

Winter 2012

Stickney Township Office Locations

SOUTH

5635 State Road
Burbank, IL 60459
708/424-9200

NORTH

6721 W. 40th Street
Stickney, IL 60402
708/788-9100

CENTRAL

4949 S. Long Avenue
708/458-4126

LOUIS S. VIVERITO SENIOR CENTER OFFICE ON AGING

7745 S. Leamington
Burbank, IL 60459
708/636-8850

WEBSITES

www.townshipofstickney.org
www.stickneypublichealthdistrict.org

NEW

Township Establishes Prescription Drug Discount Program
(see page 2 for details)

SUPERVISOR'S MESSAGE

New Year, New Opportunities

A new year often brings with it, a chance for reflection, renewed enthusiasm, and a desire to do a little bit better. With that in mind, let this year be the one you and your family take advantage of the opportunities available right here in your own backyard. Stickney Township offers a variety of programs and services that help nurture both body and spirit.



Our newly renovated Medical Center continues to provide affordable, convenient healthcare including physical checkups, immunizations, dental care, behavioral healthcare and a variety of other services for residents of any age.

Our preschool is a wonderful and affordable way to provide children with strong learning foundations, and our youth programs offer innovative ideas to keep kids engaged and entertained during the summer.

We maintain three mealsites that serve township seniors with nutritious lunches, and provide regular programming for exercise and many social activities. We house senior clubs, invite local businesses and agencies in to educate on issues relevant to our elderly population, and we try to address specific topics to help seniors maintain an independent living style as long as they are able.

These are just some of the services offered at little or no charge to our residents and we'd love to see even more of you participate regularly. In this tough economy, and in an environment of diminishing government services, we are fortunate to be able to offer the array of services that we do. As you peruse this issue of *News and Views*, consider stopping into one of our facilities soon — and be sure to invite a friend or family member along.

Wishing you and your loved ones a year of health, prosperity and opportunity.

— Louis S. Viverito

Township Offers New Prescription Drug Discount Program



*Stickney Township is joining other Townships throughout Cook, Lake, DuPage and McHenry Counties in offering the Coast2Coast Rx Card, a **FREE** prescription drug card that can benefit your entire family.*

While the card is generally for people without health insurance, in some cases it may offer better pricing than certain health insurance plans. So it is important for residents to compare pricing whether or not they have insurance. Plus, some medications might not be covered in health plans that are covered by the Coast2Coast Rx Card.

Here are some of the Coast2Coast Rx Plan Highlights:

- 59,000 participating pharmacies including chains and independents
- Over 60,000 drugs included in the formulary
- Savings of up to 65% on brand name generics
- Card is good for the entire family
- Card has no expiration date and may be used as often as needed
- Card is good for pet prescriptions at a participating pharmacy



Stop by Stickney Township offices to pick up your free Coast2Coast Rx discount prescription card today. Most pharmacies in the Township have cards available. To download your discounted prescription card go to: www.coast2coastrx.com/go to print free card/go under township and make sure to download the Stickney Township Card.

THE COAST2COAST Rx CARD IS NOT INSURANCE AND NOT INTENDED TO REPLACE INSURANCE.

Seniors and Children Participate in Intergenerational Programs

The Stickney Township Office on Aging and the Stickney Township Youth Commission continue to work together to create intergenerational programs for the seniors and children in Stickney Township. Intergenerational programs take place at both the LSV Senior Center as well as the North Clinic. These programs involve the seniors and the children working together to bridge the gap between the generations. Past activities have included flower planting, flag making, story time, attending entertainment performances and participating in an ice cream social. In addition, the children from the Youth Commission preschool programs sing to the seniors at LSV and the North Clinic at various times throughout the year.



The seniors from the North Clinic and the children from the Youth Commission's Kiddie Play Tyme program display the flowers they planted together during an intergenerational program sponsored by the Stickney Township Office on Aging and the Stickney Township Youth Commission.

The handprints of seniors and children are displayed on a flag that was created during an intergenerational program at the LSV Senior Center sponsored by the Stickney Township Office on Aging and the Stickney Township Youth Commission.



Openings for Kiddie Play Tyme Preschool

The Stickney Township Youth Commission's Kiddie Play Tyme Preschool Program is a progressive program consisting of four eight-week sessions throughout the school year. This affordable program is held at the North Clinic, 6721 W. 40th Street, in the Village of Stickney.

The KPT Preschool Program promotes kindergarten readiness and is designed to provide children with an opportunity to explore, play and create while enjoying a variety of activities in a safe environment. Weekly themes centered on letters, numbers, shapes and color recognition involve the use of toys, games, puzzles and art materials to explore different ways for children to learn, play and use their imaginations. Creative expression is encouraged through crafts, music and dramatic play, and age-appropriate social skills are developed. Children 2½-5 years of age are eligible for the program and all children must be toilet trained.

Sessions run as follows: Session 3: January 16-March 9; Session 4: March 12-May 11, 2012. 2½-3 year old children meet on Tuesdays and Thursdays and 4-5 year old children meet on Mondays, Wednesdays, and Fridays. There are two class times per day to choose from, 9:00-11:00 am and 12:30-2:30 pm.

The cost is \$25 per child per session for 2½-3 year old children and \$30 per child per eight week session for 4-5 year old children. Parents who present with a valid IDHS issued medical card showing the parent (not just the child) as the insured will pay half the cost of each session (either \$12.50 or \$15.00).

Some openings are still available. Documentation required for enrollment includes child's birth certificate, current immunization record and completed enrollment packet. This program is limited to residents of Stickney Township.

For more information please call Linda Hinker, Director, at 708.788.8122 or 708.788.9100 ext. 4012.

Get Fit in 2012



Beginning in January, Stickney Township Office on Aging will offer two new great exercise classes geared to older adults.

Mondays • 12:30-1:30pm
LSV Senior Center

BENEFITS OF YOGA:

- Brings balance and harmony to the body, mind and spirit.
- Helps with strength, flexibility, range of motion and balance.
- Calms the mind, as well as reduces stress and anxiety.
- Revitalizes the body and mind; slows heart rate and lowers blood pressure.
- Helps to alleviate lower back pain; increases circulation; strengthens and tones muscles.
- Helps to detoxify the body; improves function of internal organs; balances muscular system; increases metabolism and energy.
- Can help reduce depression, stress and insomnia.

Senior citizens age 65 and older represent the fastest growing population sector in the U.S. The basic tools of yoga, such as relaxation breathing and gentle postures, offer a powerful and accessible means to enhance quality of life and to ease suffering caused by many ailments common to seniors including arthritis, chronic pain and heart disease.

AN INVITATION TO JOIN US...



Stickney Township Office on Aging Director Joan Wileman mingles with seniors taking part in the lunch and bingo program offered five days a week at the Louis S. Viverito Senior Center.

Maybe you're new to the neighborhood or maybe you've lived here for years but neglected to look into the types of services and programs provided for seniors living and thriving in Stickney Township.

Either way, we invite you to take time to learn about us this year. Here are just a few highlights:

Our **FREE TRANSPORTATION PROGRAM** is available to seniors over the age of 60 and offers rides to medical appointments (*within a 5 mile radius*), shopping, our senior centers, and other miscellaneous trips. Provided Monday-Friday, the buses offer alternative transportation that will meet the needs of our riders. If you are unable to drive, have a far walk from your car to your doctor's office, or you can't afford upkeep of a car and insurance, this program is here for you to take advantage of. Please call Kathy at 636-8850 for more information about this great service.

HOT MEALS are provided at our LSV Senior Center as well as North and Central Clinics for a \$2 donation. This is a great way to meet new friends,

reminisce with old neighbors, play a few games of bingo, or just take a day off from cooking!

Our **LSV SENIOR CENTER** allows us to also provide **PROGRAMS** such as exercise classes (*now offered four days a week*), art class, craft class, computers, pool table, club meetings, line dancing instruction, speakers, parties, assistance with benefit programs (*available at all 3 sites*), and so much more.

Our **CASE COORDINATION UNIT** offers in-home assessments for those who need assistance to continue to maintain semi-independence and stay in their own homes. We also assist caregivers of parents, spouses, or loved ones by providing support groups, a resource library, one-on-one counseling, and classes on caregiving issues.

We have **CASEWORKERS** trained to assist victims of Elder Abuse. Many victims are suffering in silence. If you are a victim of abuse or know of a victim, call 636-8850 for assistance or the Illinois Dept. on Aging hotline at 1-866-800-1409.



Get Fit in 2012

Fridays at the LSV Senior Center

ZUMBA FITNESS® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a “fitness-party” that is downright addictive.

The Zumba program attracts people of all shapes, sizes and ages. Give it a try, we guarantee you'll have fun, get fit and see your energy levels soar!

Call 708/636-8850 for more information.



Tuesdays • 9 a.m. • North Building
Tuesdays/Thursdays • 12:30 p.m. • LSV

Move through a variety of exercises designed to increase muscular strength, range of motion and improve abilities for daily living and relaxation. A chair is used for seated and/or standing support.

Call 708/636-8850 for more information.

SENIOR CLUBS Locations & Calendars

Get together with old friends and make a few new ones.
New members always welcome.

LSV SENIOR CENTER

Nutri-B's

Mondays, 9am

Burbank Senior VIP's

Wednesdays, 12:30pm

Silver Circle

Wednesdays, 11am

Seniors on the Go

2nd & 4th Tuesdays, 12pm

NORTH

Stickney Golden Age Club

Wednesdays, 12 pm

Stickney Senior Club

Thursdays, 11am

CENTRAL

Golden VIP's of Central

Stickney

Thursdays, 10am



Thank You

Special thanks to the Martinkus family for their generous donation of \$1,400 to the LSV Senior Center in memory of their mother, Pat Martinkus.

Pat was a frequent visitor at the Senior Center and said that attending programs gave her happiness and the ability to meet new friends.

The donation will be used to sponsor a “Super Bingo” in Pat's memory (she loved bingo!) and to supplement exercise programs

DIRECTORY OF SERVICES

The following is information regarding the many services available to Stickney Township residents. We encourage you to take advantage of these services and to contact us at our main number at (708) 424-9200 with any further questions.

ANIMAL CONTROL

424-9200 ext. 2123 Monday through Friday, 7:30 am to 4 pm
237-8962 24-hour non-emergency voice mail

CASE COORDINATION

636-8850 • Assessment of service needs, coordination and monitoring of in-home community care for persons over 60.

CLINICS/COMMUNITY CENTERS

Medical services are available for township residents (no appointments necessary) at three health centers. Each location is staffed with a physician and registered nurses. A township identification card is required at all locations.

DENTAL CARE (for 55+ residents)

South/424-9200 • Central/458-4126 • North/788-9100

DENTAL CARE (for elementary school children)

South/424-9200 Call for location of mobile dental trailer. •
Central/458-4126 • North/788-9100

ENVIRONMENTAL HEALTH

424-9200 • Restaurant inspections, food permits, nuisance complaints, pest control.

GENERAL ASSISTANCE

424-9200 • Assistance in meeting basic living expenses. Referral service to appropriate aid agency.

TEMP. HANDICAPPED PARKING CARDS

424-9200

HIGHWAY DEPARTMENT

424-5570 • Street sweeping, snow removal, street lighting, sewer cleaning, branch pick-up for unincorporated areas only.

BEHAVIORAL HEALTH

424-9200 • Family counseling services, group and individual treatment, psychiatric consultation — on sliding scale fee basis. Call for appointment.

MINI-BUS

424-9221 • For 60+ seniors and the handicapped.

OFFICE ON AGING

636-8850 • Provides services to residents over the age of 60 and their families in order to help the older person remain independent and in the community for as long as possible. Programs offered include: Information and Assistance, Senior Advocate (benefit programs such as Circuit Breaker, pharmaceutical programs, energy assistance), home delivered meals, case management, transportation, home help referrals, Caregiver Specialist, Elder Abuse Intervention and volunteer opportunities.

CONGREGATE NUTRITION & SOCIAL/ RECREATION SITES

Louis S. Viverito Senior Center/636-8850, 7745 S. Leamington
Central Mealsite/458-8855, 4949 S. Long
North Mealsite/788-9100, 6721 W. 40th Street

PODIATRY (Call for an appointment)

South Clinic 424-9200

North Clinic 788-9100

PUBLIC HEALTH NURSING SERVICES

424-9200 • Women's health services: pregnancy testing; counseling and referral services; family planning referral services. Children's Health Services: well baby clinics, immunizations. Nutrition Services: special supplemental food program for women, infants and children (WIC). Communicable Diseases Investigation and follow-up. School Nursing Services: vision and hearing screening and follow-up. Spinal Screening; Chronic Illness; Hypertension, diabetic and cholesterol screening services. Community Care Program provides services for qualified seniors (60 and more) in their home including: personal care, homemaking and skilled care services.

TOWNSHIP ASSESSOR • 788-9100

TOWNSHIP CLERK • 424-9200

TOWNSHIP SUPERVISOR • 424-9200

VOTER'S REGISTRATION

At all three health centers and Louis S. Viverito Senior Center.

PASSPORT APPLICATION

424-9200 • South Building, 5635 State Road, Burbank.

YOUTH COMMISSION

636-8850 • Located in the Louis S. Viverito Senior Center, 7745 S. Leamington, Burbank. Children's programs including Pre K3, Pre K4, and Summer Fun.

YOUTH COMMISSION

788-9100 • Located in the North Clinic, 6721 W. 40th Street, Stickney. Kiddie Play Tyme Program for children 3-5 years of age.

CITY OF BURBANK • 599-5500

VILLAGE OF STICKNEY • 749-4400

VILLAGE OF FOREST VIEW • 788-3429

POLICE AND FIRE EMERGENCY • 911

Join the Stickney Township Medical Reserve Corp Today!

After September 11th and Hurricane Katrina, America witnessed the devastation a disaster could cause. People everywhere asked, "What can I do?" and "How can I help?" A major emergency may quickly overwhelm our responders. Volunteers may be called upon to assist emergency



"Operation White Rabbit" Exercise

workers during an emergency or disaster.

The Stickney Township Medical Reserve Corp (MRC) was started to enhance Stickney Township's emergency preparedness and public health response capabilities by organizing and training volunteers to assist our communities during an emergency and in public health initiatives.

The Stickney Township MRC is recruiting medical and non-medical volunteers.

Volunteers may include: physicians, pharmacists, nurses, EMTs, dentists, mental health professionals, medical technicians, aides, homemakers, college students, teachers, persons who are bilingual, CDL drivers, clerical staff and anyone over the age of 18 who is willing to serve their community.

In the event of an emergency, persons with a

variety of skills and abilities will be needed to help our community.

We encourage you to start this year with a commitment to help your community when it needs you most. If you are interested in joining you can apply online at Illinois Helps at www.emergencycredentialing.net/IL and select Stickney Township MRC as your primary team.

If you have any questions or prefer to complete a paper application, please contact Patricia Kulikauskas, MRC Coordinator by phone at 708-424-9200 or by email at pkulikauskas@stickneypublichealth.district.org.

Let's prepare today for what we may face tomorrow.

NEWS FROM PUBLIC HEALTH

The Health District is planning to offer school physicals on Saturdays during the summer. Watch our website and marquee for details.



Did you know that high blood sugar can decrease your sense of thirst, fooling you into thinking that you may be hungry when really all you need is some water.

The next time you feel like you need a snack, don't reach for that unhealthy treat that may have been tempting you. Instead, have a glass of water. After 20 minutes, you may notice you are no longer hungry. And, if you are hungry, take a little time to consider your options and be sure to make a healthy snack choice.

Diabetes can more than quadruple your risk of serious health complications if you become ill from the flu virus.

The flu vaccine is available now at all of the clinic sites. Take advantage of the opportunity and get vaccinated as soon as possible. It may take a few weeks for you to build immunity after your receive your flu vaccine.

NEW REQUIRED VACCINE FOR CHILDREN

Due to recent pertussis outbreaks (also known as whooping cough), the Illinois Department of Public Health is requiring that all students 6th grade through 12th grade be immunized with Tdap (Tetanus, Diphtheria, and Pertussis). Please have your child immunized as soon as possible to ensure their health and the health of the community.

The Health District is ready to provide this vaccination for a reasonable fee. Checks and cash are accepted but not credit or debit cards. Beat the rush, get your vaccine now, don't wait until the summer. The clinics get exponentially busier as the new school year approaches — increasing your wait time!

Important! Bring your child's updated immunization record. It is needed for this service to be completed.

Pest Control Must Be A Collaborative Effort

Environmental Health Division employees are on the job this winter, trying to keep ahead of rodent problems before they become a nuisance. But it takes a collaborative effort between workers and residents to keep the problem at bay, according to Director of Environmental Health, Michael Katcher.

The following information provides some steps residents can take to help keep their home and neighborhood free from infestation.

SEAL UP!

Seal up holes inside and outside the home to prevent entry by rodents

Mice can squeeze through a hole the size of a nickel, and rats can squeeze through a hole the size of a half dollar! Prevent rodents from entering the home by checking inside and outside the house for gaps or holes.

Where to look for gaps or holes inside your home

- Inside, under, and behind kitchen cabinets, refrigerators and stoves.
- Inside closets near the floor corners.



- Around the fireplace.
- Around doors.
- Around the pipes under sinks and washing machines.
- Around the pipes going to hot water heaters and furnaces.
- Around floor vents and dryer vents.
- Inside the attic.
- In the basement or crawl space.
- In the basement and laundry room floor drains.
- Between the floor and wall juncture.

Where to look for gaps or holes outside your home

- In the roof among the rafters, gables, and eaves.
- Around windows.
- Around doors.
- Around the foundation
- Attic vents and crawl space vents.
- Under doors.

- Around holes for electrical, plumbing, cable, and gas lines.

Fill small holes with steel wool. Put caulk around the steel wool to keep it in place. Use lath screen or lath metal, cement, hardware cloth, or metal sheeting to fix large holes. These materials can be found at your local hardware store. Fix gaps in trailer skirtings and use flashing around the base of the house. If you do not remember to seal up entry holes in your home, rodents will continue to get inside. Outbuildings and garages should also be sealed to prevent the entrance of rodents.

TRAP UP!

Trap rodents around the home to help reduce the rodent population
Choose an appropriate snap trap.

News from Environmental Health

Traps for catching mice are different from those for catching rats. Carefully read the instructions before setting the trap.

When setting the trap, place a small amount of peanut butter (approximately the size of a pea) on the bait pan of the snap trap. Position the bait end of the trap next to the wall so it forms a "T" with the wall. Rodents prefer to run next to walls or other objects for safety and do not like being out in the open.

In attics, basements, crawlspaces and other areas that do not have regular human traffic, set traps in any area where there is evidence of frequent rodent activity. Some rodents, particularly rats, are very cautious and several days may pass before they approach the traps. Other rodents, such as house mice and deer mice, are less cautious and may be trapped more quickly.

Do not use glue traps or live traps. These traps can scare mice that are caught live and cause them to urinate. Since their urine may contain germs, this may increase your risk of being exposed to diseases.

Also place traps in outbuildings and in areas that might likely serve as rodent shelters. Natural rodent predators, such as non-poisonous snakes, owls, and hawks, may also help control and reduce the number of rodents outside the home.

CLEAN UP!

Clean up rodent food sources and nesting sites

Prevent contact with rodents by cleaning up your home or workplace.

Eliminate rodent food sources

- **Be sure to clean up any spilled bird seed.**
- **Never place any type of food on the ground.**
- Keep food in thick plastic or metal containers with tight lids.
- Clean up spilled food right away and wash dishes and cooking utensils soon after use.
- Keep outside cooking areas and grills clean.
- Always put pet food away after use and do not leave pet food or water bowls out overnight.
- Keep bird feeders away from the house and utilize squirrel guards to limit access to the feeder by squirrels and other rodents.
- Use a thick plastic or metal garbage can with a tight lid.
- Keep compost bins as far away from the house as possible (*100 feet or more is best*).

If storing trash and food waste inside the home, do so in rodent-proof containers and frequently clean the containers with soap and water. Dispose of trash and garbage on a frequent and regular basis and pick up or eliminate clutter.

Eliminate possible nesting sites outside the home. Elevate hay, woodpiles, and garbage cans at least 1 foot off the ground. Move woodpiles far away from the house (*100 feet or more is best*). Get rid of old trucks, cars, and old tires that mice and rats could use as homes. Keep grass cut short and shrubbery within 100 feet of the home well trimmed.

The Division of Environmental Health handles complaints regarding pests, mosquitoes and public health nuisances. Contact them with concerns at (708) 424-9200, extension 2123.

Flu Vaccine Still Available

Influenza or "flu" is a highly contagious respiratory illness that causes mild to severe illness. Unlike many other viral respiratory infections, such as the common cold, the flu can cause severe illness and life-threatening complications in many people.

Flu is spread mainly by droplets made when people with flu cough, sneeze or talk. The United States has more than 200,000 hospitalizations each year from the flu and an average of 36,000 deaths per year from the flu. Some people, such as those over 65, young children, pregnant women, overweight people, smokers, and those with health conditions are at high risk for serious flu complications.

The best way to prevent the flu and/or avoid complications is to receive a flu vaccine. The CDC recommends the influenza vaccine for ALL people. If you received a flu vaccination last season, you need another this year. If you are concerned about the vaccine our staff will gladly speak to you about the vaccine. You cannot get influenza from the vaccine. The best way to prevent seasonal flu is by getting a seasonal flu vaccination!

The vaccine is available at all clinic sites during business hours. We will administer the vaccine until our supply is exhausted, so protect yourself soon.

NEWS FROM BEHAVIORAL HEALTH

The Behavioral Health Division continues to provide outpatient mental health services of individual and family therapy to the residents of Stickney Township. Psychiatric evaluations and medication monitoring are also provided for adults. The Behavioral Health Division is accredited and licensed as a medical provider by the State of Illinois. We accept Medicare, Medicaid and private insurance. We implement a sliding scale fee in order to ensure that affordable services are available to all residents.

If you are interested in scheduling an intake appointment, or have any questions, please contact us at (708) 424-9200, ext. 2118.

ACT AGAINST VIOLENCE

Parents Raising Safe Kids

The Behavioral Health Division will be offering an anti-violence training program for parents and caregivers. This program will provide education regarding child development, risk factors for violence, and skills for effective parenting.

The training will be offered in the Spring at the State Road location in Burbank. If interested in signing up for this free program, please contact the Behavioral Health Division at 708-237-8918.

Antibiotics Not for all Infections

Calvin Coolidge was our 30th president from 1923 -1929. In 1924, his 16 year old son, raised a blister on his toes from playing tennis without socks. It soon became infected. Antibiotics of the future did not exist and young Calvin died when the infection invaded his blood.

Today modern antibiotics would quickly clear up the infection. However, in 1924, these antibiotics did not exist. It would not be until the 1940's that the use of widespread antibiotics would be available. Antibiotics are a common household term these days. However, it needs to be remembered that they are strong medicines to be used to treat infections. When antibiotics are used properly, they can make you healthy again.

However, antibiotics are not used to treat all infections. Antibiotics only work against infections caused by bacteria, fungi, and certain parasites. They do not work against infections caused by viruses. Viruses are the cause of colds, influenza and most sore throats.

How many times have you asked the doctor for antibiotics for a sore throat, cough, cold and/or flu symptoms? Many of us expect to receive antibiotics if we feel sick enough to make the time to see the doctor. Nevertheless, if you take antibiotics you don't need, you can end up with more serious health problems. In other words, you may get a disease caused by bacteria that resists the effects of an antibiotic. This is also known as antibiotic resistance.

Antibiotics can't treat the common cold. Colds are caused by viruses and not bacteria. Antibiotics can't treat influenza. Influenza is caused by viruses and not bacteria. The best thing you can do is to let the cold or flu run its course. Sometimes this can take two weeks. If your illness gets worse after two weeks, you should see your doctor.

Only a doctor can prescribe antibiotics. You should talk to your doctor if you think you have more than the cold or flu. Do not take leftover pills from last season's illness. If the doctor determines that you have an infection that deserves antibiotics, take the antibiotics as directed. Complete the entire medication course as prescribed. DO NOT save any pills for future use. If treatment stops too soon some bacteria may survive, re-infect you and then no longer respond to the antibiotics. Again, this is known as antibiotic resistance.

Antibiotic resistance is now considered one of the world's most pressing health issues. Misuse of antibiotics jeopardizes the usefulness of essential drugs. If the misuse of antibiotics continues... the future may be a repeat of the past. 2024 may again have the dire consequences of 1924 because antibiotics may be rendered useless. Help yourself and your family by understanding that antibiotics are not a cure-all and when you do need to use antibiotics take them exactly as directed. We can all be pro-active and avoid a repeat the past!

How many times have you asked the doctor for antibiotics for a sore throat, cough, cold and/or flu symptoms?

Township Offers Cardiac Screening for Young Adults

On April 30, 2009, Robert Regalado, a member of the Reavis High School sophomore baseball team, returned home after practice complaining of a headache. A short time later, Robert was dead.

His mother, Laura Regalado later learned that Robert died of Hypertrophic Cardiomyopathy, also known as HCM, a disease of the heart in which the muscle “hypertrophies” or thickens without any obvious cause. It is the leading cause of sudden death in athletes and young people.

Robert had undergone a basic physical before trying out for the team and was declared fit, but had he undergone an EKG, his condition might have been discovered. Hoping to save other young lives, Laura Regalado urged the Stickney Public Health Department to offer echocardiogram screening.

Frequently there are no signs and symptoms (asymptomatic) associated with HCM until sudden cardiac death. Sometimes there are mild symptoms. These include shortness of breath, chest pain, fatigue, lightheadedness or fainting, or an uncomfortable awareness of the heart beat (palpitations). Some studies suggest there may be an inherited genetic trait associated with HCM. If any of these symptoms have been noted or if there is a family history of sudden death, be sure to inform your health care provider of these facts.

Since HCM is frequently asymptomatic until sudden cardiac death and is the leading cause of death in young athletes, an echocardiogram screening may help to identify those at risk. HCM can be detected with an echocardiogram with 80%+ accuracy. Detection of this condition is a key component in the prevention of sudden cardiac death.

An echocardiogram screening is a non-invasive ultrasound that is painless, easily tolerated, and quick — about a minute or two to perform. Stickney Public Health District schedules the procedure and will give you a time to return for the screenings. The screenings are performed by “Agape Global Outreach” which is a Chicago based company whose motto is “We Bring Health Care In Your Reach.”

The cost of the screening will be absorbed by the Stickney Public Health District during a promotional time period. Screenings will be routinely offered to high school students presenting for school and sports physicals, but are also available if the physical has already been completed for the 2010/2011 school year. Screenings are not completed at the time of a physical exam. If you have a high school student who wishes to have this screening completed, please call for an appointment. Screenings are performed at the north and south sites.

For appointments call:
Jackie/South, 708-424-9200
Melissa/North, 708) 788-9100

This is a unique opportunity and a health benefit offered to Stickney Township residents.

FREQUENTLY ASKED QUESTIONS

When should I arrive for the screening?

You need to arrive 20 minutes prior to your scheduled time to complete some paperwork.

Do I need a parent?

If you are not 18 years of age, you need to bring your parent or guardian. If your parent or guardian has completed power of attorney forms that are on file already, you

may be accompanied by the appointed pre-authorized person on file.

What should I wear?

Please wear a button down shirt/blouse or a v-neck top so you will not have to disrobe for the screening.

Who gets the results of my health screening?

The results of your health screening will be mailed directly to the parent/guardian or adult receiving the screening directly. The Health District will also receive a copy for your records.

What is the expected wait time for the results?

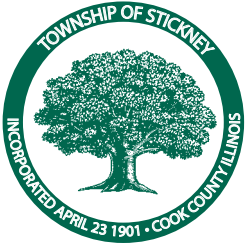
You should receive screening information and results within 2 to 3 weeks. This allows adequate time for a board certified physician to review the screening, send their recommendation to Agape Global Outreach, and for Agape to prepare the information to be mailed.

Is this the same as a 2-D Echo?

No. This is a screening to measure the thickness of the heart muscle and is particularly useful in detecting HCM. The cost of this screening is \$25 each (paid by Stickney Public Health District), where a 2D echo could run anywhere from \$400 to \$1200 when performed.

STICKNEY TOWNSHIP NEWS & VIEWS

5635 State Road
Burbank, IL 60459
708/424-9200



PRSR STD
U.S. POSTAGE
PAID
BURBANK, IL
PERMIT NO. 6

Information for residents of the City of Burbank, Villages of Forest View and Stickney, Central Stickney and Nottingham areas.

Stickney Township Officials *'Working For You'*



Louis S. Viverito
Supervisor



Ettore "Hector" Cesario
Clerk



Kenneth E. Polivka
Assessor



Matt Boruch
Highway Commissioner



Louise Zelinski
Trustee



Larry Baker
Trustee



Edward A. Wadas
Trustee



Frank Pajek
Township Collector



Donna R. Galeher
Trustee

TOWNSHIP OFFICE CLOSINGS

Monday • February 20
President's Day

Monday • May 28
Memorial Day

Wednesday • July 4
Independence Day

Monday • September 3
Labor Day

*Wishing Our
Residents a
Healthy and
Happy New Year*

