

News & Views

Fall 2021

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

FYI:
**Flu Shots
Available**

*Make your appointment
to get your shot today.
Call 708.424.9200*

A MESSAGE FROM YOUR TOWNSHIP SUPERVISOR

Honoring our Veterans and Brave First Responders



Louis S. Viverito

I was surprised at a recent Township board meeting by being presented with an American flag that had been flown in my honor over a military base in Chinhae, South Korea. It was presented to me by a Lyons Township Trustee I've known over the years and who is a commanding officer in the Navy.

I was taken aback and truly touched. As many of you know, I am a Korean War veteran.

However, in my role as Township Supervisor, I'm usually the one recognizing our veterans. Being presented with the flag brought back memories.

I received my draft notice when I was 19. I was just getting ready to marry when my father passed away six days before our planned wedding, forcing us to cancel the celebration, but not the ceremony! We were married at St. David's Church in Bridgeport on November 25, and this year we'll celebrate our 70th anniversary.

I remember my mother saying "You're the oldest. It's best if you go." Four months later I found myself in Incheon, Chuncheon, Wonju and ended up in Sokchori on the 38th parallel. By that time I had turned twenty.

This year, as we recognize our service men and women on Veterans Day, I am reminded not only of the effects of battle—something that is extremely important and that we still grapple with as a nation—but also the toll of separation from family—what it meant to me and others at the time, and how it effects those who currently serve.

I can only imagine that today the threat of the COVID-19 pandemic adds yet another layer of anxiety felt by our service men and women and their loved ones. In addition to thanking and honoring our veterans of past military service this year, my heart goes out to those who currently serve and to their families who await their return.

On another note, this past September marked twenty years since the 9/11 attacks on the World Trade Center and the Pentagon, as well as the loss of United Flight 93.

(Continued on page 3)



Township seniors at the North Community Center learn to make fall wreaths during a craft session with the Stickney-Forest View Public Library in October.

A MESSAGE FROM YOUR TOWNSHIP SUPERVISOR

(Continued from page 1)

As we honor the men and women who gave their lives in service to our country, let us also remember our first responders who do the same.

Many brave emergency workers lost their lives responding to the

9/11 crisis and many others have paid a price in responding to local emergencies. They shall never be forgotten and their families deserve our love and support.

Louis S. Viverito



L to r: Lyons Township Trustee, Michael Porfirio presented a flag that flew over a military base in South Korea to Township Supervisor, Louis S. Viverito, a veteran of the Korean War (as pictured above).

LHEAP Program Helps Pay Utilities

Stickney Township in partnership with CEDA helps you pay utility bills through the LIHEAP Program.

Gas & Electric Assistance

- One-time benefit provided towards your gas and electric bills
- Budget billing plan to lower your monthly payments
- Reconnection assistance to help get your utilities turned back on after disconnection

Income Guidelines

| Household Size | 1 | 2 | 3 | 4 | 5 |
|---------------------|--------|--------|--------|--------|--------|
| 30-Day Gross Income | \$2147 | \$2903 | \$3660 | \$4417 | \$5173 |

Documents Needed to Apply:

- Proof of 30-Day income for all household members 18 and older (Wages, Social Security Benefits, TANF, AABD, Unemployment, Proof of cash wages, etc.)
- Your most recent gas/electric bills
- Social Security Numbers for all household members, if available. Undocumented individuals are welcome to apply!

Additional documents may be needed depending on your situation. Our team will let you know. The Office on Aging staff can assist with the application process for residents over the age of 60 or those permanently disabled. To apply for LIHEAP please call (708)636-8850 and schedule an appointment.



Christmas Donations Needed to Serve Homebound Seniors

The Stickney Township Council on Aging is seeking donations for needy homebound seniors in our community for the 2021 Christmas season.

Donations may consist of toiletry items, hats, scarves, gloves, etc. (please—no used clothing). Gift cards from stores like Target, Kohl's, Jewel, Aldi, etc., are always welcome. Non-perishable stocking stuffers like food snack items (hard candy, cough drops, chocolate, snack crackers, etc.) are acceptable but must not be expired.

Donations will be collected through December 3rd. Please bring items to the Office on Aging front office.

Volunteers will assemble packages December 6-10th, with deliveries being made by driver volunteers the following week (December 13th to the 17th). Any assistance in these tasks would be greatly appreciated.

The office will provide (in confidence) names and addresses of our homebound neighbors in need.

An Update from Emergency Services

Over the course of the COVID-19 pandemic, Stickney Township's Emergency Response Service together with the Stickney Township Health District have tracked and coordinated positive cases of COVID-19 within the Township and responded by distributing 42,500 PPE materials to EMS, home health, long term care and group/residential settings.

According to data compiled by the Township, the biggest outbreak occurred around the week of November 9, 2020 when 400 positive cases were reported in Stickney Township. As of October 14, the ten day total for positive cases was 42. In total, there have been 4,693 total cases since March of 2020. Sadly, there have been 72 deaths related to COVID-19 in the Township.

In addition to tracking this data, our team has been a clearinghouse for sharing information with local, state and federal partners. We continue to coordinate with local partners and EMS Region 7 and 8 Hospitals. Working with community partners the Township has coordinated alternative care and housing options for Township cases.

STICKNEY TOWNSHIP OFFICE ON AGING



*"The closest thing to
being cared for is to
care for someone else."*

—Carson McCullers
The Square Root of Wonderful

You are invited to participate in a two-part series on

Alzheimer's Disease & Dementia Caregiver Support

presented by Dementia experts at the
Rush Alzheimer's Disease Center



PART 1

Introduction to Dementia
DECEMBER 1ST • 10 AM

PART 2

Caregiver Support
DECEMBER 8TH • 10 AM

Both events are being held in-person at:

Louis S. Viverito Senior Center
7745 S. Leamington Avenue • Burbank

Please RSVP to STOA at 708-636-8850.

Senior Support Services Assist in Aging in Place

A network of support services can make aging in place possible. These supports can range from socialization and care in the home to transportation and home-delivered meals.

Stickney Township Office on Aging has a full range of these services in place to help older adults age in place. Some of these include home delivered meals, wellness programs, respite and home help assistance, transportation, and various activities offered in our senior centers.

We are here to help. Please contact the STOA office for assistance at 708.636-8850.

Fall Preschool At LSV Center In Full Swing!



A few openings remain in both Pre-K3 and Pre-K4 at our North preschool location. For information and enrollment call 708-788-8122.

For Pre-K 3 spots available at the LSV preschool location call 708-237-8954.

Effective October 2021

Louis S. Viverito Senior Center Activity Schedule

Exercise and Activity Room placement subject to change. Please check for updated Activity Schedules.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|---|--|--|--|---|
| Grand Activity Room | Dine-In meals start at 12:00 p.m. Advanced reservation required. Limited seating available. | | | | |
| Bump-Out Window | | Bingo 9:30 - 11:30 | | Bingo 9:30 - 11:30 | |
| West Room | Lunch Pick-Up 10:30 - 12:00 | | | | |
| | Nutri B's Senior Club 9:00 - 12:00 | Seniors on the Go 10:00 - 2:30 (2nd & 4th Tuesday) | Silver Circle Senior Club 10:00 - 2:30 | | Adult Coloring Class 9:30 - 11:15 |
| Get Fit Pit | ZUMBA Gold 9:30 - 10:30 | Line Dancing 10:00 - 11:30 | Meditation 2nd Wednesday of the month 9:00-9:45 Tai Chi 10:15 - 11:15 | Line Dancing 10:00 - 11:30 20-20-20 Cardio/Tone/Stretch 11:45 - 12:45 | YOGA 10:00 - 11:00 Wii 12:30 |
| East Room | Chess Club 12:30 | | | | |
| Art Studio | Art League Last day of the month 1:00 - 3:30 | Quilling Club 9:30-11:00 Paint Class (1st & 3rd Tuesday) 12:30 - 3:30 Open Paint (2nd & 4th Tuesday) 12:30 - 3:30 | VIP Senior Club 10:00-2:30 | | Hook & Needle Club 12:00 - 2:00 |
| Billiard Hall | Open for use | Open for use | Open for use | Open for use | Open for use |
| Game Room | | Poor Man's Poker & or Golf 12:00 - 3:00 | | Pinochle 9:30 Poor Man's Poker or Golf 12:00 - 3:00 | Pinochle 9:30 |
| Computer Lab | Open for use | Open for use | Open for use | Open for use | Open for use |



Temporary Schedule

Effective July 2021

North Clinic Senior Center- Activity Schedule

| Activity Location | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|--|---------------------------|---|---|---|
| Community Room | Dine-In meals start at 12:00 p.m. Advanced reservations required. Limited seating available. | | | | |
| | ZUMBA GOLD 11:15 - 11:45 | Bingo 9:30 - 11:30 | Stickney Golden Age Club 10:30-1:30 | Stickney Seniors Club 9:30-12:00 | Bingo 9:30 - 11:30 |
| | FIT SIT 11:45 - 12:15 | | | | |
| | Lunch Pick-Up 10:30 - 12:00 | | | | |
| Lower Level Computer Lab | Open for use 8:30-3:30 | Open for use 8:30-3:30 | TAI CHI 12:00-1:00 Computer Lab open for use 8:30 - 11:30 1:00 - 3:30 | T.O.P.S 9:00 - 10:30 Open for use 10:30 - 3:30 | Open for use 8:30-11:30 1:30 - 3:30 YOGA 12:00 - 1:00 |

Exercise classes available to those 55 years of age and older.
See staff to register.

Caregiver Resource Center

Memory Concerns? You're Not Alone

**National Memory
Screening Program
Wednesday
November 17
10-11:30 am
LSV Senior Center**

A memory screening is a simple and safe "healthy brain check-up" that tests memory and other thinking skills. Each memory screening takes approximately ten minutes and while the result is not a diagnosis, it can suggest if someone should see a physician for a full evaluation. Memory Screenings are free and confidential.

Chequeo de Memoria es Gratis y Confidencial. Un chequeo de Memoria es simple y seguro "una revision del cerebro saludable" que revisa la Memoria y otras habilidades de la comprension . El chequeo de la Memoria estara disponible en Ingles y Espanol.

For more information call Stickney Township Office on Aging at 708.636.8850.

National Memory Screening Program is an initiative of Alzheimer's Foundation of America.

When Should a Chicken Cross the Road in Stickney Township? NEVER!

Local ordinances prohibit keeping farm animals and Pam Barnett, Stickney Township Animal Control Officer, is tired of chasing down chickens.

"I've been picking up chickens if I can catch them," says Barnett, "but they're fast!"

Barnett goes on to lament that she's seen an increase in chickens escaping from yards. "People seem to think that it's okay, either due to cultural traditions, because their children want them as pets, or as "therapy" animals, but they tend to escape and roam free. That's when I get the call to wrangle chickens!"

Regardless, no chickens or any other type of farm animals are allowed—nor have they ever been allowed—anywhere in the township since it's incorporation.

It seems not only chickens are on the run these days. "It's more common that people are letting their pets run free," warns Barnett. "Some folks may be getting cats and letting them loose thinking that they will help with catching rats or mice. That's not working. Cats aren't great at catching rats."

In addition to keeping animals from running free, many animal care ordinances were adopted in 2018 that require proper care for household pets, including the need to provide heat for dogs kept outside when the temperature drops below 32 degrees. This is a consideration with dogs in outside kennels, garages, or dog houses during the upcoming winter months. Pet owners in violation of these ordinances are subject to steep fines.

Barnett also wants everyone to be sure that they are up-to-date with tags for pets.

"City ordinances require tags issued by Forest View, Stickney and Burbank for pets belonging to residents. In addition, a county rabies tag is required by County ordinance," explains Barnett.



After a long chase, this tired chicken fell asleep in the arms of Township Animal Control Officer, Pam Barnett.

STRESS-BUSTING PROGRAM for Family Caregivers



The **STRESS-BUSTING PROGRAM** is a **FREE**, 9-week workshop for caregivers of persons with Alzheimer's and other forms of dementia.

This course will help you:

- ✓ Understand the effects of stress
- ✓ Discuss specifically stressful behavior of care recipients
 - ✓ Take control and set realistic goals, for the caregiver and recipient
 - ✓ Understand the impact of dementia

Learn the skills that you need to manage stress:

- ✓ Relaxation and Breathing
- ✓ Imagery
- ✓ Meditation
- ✓ Art
- ✓ Music

DATES: Mondays, January 10th through March 14th, 2022
(No class on February 21st.)

TIME: 10:00 to 11:30 am

LOCATION: Virtual group using Zoom

CALL: Please call Stickney Township Office on Aging at
(708)636-8850 to register.
(**Registration required.**)

Funding in whole or in part by AgeOptions. Notice of non-discriminatory practices: 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 or TDD), or contact the Stickney Township Administrator, 708-424-9200.

SOLUTIONS
for care.



Food Safety Tips for the Holidays



Feastings with family is part of many holiday celebrations. Follow these simple tips to help prevent food poisoning, or foodborne illness, during the holidays.

Cook food thoroughly

Meat, chicken, turkey, seafood, and eggs can carry germs that cause food poisoning. Use a food thermometer to ensure these foods have been cooked to a safe internal temperature. Roasts, chops, steaks, and fresh ham should rest for 3 minutes after removed them from the oven or grill.

Keep food out of the "danger zone"

Bacteria can grow rapidly in the danger zone between 40°F and 140°F. After food is cooked, keep hot food hot and cold food cold. Refrigerate or freeze any perishable food within 2 hours. The temperature in your refrigerator should be set at or below 40°F and the freezer at or below 0°F.

Use pasteurized eggs for dishes containing raw eggs

Salmonella and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and Caesar dressing. Always use pasteurized eggs when making these and other foods made with raw eggs.

Do not eat raw dough or batter

Dough and batter made with flour or eggs can contain harmful germs, such as E. coli and Salmonella. Do not taste or eat raw dough or batter. This includes dough or batter for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts. Do not let children taste raw dough or batter or play with dough at home or in restaurants. Some companies and stores offer edible cookie dough that uses heat-treated flour and pasteurized eggs or no eggs. Read the label carefully to make sure the dough is meant to be eaten without baking or cooking.

Keep foods separated

Keep meat, chicken, turkey, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator. Prevent juices from meat, chicken, turkey, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.

Thaw your turkey safely

Thaw turkey in the refrigerator, in a sink of cold water (change the water every 30 minutes), or in the microwave. Avoid thawing foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.

Wash your hands

Wash your hands with soap and water during times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- After handling pet food or pet treats or touching pets
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After touching garbage
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After blowing your nose, coughing, or sneezing.

For more questions about food safety visit FoodSafety.gov or call the Stickney Public Health District at 708.424.9200.

Need Help Putting the Pieces Together?



Stickney Township Office on Aging Can Assist with Your Questions About Medicare and Medicaid

SEE IF YOU QUALIFY FOR THESE MEDICARE COST SAVING PROGRAMS:

- ✓ Medicare Part D Extra Help/Low Income Subsidy (LIS)
- ✓ Medicare Savings Programs (helps pay for Medicare Part B premiums and copayments)
- ✓ Medicaid Assistance

COUNSELING PROVIDED ABOUT:

- ✓ Medicare Counseling about Medicare parts A, B, C and D
- ✓ Medicare Savings Programs
- ✓ Extra Help & Pharmaceutical Assistance Programs
- ✓ Medicaid

LET US ASSIST IN:

- ✓ Resolving claim issues
- ✓ Answering questions about Medicare Summary Notices & Explanation of Benefits letters
- ✓ Medicaid Assistance (redeterminations and meeting Spenddown)

MEDICARE OPEN ENROLLMENT PRESENTATIONS:

NORTH BUILDING • TUESDAY, NOVEMBER 16TH • 10 AM

6721 W. 40th Street, Stickney • 708.788.9100

LOUIS S. VIVERITO SENIOR CENTER • WEDNESDAY, NOVEMBER 17TH • 10 AM

7745 Leamington Avenue, Burbank • 708.636.8850

Please call 708-636-8850 to register.

STICKNEY TOWNSHIP NEWS & VIEWS

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



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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 Toribio Zelinski
Trustee



Laura Kreil
Trustee

TOWNSHIP OFFICE CLOSINGS

Thursday • 11/11
Veterans Day

Thursday/Friday • 11/25-26
Thanksgiving Holiday

Friday • 12/24
Christmas Day

Friday • 12/31
New Year's Holiday

News from the Behavioral Health Division

Like us on Facebook!

The Behavioral Health Division posts helpful information daily on our Facebook page. Look for us under Stickney Public Health District-Behavioral Health.

We now offer services virtually via a HIPAA compliant telehealth platform. As always, we continue to provide services in-person, following CDC guidelines.

We are looking for new members from the community interested in attending quarterly meetings of the Behavioral Health Advisory Council. Contact Melinda Antoskiewicz, LCPC at 708-237-8946 for further information.