

Wayne Township Senior Center

"A Place Where Friends Become Family"

The WTSC "HowTo" Newsletter

Hello Members!

First and foremost, I want to thank all of you who sent a card, emailed, called, texted, etc. It meant a lot to me to receive such an overwhelming amount of support from all of you regarding my new position as Director of the Senior Center. I realize that I have big shoes to fill but I am excited to do it and up for the challenge! With that being said, I want to acknowledge the fact that times are very different right now. Our center is and will remain closed until Phase 5 of Governor Pritzker's reopen plan. Unfortunately, nobody knows exactly when that will be.

My current goal is to keep all of you informed and engaged throughout this pandemic. Social isolation can be a concern for many so we want to keep up communication through newsletters, check in on our members through phone calls, provide links to free resources and most importantly, to remind all of you to stay in contact with one another. The smallest gestures can make the largest impact!

This newsletter is referred to as our "how to" newsletter. In this, we are explaining how to set up an email account, how to sign in to your email account, how to enter a zoom virtual meeting, and how to enter a google meeting. We want to help all of you to connect with us and will be available to help with the process in any way we can. We also plan to set up discussion groups, events and games via a virtual portal in the near future. These are challenging times and there are a ton of "new" things for everyone to endure. Bear with us as we try to connect with you in a new way.... virtually! We all must try to "roll with the changes" and remember to stay open to new ideas, especially new ways of communication!

Hugs to everyone!! Erin

Senior Center Sign Fairies

As most of you now know, we have been busy delivering Wayne Township Senior Center signs to your front yards. We wanted to not only surprise all of you but most importantly, we wanted to "connect" with you in another way to remind all of you how much we miss you.

We have enjoyed listening to the several heartfelt messages, read many emails, answered several calls and if we were lucky, we saw you at your home while delivering. It warms our hearts to know we mean as much to all of you as you mean to us!



Volunteer Opportunities During Covid

Days/times for Shredding and Happy Hatters drop off: Leave items in the bin under the blue awning on Tuesdays or Thursdays between 8am and 1pm ONLY! There will be no personal contact.

Shredding Newspapers

Shred your own newspapers (no glossy paper or ads) at home. Tear newspapers into strips 2 finger widths wide and drop off at the center in garbage bags. If you don't want to shred, you can drop off newspapers. *Newspapers that have been put through a shredder cannot be accepted.*

Do you need newspapers to shred at home? Call us to schedule a pick-up time; newspapers will be in the bin under our blue awning.

Happy Hatters

Continue to knit/crochet hats at home. If you need yarn, call us to schedule a pick up time; yarn will be in the bin under our blue awning (Karen Mahrenholz also has yarn available). See above for hat drop off days/times.

SOLDIERS' NEEDS AND WANTS

Soldiers' Needs/Wants Collection and Colored Pictures

June 15 - July 15 ONLY

1. We are collecting items for our soldiers and military working dogs. Please drop off donations in bins on Tuesdays or Thursdays between 8am and 1pm.
2. Do you like to color? If so, color a page, write your first name, city, state and age (optional) at the top of the page. Feel free to have your grandchildren color a page as well. For grandchildren, be sure to include their age!

Wants / Needs List for Our Soldiers

- ★ Eye Drops and Saline Solution
- ★ Nasal Spray
- ★ Mouthwash (travel size and 16.9 oz. or less) and Dental Floss
- ★ Body Lotion, Body Wash and Shampoo (12 oz. or less)
- ★ Deodorant
- ★ Cough Drops and Vitamin C Drops
- ★ Antacids (rolls or 100 ct. or less)
- ★ Anti-Itch Cream and Foot Powder
- ★ Hand Sanitizer (large and small) and Individual Sanitizing Handi-Wipes
- ★ Feminine Products
- ★ Hand Warmers
- ★ White Athletic Socks
- ★ AA Batteries
- ★ Jelly (30 oz. or less)
- ★ Gum and Mints
- ★ Pringles
- ★ Granola Bars and Fruit Snacks
- ★ Rice Krispie Bars
- ★ Individual Trail Mix
- ★ Snack Crackers and Cookies
- ★ Cans of Nuts and Individual Snack Size Nuts
- ★ Jerky and Slim Jims
- ★ Canned Fruit (16 oz. or less)
- ★ Dried Fruit, Raisins, Cran-Raisins, etc.
- ★ Pop Tarts and Breakfast Bars
- ★ Instant Oatmeal Packets
- ★ Individual Hot Drink Mix (hot chocolate, coffee singles and tea bags)
- ★ Individual Powder Creamer Packets
- ★ Individual Cold Drink Mix (Gatorade, Propel, lemonade singles)

GLASS CONTAINERS OF ANY KIND WILL NOT BE ACCEPTED!

Needs List for Our Military Working Dogs

- ★ Ruffwear Dog Booties for Large Breed Dogs
- ★ Toys for Large Breed Dogs
- ★ Collapsible Food and Water Dog Bowls for Large Breed Dogs

FOOD PRODUCTS WILL NOT BE ACCEPTED FOR OUR MILITARY WORKING DOGS!



The “How To” of Technology

We Need Your Email!!

Please call the center to provide us with your email. Email is the simplest form of communication and we want to be sure that we have one from all of you! If you don't have one, you can make one!!!



Using Gmail

Create An Email Through Gmail:

1. Go to www.gmail.com
2. Click “Create Account”
3. The sign-up form will appear. Follow the directions by entering the required information.
4. Next, enter your phone number to verify your account. Google uses a two-step verification process for your security.
5. You will receive a text message from Google with a verification code. Enter the code to complete the account verification.
6. Next, you will see a form to enter some of your personal information, like your name and birthday.
7. Review Google's Terms of Service and Privacy Policy, then click “I Agree”.
8. Your account will be created.

Sign In To Your New Gmail Account:

1. Go to www.gmail.com
2. Type your user name (your email address) and password, then click “Next”.



Using Facebook

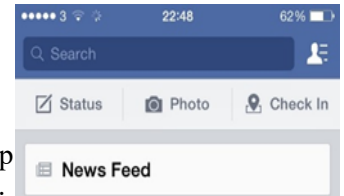


Log Into Facebook From A Computer:

1. Go to www.facebook.com
2. Enter your username, usually your email or phone number.
3. Enter your password and click “Log In”.

Join A Group On Facebook:

1. Tap the Facebook icon on your mobile device and, if necessary, log in.
2. Tap the search bar at the top of the screen.
3. Type in a group's name, such as Wayne Township Seniors, then tap *Search*.
4. Tap *Groups*; this is a tab near the top of the screen, just below the search bar. This will display any groups related to your search.
5. Tap *Join* next to a group. The Join button is on the right side of a group's name.



Technology 101

1. **Web browser:** how you access the internet.
2. **Address bar:** displays the address of the current webpage.
3. **Search bar:** allows you to search the Internet.



4. **Search symbol:** within a website, look for this symbol and click on it to give you a search bar to search within the website.
5. **Username:** a unique name that you create. Examples: your name, your name followed by a number or a pet name. Sometimes your username will be your email address.
6. **Password:** a secret word or phrase. Passwords are typically used in conjunction with a username. Typical passwords require an uppercase letter, a lowercase letter, a number and a symbol of your choice.
7. A **link** allows you to jump to a new location when you click or tap it. Most links are blue.

<http://www.waynetwp-il.org/seniors/home>

Write down usernames & passwords, keep them safe, do not shared with others.

Learn To Video Chat

Video Meetings

Join a Video Meeting Through Gmail:

1. Open Gmail.
2. In the sidebar, click "Join a Meeting".
3. Enter a meeting code or nickname.
4. Click "Join".

Join a Zoom Meeting Via A Web Browser:

1. Click on the meeting invite URL that the host shared via email or text.
2. A new tab will open on your preferred web browser. If you don't have the Zoom desktop app installed, the page will urge you to download the app.
3. Ignore that and skip down to the small print: "If you cannot download or run the application, join from your browser."
4. Click the highlighted text in "join from your browser".
5. Sign in with your name to join the meeting.

You don't need to install any extra software to join or even host a Zoom meeting. You can do it all through a web browser such as



Chrome



Firefox



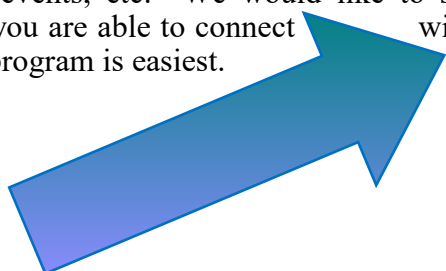
Safari



Explorer

PRACTICE Video Meetings Join Us!!

We are having a practice log in day for virtual meetings. We ask that each of you try logging in to a Google Meet **AND** a Zoom meeting. Even if you are able to connect to one, please try the other as well. Google Meet and Zoom are two different ways for us to conduct virtual meetings, presentations, events, etc. We would like to see how many of you are able to connect with us and which program is easiest.



Meet

Monday, July 13 9am - 10am

You **MUST** have a Gmail account already set up to join our Google Meet.

1. Contact the Senior Center and we will email you the link. Then, on the day of the log in, open up the email we sent you, click on the link and join the meeting.

OR

2. Open a browser and type the link below into the address bar and join the meeting.

<https://meet.google.com/smd-ftbr-dnj>



Monday, July 13 11am - 11:40am

There are two ways to join a Zoom meeting.

1. Contact the Senior Center and we will email you the link. Then, on the day of the log in, open up the email we sent you, click on the link and join the meeting.

OR

1. If you already have the Zoom app on your smart device, skip to step 2; otherwise, open a browser and type www.zoom.com into the address bar. Your device will prompt you to download the Zoom app; go ahead and do that.
2. Click on the zoom app to open. At the top of the page, click "join". Enter the meeting ID and password.

Zoom meeting ID: 8519800785

Password: 0NczEG

Please try joining both meetings and simply say "Hi" so we can see how many are able to connect.

Links, Links and More Links

The internet is full of links to fun videos, activities, exercise and travel. Below is a list of a few links we think you might enjoy.

For each link below:

- Open a browser
- Type the link into the address bar at the top of the page
- Hit enter

Entertainment, yoga, tai-chi, exercise, music, virtual tours, national park tours, live bald eagle cam, virtual roller coaster rides, etc.

1. www.youtube.com
2. Type what you want to see in the search bar at the top of the page (ex. “yoga for seniors”).

Heart healthy recipes of any kind

1. <https://recipes.heart.org/en>
2. Scroll to the bottom of the page. In the search bar, type in what you are looking for.
3. Several options will appear and you will click on the one your like.
4. You will see nutritional information, ingredients, directions, and a video of how to make the recipe!

Music by Denny Diamond (Neil Diamond songs)

1. www.dennydiamond.com
2. Scroll down to the “news” section.
3. You will see three videos. Click on the video then click play to listen to the performance.

Music by Tony Ocean

1. www.tonyoceanmusic.com
2. At the top of the page, click on “videos”.
3. Several videos will appear. Click on the video then click play to listen to the performance.

Health workshops, expert speakers, preventative screenings, support groups, healthy choices information, and physical activities

1. Send an email to: dawn@agingcareconnections.org and request to be added to the mailing list.
2. You will receive an email with a link to access the classes.



For Your Information

100 Club Winners

March 2020

#86 Anna Scaccia

#94 Ruth Sear

#5 Norris Aycox

April 2020

#78 Dale Kavanagh

#55 Rita Riha

#81 Anne Templin & Marcia Kuta

May 2020

#7 June Diaz

#23 Kathe Pava

#89 Sue Allen

#75 Rita Applen

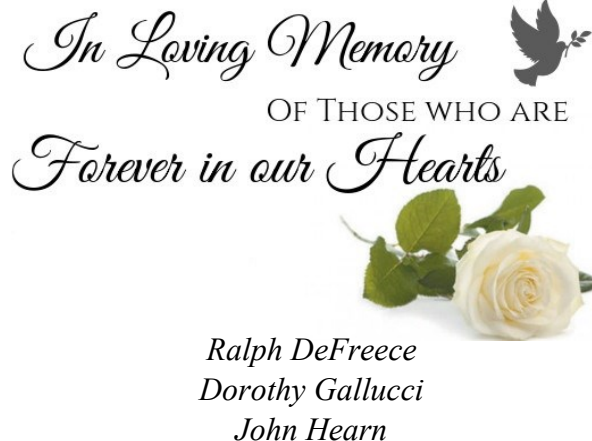


To watch the video of us pulling the winning numbers, open a browser and type this link: <https://www.youtube.com/watch?v=PEYAfhw4mn4&t=3s> in the address bar at the top of the page. Click on the play button to watch the video.

You can also open a browser and type www.youtube.com into the address bar and type: "WTSC 100 Club Winners" into the search bar. Click on the play button to watch the video.

Books and Puzzles Pick Up and Drop Off

Call us for a no contact pick up or drop off on Tuesdays or Thursdays between 8am and 1pm. We will have your items marked in a bag with your name and in a covered bin under our blue awning.



Ralph DeFreece
Dorothy Gallucci
John Hearn

Help Support The Food Pantry

General Assistance donations can be dropped off on Tuesdays, 10am - 12pm. Drive to the back of the building (south) and pull up to the open garage door. As always, thank you for your support!!

Bread Pick-Up for Seniors

Every Wednesday, beginning June 17th, there will be an assortment of bread available for Seniors to pick up from 11am to 1pm on a first come, first serve basis; please bring your own bag.

Guidelines for Pick-Up:

1. Bread will be under the blue awning of the Senior Center entrance on the west side of the building.
2. Follow the cones to form a line with your car; do not park to get out of your car.
3. The first car to pull up will stop in front of the blue awning, get out of the car, grab your bread and then proceed back to your car to leave.
4. The next car in line then pulls up directly in front of the blue awning and does the same.
5. There cannot be more than one person under the awning at the same time unless you are part of the SAME CAR and SAME FAMILY.
6. Limits on how many items will be clearly posted each week and can vary.
7. There will be no access into the building.

Want To Be Our Featured Member?

We want to get to know you!

Answer the following questions, feel free to add anything you'd like us to know and email or mail the answers to us. Please include a picture of yourself as well. We will then feature you on our Facebook page, in a future newsletter or on our NEW member wall in the Senior Center!

esimpson@waynetwp-il.org

1. Have you ever had a nickname? What is it?
2. What is your biggest fear?
3. What is your favorite family vacation?
4. List two pet peeves?
5. What are your hobbies?
6. What is the best/worst gift you have ever received?
7. How would your friends describe you?
8. What would you do if you won the lottery?
9. If you could share a meal with any two individuals, living or dead, who would it be?
10. What is one thing you will never do again?



Fun Times!!

Senior Center Walking Group

- ⚙ Begins Tuesday July 7th
- ⚙ Rain or Shine
- ⚙ Bring Your Own Water
- ⚙ Bathrooms Are Not Available

Come out and join Erin, Karen, Gayle and Sue for a morning of walking and talking.

Come as often as you want but **call the center to reserve your spot! If leaving a message be sure to specify which day/location you will be attending.**

Tuesdays in Carol Stream at Bierman Park
1.25 miles
1236 Woodlake Drive
Park in the parking lot

Wednesdays in Bartlett at Beaver Pond
1 mile
994 W. Stearns Road
Park on Kingston Lane

Thursdays in West Chicago at Cornerstone Lakes
1.5 miles
2199 Smith Road
Park in the parking lot



Interested In Genealogy?

Genealogy is the study of families, family history, and the tracing of their lineages.

Join us, and the Bartlett Public Library's Henry Sadowski, in "Genealogy Basics" on July 6, 2020 at 10:00am.

Discover the best resources and learn some great tips to help you start researching your family history!

We can email you the link or you can type the link into your address bar and hit enter.



<https://us02web.zoom.us/j/82588122807>

Crafting During Covid



Pamper yourself by making bath bombs for yourself or as a gift, using everyday products. You will need:

- 2 tsp. unsweetened lemon drink mix
- 2 tsp. cornstarch
- 3 tsp. baby oil, olive oil or coconut oil
- 5 tsp. baking soda
- Food coloring
- Wax paper

1. Mix all dry ingredients in a bowl.
2. Add a few drops of food coloring and oil.
3. Mix well, shape into three 1" balls or push into small silicone molds.
4. Let dry 24 - 48 hours.
5. Store in a jar or wrap in small plastic bags.
6. Drop as many as you want in bath water and enjoy!



Make a summer bracelet on your own!

Call the center to schedule a time to pick up your kit, which includes detailed instructions. There will be no personal contact.

Your kit will be in a bin under the blue awning, labeled with your name on it. Be sure to look for a "special surprise" included in your kit.

Supplies are limited.



Looking For A Challenge?

We have one for you!

Find all **31 words** on your own! The only clue we will give is that each word is associated with the Senior Center. Write each word you find in the boxes below. The first **5 correct** entries mailed back to the Senior Center will receive a prize. Words are up, down, backwards and diagonal. Answers will be in the next newsletter. **Good Luck!** ☺

X	H	O	S	P	K	K	T	S	R	E	B	M	E	M	W	F
M	U	Y	V	O	O	A	N	O	V	E	U	C	H	R	E	R
W	A	A	A	E	N	K	R	I	W	B	E	P	A	C	S	I
Q	Q	H	G	D	T	I	A	E	T	N	U	M	U	F	R	E
X	F	M	J	O	E	E	M	D	N	T	S	N	M	F	E	N
G	E	Z	N	O	Y	I	R	O	I	O	I	H	C	G	E	D
E	N	Y	A	W	N	U	V	A	D	C	R	N	I	O	T	S
B	I	N	G	O	M	G	H	O	N	O	E	B	G	P	N	F
I	K	C	U	M	X	L	G	B	M	S	H	F	I	P	U	Y
S	N	O	I	T	A	R	B	E	L	E	C	N	I	P	L	W
W	T	K	S	O	L	D	I	E	R	S	G	N	O	I	O	M
X	U	E	J	N	O	T	O	K	A	P	O	K	M	H	V	G
B	U	F	I	N	A	N	P	W	O	C	E	A	I	J	H	A
S	F	R	I	I	Z	L	P	N	H	R	F	O	C	O	N	Y
E	E	S	C	X	A	H	G	L	S	S	E	N	T	I	F	L
H	A	H	K	L	I	N	E	D	A	N	C	I	N	G	J	E
C	I	G	S	G	P	W	S	R	E	T	F	A	R	C	X	P
