

STICKNEY TOWNSHIP

News & Views

Winter 2023

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

**Best
Wishes for a
Happy & Healthy
New Year**

**From Your
Stickney Township
Officials**

NEW YEAR...*New Beginnings*

Township Supervisor Louis S. Viverito
and the Stickney Township Board of Trustees Invite you to
Celebrate the Grand Opening & Rededication of the

STICKNEY TOWNSHIP CENTRAL COMMUNITY CENTER

January 11, 2023 • 12 – 5 p.m.
4949 South Long Avenue • Chicago

Tour the new facility and learn about
new programs and services for residents of all ages.

• Refreshments served •



A MESSAGE FROM YOUR TOWNSHIP SUPERVISOR

A New Year and a New Beginning



Louis S. Viverito

Over the years, I believe that Stickney Township has contributed to making our area a great place to live for everyone. Young families, children, active seniors, and residents who are homebound

can all make use of facilities and services provided by the Township. As a result, our community is a great place to both grow-up and grow older.

Each year is a blessing and, as we begin this new year, I feel especially fortunate to be able to celebrate exciting news from the Township.

In January we will introduce a newly renovated Central Community Center. Residents are invited to a rededication and open house on January 11, from noon to 5 p.m. at the Stickney Township Community Center, 4949 Long Avenue, Chicago. Light refreshments will be served.

The renovation of the Center includes a refurbished community room, newly constructed classroom, meeting area, offices, and kitchen. Together with the Stickney – Forest View Public Library, the space will offer programs for adults and children. In addition, it

will provide offices for on-site existing community services offered by the Township.

Our partnership with Stickney-Forest View Public Library has grown strong over the years. In 2017 a proposal from the Library to help fund a space specifically for area youngsters who were no longer children but not yet teens was submitted and accepted by the Township. While the new “tween” space was approved and created, the COVID-19 outbreak delayed its grand opening. This past August, as infections dropped, the long awaited ribbon cutting on this cooperative community effort was finally held.

Although it’s easy to be under the impression that the threat of COVID is largely past, it’s not. I can attest to this as I recently fell ill and tested positive. Fortunately. It’s been a long, slow recovery and my heart goes out to those who have suffered cases worse than my own. If I hadn’t been fully vaccinated I’m not sure if I’d be writing

(left to right) Senior Ombudsman Jerry Mulvahill, Supervisor Louis S. Viverito, Assessor Amy March and Trustee Louise Zelinski join in the Township’s annual celebration of veterans. (Additional photos on pgs. 6-7.)



A MESSAGE FROM YOUR TOWNSHIP SUPERVISOR


this today. I urge everyone to take advantage of the latest vaccinations which remain available through the Stickney Township Public Health District.

As we do each year, Stickney Township again recognized our veterans this past December with an on-site luncheon or free lunch pick up at both the LSV Senior Center and the North Community Center. As a veteran myself, I always wish to thank my fellow area service men and women for the personal sacrifices they have made and continue to make to keep our nation safe.


And finally, I also want to congratulate one of our residents, Lucille Schalmo

on her 100th birthday and thank her for allowing me to help her celebrate. Her age and wisdom are an inspiration to us all.

A Happy and Healthy New Year to All!



Township Supervisor Louis S. Viverito celebrates with resident Lucille Schalmo on the occasion of her 100th birthday.

 **Stickney-Forest View Public Library District**
"A Welcoming Place Offering A Sense of Community"
6800 West 43rd Street
Stickney, IL 60402
Phone: 708.749.1050
Fax: 708.749.1054

Dear Supervisor Viverito,

August 9, 2022

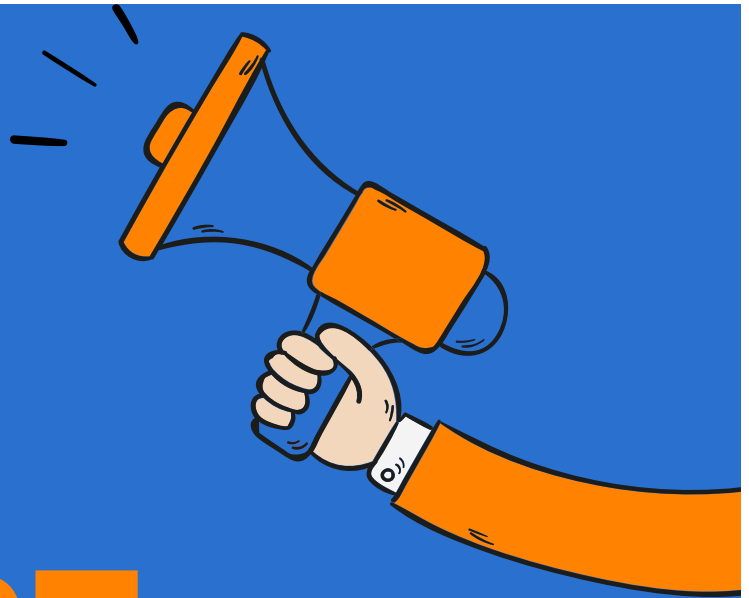
I wanted to send you a short note thanking you and the Township for your generosity with funding our Tween Space. Back in August of 2019, our Head of Youth Services and Outreach Danielle Taylor, saw that a specific demographic in our Library wasn't being properly served. We had our fantastic Youth Department space, which had just undergone a makeover as part of our 2017 renovation. And we had our recently created Teen Loft upstairs. But Danielle saw our Tweens had no real place to call their own. They weren't little kids anymore but they couldn't hang out in the Teen Loft, either. So she came to me with the idea to create an area in the Library where they could hang out. She figured that for maybe a little more than a thousand dollars, we could get some partition dividers and some furniture and have a space where they could hang out together. I received the proposal and I was excited to see the Township Board, Danielle went to the Board and they approved it. In July, 2020, I received the funding for a good six months. The library for extended periods of time was able to let people come in. In early 2022, we coordinated with Stickney Township and we were able to have the ribbon cutting ceremony. After Danielle Taylor finished the ribbon cutting ceremony, she was joined by Mayor Grunow, Hector Grunow, and I for coming to the ribbon cutting ceremony. It was a great day and a great donation that made it possible.



Township and library officials cut the ribbon to open a newly created, dedicated space for tweens at the library. A letter from Leighton Shell, Library Director sends thanks to the Stickney Township Supervisor and Board for their generosity in funding the project.

AgeOptions presents...

ASK THE EXPERT



Are you a homeowner in Cook County?

Do you have questions about property tax exemptions or benefits for homeowners?

Join AgeOptions and the Cook County Assessor's office to learn about property tax exemptions. Leyden Family Services will also present to share information on the Senior Health Insurance Program (SHIP) and discuss the Medicaid Medicare Alignment Initiative (MMAI).

**Thursday,
January 19th
10:00-11:30**

Please register for this event by clicking [HERE](#). You will receive the call-in information via your registered email.

A Zoom link will be sent after registration closes on Tuesday, January 17th, 2023.

Please contact Carita.Thompson@AgeOptions.org for details

RECOMMENDATIONS FROM THE CDC

The CDC recommends the following measures for people in areas that are rated at High Community Level for COVID-19 transmission:

- Wear a well-fitting mask indoors in public, regardless of vaccination status (including in K-12 schools and other indoor community settings).
- If you are immunocompromised or high risk for severe disease wear a mask or respirator that provides you with greater protection.
- Consider avoiding non-essential indoor activities in public where you could be exposed.
- Talk to your healthcare provider about whether you need to take other precautions.
- Have a plan for rapid testing if needed (e.g., having home tests or access to testing).
- IF YOU TEST POSITIVE: Talk to your healthcare provider about whether you are a candidate for treatments like oral antivirals, and monoclonal antibodies.
- If you have household or social contact with someone at high risk for severe disease consider self-testing to detect infection before contact. Consider wearing a mask when indoors with them.
- Stay up to date with COVID-19 vaccines and boosters.
- Maintain improved ventilation throughout indoor spaces when possible.
- Follow CDC recommendations for isolation and quarantine, including getting tested if you are exposed to COVID-19 or have symptoms of COVID-19.

In counties at the Medium Community Level, persons who are elderly or immunocompromised (at risk of severe outcomes) are advised to wear a mask in indoor public places. They should also get up to date on COVID-19 vaccines or get their bivalent booster, if eligible.

Data indicates that the risk of hospitalization and severe outcomes from COVID-19 is much higher for unvaccinated people than for those who are up-to-date on their vaccinations. All data are provisional and are subject to change. Additional information and COVID-19 data can be found at <https://dph.illinois.gov/covid19.html>.

Vaccination is the key to ending this pandemic. To find a COVID-19 vaccination location near you, go to www.vaccines.gov. The federal government has established a new website that provides an all-purpose toolkit with information on how to obtain masks, treatment, vaccines and testing resources for all areas of the country at: www.covid.gov/.

Blood Pressure Check Schedule 2023

LSV SENIOR CENTER

January 5
February 2
March 2
April 6
May 4
June 1
July 6
August 3
September 7
October 5
November 2
December 7

NORTH COMMUNITY CENTER

January 24
February 28
March 28
April 25
May 23
June 27
July 25
August 22
September 26
October 24
November 28
December 26

Stickney Township Salutes Our Veterans with Annual Luncheon Event





Do You Know the Office on Aging Provides These Services?

- Information and Assistance
- Senior Advocate Program
- Senior Health Assistance Program (SHIP)
- Aging and Disability Resource Network Agency
- Senior Centers
- Senior Nutrition Program
- Home Delivered Meals
- Case Coordination Unit
- Caregiver Resource Center
- Comprehensive Care Coordination
- Case Management
- Choices for Care
- Support Services
- Volunteer Opportunities
- Home Help Program

THE STICKNEY TOWNSHIP NUTRITION PROGRAM IS HERE TO HELP YOU

- Save time and money
- Do less cooking and shopping
- Socialize and be active
- Encourage independence
- Enjoy a nutritionally balanced meal
- Learn about nutrition
- Avoid missed meals



NORTH SENIOR CENTER

6721 W. 40th St. Stickney • 708-788-9100

Meals served: Tuesdays & Fridays

LOUIS S. VIVERITO SENIOR CENTER

7745 S. Leamington Burbank 708-636-8850

Meals served: Monday - Friday

CENTRAL COMMUNITY CENTER

4949 S. Long Ave. Chicago • 708-458-4126

Beginning February: Meals served on Wednesdays

\$2 donation per meal • Pick-Up & Go from 10:30-12:00. • Dine-In at 12:00

Interested? Join us! Must be 60 years of age or older.

See office to register or call

708-636-8850 for more information!

Funds (in whole/part) for this publication were provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older Americans Act.



Seniors enjoy Christmas festivities at the North Community Center.

STICKNEY TOWNSHIP OFFICE ON AGING



CARGIVER RESOURCE CENTER

Caring Crew Meetings

Tuesdays
1/17 • 2/21 • 3/21
10 - 11 a.m.

LSV Senior Center
7745 S. Leamington
Burbank, IL

The Caring Crew Luncheon is for any caregiver or caregivers assisting someone with Alzheimer's disease and dementia. Join us to enjoy fellowship, participate in educational programs and gain knowledge on many different topics that provide help to family caregivers.

We'll provide lunch—come and meet new friends! Bring your loved one with you to enjoy an informative and relaxing morning.

Please call (708) 636-8850 to register and reserve lunch.



Christmas festivities enjoyed in person again at the LSV Senior Center.

NEED HELP PAYING YOUR UTILITY BILL?

Because We All Need A Little Help Now And Then.

We understand how important your utilities are in creating a safe and comfortable home for you. That's why we work hard to provide the help you need to offset the rising utility cost. With CEDA's Utility Assistance Programs, you can take comfort knowing there's help with your gas, electric, and water bills. If you are 60 years of age or older or legally disabled we can apply for the LIHEAP (Low-income Home Energy Assistance Program) for you.

How Does it Help?

You receive a one-time benefit provided to eligible households towards your gas and electric bill.

Do I Qualify?

To qualify you must meet the income guidelines.

HOUSEHOLD SIZE

1	2	3
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30 DAY GROSS INCOME

\$2,265	\$3,052	\$3,838
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To apply call our office for an appointment at (708) 636-8850.

TIPS FOR WINTER FOOD SAFETY

With the hurricane season of late summer and early fall behind us, it may be tempting to believe that the weather-related threats to food safety are behind us as well.

However, winter storms can cause power outages that disable refrigerators and freezers just as much as summer storms do.

As with power outages in any season, keep the refrigerator and freezer doors closed as much as possible. A refrigerator will keep food cold for about 4 hours if the door is kept closed. A full freezer will hold its temperature for about 48 hours (24 hours if half-full).

One key mistake to avoid if the power goes out in winter is to try to use the winter weather as an informal outdoor refrigerator or freezer.

Even when there is still snow and ice, outside temperatures can vary, causing chilled food to enter the “danger zone” of warmer than 40°F and cooler than 140°F, and frozen food to

begin thawing. Moreover, the food can be exposed to animals and unsanitary conditions.

However, there is one way the winter conditions can be helpful. Refrigerators and



freezers that lack power can still function as old-fashioned “iceboxes” that use ice instead of electricity to keep food chilled. Coolers that always use ice can be useful when the power goes out as well. Use ice to help keep food cold in the freezer, refrigerator or coolers.

Remember to place meat and poultry to one side of the freezer or on a tray to prevent cross contamination of thawing juices.

Once electric power returns, it's time to carefully examine

everything and discard anything that is possibly unsafe.

First, check the temperature inside of your refrigerator and freezer. If any perishable food (such as meat, poultry, seafood, eggs or leftovers) has been above 40°F for two hours or more, get rid of it.

Next, check each food item separately. If there is food in your freezer that is partially or completely thawed, it can be safely re-frozen if it still contains ice crystals or is 40°F or below. But

throw out any food that has an unusual odor, color or texture or feels warm to the touch, and never taste a food to decide if it's safe. When in doubt, throw it out.

Just because the weather outside is frightful, doesn't mean your family meals can't be delightful – or at least safe.

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

Stress-Busting Program for Family Caregivers®

The Stress-busting Program is a **FREE**, 9-week workshop for family caregivers of people with Alzheimer's Disease or related dementia (*only 90 minutes per week*)

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

The workshop will be facilitated by Oak Park and Stickney Townships along with Solutions for Care

DATES: Wednesdays, January 11th through March 8th, 2023
TIME: 10:00 to 11:30 am
LOCATION: Virtual sessions via Zoom
TO REGISTER Devin Andrews of Oak Park and River Forest Townships at 708.725.9116
CONTACT Mariam Rico of Solutions for Care at 708.447.2448, ext. 129
Sarah Bernhardt-Wasag of Stickney Township at 708.636.8850, ext. 2262



Stickney Township, Oak Park Township and Solutions for Care do 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 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.

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708/424-9200



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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



Amy March
Assessor



Daniel Paluch
Highway Commissioner



Donna R. Galeher
Trustee



Tony Guleiva
Trustee



Louise Toribio Zelinski
Trustee



Laura Kreil
Trustee

TOWNSHIP OFFICE CLOSINGS

Monday • 1/16
Martin Luther King Day
Monday • 2/20
Presidents Day
Monday • 5/29
Memorial Day
Monday • 6/19
Juneteenth
Tuesday • 7/4
Independence Day
Monday • 9/4
Labor Day

We Need to Visit

In order to assess and provide appropriate services for older adults, a Stickney Township Office on Aging case manager needs to conduct an in-home visit. This allows for a care plan to be developed based on programs ranging from government funded community-based services to those that an individual can purchase with his or her own resources. Ongoing contact with the Case Manager ensures that an individual's needs continue to be met as he/she experiences changes in health or environment.

**For further information please
STOA at (708)636-8850.**