

# Senior News

Winter 2012

Programs and Services from Stickney Township Office on Aging

## A Message From Township Supervisor

**Louis S. Viverito**

I hope this holiday season was a happy and healthy one for you and your loved ones. Stickney Township Office on Aging looks forward to serving you in the coming year and hopes to continue to provide our seniors with the tools they need to live comfortably and independently. Though our programs and numbers continue to grow steadily, we know there are still many residents who may be unaware of the array of services we provide. This year, as you continue to take part in our programs be sure to bring along a friend!

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 busses offer alternative transportation that will meet the needs of our riders. If you are unable to drive, if you have a far walk from your car to your doctor's office, if 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 (expanding to four days a week in 2012), 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 also have **CASEWORKERS** trained to assist victims of Elder Abuse. Many victims are suffering in silence. If you are a victim of abuse or know someone who may be being abused, call 636-8850 for assistance or the Illinois Dept. on Aging hotline at 1-866-800-1409.

**Stickney Township Establishes NEW Prescription Drug Discount Program**

(see page 2 for details)

### LOUIS S. VIVERITO

Township Supervisor

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## Township Offices

### 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  
Chicago, IL 60638  
708.458-8855

### LOUIS S. VIVERITO SENIOR CENTER

7745 S. Leamington Avenue  
Burbank, IL 60459  
708.636-8850

### WEBSITES

[www.townshipofstickney.org](http://www.townshipofstickney.org)  
[www.stickneypublichealthdistrict.org](http://www.stickneypublichealthdistrict.org)

## Township Holiday Closings

### Monday, 1/2

New Year's Holiday

### Monday, 2/20

President's Day

### Friday, 4/6

Good Friday



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## We Salute Our Generous Neighbors

Donations are greatly appreciated and used to assist in providing a variety of services for seniors.

Thanks to the following for their generous contributions:

### MINI-BUS

Helen Creighton  
Mr. & Mrs. R. Dale  
Frances Dudash  
Susan Dvorak  
Dolores Farbin  
Mr. & Mrs. F. Formella  
Florence Frasch  
Dolores Hartzheim  
Irma Kaulins  
Valerie Masiulewicz  
Mr. & Mrs. R. Papiernik  
Mildred Riha  
Carol Stone  
Johanna Weitzel

### SENIOR CENTER

Ann Baffin  
Bernice Bubel  
Viola Moore

Thanks, again, to all who donate to our Troops.

### MAIL DONATIONS TO:

Stickney Township Office on Aging  
7745 Leamington Ave.  
Burbank, IL 60459

Please make checks payable to Stickney Township Office on Aging and indicate how you want your donation used.

Funds (in part) for this publication were provided through an award from Age Options under the Title III of the Older Americans Act as administered through the Illinois Department on Aging and Federal Administration on Aging.

## Township Offers 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](http://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.

## Free Tax Help is Available!

AARP Foundation Tax-Aide is available free to taxpayers with low and moderate income, with special attention to those 60 and older. Through a cadre of trained volunteers, AARP Foundation Tax-Aide has helped individuals for more than 40 years in every state. Tax forms are completed on an appointment basis only, please call 708/636-8850 to schedule an appointment.

### Become a Volunteer...

AARP Foundation Tax-Aide seeks volunteers for the 2012 tax season. You don't have to be an AARP member or have any experience doing taxes in order to volunteer — just a knack for numbers and a desire to help others. Volunteers will receive free training in December and January. Once trained, they work a few hours a week from late January through mid-April, interacting with clients by filling out tax returns. Call 708/636-8850 for more information.

## Office on Aging Sponsored Fairs Bring Information & Services to Community



This fall STOA sponsored two community fairs. In October, seniors learned about keeping themselves safe from fraud, and in November the annual Health and Caregiver Fair provided residents with free health services and information about resources available in the Township. Visiting Angels raffle winner Flo Kerwin received a \$50 gift certificate to Walgreens at the Health and Caregiver Fair.



## THANK YOU

To participants in our 2011 Community Health and Caregiver Fair!

21st Century Chiropractic  
 A Touch of Grace Hospice  
 Alvernia Manor Senior Living  
 Beltone Hearing Care Centers  
 Bridgeview Health Care Center  
 Central Health Care, Inc.  
 Comfort Keepers  
 Cook County Sheriff's Office  
 Costco  
 D.M.E. Health Services  
 Dissette Investment Services  
 Fitzsimmons Home Medical  
 Franciscan Village/Mother  
 Theresa Home  
 Freedom Alert  
 Goodwill Health Care Services & Staffing, Inc.  
 Guardian Medical Monitoring, Inc.  
 Healthcom, Inc.  
 Help at Home  
 Home Instead  
 Homewatch Caregivers  
 Illinois State Treasurer  
 J Care Home Medical Supplies  
 Live Right Senior Care  
 Marquette Bank  
 Moraine Court Supportive Living  
 PACE Suburban Bus  
 Senior Helpers  
 Sertoma Speech and Hearing  
 State Bank of Countryside  
 Stickney Public Health District  
     Environmental Health Division  
 Stickney Public Health District  
     Behavioral Health Division  
 Stickney Public Health District  
     Nursing Division  
 Stickney Township Office on Aging  
 The British Home  
 Visiting Angels  
 Waddell & Reed Financial Services  
 WellCare Health Plans  
 World Financial Group

# Get Fit in 2012

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

## Yoga with Jana

**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.



# Schedule of Activities

## Louis S. Viverito Senior Center

7745 Leamington Ave., Burbank, IL • 708/636-8850  
Congregate Meals • 5 Days a Week at 11:30 a.m.

- Mondays:** Pinochle, 8:30-11:30 a.m.  
Yoga, 12:30-1:30 p.m.
- Tuesdays:** Pinochle, 8:30-11:30 a.m.  
Line Dancing, 10-11:30 a.m.  
Exercise, 9-9:45 & 12:30-1:15 p.m.  
Bingo with Lunch, 9:45-11:30 a.m.  
Poor Man's Poker, 12-3 p.m.
- Wednesdays:** Pinochle, 8:30-11:30 a.m.  
Poor Man's Poker, 8:30 a.m.  
Craft Class, 12 p.m.  
(meets every other Wednesday)
- Thursdays:** Pinochle, 8:30-11:30 a.m.  
Exercise, 9-9:45 and 12:30-1:15 p.m.  
Line Dancing, 10-11:30 a.m.  
Bingo with Lunch, 9:45-11:30 a.m.  
Painting Class, 9 a.m.-12 p.m.
- Fridays:** Pinochle, 8:30-11:30 a.m.  
Poor Man's Poker, 8:30 a.m.  
Zumba, 10-10:45 a.m.  
Movie Time, 12:30 p.m.



**Parties  
book quickly!  
Call to reserve  
up to one  
month in  
advance**

### MONDAY, JANUARY 2

Building closed.

### FRIDAY, JANUARY 6

New Year's Party, 10 a.m. Entertainment featuring Tiffany Ellen. Please register in advance.

### WEDNESDAY, JANUARY 18

Beat the Winter Blues Bingo, 9:30 a.m.

### MONDAY, JANUARY 23

Pool Tournament, 9:30 a.m. Must register in advance. \$7 fee.

### FRIDAY, FEBRUARY 3

Council on Aging Meeting, 9:30 a.m.

### WEDNESDAY, FEBRUARY 8

Senior Center Advisory Committee Meeting, 9:30 a.m.

### TUESDAY, FEBRUARY 14

Valentine's Day Party, bingo 9:30 a.m.

### MONDAY, FEBRUARY 20

Building closed.

### WEDNESDAY, MARCH 14

Senior Center Advisory Committee Meeting, 9:30 a.m.

### FRIDAY, MARCH 16

St. Patrick's Day Party, 9:30 a.m. Featuring the 45's and special appearance by Teddy the Dog. Join the 45's for a morning of humor and great music!

# Schedule of Activities

## THURSDAY, APRIL 5

Easter Party, bingo, 9:30 a.m.

## FRIDAY, APRIL 6

Building closed.

## THURSDAY & FRIDAY, APRIL 19 & 20

AARP Driver Safety Course, 12-4 p.m.

### **North Building**

6721 W. 40th St., Stickney, IL • 708/788-9100, ext. 27

Congregate Meals Tuesday/Friday, 11:30 a.m. • Exercise Tuesday, 9-9:45 a.m.

3rd Monday of every month, Horseshoe Casino, 8:30 a.m.

Wednesdays, Stickney Golden Ager's Club • Thursdays, Stickney Senior's Club

## TUESDAY, JANUARY 24

Beat the Winter Blahs — Wear PJ's! Free bingo card, Free cereal and bananas, 9 a.m. Must sign up for lunch at 11:30 a.m.

## TUESDAY, FEBRUARY 7

North Mealsite Advisory Committee Meeting, 9:30 a.m.

## TUESDAY FEBRUARY 14

Valentine's Day Party. Bingo 9:15 a.m., featuring entertainment by Jerry Armstrong, 10:30 a.m. Lunch at 11:30 a.m.

## FRIDAY, MARCH 2

Council on Aging Meeting, 9:30 a.m.

## TUESDAY, MARCH 6

North Mealsite Advisory Committee Meeting, 9:30 a.m.

## FRIDAY, MARCH 17

St. Patrick's Day Party, 9:30 a.m. Wear all green or red for free bingo card.

## TUESDAY, MARCH 20

Welcome Spring! Bingo, 9:15 a.m., 10:30 a.m., entertainment by Mr. Dayeo Edison, 11:30 a.m., lunch.

### **Central Building**

4949 S. Long Ave., Chicago, IL • 708/458-8855

If you're over the age of 60 and live in Central Stickney, come join your neighbors for bingo and lunch every Monday. Bingo starts at 10:30 a.m. and lunch is served at 11:30 a.m. Cost for lunch is \$2.00. Call 708/458-8855 on Mondays or Thursdays for more information and to register.

## MONDAY, JANUARY 16

Super bingo and free lunch.

## MONDAY, FEBRUARY 13

Super bingo and free lunch.

## MONDAY, MARCH 19

Super bingo and free lunch.

## MONDAY, MARCH 26

Central Stickney Advisory Committee Meeting, 9 a.m.

Senior News Winter 2012

# Get Fit in 2012

## ZUMBA® Fitness Program

Fridays

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. Since its inception in 2001, the Zumba program has attracted people of all shapes, sizes and ages. When participants see a Zumba class in action, they can't wait to give it a try.

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! CALL FOR START DATE.

## Arthritis Exercise

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.

**PLEASE CALL FOR  
START DATES.**

# In Memory Of



Henrietta Baltikas  
Tadeusz Banach  
Rosemary Browne  
Cleo Dean  
Joseph Edwards  
Dolores Ferrini  
Mildred Heinen  
Elizabeth Kiesling  
Frank Krol  
Anne Lideika  
Bernice Niewiadomski  
Dorothy O'Connor  
Kathleen Russell  
James Studnicka  
Elizabeth Wagner

## Halloween Party and Costume Contest at the LSV Senior Center



### SENIOR CLUBS

#### Locations & Calendars

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

### Check Your Blood Pressure

#### NORTH MEAL SITE

8:30 a.m. • January 24, February 28, March 27

#### LSV SENIOR CENTER

9:30 a.m. • January 23, February 27, March 26

# North Clinic Seniors, Kids Team Up for Project



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

## Illinois Cares Rx/Circuit Breaker Program

**How Illinois Cares Rx and Circuit Breaker Programs Works for People with Medicare:**



### ILLINOIS CARES RX

- To get full benefits you must be enrolled in one of the Medicare Part D plans that work with Illinois Cares Rx (called **coordinating plans**).

**If you are enrolled in a coordinating Medicare Part D plan, Illinois Cares Rx will:**

- Pay the monthly premium,
- Cover the deductible, and
- Reduce your cost (co-pays) for all medications that are on your coordinating plan's list of drugs (called a formulary).

### Circuit Breaker benefits include:

- A \$75 discount on your license plate fee.
- A Circuit Breaker grant check if you pay property or mobile home taxes, rent, or if you rent or live in a nursing, retirement or shelter care home that was subject to property taxes in 2010.
- Transfer card for the Circuit Breaker Ride Free program to ride free on all fixed-route public transit systems in Illinois. To qualify you must be enrolled in Circuit Breaker and be aged 65 or older OR age 16 or older with a qualifying disability.

### To qualify for the 2012 benefit year your 2011 household income:

HOUSEHOLD SIZE	FOR ILLINOIS CARES RX	FOR CIRCUIT BREAKER
<b>One person</b> (yourself)	\$21,780	\$27,610
<b>Two persons</b> (yourself and a spouse* or yourself and a qualified additional resident)	\$29,420	\$36,635
<b>Three persons</b> (yourself, spouse* and at least one additional resident*, or yourself and at least two qualified additional residents)	\$37,060	\$45,657

\* If your **spouse** lived with you in 2011, you must include his/her income.

\* A **qualified additional resident** is someone other than your spouse who is currently living in your household for whom you provided more than half their financial support in 2011. Do not count the income of a qualified additional resident.



7745 S. Leamington Ave.  
Burbank, IL 60459  
708.636-8850

PRSRT STD  
U.S. POSTAGE  
**PAID**  
OAK LAWN, IL  
PERMIT NO. 6

## Please Support the Stickney Township Council on Aging

The Stickney Township Council on Aging provides financial support to programs benefiting the frail, homebound elderly, and legislation which benefits all Township seniors. Meetings are held on the first Friday of each month.

Your \$2 can make a difference. To renew your membership for 2012, mail the application below along with \$2 per person membership fee to the address below. Out of area residents must apply to remain on the mailing list. Thank you.

**PLEASE DO NOT INCLUDE ANY OTHER PAYMENT OR DONATION WITH YOUR MEMBERSHIP.  
DUPLICATE REQUESTS RECEIVED WILL BE CONSIDERED DONATIONS.**

### STICKNEY TOWNSHIP COUNCIL ON AGING MEMBERSHIP APPLICATION

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City, State, ZIP \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Birthdate \_\_\_\_\_

Annual Dues: \$2.00 Enclosed

New Membership

Membership Renewal

Select one of the following locations:

North  South  Central  Out of Area

Mail along with payment to: Stickney Township Council on Aging • 7745 S. Leamington, Burbank, IL 60459

Members must be 55 years or more. Your contributions and membership dues are tax deductible.

Stickney Township does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Acts; Section 504 of the Rehabilitation Act; the Age Discrimination in employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging.

For information, call 1-800-252-8966 (voice and TDD), or contact the Stickney Township administrator, 708-424-9200, Ext. 2116.