

# News & Views

Fall 2020

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

## A Message from Your Township Supervisor

### PANDEMIC UPDATE: SERVICES YOU CAN COUNT ON

2020 has been a year of challenges for us all. The emergence of the COVID-19 virus has upset our day-to-day lives in ways most of us could never have imagined. Our own physical and mental health, as well as that of our families and the senior population has been a growing concern for us all. Adding to the stress, work lives and the education of our children have been disrupted.

During this time I've made it a priority to keep Township services open in a safe and healthy way. Our medical clinics continue to serve the community by offering an affordable option for those who may not have other alternatives. Dental and school physicals, COVID-19 testing and flu shots are currently available by appointment. In addition, the Stickney Public Health District has been active in COVID-19 contact tracing. Our staff makes phone calls to alert individuals who may have come into contact with someone who has tested positive for the virus in an effort to contain the spread in our community.

Our emotional health and well being has also weighed some of us down. Personal struggles can take their toll but we don't have to suffer alone. Behavioral Health Department professionals can offer help to those in need and we offer a variety of meeting options.

To protect seniors from exposure to the virus, the Office on Aging Congregate Meal Program has moved to providing individual curbside meal pick-up at both the North Clinic facility and the LSV Senior Center. In addition, staff have remained focused on following up with homebound seniors regarding their health and safety.

*(Continued inside)*

### **GET YOUR FLU VACCINES NOW!**

Township residents may receive flu shots at all Stickney Public Health District sites. Vaccines are FREE for children (18 and under) and \$20 for adults. Call 708/424-9200.



## BEHAVIORAL HEALTH SERVICES CONTINUE IN STRESSFUL TIMES

*These are certainly challenging times! Anxiety about our health and concerns about our family members can be stressful. Social distancing requirements also creates unique challenges for desired social interaction. There are some things; however, that you can do to stay connected with others. Using technology to stay connected or a phone call to a friend or relative helps. Maintaining a routine, including following your usual sleep schedule and exercising daily is useful, and meditation and relaxation can help to calm anxiety. Each of us can develop effective ways to promote emotional well-being.*

*If you are experiencing difficulties with these challenges, please be aware that the Behavioral Health Division of Stickney Public Health District continues to provide services during the COVID19 pandemic. Individual, couple and family therapy are available. Current services are provided in-person, telephonically, or virtually depending on the needs of the individual. Please be aware that we take your safety seriously and follow CDC guidelines including limited occupancy, wearing of masks, social distancing and regular cleaning and sanitizing during this time.*

*For therapy services, please contact Melinda Antoskiewicz, LCPC at 708-237-8946. If you need brief supportive services, or have further questions, call 708-237-8918.*

# Holiday Turkey Safety Tips

Handling poultry (turkey and chicken) incorrectly and undercooking it are the most common problems that lead to foodborne disease outbreaks linked to poultry. Follow these four tips to help you safely prepare your next holiday turkey meal.

## 1. Thaw Your Turkey Safely

Thaw turkeys one of these ways:

In the refrigerator in a container; In a leak-proof plastic bag in a sink of cold water (change the water every 30 minutes); or In the microwave, following the microwave oven manufacturer's instructions.

Never thaw your turkey by leaving it out on the counter. A thawing turkey must defrost at a safe temperature. When the turkey is left out at room temperature for more than 2 hours, its temperature becomes unsafe. Bacteria can grow rapidly in the "danger zone" between 40°F and 140°F.

## 2. Handle Your Turkey the Right Way

Raw poultry can contaminate anything it touches with harmful bacteria. Follow the four steps to food safety—clean, separate, cook, and chill—to prevent the spread of bacteria to your food, family, and friends.

## 3. Cook Stuffing Thoroughly

Cooking stuffing separately from the turkey in a casserole dish makes it easy to be sure it is thoroughly cooked. If you cook stuffing in the turkey, put the stuffing in the turkey just before cooking.

With either cooking method, use a food thermometer to make sure the stuffing's center reaches 165°F. Bacteria can survive in stuffing that has not reached 165°F and may then cause food poisoning. If you cook stuffing in the turkey, wait 20 minutes after taking the bird out of the oven before removing the stuffing; this allows it to cook a little more.

## 4. Cook Your Turkey Thoroughly

Set the oven temperature to at least 325°F. Place the completely thawed turkey in a roasting pan that is 2 to 2-1/2 inches deep. Cooking times will vary depending on the weight of the turkey. Use a food thermometer to make sure the turkey has reached a safe internal temperature of 165°F. Check by inserting a food thermometer into the center of the stuffing and the thickest portions of the breast, thigh, and wing joint. Even if your turkey has a pop-up temperature indicator, you should still use a food thermometer to check that it is safely cooked.

Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat.

## WE WELCOME NEW STAFF MEMBERS



*Grace Miller, MPH joins the Township as an Emergency Response Coordinator after working as a COVID-19 contact tracer with the Stickney Public Health District. A recent graduate of Capella University with a Masters Degree in Public Health, she brings experience in the healthcare field including service as an EMT-B and a medical assistant.*



*Wanda Crrasquillo is a case manager for the Office on Aging.*



*Jessica Gonzalez, RN, works in the South Clinic and especially enjoys working with pediatric patients.*



*Maricela Pineda, RN, is a Public Health District nurse responsible for tracking community health issues.*

## Meal Programs Operating throughout the Pandemic

The Stickney Township Office on Aging (STOA) offers 2 congregate meal site programs for area senior citizens. The modified pick-up/drive-thru program provides nutritionally balanced meals, which meet nutritional standards by incorporating the Dietary Guidelines for Americans and providing a minimum of one-third of the Dietary Reference Intakes.

Meals are served Monday through Friday at the Louis S. Viverito Senior Center and Tuesdays & Fridays at the North Clinic Senior Center. These programs are available to participants over the age of 60, with no residency restrictions or requirements. Stickney Township has added an additional NEW Monday Meal Day, for Stickney Township residents only, at the North Clinic Senior Center. Meal pick-up times are from 10:30-1:00. Participants must register with the STOA and should call to reserve lunches, the day before by 11:00 and can do so for up to 2 weeks at a time. Each meal carries a suggested donation of \$2.00. While the nutrition program receives federal funding, donations are requested to assist in offsetting the total cost. Donations may be sent on a monthly basis, to the administration building at Stickney Township, 5635 State Road, Burbank, IL 60459.

In addition to pick-up meals, Stickney Township also provides Home Delivered Meals to homebound clients. This program provides a delivered meal to clients on a daily basis, as well as a weekend fresh-box, containing fresh fruits and vegetables, healthy snacks and breakfast items for the weekend. For those who may have a specific dietary need, a secondary home delivered meal option is also available. Stickney Township contracts with Mom's Meals to provide nutritious meals to clients who may have a gluten intolerance or require a renal or pureed diet.

Throughout the pandemic the STOA staff has continued to provide these vital programs to participants in a safe and efficient manner. We are proud to share that during the months of March-August 16,218 Congregate Meals have been served to 487 participants and 39,230 Home Delivered Meals

have been served to 307 Stickney Township clients. We appreciate and encourage continued program participation!

*For more information, please contact the STOA at 708-636-8850.*



## AGING AND DISABILITY RESOURCE NETWORK



### **Office on Aging Social Service Programs:**

As part of the Aging and Disability Resource Network, Stickney Township Office on Aging provides Information & Assistance, Benefits Assistance and Options Counseling Programs to adults age 60 and older, disabled individuals age 18 to 59, and their families. Each day our Specialists answer aging-related questions and connect individuals to local, state, federal and private pay resources.

Our specialists link older adults and their families to programs and services available in the area that meet their individual needs. They also determine which requirements need to be met to qualify for assistance.

### **Some of the benefits that we assist with include:**

- **BENEFITS ASSISTANCE**

Trained staff and volunteers assist and educate older adults about benefits and services.

- **OPTIONS COUNSELING**

We provide in-depth education on options for long-term care, support the decision-making processes, and assist clients with completing the enrollment process for public programs and benefits.

- **SENIOR HEALTH INSURANCE PROGRAM (SHIP)**

SHIP is a free statewide health insurance counseling service for Medicare beneficiaries and their caregivers. SHIP sites assist beneficiaries in finding information and resources about applying for Medicare. Assistance and information about Medicare Parts A, B, C and D, Medicaid, Medicare Savings Programs, Extra Help and Pharmaceutical Assistance Programs can be provided.

### **Find Out If You Qualify for the Following Programs:**

- **MEDICARE PART D EXTRA HELP/LOW-INCOME SUBSIDY TO REDUCE PRESCRIPTION DRUG COSTS**
- **MEDICARE SAVINGS PROGRAMS TO HELP PAY MEDICARE PART B PREMIUMS AND COPAYMENTS**
- **MEDICAID**

### **Programs we can help apply for:**

- **BENEFIT ACCESS APPLICATION**
- **ENERGY ASSISTANCE**

## **A Message from Your Township Supervisor**

*(Continued from page 1)*

Our Pre-K programs are open and following CDC guidelines to provide safe, onsite activities for children. In an effort to assist working parents, the Township Board of Trustees and I have waived fees during this time and these programs are provided free of charge to area residents.

As the Presidential election approaches, the Township Clerk's office provides voter registration assistance and information.

Fully staffing our services is a priority during these uncertain times and to that end, we welcome new staff to the Stickney Township family.

And finally, all of this is done to ensure that that Township services remain something you can count on.

— **Louis S. Viverito**

## **AGING AND DISABILITY RESOURCE NETWORK**

- FURNACE & WEATHERIZATION
- MEDICAID/MEDICARE
- PROPERTY TAX SAVINGS EXEMPTIONS
- SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

### ***How do individuals contact a Specialist?***

For more information or to schedule an appointment with an Information & Assistance Specialist, please call 708-636-8850 email [info@townshipofstickney.org](mailto:info@townshipofstickney.org).

### ***Caregiver Support:***

Support for caregivers continues during the pandemic. Respite services, counseling for caregivers and our popular Caring Crew group now meets virtually.

### **CARING CREW**

**OCTOBER 20TH • NOVEMBER 17TH**

**10:00-11:00 A.M.**

Caregiving is challenging and the COVID-19 pandemic and the need for self-isolation has left the role even more complicated. We are taking our monthly caring crew group online to connect, share tips, and learn from each other. Gathering with other caregivers who assist friends or family helps many not feel quite so isolated in their own situations, and a virtual support group can provide this interaction while eliminating the need to meet in person.

***It's safe and easy to stay in touch from the comforts of your own home.*** Join us via phone or your computer.

### ***Comprehensive Care Coordination:***

We have trained caseworkers with knowledge and experience in the field of aging that can provide older adults and their families with a comprehensive assessment and linkages to services, care planning and ongoing monitoring of services. Our caseworkers can create the best plan of care possible, which may include a combination of programs, resources, and services.

***For any of these services or for more information contact the Office on Aging by calling 708-636-8850 or by email at [info@townshipofstickney.org](mailto:info@townshipofstickney.org).***

***We speak your language: Spanish, Polish and Arabic speaking staff available, if needed.***



November 3, 2020 is election day. Polls are open from 6 am to 7 pm. In person early voting begins on October 19th. For early voting sites and hours visit [www.cookcountyclerk.com](http://www.cookcountyclerk.com) (You do not have to provide a reason for voting early.) If you choose not to vote in person you may do so by mail. Most voters should have received a vote by mail application. If you have not received one, apply online at the Cook County Clerk website.

If you are a first time voter, have recently moved, or had a name change, you need to register to vote. If you are 18 years of age and a U.S. citizen, you could register to vote online through the the Illinois election website at [www.election.il.gov](http://www.election.il.gov), or through Cook County at [www.cookcountyclerk.com](http://www.cookcountyclerk.com).

Online registration ends Sunday, October 18, 2020. If you miss this deadline, you can still register in person at any of the Cook County Clerk's designated early voting locations during grace period registration. Grace period registration requires two pieces of identification, one with a current address. However, grace period registrants must vote and cast their ballot upon registering. And finally, you may still register and vote on election day, but only at the polling place in your home precinct.

# STICKNEY TOWNSHIP NEWS & VIEWS

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



PRSR STD  
U.S. POSTAGE  
**PAID**  
BEDFORD PARK, IL  
PERMIT NO. 1025

*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



**Jay Grider**  
Assessor



**Daniel Paluch**  
Highway Commissioner



**Donna R. Galeher**  
Trustee



**Tony Guleiva**  
Trustee



**Louise Zelinski**  
Trustee



**David Viverito**  
Trustee

### TOWNSHIP OFFICE CLOSINGS

Monday • 10/12/20

**Columbus Day**

Wednesday • 11/11/20

**Veterans Day**

Thursday/Friday • 11/26-27/20

**Thanksgiving Holiday**

Thursday • 12/24

**Christmas Eve** (shortened hours)

Friday • 12/25

**Christmas Holiday**

Friday • 1/1/21

**New Year's Day**

### FREE Pre-K Classes Available at 2 Locations

#### NORTH CLINIC

6721 W. 40th Street, Stickney

Call Dawn 708-788-8122

#### LSV LOCATION

7745 S. Leamington, Burbank

Call Lizeth 708-636-8850, ext.128

A few spots remain open. Children must be 3 by September 1st, 2020 and fully potty-trained.

