



AGING WELL

**Aging Services Newsletter
Spring 2023**

Welcome to Howard Brown Health's Aging Services Newsletter: AGING WELL!

We are re-launching this medium as a seasonal offering available through email and on our website, with hardcopies available upon request.

With this newsletter, our goal is to help our community stay more informed of the groups, events, and other resources happening at Howard Brown Health.

We will also use this opportunity to celebrate milestones in LGBTQ+ history, celebrate the life stories of our patients and community members, highlight organizations serving the needs of LGBTQ+ older adults, and share fun and easy recipes.

Many of you are receiving this newsletter because you took part in our Aging Services Survey. After 560 responses and counting, we've learned a lot about what our older adult community wants and needs. Thank you for sharing your thoughts with us! Check out the last couple of pages for a summary of responses.

Enjoy our first issue, share with your friends, and let us know if there is something you'd like to see in our future publications.

**Eva Trampka, MSW
Associate Director of Aging Services**

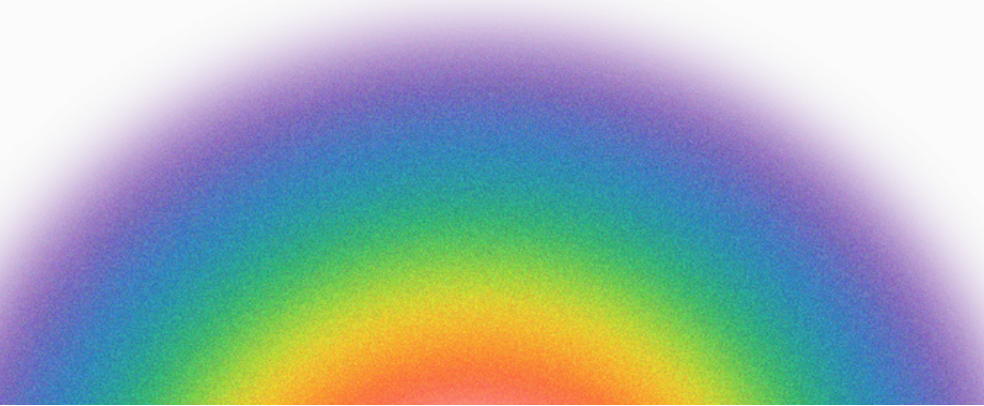


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In the beginning, there was a coffee pot, a portable kitchen table, a room above an old grocery market, and four medical students who were members of the Chicago Gay Medical Students Association who had a desire to help Chicago's gay community. The students shared a passion for medicine and research and a philanthropic sense of community and caring. They believed there was a need for a safe and confidential place where gay men and lesbian women could get empathetic psychosocial counseling and sexually transmitted infections (STI) testing and treatment without political, professional, or personal implications or intrusions. The medical students met in the room above the grocery store across from Chicago's Biograph Theater most nights in 1974. With a small budget, a fully volunteer staff, and a growing need and response from the community, the informal, but well-organized clinic was born.

In 1976, the first board formed and named the clinic "Howard Brown Memorial Clinic" after Dr. Howard Brown, an Illinois native, founder of the National Gay Task Force (now the National Gay and Lesbian Task Force), and a former New York City Public Health Commissioner who helped change the image of gay men and lesbians in the United States by coming out publicly in 1973.

During the late 70s, HBH providers identified a high rate of hepatitis B among its patients, which led to the agency's participation in several important studies and vaccine trials, which enabled the organization to hire its first paid staff. This work resulted in a major scientific breakthrough: the development of the hepatitis B vaccine. The development catapulted Howard Brown into the national spotlight and gained the organization prominence and respect in the world of research. When early warning signs of the impending AIDS epidemic became widespread in the early 80s, Howard Brown Health was quick to react. Keeping informed from the Centers for Disease Control and Prevention, providers at the agency took an active role in helping to coordinate medical investigation and treatment of the first symptoms, which included a fatal form of cancer.

By 1985, HBH helped to develop and implement the City of Chicago's AIDS Hotline. The hotline was run mainly through the efforts and contributions of volunteers, 24 hours a day. By 1987, AIDS had taken hold of the gay community's emotional and intellectual collective thinking. Howard Brown Health did more than respond in kind; it pioneered the strategy against the war on AIDS by fighting with facts, providing more medical and psychosocial services, and continuing to reach out to all that needed assistance. In 1991, HBH was inducted into the Chicago Gay and Lesbian Hall of Fame and recognized as the "shining example of the work that the gay and lesbian community can accomplish when it sets its mind to doing good."

In August 2015, HBH was named a Federally Qualified Health Center (FQHC) – the only FQHC in Illinois focused on the health needs of the LGBTQ+ population. This designation, awarded by the U.S. Department of Health and Human Services, allowed the organization to pursue new funding streams to improve the health of the LGBTQ+ community and to serve more people. The FQHC award also made possible the opening, in December 2015, of Howard Brown Health Clark in Rogers Park. In May 2016, Howard Brown took over the operations of a clinic formerly operated by the Chicago Department of Public Health in the Englewood neighborhood, Howard Brown Health 63rd Street. With these two clinics, Howard Brown's reach in Chicago spans over 20 miles from north to south.

FROM THE DESK OF DR. GORBIEN

We are very pleased to be sharing this new edition of Howard Brown Health's Aging Services newsletter. This issue is filled with information which we hope will be both interesting and helpful. As many of you know, we recently sent out a survey to over 15,000 HBH clients who are age 50 or older. We were heartened to receive almost 600 responses within one week. The results of this survey will help us to guide future programming and hopefully it will ensure that our program development is meeting the needs of our constituents!

It is both clear and no surprise that we all came out of this pandemic very much changed. It was a frightening and isolating period for all. For many, isolation was already a significant issue. Despite the idea that many of us continue to spend much time on social media and have appointments and interactions via Zoom, there is no substitute for in-person socialization. That message came through clearly and the Aging Services Team will continue to work hard to develop programs and activities that meet your needs.

In this issue, you will meet our staff. My colleagues are dedicated professionals who feel very passionate about doing all they can for older adults in the LGBTQ+ community. We are a diverse community we hope that our offerings will represent the rich scope of individuals within our community.

In this issue you will receive information on groups that are currently active or ready to launch!

Our menu includes:

- Rising Phoenix
- Thrive With Pride Café (southern suburbs)
- Thrive With Pride Café (Chicagoland)
- Transcendence
- The Journey Continues

We look forward to meeting many of you through these activities. We are anxious to hear from you with suggestions for future programming. Please email agingservices@howardbrown.org with questions or suggestions.

I continue to enjoy seeing patients in Hyde Park on Mondays and Wednesdays and Rogers Park on Thursdays.

These programs will give you the opportunity to meet members of Aging Services Team: Eva Trampka, John Matz and Arnold Aprill. Please see their bios which are included in this newsletter.

Yours sincerely,

Marty Gorbien

Martin J. Gorbien, MD, MHL, FACP

Director, Geriatric Medicine & Aging Services

Meet the Aging Services Team

Martin J. Gorbien, MD, MHL, FACP, is the Director of Geriatric Medicine and Aging Services Department at Howard Brown Health. He brings extensive experience in leading interdisciplinary teams in a variety of settings with a focus on improving care for older adults. Before joining HBH he served as the Associate Chief of Staff for Geriatrics and Extended Care at the Hines VA. At Rush University Medical Center he was director of the Division of Geriatrics and Palliative Care where he gained national attention for developing innovative approaches to patient-centered care. He has held leadership positions at The Cleveland Clinic Foundation and the University of Chicago. He has been named by Chicago Magazine as one of Chicago's & America's "top doctors." While at Rush University he was the faculty sponsor for the student LGBT+ group. He has served as a chair of the American Geriatrics Society's clinical practice committee and is a Fellow of the American Geriatrics Society at the American College of Physicians and the Institute of Medicine. His special interest is in advancing the quality of life for older LGBT+ adults through comprehensive, compassionate care.



**Dr. Martin Gorbien
Director**



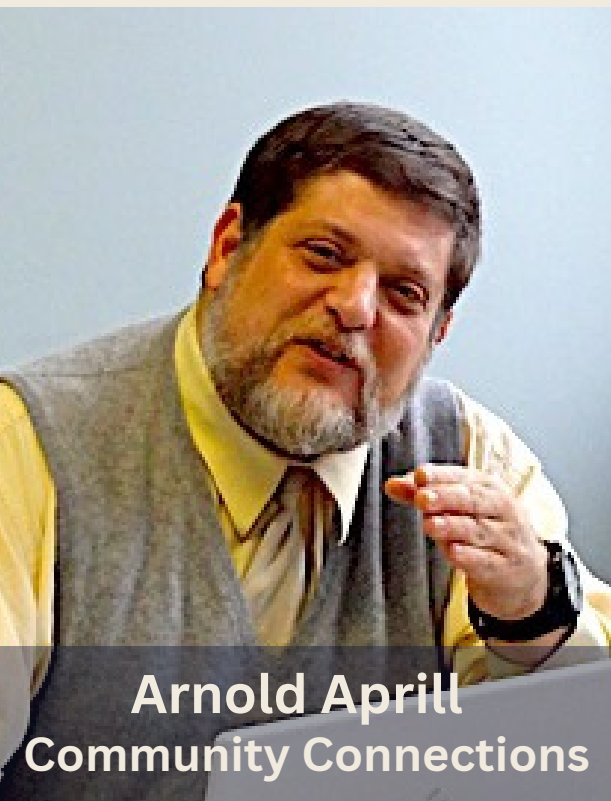
**Eva Trampka, MSW
Associate Director**

Eva (she/her) is new to the Aging Services Team, having joined in January 2023. Eva is a social worker with 13 years of experience working with older adults, most recently running the home delivery program for Nourishing Hope. She first became involved with HBH by joining the Community Advisory Board during the COVID pandemic after feeling a need to get more involved in the community. Eva speaks Polish fluently and her parents live in Poland. In her free time, Eva volunteers for her local mutual aid organization and loves to camp and kayak.

John (he/him) has been the Howard Brown Health Aging Services Case Manager since March 2020. He is passionate about providing social support that is patient driven. His goal for case management is to promote patient autonomy while also fostering community. Outside of work, John enjoys hanging out with his dog Alaska and watching the Milwaukee Brewers baseball team. Additionally, he has recently taken up woodworking.



John Matz
Case Manager



Arnold Aprill
Community Connections

Arnold (he/him) first became involved with HBH as a patient. At that time, finding access to a gay-friendly medical clinic was an urgently felt need of his, and finding this care in a validating environment played a significant part in his identity formation. The medical services and community support he received at HBH was also an important source of solace during the height of the AIDS crisis - when almost all of his closest friends were dying. Years later he joined HBH's Community Advisory Board. Now at 71 years of age, he has become part of the Aging Services Team. In his role, he is drawing upon his background as a community organizer in the areas of education reform, prison reform, and the role of the arts in our inclusive representation.

Sophia (she/her) is a graduate student completing her Doctorate of Occupational Therapy at the University of Toledo in Toledo, Ohio. For her final semester, she came to Chicago to complete her capstone project with the Aging Services Department at Howard Brown Health. During her time here, she created a program proposal utilizing life story work to help combat social isolation in LGBTQ seniors. When not working on her studies, she enjoys traveling, playing with her cat, Maisy, and caring for her plants. She (will graduate/graduated) in May of 2023 and will go on to find a position in Ann Arbor, Michigan, although her original home of Wisconsin is still near and dear to her heart. She is immensely thankful for the wonderful people in Aging Services at Howard Brown Health for their support and insight during her time here.



Sophia Burroughs
Occupational Therapy Intern

Transcendence

An in-person support group for trans* older adults 50+ offered monthly by Howard Brown Health Aging Services

Join us for our first meeting

Wednesday, June 14

6 - 7:30 p.m.

Howard Brown Health Clark St.

6500 N. Clark St.

Chicago, IL 60626

2nd Floor Conference Room

For more information, email agingservices@howardbrown.org.

RISING PHOENIX

**an in-person support group for adults 50
and older living long-term with HIV.**

**MEETS THE 1ST THURSDAY
OF EACH MONTH STARTING**

JUNE 8

6 - 7:30 P.M.

HOWARD BROWN HEALTH CLARK ST.

6500 N. CLARK ST.

CHICAGO, IL 60626

2ND FLOOR CONFERENCE ROOM

For more information, please email
agingservices@howardbrown.org.

THRIVE WITH PRIDE CAFÉ

Starting May 19, join the Howard Brown Health Thrive with Pride Café for a virtual discussion space where you can share and receive support, learn more about local services and resources, and discuss topics that matter to you. Thrive with Pride Cafés provide safe and affirming spaces for all other adults, centering the experiences of older LGBT adults.

WHEN:

Third Friday of each month from noon - 1 p.m.

WHERE:

Virtually via zoom - RSVP required to obtain zoom log in information

For more information, please contact agingservices@howardbrown.org or call **872.269.3674**.

PROGRAM HIGHLIGHT: SENIOR TECH CONNECT

Written by Arnold Aprill, program facilitator

There are many ways in which ageism marginalizes older members of our community, but one of the most problematic aspects of this marginalization is the digital divide between younger generations and our aging populations for their access to and comfort with new technologies. This results in diminished abilities for elders to take advantage of the essential services, vital sources of information, enlivening entertainment, and the social connections necessary for maintaining their quality of life. Young people are “digital natives” and older folks are “digital tourists” at best. This fault line between who and who cannot fully enact their social and personal potential was only deepened by the emergence of the Covid-19 pandemic.

The Aging Services team at Howard Brown Health responded to this dilemma by offering a series of classes for our older patients who did not have access to a computer in their homes. The Senior Tech Connect program not only provided Chromebooks to its participants to keep, but also conducted eight weeks of computer training and a year of free internet access.



The class participants appreciated their newly acquired powers of digital communication and self-representation and formed a sense of community with each other that was healing and revivifying. This “re-socializing” impact was not only experienced by the students themselves, but also by the facilitators and volunteers who led the program. Here are some reflections on what Senior Tech Connect meant for everyone involved:

“This class reminded me how much I love to learn, that lifelong learning is life itself.”

“At a time when there is so much hate being expressed in this country, it was just such a joy to get out of my house, to meet some new people, and to simply enjoy their company.”

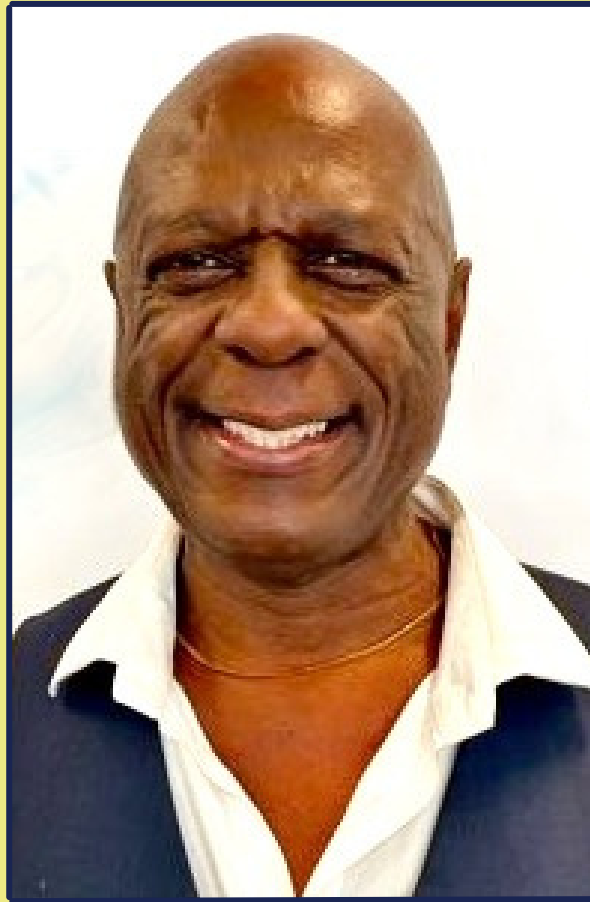
“I loved how different we all were – men and women from different parts of the city, some of us shy and some of us very outgoing, black and brown and white, American born and from other countries, older students and younger volunteers. With all of us learning together!”

“My family members just didn’t have the patience to show me how to use a computer. They kept getting frustrated that things that were second nature to them were entirely new to me. It was great that the facilitators were so caring and patient, and to find out that other students had had the same problem.”

Several of the participants also stayed after the Senior Tech Connect class to participate in a light exercise program, integrating their intellectual and social development with caring for their physical health.

Senior Tech Connect has been considered a success, and we hope to explore ways to offer this program again in the future.

Meet a Community Member: Johnathan Nichols

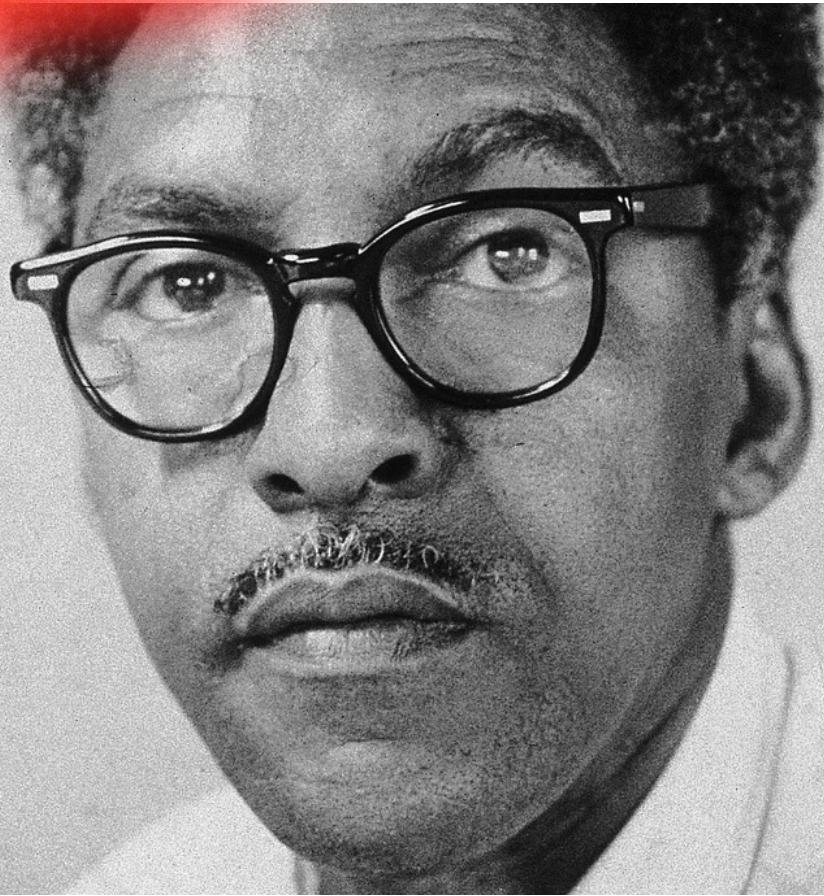


My name is Johnathon Nichols. I was born in a little town called Lake View in South Carolina, but grew up in Jamaica, New York for basically all my childhood and part of my adult life. I was exposed to all kinds of different people in New York, and this helped me to become open across race and to how different people choose to live their private lives. I returned to South Carolina to pursue a degree in mathematics. The very essence of my college life was very prosperous and rewarding. I was on the honor roll and was the president of my senior class. I also even had the opportunity to do some modeling!

From day one after graduating from college I faced challenges. My dad died the same year after I graduated. That was extremely hard for me since I was so young, and because my father and I had had a very close relationship. My faith helped me get through this period. I'm proud to have grown up in church as a Baptist because it taught me that prayer really changes things. I've had two very beautiful men in my life (unfortunately they're deceased) to help me mold and build my future. My life has been very rewarding, and the joy I experienced in getting to know lovely new people through the Senior Tech Connect class has reminded me of all my blessings.

LGBTQ History Corner: Bayard Rustin

Written by John Matz
Aging Services Case Manager



(Bayard Rustin photo credit to History.com)

Bayard Rustin was born on March 17 1912 in West Chester, Pennsylvania. Rustin moved to New York in 1937. He attended City College for singing. Rustin joined the Young Communist League but left for protesting segregation in us armed forces. He was arrested in 1942 for being a conscientious objector against the draft. Rustin was put in higher security prison because he was openly gay. In 1956, he met Dr. Martin Luther King Jr (MLK). He helped MLK organize the Southern Christian Leadership Conference. MLK was threatened by the Democratic Party leadership to distance himself from Rustin. A. Philip Randolph recruited Rustin to help the 1963 March on Washington. Rustin was again told to take a backseat in organizing because of fear of image of him as a former communist and his sexuality. After MLK was assassinated, he took on international labor causes. He became more open about his sexuality in the 1980s. Rustin helped bring the AIDS crisis to the attention of the NAACP. Bayard Rustin died on August 24, 1987.

LGBTQ History Corner: Pearl M. Hart

Written by John Matz
Aging Services Case Manager



Pearl M. Hart was born in April 1890 in Traverse City, Michigan. She moved to Chicago early in life. Hart's father was a rabbi on the southwest side of Chicago. Her parents inspired her passion for social justice. She attended John Marshall Law School after leaving high school early, and became a lawyer at age 24. Hart was the first woman to be a lawyer appointed as the public defender of the Morals Court. Hart would often defend gay rights and immigrant rights. She would defend clients involved in entrapment by the Chicago Police Department, as well. Hart founded the Mattachine Society in Chicago in the 1950s. The Mattachine Society was a national gay liberation organization. Through her late 70's, Hart worked as a professor at John Marshall Law School. Chicago's LGBTQ History Museum, The Henry Gerber-Pearl M. Hart Library, was named in her honor. Hart was inducted into the LGBTQ Hall of Fame in 1992.

WHAT IS OCCUPATIONAL THERAPY?

Sophia Burroughs, Aging Services Intern Spring 2023

You may not be familiar with occupational therapists. Although the name may seem misleading, occupational therapists actually have nothing to do with helping you with finding or working at a job. Occupational therapists, or OTs, are health care professionals that use everyday life activities to improve one's health and ability to do the things that are important in your life. This may look like something as simple as eating or dressing, or more complex, like financial management or improving one's memory.

Occupational therapists can be found working in a variety of places, such as hospitals, schools, mental health facilities, community settings, and more. We at Aging Services felt it would be helpful for you to know of the existence and scope of this profession in case you ever feel it is applicable to you and your needs.

When first working with an occupational therapist, they will complete what is called an evaluation. An evaluation helps the therapist understand your history, life experiences, interests, and what you value most. As sessions continue, you will work with them to achieve the goals you have created together.

To get a better idea of how occupational therapy services look in real life, please look at the next page to see a case example of what someone receiving occupational therapy services in a community-based setting may look like. While this case and the individual referenced are not real, it pulls from real examples to illustrate the occupational therapy process. Additionally, below are further resources about occupational therapy for further reading.

What is occupational therapy? - <https://www.aota.org/about/what-is-ot>

About Occupational Therapy - <https://wfot.org/about/about-occupational-therapy>

OCCUPATIONAL THERAPY: CASE EXAMPLE



Armand is a 67 year old man living in Lincoln Park, Chicago. He has been working with a social worker to meet his needs, such as health care services and getting his medications delivered. When working with his social worker

on the phone, he mentions that Armand has seen more withdrawn from social activities ever since his spouse died nearly a year ago. Armand agrees, and admits he's nervous but knows it would be good for him.

His social worker refers him to a new program at a local community center for isolated seniors. The program revolves around life story work, which involves reflecting on life experiences. The program leader, an occupational therapist, calls and completes an intake form over the phone before the first session.

As Armand attends the sessions, he meets other individuals like himself. They reminisce over past experiences, and the occupational therapist helps the individuals reflect on how their histories affect who they are and what they do today. Armand arranges for a personal meeting with the occupational therapist to identify how he can become more involved in hobbies he used to enjoy, like gardening, with adaptations for his current health needs. The program gives him the confidence and resources he needs to participate in life again.

NO MORE EXCUSES! Overcome Exercise Barriers

Many older adults know they should be more active, but find it hard to fit exercise into their lives.

CHECK OUT THESE TIPS

to learn how you can stop making excuses and get moving to improve your health.



NO TIME.
Exercise first thing in the morning or combine physical activity with a task that's already part of your day.

TOO BORING.
Do things you enjoy and try new activities to keep exercise interesting and fun.



TOO EXPENSIVE.
Wear a pair of comfortable, non-skid shoes for walking and use soup cans or water bottles to strength train.



TOO TIRED. Regular, moderate physical activity can help reduce fatigue and even help you manage stress.



For more information about exercise and physical activity, including overcoming exercise barriers, visit

nia.nih.gov/health/exercise



Exercise Resources

CJE SeniorLife offers multiple evidence-based exercise classes via Zoom, including:

- **OTAGO:** an evidence-based strength and balance class, appropriate for a variety of fitness levels.
- **Tai Chi:** for arthritis and fall prevention. Research shows this program helps with balance, joint pain, walking, and stress relief.
- **Bingocize:** Combines a bingo-like game with exercise and health education. Research shows this program increases fitness, health knowledge, and social engagement.
- **Healthy Moves:** a series of strength and balance exercises. There are two versions of this class:
 - **Low Impact Healthy Moves** has more chair-based and standing-only exercises, and is good for people who want a less intense exercise program or are new to exercise.
 - **High Impact Healthy Moves** is a more intense version, with dynamic and single leg exercises, geared towards people who want a more challenging workout or those who have been exercising for a while.

To sign up for classes and see the weekly class schedule, go to:

CJE.net/exercise

Join Howard Brown Health's Aging Services OTAGO class!

Available on Zoom or in-person at 1025 W. Sunnyside on Tuesdays from 230P-3P between May 16th and July 11th.

Contact us at
agingservices@howardbrown.org
for more information.

Taking a quick exercise break? Try one of these ideas!



Endurance

Endurance exercises improve the health of your heart, lungs, and circulatory system.



Flexibility

Stretching can improve your flexibility to make everyday activities easier.



Balance

Balance exercises help prevent falls and can improve balance.



Strength

Strength exercises can help you stay independent and prevent fall-related injuries.

➔ To learn more about exercise, visit: www.nia.nih.gov/exercise.

Be Physically Active this Spring

Warmer weather can make it easier to stay physically active. There are many activities you can complete to improve your health without a gym.

Here are some ideas:

- Take the stairs
- Move your legs while sitting
- Take a break to stand-up when watching TV
- Squeeze a stress ball
- Practice lifting your arms above your head
- Do the dishes or other housework
- Go on a mall walk with friends
- Play with or walk your pet
- Join an exercise program
- Use family gatherings as a time to play team sports or do outdoor activities

You may not be able to do everything on this list. Try an activity that you can do based on your ability.

Be S.M.A.R.T. This Spring

S

SPECIFIC

M

MEASURABLE

A

ATTAINABLE

R

RELEVANT

T

TIME-BOUND

Spring is a great time to improve your health and lifestyle. Considering using SMART to achieve your health goals.

We all have set goals that we did not achieve. Using SMART guidelines makes it more likely you will reach your goal.

SPECIFIC: Consider your goal, then ask: "Who is involved? What do I want to accomplish? How will I do this? When will this happen? Why am I doing this?"

For example:

- "I want to exercise more" is not specific.
- "I will exercise by going for a 10 minute walk around my neighborhood 3 days a week for the next 3 months" is very specific.

MEASURABLE: You should be able to measure your progress.

For example:

- "I want to exercise more" cannot be measured.
- "I will go for a 10 minute walk 3 times a week" can be measured by tracking on a calendar.

ACHIEVABLE: You should feel confident you can reach your goal. Making your goal achievable means knowing and believing in what you are capable of doing.

Sheet Pan Salmon and Asparagus



4 servings

(1 salmon fillet, 4 asparagus spears, 2 tbsp onions)

Ingredients:

- nonstick cooking spray
- 1 medium onion, thinly sliced
- 4 (4 oz.) skinless salmon fillets
- 1 pound asparagus, trimmed
- 1/4 cup coarse Dijon mustard
- 1 tbsp olive oil
- 1 tbsp honey
- 1/2 tsp black pepper

Directions:

- Preheat oven to 400F.
- Coat a baking sheet with cooking spray. Arrange the sliced onion in the middle of the baking sheet; place the salmon fillets on top of the sliced onion, and place the asparagus around the salmon.
- In a small bowl, whisk together the mustard, olive oil, honey, and pepper. Spread the mustard mixture on top of the salmon fillets and frizzle any extra on the asparagus.
- Bake 20 minutes. Service each salmon fillet with the asparagus on the side and the onions on top of the salmon.

Calories: 260; Fat: 13g; Carbs: 12g; Protein: 25g; Sodium: 440mg

Source: The Diabetes Cookbook. Recipe Credit: Lara RondinelliHamilton, RD, LDN, CDE and Jennifer Bucko Lamplough.



Easy Broccoli and Shrimp Stir-Fry

4 servings (1 1/4 cups)

Ingredients:

- 1/4 cup low sodium vegetable broth
- 2 tbsp rice vinegar
- 1 1/2 tbsp lower sodium soy sauce
- 1 tbsp cornstarch
- 1 tsp ground ginger
- 1/2 tsp sriracha
- 1/2 tsp stevia brown sugar (such as Truvia)
- 3 tbsp olive oil, divided
- 1 clove garlic
- 1 1/4 lbs raw medium shrimp, peeled, deveined, tails cut off



Directions:


- In a small bowl, whisk together the vegetable broth, rice vinegar, soy sauce, cornstarch, ginger, sriracha, and brown sugar.
- Heat 2 tbsp olive oil in a large skillet or wok. When the oil is shimmering, add the garlic and cook until fragrant (30 seconds). Add the shrimp and cook until opaque, about 4 minutes. Using a slotted spoon, remove the shrimp and place on a plate.
- Heat the remaining 1 tbsp olive oil in the same skillet. Add the broccoli florets and cook until tender, about 4 minutes.
- Add the cooked shrimp back into the skillet and toss to combine with the broccoli. Pour the sauce mixture over the shrimp and broccoli and toss to coat. Continue cooking until the sauce thickens slightly, about 1 minute.




Calories: 260; Fat: 13g; Carbs: 12g; Protein: 25g; Sodium: 440mg

Source: The Diabetes Cookbook. Recipe Credit: Lara RondinelliHamilton, RD, LDN, CDE and Jennifer Bucko Lamplough.

Fresh mango salsa

 3 cups

 15 minutes

Mangos are in the stone fruit family like peaches, cherries and coconuts. The vitamins, minerals and antioxidants in mangos can provide important health benefits. For example, vitamin K helps your blood clot to work effectively and helps prevent anemia. They are rich in vitamin C, which is important for forming blood vessels and healthy collagen. Mangos are a great source of magnesium and potassium, both of which are connected to lower blood pressure.



INGREDIENTS

3 ripe mangos, diced
1 medium bell pepper, chopped
1/2 cup red onion, chopped
1/4 cup packed fresh cilantro leaves, chopped
1 large lime, juiced (about 1/4 cup lime juice)
a pinch of salt
1 jalapeno, seeded and minced (optional)

INSTRUCTIONS

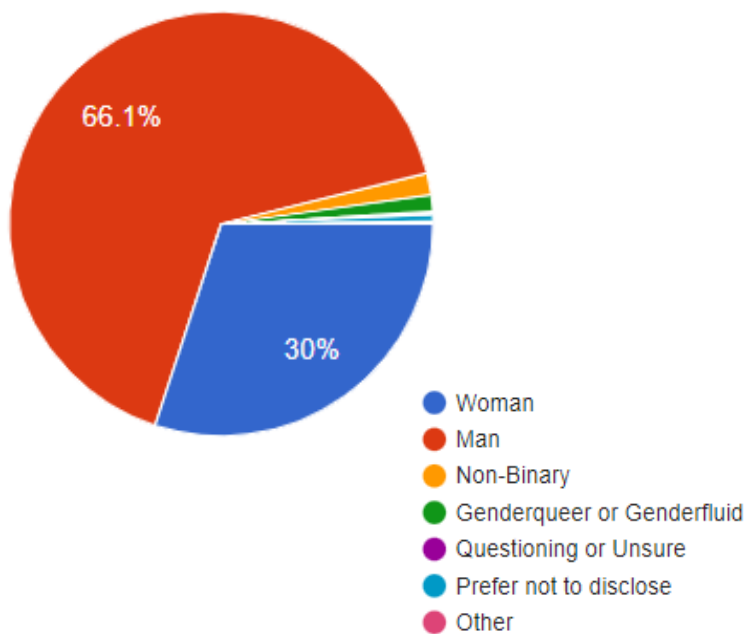
1. In a serving bowl, combine the prepared mango, bell pepper, onion, cilantro and jalapeno.
2. Drizzle with the juice of the lime.
3. Using a large spoon, stir the ingredients together. Season to taste with salt and stir again.
4. For best flavor, let the salsa rest for 10 minutes or longer.
5. Serve with chips, tacos or salads.
6. You can store the salsa in the refrigerator, covered, for several days (no more than a week!)

Aging Services Survey

In an effort to find out more about our community and what types of programs, groups, and events Howard Brown Health's older adult patients want and need, we sent a Google Forms survey to all active patients aged 50+. We have included the demographic information of respondents, as well as two charts to show what types of programs, groups, and events respondents chose. We will be using these responses to plan Aging Services programming going forward. We thank you for taking part in this survey.

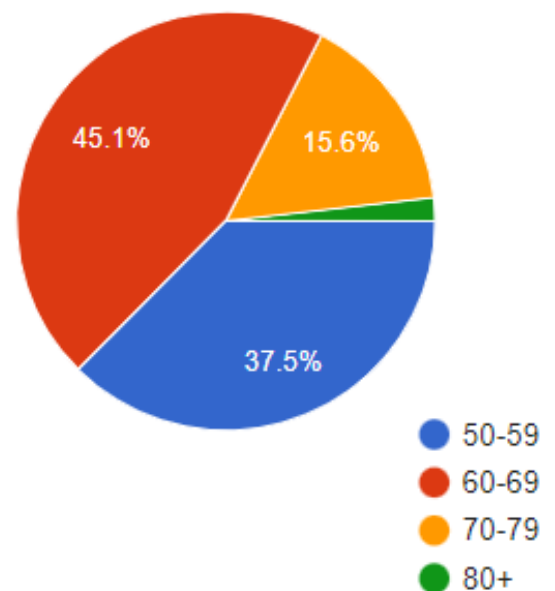
What gender identity do you identify with most?

550 responses



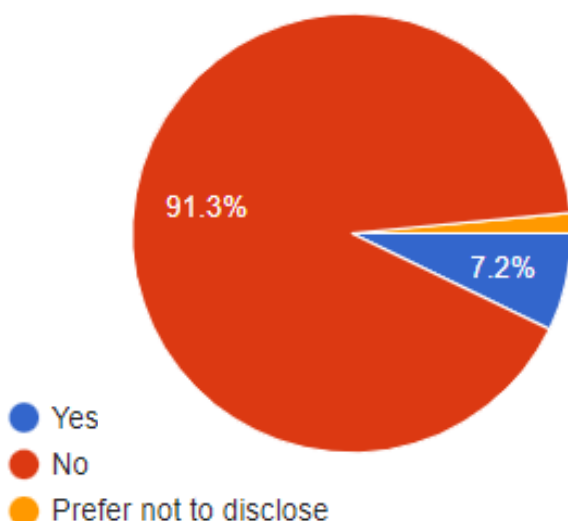
How old are you?

554 responses



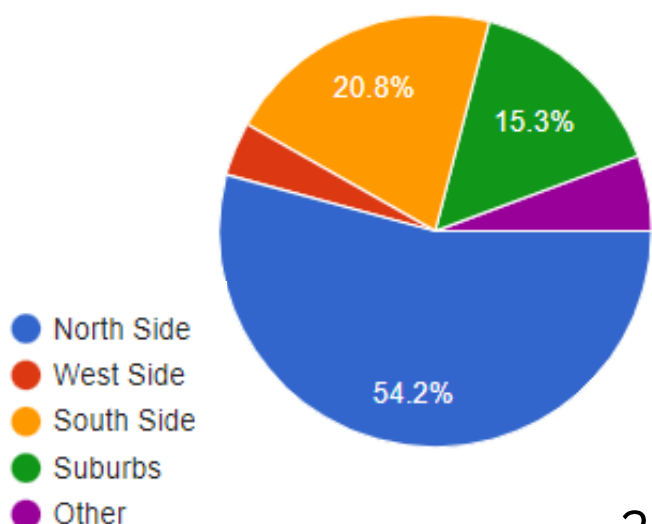
Do you identify as transgender?

545 responses



What area of Chicago do you live in?

552 responses



Aging Services Survey

Program Interests

538 responses

