**CTLB FY24 WORKPLAN**

NUMC (Neighborhood United Methodist Church) workplan descriptions

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| **Menu of options** | **Description** |
| Friendly phone visitor programQ1 goal: 15 new peopleGoal: 80 new people | Continue this program and get more volunteers to call more individuals  |
| Coordinate a Fun Club for older adultsQ1 goal: 15 new peopleGoal: 50 new people | Continue to do monthly trips (bowling, conservatory, park) and wants to start once a week game night (bingo, scrabble, uno, etc.).Upcoming events:* Caregiver Appreciation Day?
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| Address Mental Health Q1 goal: 15 new peopleGoal: 50 new people | Hoping to start a support group to address different topics monthly (primary focus is grievance, loneliness, Alzheimer’s, Dementia, etc.).Alzheimer’s Presentation – JulyDementia Presentation – July/September Power of attorney/benefits after passing – August\*\*Church experienced a trauma (lost a member of the community) \*\* - looking for a clinical psychologist Upcoming events:* Better life resource fair – 11/4
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QC (Quinn Center of St. Eulalia) workplan descriptions

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| **Menu of options** | **Description** |
| Friendly phone visitor programGoal: 40 new people | Continue this program and get more volunteers to call more individuals.* 2 senior programs – in-person and online

(Goal: set a goal to reach a certain number of calls per quarter) |
| Coordinate a fun club for older adultsGoal: 100 new people | Continue the weekly senior virtual programming that includes Zumba (Monday nights – can be offered virtually) and art therapy (once a month). Quinn center also hopes to host in-person lunch and learning sessions for caregivers and older adults (minimize this activity to offer other recreational activities). They have started to host bingo in collaboration with Maywood Support of Living) and host tea parties for female older adults.They have put together senior care packages to hand out once a month.They have chair fitness – low impact fitness class on zoom.Events hosted:* Fall Fest – 10/28
* Annual Christmas Breakfast – 12/16

Upcoming events:* Christmas party?
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| Address mental healthGoal: 10 new people | Hoping to plan cancer support groups in a hybrid model to meet the needs of caregivers and older adults. They host creative activities with a learning topic (Medicare, legacy planning, breathing, nutrition, wellness, violence, etc.). They have also started support groups/community conversations and coffee club (where they walk around with their coffee having conversations that addresses their health.* Cancer recovery/support groups – off-site in Hinsdale
* Launch covid vaccinations in the winter/spring - working with Lucia
 |
| Host an evidence-based program(This activity is on hold) | They have been trained in Take Charge of your Health and will begin their workshop in August. (co-facilitating with AO staff member).* Their biggest struggle is getting people to participate, activity is on paused!
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| Goals: | * Add an activity every week (in-person) - bingo, coffee chat, fitness activity, etc.

Outreach?* Bulletin
* Social media
* Flyers
* Monthly newsletter
* Website
* Word of mouth
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NH (New Hope Christian Center) workplan descriptions

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| **Menu of options** | **Description** |
| ~~Friendly phone visitor program~~Goal: 25 new people | **~~WILL NO LONGER DO THIS PROJECT. THIS WAS ON THEIR ORIGINAL AGREEMENT.~~** **They are continuing to make these calls**  |
| Coordinate a fun club for older adultsGoal: 75 new people | Events that have been hosted:* Drive-in movie event for caregivers- distributing information on stress, loneliness and showing a clip-on mental health.
* Deck-the-halls event- caregivers and older adults are invited and they will create ornaments, centerpieces, and other holiday decorations. They will distribute falls prevention information.
* Fun day for caregivers- caregivers will play games and use coloring books. They will distribute information on mental health, dementia, and AO flyers.
* Summer activities – they are planning to host an event outside (event that incorporates a mental health topic).
* Bowling trip
* Craft night – made center pieces (36 people attended – 7 CG).

Events coming up:* A trip to the Festival Lights for Christmas
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| Address mental healthGoal: 70 new people | ~~Do a quarterly call to individuals to check- in and call it a hope connection. One phone call per quarter for 30 minutes.~~ They are planning to start a support group for caregivers. They will teach them relaxation techniques, how to manage stress and how to cope with their emotions. * They started support groups incorporating relaxation techniques and strategies to cope with stress.

They are also in the works on scheduling a Dementia Friends presentation including more suicide prevention workshops. (they want to focus on what they represent)* Dementia Friends presentation followed by the Dementia Live Experience (9/30)
* Coping with depression presentation – one pager of resources

~~\*\*May merge a telephone reassurance with mental health ministry – i.e. phone calls~~ Upcoming presentations:* Gia Washington – Sertoma Centre (Caregiver Stress & Fatigue)
* Marina Silva - SMP
 |
| Host an evidence-based programGoal: 70 new people | They have completed their training and their workshop for “take charge of your health chronic conditions”. They are currently planning to train for the chronic pain workshop.* Date still TBD
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| Goals: | * To do more outreach to spread awareness of the events and resources for caregivers

Plan activities per quarter:* 1st – workshop?
* 2nd – meditation/art therapy class
* 3rd – caregiver day
* 4th – resource fair

Outreach?* Flyers
* Announcing at church
* Working on their social media
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CAP (Cicero Area Project) workplan descriptions

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| **Menu of options** | **Description** |
| Friendly phone visitor programGoal: 45 new people | Continue this program and get more volunteers to call more individuals. If the caregivers need more information, then we will refer them. They also do home visits as part of their check-ins. |
| Coordinate a fun club for seniorsGoal: 35 new people | Have social activities such as playing Spanish language games loteria, health information, and hosting book clubs where they discuss information about becoming citizens.* They are doing citizenship classes for immigrants – is this for caregivers?
	+ Yes, currently 5 seniors have enrolled.
* They have youth programs
* They are coordinating with Lucia to host a covid vaccine site
	+ March-April
* Food pantry deliveries
* Toys 4 Tots (gifts for both children and seniors – 90 people)
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| Goals: | Outreach?* Word of mouth
* Flyers

Collecting Feedback?* Yes, CTLB participant survey.
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ROA (Rock of Ages) workplan descriptions

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| **Menu of options** | **Description** |
| Friendly phone visitor programGoal: 10 new people | Continue this program and get more volunteers to call more individuals. |
| Coordinate a fun club for seniorsGoal: 50 new people | They have been hosting Bingocize for older adults with a great turnout. They currently just finished a workshop and are waiting for their T-shirts and certificates to hand out to the older adults. Upcoming events:* Angel tree – Christmas
* Fun day (painting) - 1/13/24

~~\*\*They are working on adding another program (TBD)\*\*~~ |
| Addressing mental health  | Hosted a Dementia Series Part 1 – 10/28* Collaborated with Loyola
* Working on having part 2 – February/March
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| Goals: | Outreach?* Flyers
* Church announcements
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