

Mather Telephone Topics

May 2020 Schedule

With Telephone Topics, you simply call a toll-free number to listen to a wide range of an interesting discussions and programs. No need to register in advance! All calls are FREE!

Call-in number: (855) 880.1246

Enter Meeting ID when prompted: 386 399 7030#

Calming Ground: Meditation

Jaci McCarty, Certified Meditation and Mindfulness Teacher

Friday, May 1, 9:30 a.m. CT

Join in for a mindfulness and meditation practice.

Fall Prevention Exercises

Jaime Pena, Community Health Worker, AgeOptions

Monday, May 4, 9:30 a.m. CT

Join Jaime in a guided session on simple exercises you can do in the comfort of your home to wake up your body from head to toe. A sturdy chair with arms is suggested.



Music and Wellness

Rebecca Froman Freiman, Music Therapist, Greater Chicago Music

Monday, May 4, 2:30 p.m. CT

Learn about and experience music's benefits to different parts of our health and how our bodies and brains benefit from different aspects of music

2020 Census: Completing it Online

Lucia Shah, Census Outreach Specialist, AgeOptions

Friday, May 8, 2:30 p.m. CT

Completing the 2020 Census is the way you can make sure your community is counted and gets the resources it needs for the next decade. This is the first year you can complete the Census online. We will walk you through the online portal.

Types of Medicare Fraud

Miranda Davis, Senior Medicare Patrol Outreach Specialist and Jesus Enriquez, Outreach and Information Specialist, AgeOptions

Monday, May 11, 9:30 a.m. CT

We will discuss the different types of Medicare fraud, current trends we are seeing in 2020 and how scammers use different forms of communication to pull off their schemes.



Fiction Book: Book Discussion

Mary Cooper, Adult Services Librarian, North Riverside Library

Wednesday, May 13, 11:00 a.m. CT

Join in for a fun book discussion as we discuss the gentle novel, *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce.

Tips to Prevent Medicare Fraud

Miranda Davis, Senior Medicare Patrol Outreach Specialist and Jesus Enriquez, Outreach and Information Specialist, AgeOptions

Friday, May 15, 2:30 p.m. CT

We will discuss the different types of Medicare fraud, current trends we are seeing in 2020 and how scammers use different forms of communication to pull off their schemes.

What is SNAP/ Food Stamps/ LINK & How You Can Get It

Joy Aaronson, Benefits Access & Information Specialist, AgeOptions

Tuesday, May 19, 9:30 a.m. CT

Learn about the requirements and benefits of the SNAP, formerly called Food Stamps, program. Many older adults are eligible, but don't take advantage of this program.



Story Time: Once Upon a Time

Jeannine Forest, Dementia Educator & Care Consultant

Thursday, May 21, 11:00 a.m. CT

Create new adventures and moments of laughter through shared story telling.

Out & Proud, Yesterday & Today

Kate Spelman, Aging with Pride Program Coordinator, AgeOptions

Friday, May 22, 2:30 p.m. CT

For LGBT+ folks, allies, and history buffs: Get ready for Pride Month by joining us for a journey through history with some of the 20th - and 21st! - century's most notable LGBT+ figures and allies, from early Stonewall Leaders to Chicago's current mayor. We would also like to have time at the end to have listeners share their own stories & reminiscences.

Falls Prevention and Home Safety

Peggy Tully, Health Education Implementation Coordinator, AgeOptions

Tuesday, May 26, 9:30 a.m. CT

Join this call to discuss falls prevention strategies and learn about ways to make your home safe.



WITS Workout Brain Engagement

Molly Hofer, Family Life Educator, University of Illinois Extension

Wednesday, May 27, 2:30 p.m. CT

Give your Wits a workout and learn more about brain health and aging while doing fun brain teaser exercises.

Book Discussion

Cathy Johnson, Adult Services Coordinator, Berkeley Public Library

Friday, May 29, 9:30 a.m. CT

Join in for a fun book discussion as we discuss *The Nightingale* by Kristin Hannah.

