

Presented by the Naperville and Lisle Townships TRIAD
and the City of Naperville

HEALTHY WEALTHY WISE &

2020 Virtual Senior Conference

For more information or to register, visit www.naperville-lisle-triad.org



Senior Health 20 20

A clearer vision for moving ahead . . .

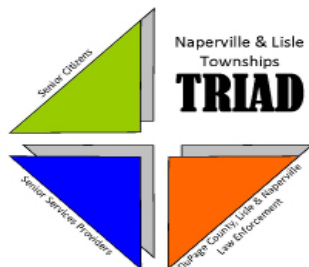
Friday, September 18, 2020 | 10 a.m. | Zoom Webinar

A local Panel of Health Professionals will share their wisdom to help you:

- De-mystify Covid-19, Influenza, infectious disease and our immune systems.
- Identify ways to retain peace of mind and thrive in turbulent times.
- Understand why your health is more important today than ever before.
- Examine ways to shower your family, friends and community with love in a touchless, socially-distant society.

**Remain online as the Naperville Senior Task Force introduces
Technology Assist Naperville (TAN) and the formation of
Community-wide Senior Networking Groups**

Raffle prizes available following the conclusion of the program



The Reverend Verna Maria Fair



The Reverend Verna Maria Fair is the Rector of St. John's Episcopal Church in Naperville and has served that congregation for nearly 14 years. One of her greatest joys has been assisting in the spiritual nurture and growth of the St. John's congregation, and helping them continue an active ministry and service to the Naperville community and beyond.

Rev. Fair has been in ordained ministry for almost 40 years, having served churches in a variety of settings - parish ministry, campus ministry, rural, urban and suburban communities, and in military chaplaincy. Having always had a deep desire to serve God and country, Rev. Fair, was commissioned in 1994 as a Lieutenant in the United States Navy. She attended the Naval Chaplains School in Newport, Rhode Island. Upon graduation she received the Naval Leadership Award - one of the Chaplain's School's highest awards. As a Navy Chaplain, Rev. Fair served as Command Chaplain at Marine Corps Base Hawaii, Kaneohe Bay and as Staff Chaplain at Recruit Training Command, Great Lakes Naval Training Center. She is a lifetime member of the American Legion, Naperville Post 43 and has served as the Chaplain of the Naperville Memorial Day Parade.

In addition to pastoring the St. John's Parish, Rev. Fair serves as a Congregational Development Consultant for the Episcopal Diocese of Chicago which helps congregations discover and develop their ministry potential in their parish and neighboring communities.

For rest and refreshment, Rev. Fair enjoys reading, writing, painting, playing Backgammon, and long quiet walks in nature.

Mathew Philip, MD



Mathew Philip MD is a board-certified internal medicine physician with DuPage Medical Group (DMG), who provides care for senior patients, helping them to manage complex, chronic health conditions through DMG's BreakThrough Care Center. He received his medical degree from Northwestern University, Feinberg School of Medicine and completed his residency in internal medicine at the University of Illinois at Chicago.

Dr. Philip believes in treating the entire person (mind, body and soul) with care and compassion, having seen first-hand how deeply a major illness can affect the lives of a patient and their loved ones. Dr. Philip strives to partner with each patient to deliver high-quality, compassionate care while utilizing a holistic, team approach.

Outside of work, Dr. Philip is actively involved in his church and enjoys traveling and participating in medical relief trips.

Dr. Cynthia Guadalupe Penne



Dr. Cynthia Guadalupe Penne received her Doctorate in Clinical Psychology from Adler University in Chicago, IL. Prior to obtaining her doctoral degree, Dr. Penne attended Aurora University where she received her Master of Business Administration with a concentration in leadership and Bachelor of Arts in Criminal Justice.

Dr. Penne has a deep-rooted compassion for helping individuals affected with a wide range of social, cognitive, emotional and behavioral challenges and specializes in bilingual care for individual, couples, family and group psychotherapy for adults. As a Health Psychologist at SamaraCare Counseling, Dr. Penne is a believer in focusing on total mind-body wellness as a means of healing and providing culturally competent therapy incorporating her clients' values into their work together in a safe and non-judgmental environment.

Dr. Penne works toward building community through individual and organizational work and has previously served as a Commissioner for the Fox Valley Park District Board, and sat on the board of directors for the City of Aurora Disabilities Commission and the Hispanic Heritage Advisory Board. Dr. Penne is also a member of the American Psychological Association, Illinois Psychological Association and the American Society of Clinical Hypnosis.

About Triad

The Naperville and Lisle Townships Triad has been serving seniors in the community for more than ten years through a collaborative partnership between law enforcement, senior citizens and community groups. Triads have formed in communities throughout Illinois and the nation to promote crime prevention for older adults. The groups empower seniors to be more involved in community programs and educational seminars and focus on the importance of health and safety. Triad aims to enhance the quality of life for all senior citizens. Please visit www.naperville-lisle-triad.org.