off at Teleflora to 15 percent off products and 5 percent off shipping at the UPS Store as well as limited-time-offer deals. AARP membership is available to people age 50 and older, which often allows people

to qualify for senior discounts at a younger age than they otherwise would.



5. Senior discounts aren't always the best deals. A senior discount isn't always the best possible price you can get on a product or service. For example, a recent search on Southwest.com for a flight from New York to Boston found that the senior fare was \$288 while the lowest available fare, listed next to it, was \$240. However, senior fares, unlike some other types of tickets, are fully refundable. You may also be able to book hotel rooms at a lower rate than the standard senior discount.



(Source: U.S. News, 2012)



Ela Library: Library of Things

The Library of Things at the Ela Area Public Library is a service that offers a wide variety of items to check out, from GoPros to educational toys to fishing poles. Whether you want to try before you buy, borrow something you might only need once in a while, or explore a new skill or hobby, you can explore all the things available here:

Some details to keep in mind:

- Some items require an active library card to borrow
- Items can be borrowed between 1-4 weeks
- Some items are available to renew online

Audiovisual

Board Games

Arts and Crafts

Entertainment

Home and Assistive

Recreation

STEM for Grandchildren

Technology Classes

Educational Lectures

Contacts

*Chief Operating
Officer*

Pamela Newton

Email: PNewton@vhw.org

Phone: (847) 847-3535

*Director of Parks
and Recreation*

Brian Sullivan

Email: BSullivan@vhw.org

Phone: (847) 847-3531

*Sustainability
Coordinator*

Robin Grooms

Email: RGrooms@vhw.org

Phone: (847) 847-3522

If you have any questions please visit our website at vhw.org or call us at 847-438-5500





Village of
**Hawthorn
Woods**