

STICKNEY TOWNSHIP

News & Views

Winter/Spring 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
www.stickneypublichealthdistrict.org

FYI:

**Stickney Township
Celebrates it's 120th
Birthday in 2021.**

More township history at
www.townshipofstickney.com

A MESSAGE FROM YOUR TOWNSHIP SUPERVISOR

Looking Back...Moving Forward

Barbers are known for being good listeners. Back in the 1960s, I was one. Back then, I cut the hair of Dr. Robert Smith, Stickney Township's supervisor at the time, and I heard firsthand about the challenges he faced in the position. Little did I realize, one day I would walk in his shoes.

I initially served a term as a township trustee before being elected supervisor in 1973. I began my tenure with several goals: expand health and medical services while also paying off a \$360,000 debt in the health district; meet the needs of all citizens, especially the young, helpless, and aged; make physical improvements wherever needed; and strengthen relationships between the township and other area governments.

Those were lofty goals. The old medical clinic was flooding, the ceilings were leaking, and toilets were backing up. Seniors had nowhere to meet. There were no programs offered to preschool children. All the services were under threat.

At the time I was elected, in addition to the debt incurred by the health district, the Township owed \$12 million in bonds from street updates. The previous administration had maxed out the Township's anticipation warrants, essentially borrowing against all future tax revenue. The Township was broke.

Shortly after being elected, I was warned: "You'll never last. Because you owe all this money, you'll have to close the clinics."

Closing the clinics was out of the question.

At the same time, President Nixon introduced a Federal Revenue Sharing program and I recognized an opportunity to solve our problems. I worked with Republican Congressman Edward J. Derwinski to advocate for the Township. We received not only enough to pay off debt, but enough to build out the Township infrastructure.



Louis S. Viverito, Township Supervisor,
distributes items to residents at Township Day.

(Continued on page 3)

Salute to Veterans Provides Day of Festivities, Camaraderie



Each December, Stickney Township salutes area veterans with a luncheon, entertainment and gift.

Louis S. Viverito, Township Supervisor, himself a veteran of the Korean War, addressed events held at both the North Building and the LSV Senior Center.

Children from the Township Pre-K programs performed songs and presented cards to the veterans.



A MESSAGE FROM YOUR TOWNSHIP SUPERVISOR

(Continued from page 1)

Revenue sharing saved the Township, protected the medical clinics, and allowed us to build a new building. It also made me realize the importance of finding the right opportunities to provide Township citizens with their fair share of government dollars.

In 1994, I was fortunate enough to be elected your state senator, which provided the added opportunity to advocate not only for Township residents, but more broadly for local communities. I addressed state committees to ask for funds for many of the goals I had set out to achieve.

How many of these goals have we met? I'm proud to say: all of them. And, we've done it without adding a burden on the Township taxpayers.

We remodeled and constructed the Central and North buildings in the 1980s. In the 1990s, we

started offering day care services, which evolved into our current (and wildly popular) pre-K program. The senior program housed in the South Administration Building quickly outgrew the space. So, in 2001, we used a development grant from the Illinois First Program to fund the construction of a new Senior Center and expanded and remodeled it in 2015.

It now also houses one of the pre-K programs. In 2011, we built a new medical building on the site of the old one. And, in 2014, we remodeled the North Clinic building. Each change and improvement along the way allowed us to better serve Township citizens.



Township Trustees Louise Zelinski and Frank Pajak join Mr. Viverito at North Building for the annual township Salute to Veterans.

In the coming months, I hope to share more of the history of these accomplishments and of the Township itself, both in print and online. I hope you'll see that, over the years, one goal has been constant: To keep resident interests always first in my mind.

A handwritten signature in black ink that reads "Louis S. Viverito".



Township staff and trustees join Supervisor, Louis S. Viverito during the 2019 Township Day event at the Central building.

OPERATION SANTA DROP ADOPT A TROOP

The Operation Santa Drop Adopt a Troop Project was another success this year. Stickney Public Health District in conjunction with the Will County Health Department collected 29,081 donation items that were packed into 155 care packages and shipped to 5 military units deployed in Afghanistan (2), Japan, Iraq, and Naval Ship in the South China Sea.

The Operation Santa Drop Adopt a Troop Project started four years ago when a partner from a neighboring health department was deployed overseas and a small

shipment of boxes were sent. After learning how the care packages really boosted morale for his unit, Patricia Kulikauskas, Emergency Response Coordinator with Stickney Public Health District and Katie Weber, Emergency Response Coordinator with Will County Health Department knew they had to expand the project to include more units.

This amazing work would not be complete without everyone's generous donations and our volunteers, partners and staff's time. The EMS Region 7 Healthcare Coalition, Christ

Hospital EMS, Comer Children's Hospital, School District 111's Tobin, Fry, Kennedy and McCord Schools, Stickney Township Office on Aging, K-Five Construction and Burbank Park District collected and donated items. Many students from area schools made homemade cards for the troops. Stickney Township established collection boxes at each of its buildings and many staff, clients and visitors donated items. On November 23, 2019, nearly 50 staff and volunteers came to the L.S.V. Senior Center to help sort and pack the care packages for the troops.

Operation Santa Drop Adopt a Troop Project continues to be a great opportunity to thank and increase morale for the troops who serve our country, while at the same time exercising response plans to improve public health capabilities. We hope that our efforts bring a bit of comfort and joy from home to those who sacrifice so much to protect our freedoms.

The Operation Santa Drop Planning Team is happy to report that the adopted military units responded that they received the care packages just in time for the holidays. We hope to continue this project and would like to thank everyone for their support and donations.



PROVIDES HOLIDAY 'CHEER' PACKAGES



NEWS FROM YOUR TOWNSHIP ASSESSOR

The filing period for Tax Year 2019 property tax appeals has passed for property owners in Stickney Township. Taxpayers who filed an assessed valuation complaint with the Cook County Board of Review should receive a decision letter by February 2020. Tax Year 2019 is the final year of the three-year assessment cycle.

Property owners will have the opportunity to appeal their Tax Year 2020 (payable in 2021) assessment with the Cook County Assessor in May.

Tax Year 2020 is the start of a new three-year assessment cycle for property owners in Stickney Township. In most cases, any reduction in assessed value granted by the County Assessor, or Board of Review, will be good for the duration of the three-year cycle. Taxpayers who receive the Senior Freeze exemption do not need to file a property tax appeal.

New for Tax Year 2019 is the automatic renewal of the Senior Citizen exemption. Taxpayers with a prior history of receiving the Senior Citizen exemption will not

have to re-apply.

Renewal applications for the 2019 Senior Freeze exemption were sent out in January.

Renewal applications for the 2019 Disabled Persons and Disabled Veterans will be sent out in February.

First installment property tax bills will be sent out February 1, 2020. First installment tax bills are 55% of the previous year's total bill. Exemptions and changes in assessment are calculated into second installment property tax bills.

A MESSAGE FROM YOUR TOWNSHIP CLERK

Have You Registered to Vote Yet?

The 2020 presidential elections are just around the corner. The primary election, which will be held on March 17, will not only select party nominees for president, but for congressional, state legislature, county and judicial offices, as well.

You will need to register to vote if you are a first-time voter, have recently moved, or had a name change. Registering to vote has never been easier.

If you will be 18 years of age by the general election on November 3, 2020, and a U.S. citizen, you can register to vote on-line through the Illinois Board of Election website at www.elections.il.gov (*an Illinois driver's license or state ID is required*). If you do not have a driver's license or state ID you can still register on-line: go to www.cookcounty.clerk.com, complete the on-line form, print, sign and mail it in. The



Key Dates for the March Primary Election

- 2/18 In-person registration ends
- 3/01 Last day to register online
- 3/02 First day for early voting
- 3/16 Last day for early voting
- 3/17 Primary Election Day**
Polls Open 6 am to 7pm

deadline for on-line registration for the Primary is March 1, 2020.

You can also register in person when you obtain or renew your driver's license or state ID at any of the driver's license facilities, or at the Stickney Township Clerk's Office weekdays between 8:30 a.m and 4 p.m. The office is located in the administration building, 5635 State Road in Burbank.

The deadline for in-person registration is February 18, 2020. However, if you miss the deadline you can still register to vote in person at one of the County Clerk's designated locations up until the Monday before the election. Please note that people registering during this grace period must vote and cast their ballot at that time.

Finally, you can register and vote on Election Day, but only at the polling place in your home precinct.

Stickney Behavioral Health Sponsors Two Workshops



Build Motivation And Overcome Procrastination

Workshop Presented By:
Cherity Machnick, LCPC

Sponsored By:
Stickney Public Health District
Behavioral Health Division

GOALS OF WORKSHOP:

- **Learn to differentiate between types of motivation**
- **Learn about positive motivation**
- **Develop strategies to build motivation and reduce procrastination**

Where:

Prairie Trails Library
8449 Moody Ave.
Burbank, IL 60459

When:

Monday, February 10 • 11:00am

***For more information and to reserve a spot
please call 708-237-8944***

Why Doesn't My Child Want to Talk to Me?

WORKSHOP PRESENTED BY:

Sylvia Rabianski, LCPC
Eloisa Rosales, LCPC

SPONSORED BY:

Stickney Public Health District
Behavioral Health Division

**THIS WORKSHOP IS FOR PARENTS
OF CHILDREN AGES 12-16**

- Learn the importance of cultivating communication between parent & child
- Learn three types of communication skills
- Learn ways to improve your child's communication skills

DATE: March 18, 2020

TIME: 6:00pm

PLACE: Prairie Trails Library
8449 Moody Avenue
Burbank, IL 60459

For more information, and to reserve a spot, please call 708-237-8942





Congratulations, Frank Przytula!

Frank Przytula (above, left) was nominated by Township Supervisor Louis S. Viverito (above right) for Congressman Lipinski's "Senior of the Year" award.

Frank was unable to attend the ceremony, but his wife Dorothy, accepted the award on his behalf (right).



5th Annual

W LKS
FOR MENTAL HEALTH

Friday, May 15 • 11:30 a.m.

South Clinic Building • 5635 State Rd., Burbank

**A one mile walk at your own pace through a residential neighborhood.
Support this important cause for a healthy kick-off to an active Summer!**

Free T-shirt for all Participants!

FOR MORE INFORMATION CALL THE BEHAVIORAL HEALTH DEPARTMENT • 708.237.8944

Free Savvy Caregiver Workshop Series at LSV Center

A WORKSHOP SERIES FROM THE SAVVY CAREGIVER PROGRAM

Taking care of a person living with Alzheimer's or related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves.

ARE YOU CARING FOR A LOVED ONE WITH DEMENTIA?

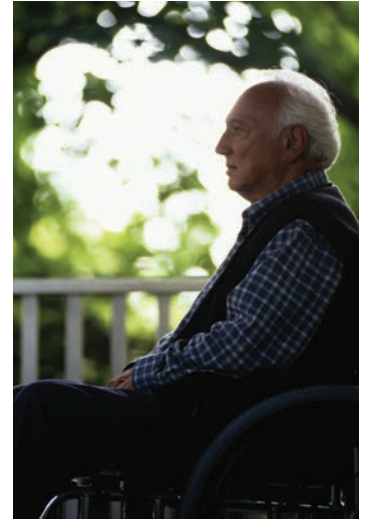
The Savvy Caregiver Program is a free, six-session training for family and friends who are actively caring for those living with Alzheimer's or related dementias.

Savvy Caregiver will help you:

- Understand the impact of dementia on both you and the person in your care
- Learn the skills you need to manage daily life
- Take control and set goals
- Communicate more effectively
- Strengthen family resources
- Feel better about your caregiving
- Take care of you!

The Savvy Caregiver Class will be held at the LSV Senior Center on Mondays from noon until 2:30 p.m. from March 2 through April 6.

To request more information about The Savvy Caregiver Program or sign up for the upcoming workshop series, please call (708) 636-8850.



Take Care to Keep Food Safe this Easter Holiday

Spring is around the corner and with it brings the Easter holiday. The USDA recommends some food safety tips and steps to reduce the risk of food poisoning when preparing your Easter meal.

Before preparing any meal, wash hands with warm water and soap for at least 20 seconds, and clean surfaces and utensils with hot soapy water before and after handling raw food.

Perishable food should not be left out for more than two hours at room temperature, so check the time at your gathering and make sure either to get food back in the refrigerator or to discard it. Refrigerated leftovers should be used within four days.

HAM: There are many kinds of hams on the market, but you are likely purchasing a fully cooked ham.

Here are tips for storing and serving a fully cooked ham:

- When buying a ham, look for the USDA or State Mark of Inspection.
- Refrigerate the ham at 40 °F or below immediately after arriving home.

- These hams are best served cold. However, if you want to reheat them, set the oven at 325 °F and heat to an internal temperature of 140 °F as measured with a food thermometer. If the ham was repackaged at your butcher shop or grocer, reheat it to 165 °F. Individual slices may also be warmed in a skillet or microwave.

DEVILED EGGS: Follow these food safety tips below for making an egg dish such as deviled eggs. Remember, eggs are perishable just like raw meat, poultry, and fish, and could contain pathogens.

- After cooking the eggs, it is a good idea to keep the whites refrigerated while preparing the filling.
- Keep deviled eggs chilled until you are ready to serve. Eggs should not stay at room temperature for more than 2 hours. Use a cooler with ice when transporting to another location.
- Eat properly refrigerated, hard-cooked eggs within 7 days.

Get Ready for Spring!

**LSV Senior
Center Exercise**

Monday • 8:45 – 9:30 a.m.

ZUMBA GOLD

A modified Zumba® class with lower-intensity moves. Focus on balance, range of motion and coordination.

Tues/Friday • 8:45-9:45 a.m.

FOREVER FIT

Motivating music, a variety of steps and stretches to strengthen your heart and muscles to support and enhance performance of daily activities. *All fitness levels.*

Tues/Thurs • 10-11:30 a.m.

LINE DANCING

No experience necessary! Learn to line dance and get a great workout!

Tues/Thurs • 12:30-1:15 p.m.

**YMCA ARTHRITIS
EXERCISE**

Help maintain cardiovascular health, strength and flexibility using a chair for support.

Friday • 10 – 11 a.m.

TAI CHI

Helps reduce stress, anxiety and a variety of other health conditions while increasing flexibility and balance.

Thursday • 1:30 - 2:30 p.m.

Friday • 10-11 a.m.

GENTLE FLOW YOGA

Deep breathing techniques and moves to improve balance, strength and flexibility with the support of a chair. Some standing poses and light flexing exercises will be incorporated.

All classes are available to older adults 55 years of age and older. Residency is not a requirement. Join us to get fit. Most classes are free or request a \$1.00 per class. For more information, please contact The Louis S. Viverito Senior Center at 708-636-8850.

Youth Commission Staff Update



Dawn Yanez (pictured above, right) has been promoted to the Lead Program Coordinator for the Youth Commission. In her new role she supervises the pre-school and summer activity programs.

Lizeth Rangel (pictured above, left) has been promoted to Program Coordinator for the Youth Commission. She supervises the pre-school program at the LSV center and assists Dawn in the management of all other programs.



New Director of Buildings & Grounds

Mitch Piznarski has been appointed Director of Buildings, Grounds and Maintenance. He is responsible for building maintenance at the North, Central, South and LSV locations.

Health District Staff Update



Beata Strama, RN, BSN, (left) has been promoted to Director of Nursing. She coordinates the staffing of the health clinics and supervises the WIC, Communicable Disease, Home Nursing and Lead Prevention Programs.

Maria Caldwell, RN, BSN (right) has been promoted to Clinic Coordinator.



Check Your Blood Pressure

Nursing staff is available at the following locations throughout the year to monitor blood pressure readings. Take advantage of this free service.

LSV SENIOR CENTER

7745 S. Leamington, Burbank

January 9th
February 6th
March 5th
April 2nd
May 7th
June 4th
July 9th
August 6th
September 3rd
October 1st
November 5th
December 3rd

NORTH

6721 W. 40th St., Stickney

January 28th
February 25th
March 24th
April 28th
May 19th
June 23rd
July 28th
August 25th
September 22nd
October 27th
November 24th
December 22nd

North Senior Exercise

Mondays • 10:30-11 a.m.

ZUMBA GOLD

A Latin-inspired dance-fitness program that blends red-hot international music and contagious steps to form a “fitness-party” that is downright addictive. For people of all shapes, sizes and ages.

Mondays • 11-11:30 a.m.

FIT SIT

Enjoy chair exercise that emphasizes low-impact movement and stretches. Experience better balance, mobility, agility and well-being.

Tuesdays • 9-9:45 a.m.

YMCA ARTHRITIS EXERCISE

Move through a variety of exercises that increase muscular strength and range of motion while improving abilities for daily living and relaxation. A chair is used for support. Fee: \$1.00

Wednesdays • 10-11 a.m.

YOGA

Improve balance, strength, flexibility and blood pressure by focusing on deep breathing techniques with the support of a chair. Some standing poses and light flexing exercises.

Thursdays • 9-9:45 a.m.

MORNING EXERCISE

Thursdays • 10:30-11:30 a.m.

TAI CHI

Thursdays • 11:45-12:30 p.m.

ZUMBA GOLD

STICKNEY TOWNSHIP NEWS & VIEWS

5635 State Road
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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 Zelinski
Trustee



Frank Pajak
Trustee

TOWNSHIP OFFICE CLOSINGS

Monday • 2/17
President's Day

Friday • 4/10
Good Friday

Monday • 5/25
Memorial Day

Friday • 7/4
Independence Day

Monday • 9/7
Labor Day

Monday • 10/12
Columbus Day

Thursday/Friday • 11/26-27
Thanksgiving Holiday

Friday • 12/25
Christmas Holiday

Friday • 1/1/21
New Year's Day



Supervisor Viverito, congratulates pre-K students on their performance at the 2019 Township Salute to Veterans.