

# Senior News Bulletin

March 2020

## FROM YOUR TOWNSHIP SUPERVISOR



### Congregate Meals and Social Activities Temporarily Suspended Due to COVID-19 Risk to Older Adults

Stickney Township is committed to the health and safety of our residents. Because older adults are among the highest risk population group for becoming seriously ill from COVID-19, locations where

seniors gather such as congregate meal sites and senior centers may increase the risk of transmission and community spread of the virus. The Illinois Department on Aging has requested senior centers to immediately suspend all gathering activities that place our older adults at heightened risk including the provision of congregate meals and social activities conducted in groups settings.

In order to protect the health, safety and welfare of our participants and ensure continuity of essential services **we must suspend all meals at the Township's three senior meal sites and cancel all activities, classes and groups that meet at the senior center sites, effective immediately. We will however, continue to provide any services we are safely able to, including drive-thru meals. (See below for specific information.)**

Information about the COVID-19 virus is changing daily, but in this bulletin we hope to provide some important information to our senior residents about how we can continue to serve them best in these trying times.

### SERVICES THAT WILL REMAIN OPEN:

- ▶ **All Social Services, Adult Protective Services, Information and Assistance** will function as normal.
- ▶ **Mini Bus** – Rides to physician appointments continue to remain a priority and will continue along with shopping trip rides. *(If you are not feeling well please cancel your ride.)* No rides will be scheduled to any of the Township's three senior centers.
- ▶ **Clinic** – Sign-in and appointment procedures will be changed to minimize use of the waiting rooms. Residents will be asked to wait outside of the building after sign-in and will be assessed by phone prior to entering the building. Dental, podiatry and WIC clients will need to call upon arrival to be admitted. Please do not arrive excessively early for any appointment, as the waiting room will not be available. Senior citizens should avoid large gatherings or medical waiting rooms whenever possible. See our website for ongoing updates about COVID-19 and clinic procedures.

### ▶ SENIOR DINING PROGRAM

**A drive-thru meal program has begun for those older adults who would like to continue receiving the congregate meal. Please call the day ahead before noon to register for lunch pick-up for the following day. Instructions follow:**

**Louis S. Viverito Senior Center: Meals served Monday - Friday • Call (708) 636-8850**

Please drive up to the main entrance under the overhang and a meal will be brought out to you.

**North Stickney Senior Center: Meals served Tuesday and Friday • Call (708) 788-9100**

Please park your car in the lot and call (708) 788-9100 to inform staff you are here for your meal. If you do not have a cell phone please use the east entrance to receive your meal from staff.

**Central Stickney Senior Center: Meal served on Monday • Call (708) 636-8850**

Please come to the south door to receive your meal.

**For those participants who are unable to pick up a meal, a home delivered meal is available. Please call (708) 636-8850 for further information.**

For more information visit our websites at [www.townshipofstickney.org](http://www.townshipofstickney.org) • [www.stickneypublichealthdistrict.org](http://www.stickneypublichealthdistrict.org) or find us on Facebook @ Louis S. Viverito Senior Center (STOA).

# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

# STAY ‘WELL CONNECTED’ AT HOME

Well Connected is an award-winning program that offers activities, education, support groups, and friendly conversation over the phone or online for free.

## CONNECT FROM ANYWHERE

Well Connected is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value being connected. All groups are accessible by phone from wherever you are at no cost to you.

## SOMETHING FOR EVERYONE

Whether you like art or zoology, music or meditation, there is a program for you. Each Well Connected session offers groups and classes on a wide range of topics. You're sure to find one that interests you. And Well Connected meets 365 days a year, so there's always a chance to connect.

## HOW DOES IT WORK?

Well Connected members call in via a toll-free number at a set time each week, with some groups also offering the option to connect via computer, tablet, or mobile device. Most groups last 30 minutes to an hour with around 12 participants. Newcomers are always welcome! If you don't feel like talking at first, you're welcome to just listen as long as you've let the group know you're there.

*If you're ready to register, please contact us at 877.797.7299, or [coviaconnections@covia.org](mailto:coviaconnections@covia.org)*

<https://covia.org/services/well-connected/>

Este galardonado programa ofrece actividades, educación, grupos de apoyo y conversaciones amistosas por teléfono o en línea.

## CONÉCTESE DESDE CUALQUIER LUGAR

Well Connected Español es una comunidad compuesta de participantes, empleados, facilitadores, presentadores, y otros voluntarios que se preocupan por los demás y que valoran estar conectados. Todos los grupos son accesibles por teléfono o computadora desde cualquier lugar sin costo alguno.

## ALGO PARA TODOS

Si le gusta el arte, viajes o meditación, hay un programa para usted. Cada sesión de Well Connected Español ofrece grupos y clases con una gama amplia de temas. Es seguro que encuentre un tema de interés. Well Connected Español es ofrecido todo el año y casi todos los días, así que siempre habrá una oportunidad de conectar.

## ¿COMÓ FUNCIONA?

Miembros de Well Connected Español llaman a través de un número de teléfono gratuito en un tiempo establecido cada semana, algunos grupos también se ofrecen a través de la computadora, tabletas, o dispositivos móviles/celular. La mayoría de los grupos duran de 30 minutos a una hora con alrededor de 12 participantes. ¡Siempre aceptamos nuevos participantes! Si no tiene ganas de hablar al principio, solo puede escuchar, siempre y cuando avise que está en la llamada. ¡Está listo para registrarse, póngase en contacto con nosotros marque 877.400.5867 o por correo electrónico a [coviaconnections@covia.org](mailto:coviaconnections@covia.org)

## MATHER TELEPHONE TOPICS

*Register in advance by Calling (888) 600.2560 or emailing [teltopics@mather.com](mailto:teltopics@mather.com). All calls are FREE!*

### **Wellness programs**

Live, guided chair yoga or meditation sessions.

### **Education programs**

History, healthy habits, architecture, and more!

### **Discussion topics**

Join a discussion on sports, movies, and other topics.

### **Music reviews**

Listen and learn about opera, early rock 'n' roll, and other musical genres.

### **Live performances**

Enjoy a live vocal performance or master storytelling session in the comfort of your own chair—with no cover charge!

## BEWARE OF COVID-19 CYBER SCAMS

The Cybersecurity and Infrastructure Security Agency (CISA) warns individuals to remain vigilant for scams related to COVID-19. Cyber actors may send emails with malicious attachments or links to fraudulent websites to trick victims into revealing sensitive information or donating to fraudulent charities or causes. Exercise caution in handling any email with a COVID-19-related subject line, attachment, or hyperlink, and be wary of social media pleas, texts, or calls related to COVID-19.

- Avoid clicking on links in unsolicited emails and be wary of email attachments.
- Use trusted sources—such as legitimate, government websites—for up-to-date, fact-based information about COVID-19.
- Do not reveal personal or financial information in email, and do not respond to email solicitations for this information.
- Verify a charity's authenticity before donating.



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## Underlying Medical Conditions that May Increase the Risk of Serious COVID-19 for Individuals of Any Age

- ▶ **BLOOD DISORDERS** (e.g., sickle cell disease or on blood thinners).
- ▶ **CHRONIC KIDNEY DISEASE** as defined by your doctor. Patient has been told to avoid or reduce the dose of medications because of kidney disease, or is under treatment for kidney disease, including receiving dialysis.
- ▶ **CHRONIC LIVER DISEASE** as defined by your doctor. (e.g., cirrhosis, chronic hepatitis). Patient has been told to avoid or reduce the dose of medications because of liver disease or is under treatment for liver disease.
- ▶ **COMPROMISED IMMUNE SYSTEM** (e.g., seeing a doctor for cancer and treatment such as chemotherapy or radiation, received an organ or bone marrow transplant, taking high doses of corticosteroids or other immunosuppressant medications, HIV or AIDS).
- ▶ **CURRENT OR RECENT PREGNANCY** in the last two weeks.
- ▶ **ENDOCRINE DISORDERS** (e.g., diabetes mellitus).
- ▶ **METABOLIC DISORDERS** (such as inherited metabolic disorders and mitochondrial disorders).
- ▶ **HEART DISEASE** (such as congenital heart disease, congestive heart failure and coronary artery disease).
- ▶ **LUNG DISEASE** including asthma or chronic obstructive pulmonary disease (chronic bronchitis or emphysema) or other chronic conditions associated with impaired lung function or that require home oxygen.
- ▶ **NEUROLOGICAL AND NEUROLOGIC AND NEURODEVELOPMENT CONDITIONS** (including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy [seizure disorders] stroke, intellectual disability, moderate to severe developmental delay, muscular dystrophy, or spinal cord injury).

