

Senior News

Spring 2019

Programs and Services from Stickney Township Office on Aging

“May is Mental Health Awareness Month and this year the emphasis is on total mind and body fitness. What better time to expand exercise classes at our North Senior Center. Stop in, get fit, stay for lunch and enjoy the companionship.”

—Louis S. Viverito, Township Supervisor

LOUIS S. VIVERITO

Township Supervisor

MELANI DAVIS

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Township Offices

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
Chicago, IL 60638 • 708.458-8855

LOUIS S. VIVERITO SENIOR CENTER

7745 S. Leamington Avenue
Burbank, IL 60459 • 708.636-8850

WEBSITES

www.townshipofstickney.org
www.stickneypublichealthdistrict.org

**“Like” us on Facebook @
Louis S. Viverito Senior Center
(STOA) for information, photos
and more!**

More

Exercise Schedule at North Senior Center

Classes

• Clip and Save •

NEW! ZUMBA GOLD • Mondays • 10:30-11 a.m.

A Latin-inspired dance-fitness program that blends red-hot international music and contagious steps to form a “fitness-party” that is downright addictive. Before participants know it, they’re getting fit and their energy levels are soaring! Designed for people of all shapes, sizes and ages.

NEW! FIT SIT • Mondays • 11-11:30 a.m.

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

YMCA ARTHRITIS EXERCISE • Tuesdays • 9-9:45 a.m.

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

NEW! YOGA • Wednesdays • 10-11 a.m.

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 will be incorporated.

MORNING EXERCISE • Thursdays • 9-9:45 a.m.

NEW! TAI CHI • Thursdays • 10:30-11:30 a.m.

NEW! ZUMBA GOLD • Thursdays • 11:45-12:30 p.m.

Exercise class schedule subject to change based on other older adult activities.

Watch for posted flyers. Participants new to the building must register with the office and fill out an exercise waiver if participating in exercise classes. Exercise classes and talks are open to anyone 55 years of age and older.

Township Closings



Friday • 4/19
Good Friday

Monday • 5/27
Memorial Day

Thursday • 7/4
Independence Day



Legislative breakfast hosted by Stickney Township, PLOWS and AgeOptions.

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We Salute Our Generous Neighbors

Donations are greatly appreciated and used to assist in providing a variety of services for seniors.

SENIOR PROGRAMS

Constance Bednarczyk
Dorothy Cook
Joan Doran
Marion Gray
Mr. & Mrs. D. Hosek
Geri Larotonda
Julian Pilarski
Mr. & Mrs. F. Przytula
Bernarda Rivera
Lorraine Rosenthal
Angie Rymut
Maria Sander

MAIL DONATIONS TO:

Stickney Township Office on Aging
7745 Leamington Ave.
Burbank, IL 60459

Please make checks payable to
STOA and indicate how you want
your donation used.

SENIOR CLUBS

Locations & Calendars

LSV SENIOR CENTER

Nutri-B's • Mondays, 9 am

BurbankVIP's • Wed., 10 am

Silver Circle • Wed., 11 am

Seniors on the Go

2nd & 4th Tuesdays • 12 pm

NORTH

Golden Age • Wed., 12 pm

Stickney Seniors • Thur., 11 am

CENTRAL

Golden VIP's • Thur., 10 am

Funds (in part) for this publication were provided through an award from AgeOptions under the Title III of the Older Americans Act as administered through the Illinois Department on Aging and Federal Administration on Aging.

AGING & DISABILITY RESOURCE CENTER

Supplemental Nutrition Assistance Program (SNAP)

SNAP offers nutrition assistance by providing assistance in purchasing food through a SNAP EBT card. There are no asset requirements for this program. Income limits do apply. See the chart below:

Number of People in Household	Maximum Gross Monthly Income*
1	\$ 2,023
2	\$ 2,743

If you would like further information or help applying for any of the programs above please contact our Senior Advocate at (708) 636-8850.

*Gross Income is your total monthly income from all sources before any deductions. State of Illinois Department of Human Services 2019

Options Counseling Offered to Residents

Exploring long term support options – what's the best choice for you?

Older and disabled adults and their family members and friends who support them are often not aware of all the services and supports that are available. Options counseling focuses on exploring these long term support options to help older and disabled adults and their families make the best choices for themselves.

Long term support options may include figuring out how to remain in the adults or a family member's home, learning about community options for support, or exploring placement options.

An options counselor can help you develop your own personal long-term care plan and connect you to options and supports that help you remain in the community. Stickney Township Office on Aging's Options Counselor is trained to work with you, and/or family members to connect you to vital resources and services that fit your current situation.

Who do we serve?

- Seniors age 60 and over
- Persons with disabilities
- Family members and caregivers

Examples of service

- Information about long-term services
- Assistance with referrals
- Follow up and planning next steps
- Counseling when you need it

Call 708-636-8850 for information or to schedule an appointment.

Stickney Township Office on Aging Senior Advocate will be at the Stickney and Central Senior Centers to provide information and assist with applying for SNAP, Medicare, Medicaid, Options Counseling, LIHEAP, Weatherization, and other benefit programs.

North, Tuesday 5/14, 11 a.m. • Central, Thursday 5/23, 11 a.m.

Council on Aging Meeting Schedule

GENERAL • ALL LOCATIONS MEET AT 9:30 AM

No April Meeting • LSV: May 3 • NORTH: June 7

ADVISORY COMMITTEES • ALL LOCATIONS MEET AT 9:30 AM

North Mealsite: April 2 • May 7 • June 4

LSV Senior Center: April 10 • May 8 • June 12,

Central Mealsite: May 20

ATTENTION SENIORS

You are invited to a **FREE** presentation addressing legal services for Powers of Attorney for Healthcare and Property and Living Will declarations.

LSV Senior Center Community Room

PRESENTATION: APRIL 29 • 1 PM

(Must attend presentation to have a free Power of Attorney completed.)

WORKSHOP: MAY 14, 2019 • 12:30-3 PM

North Senior Center Community Room

PRESENTATION: JUNE 17 • 12:30 PM

(Must attend presentation to have a free Power of Attorney completed.)

WORKSHOP: JULY 9, 2019 • 12:30-3 PM

WHAT IS A POWER OF ATTORNEY?

If you become incapacitated or disabled in the future, a Power of Attorney (POA) would allow you to appoint a trusted individual to make health care and/or property decisions on your behalf.

WHAT IS A LIVING WILL?

A Living Will is more limited in scope than a POA for Healthcare. It authorizes the withholding of medical treatments and procedures that would artificially delay the moment of your death.

ABOUT CDEL

The Center for Disability & Elder Law is a nonprofit organization dedicated to protecting and advancing the legal rights of low-income senior citizens and persons with disabilities in Cook County. CDEL offers assistance with civil legal matters, representing hundreds of clients each year, and providing additional services to hundreds more. CDEL partners with volunteer attorneys, paralegals, and law students to provide clients with access to high quality legal services they cannot otherwise afford.

For questions about this program call 708.636.8850.

Sign up for a Share the Harvest Seedling!

Every tomato, every cucumber, every pepper makes a difference! Join us in filling up our Share the Harvest basket this season! Help provide fresh, healthy produce to neighbors struggling to feed their families.

One way to help fill up the basket is to sign up to receive a free seedling! Take the seedling home. Plant it where it will receive 6-8 hours of sun a day, water as needed, and harvest! Donate what grows on your plant and place your gifts in the Share the Harvest basket each week at the LSV Senior Center.

Sign up in our office and tell us what kind of plant you'd like to grow: tomato, pepper or cucumber. We will contact you when the plants are available for pick-up. We are also looking for volunteers to help tend the raised garden bed at the LSV Senior Center! Please call the senior center for more information (708) 636-8850.

Senior News Spring 2019

CAREGIVER CORNER

CARING CREW LUNCHEON!

at the LSV Senior Center

For any caregiver or caregivers caring for someone with Alzheimer's disease and dementia to enjoy fellowship, participate in educational programs and gain knowledge on topics that assist family caregivers. Lunch is provided and your care receiver is welcome to join, as well.

Caring Crew Luncheon is **FREE** and held from **12-1:30 pm** on **April 16, May 21, June 18**. Registration is required the Friday before the luncheon. Please contact Sarah Bernhardt-Wasag, Caregiver Specialist for details and to reserve lunch at (708) 636-8850 or email her at sbernhardt-wasag@townshipofstickney.org.

According to the National Institute on Aging staying physically active with Alzheimer's Disease is vital. If possible take walks together, play catch with a balloon or beach ball or try some gentle stretches. Short 10 minute workouts are suggested. Remember that exercising the mind is vital too. Simple puzzles, coloring, cross word searches and card games may be beneficial. See the cover page and page 4 for a complete list of exercise classes available at the North and LSV Senior Centers.

Exercise Class Schedule

Mondays • 8:45 – 9:30 a.m.

ZUMBA GOLD

Tuesdays • 8:45-9:45 a.m.

Fridays • 8:30-9:30 a.m.

FOREVER FIT

A fun, energizing way to get moving and keep moving. Motivating music, a variety of steps and stretches to get your heart pumping and your muscles strengthened, this program combines cardio, flexibility and balance training—all designed to support and enhance performance of daily activities. *All fitness levels welcome!*

Tuesdays/Thursdays • 10-11:30 a.m.

LINE DANCING

Tuesdays/Thursdays • 12:30 p.m.

ARTHRITIS EXERCISE

Wednesdays • 9 a.m. (Weather Permitting)

STICKNEY STROLLERS

Wednesdays • 8:45 – 9:45 a.m.

TOTAL WORKOUT

Includes weight training, core strengthening interspersed with cardio formats such as low impact dance moves, kick boxing, step, and cardio barre. Get your heart pumping to burn calories and release stress. Work at your own pace and fitness level using a variety of equipment.

Thursdays • 8:45 – 9:45 a.m.

TAI CHI

Fridays • 10 - 11 a.m.

GENTLE FLOW YOGA

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



Schedule of Activities

Louis S. Viverito Senior Center

7745 Leamington Ave., Burbank, IL • 708/636-8850 • Meals/5 Days at 11:30 a.m.

Mondays:

Pinochle, 8:30-11:30 a.m.
Choir with Pam Stafford, 10-11 a.m.
Chess Club (55+), 12-3:30 p.m.

Tuesdays:

Pinochle, 8:30-11:30 a.m.
Bingo with Lunch, 9:45-11:30 a.m.

Wednesdays:

Poor Man's Poker, 12-3 p.m.
Pinochle, 8:30-11:30 a.m.
Poor Man's Poker, 8:30 a.m.

Thursdays:

Pinochle, 8:30-11:30 a.m.
Bingo with Lunch, 10-11:30 a.m.
Painting Class, 9 a.m.-12 p.m.

Fridays:

Pinochle, 8:30-11:30 a.m.
Poor Man's Poker, 8:30 a.m.
Adult Coloring Class with Mary Kaye, 9:30 a.m.
Hook & Needle Club, 12-2 p.m.
Movie Time, 12:30 p.m.
Wii Bowling League, 12:30 p.m.

All
programs
& classes
available to
non-residents

TUESDAY • APRIL 16 • 9:30 AM

Easter Party • Bingo at 9:30 a.m. *Call or see office to register in advance.*

THURSDAY • APRIL 18 • 9:30 AM

Super Bingo • Lunch must be reserved in advance to participate in Bingo.

THURSDAY • MAY 9 • 9:30 AM

Mother's Day Party • A day at the derby, horse races and all! *Call or see office to register in advance.*

MONDAY • MAY 13 • 10 AM

Humana - Spanish Outreach • Healthy Sleep to be held in the Get Fit Pit.

WEDNESDAY • MAY 15 • 1-3 PM

Citizens Utility Board Bill Clinic • Bring your most recent gas, electric, cable & telephone bills. CUB personnel will analyze your bills and assist in cutting costs, significantly. *Advanced registration is required for this event. Please see or call office to register.*

THURSDAY • MAY 30 • 9:30 AM

Super Bingo • Lunch must be reserved in advance to participate in Bingo.

THURSDAY/FRIDAY • MAY 30/31 • 9 AM - 1 PM

AARP Driver Safety Class • Two days advance registration required. Fee: \$15/AARP Members/\$20 Non Members (Payable to AARP.)

MONDAY • JUNE 10 • 10 AM

Humana - Spanish Outreach • Healthy Sleep to be held in the Get Fit Pit.

TUESDAY • JUNE 11 • 9:30 AM

Father's Day Party • *Bingo* • Lunch must be reserved in advance to participate in Bingo.

WEDNESDAY • JUNE 12 • 10 AM

Cantata: "The Golden Years" • A humorous take on the facts vs. fiction of aging and how to get the most out of your years by utilizing your mind, diet and exercise.

THURSDAY • JUNE 27 • 9:30 AM

Super Bingo • *Call or see office to register in advance.*

Schedule of Activities

North Building

6721 W. 40th St., Stickney, IL • 708/788-9100, ext. 27

Lunch/Tuesdays and Fridays • 11:30 AM • \$2

Tuesdays/Free Bunco • 12:30 PM

Ice Cream Social • First Friday of the Month

To be served after lunch (must register for lunch that day)

Popcorn & a Movie • Second Friday of the Month

Super Bingo • Third Friday of the Month

Please watch for class cancellations due to celebrations, speakers, etc.

Lower Level Computer Lab is Open When Room is Not in Use

WEDNESDAY • APRIL 17 • 10 AM

Senior Medicare Patrol • Medicare Fraud

TUESDAY • APRIL 23 • 9:30 AM

Spring Fling Party! Bingo at 9:30 a.m., Entertainment with Larry Breidenbach singing your favorites down memory lane at 10:30 a.m.

WEDNESDAY • APRIL 24 • 10 AM

Cantata - Finding Your OOMPH! • Get your oomph back with tips and tricks on how to live life to the fullest.

MONDAY • APRIL 29 • 10 AM

Humana - Tech 101 • Learn the basics of using computers and smartphones.

TUESDAY • MAY 14 • 9:30 AM

Mother's Day Party • Bingo, 9:30 a.m. Musical entertainment with Mike Hollis, 10:30 a.m.

MONDAY • MAY 20 • 10 AM

Humana - Healthy Sleep • Participants learn how to adopt healthy lifestyle habits to prevent disease and feel their best.

MONDAY • MAY 20 • 1-3 PM

Citizens Utility Board Bill Clinic • Bring your most recent gas, electric, cable & telephone bills. CUB personnel will analyze your bills and assist in cutting costs, significantly. *Advanced registration is required for this event. Please see or call office to register.*

WEDNESDAY/THURSDAY • MAY 22/23 • 9 AM - 1 PM

AARP Driver Safety Class • 2 Days • Advance registration required. Fee: \$15 AARP members/\$20 non-members (Payable to AARP.)

WEDNESDAY • JUNE 5 • 10 AM

Metropolitan Water Reclamation District

Commissioner Spyropoulos will speak about environmental issues, i.e., construction, storm water, rain barrels, pharmaceutical disposal and more.

TUESDAY • JUNE 11 • 8:30-10:30 AM

Illinois State Treasurer's Office I-Cash Program

WEDNESDAY • JUNE 12 • 10 AM

Spanish Outreach • Alzheimer's Association of Illinois • La detección temprana te da la oportunidad de comenzar una terapia con medicamentos, inscribirse en estudios clínicos y planificar para el futuro. Asista a este entrenamiento para aprender las 10 señales de advertencia de la enfermedad de Alzheimer.

PLEASE NOTE: 5/1: No Exercise Class • 5/16: No Tai Chi • 5/20: No Zumba

Central Building

4949 S. Long Ave., Chicago, IL • 708/458-8855

Over age 60 and live in Central Stickney? Join your neighbors for bingo and lunch on Mondays. Bingo starts at 10:30 a.m. and lunch is served at 11:30 a.m. Cost for lunch is \$2. Call 708/458-8855 on Mondays to register.

MONDAY • APRIL 15 • Easter Bingo

MONDAY • MAY 6 • Mother's Day Celebration

MONDAY • JUNE 17 • Father's Day Celebration

Senior News Spring 2019

SMART START WEDNESDAYS...

On designated Wednesdays at 10 a.m. • LSV Senior Center

4/3 • Muscles and Bones

Presented by Dr. Chandra

4/24 • Humana • Tech 101

In an age of rapidly changing technology, it can be difficult to keep up. This class will help participants learn the basics of using computers and smartphones.

5/8 • Metropolitan Water Reclamation District

Commissioner Spyropoulos will speak about construction issues, storm water, rain barrels, pharmaceutical disposal and other environmental issues.

5/22 • Living for Your Brain & Body

SPANISH OUTREACH

Alzheimer's Association of Illinois.

Viviendo para tu Cerebro y Cuerpo

Únase a nosotros para conocer las investigaciones en las áreas de dieta y nutrición, ejercicio, actividad cognitiva y participación social, y use herramientas prácticas que lo ayudarán a incorporar estas recomendaciones en un plan para el envejecimiento saludable.

5/29 • Senior Medicare Patrol - Medicare Fraud

6/5 • Healthy Brain

Presentation by Humana aimed at helping participants adopt healthy lifestyle habits to prevent disease and feel their best!

6/19 • Benefits of Stretching
Presentation by ATI.

6/26 • Medication Adherence

Presentation by Avicenna Pharmacy. Find out why following medication instructions is important to your well-being.

In Memory Of



Helen Angone
Emmanuel Areddia
Mukhtak Begum
Anna Belz
Francisca Bustamantez
Dominic Canino
Sam Cordero
Eusebio Corona
Diane Custer
Lucy Dresden
Guadalupe Figueroa
Joseph Greg Ford
Edith Ginzkey
Margarita Guzman Palacios
Naim Halawa
Carolyn Haveck
Delores Homan
Ray Howard
Bella Hunt
Daniel Kandich
Alodia Kolody
Janice Krzyskowski
Paul Lamar
Frank Logan
Basilia Medina
George Milas
James Neal
Kathryn O'Neill
Carol Opitz
Barbara Pavlick
Peter Quinn
Saverio Raspa
John Ratkowski
Janina Sadelska
Imogene Salomone
Geraldine Schreiber
Charles Seaton
Stanley Simundic
Sharon Slaughter
Maria Villareal
Joseph Yanik

Seniors, Kids Celebrate



Check Your Blood Pressure

NORTH MEAL SITE

9 a.m. • 4/16, 5/21, 6/25

LSV SENIOR CENTER

9:30 a.m. • 4/4, 5/2, 6/6

Valentine's Day at LSV Senior Center



Thank you to the Reavis High School Early Childhood Education for planning a wonderful Valentine's Day full of fun activities for the older adults and preschoolers.



7745 S. Leamington Ave.
 Burbank, IL 60459
 708.636-8850

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 U.S. POSTAGE
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 PERMIT NO. 1025

Senior Dining Program: New Menu Options Offered!

Stickney Township Office on Aging offers a congregate dining program for area senior citizens age 60 years and older. The program provides nutritionally balanced meals, nutrition education and nutrition risk screening and encourages socialization and better health through disease prevention and health promotion programs.

Served meals meet nutritional standards by incorporating the Dietary Guidelines for Americans and providing a minimum of one-third of the Dietary Reference intakes. The dining program provides a hot lunch daily at the Louis S. Viverito Senior Center in Burbank at 11:30 a.m. The LSV Senior Center also offers reservations for those who require an alternate serve time. Participants may call ahead to reserve a time between 11 a.m.-1 p.m. *Reservations should be made the day ahead before noon. A \$2 donation is requested for lunch. Everyone is invited to attend—residency is not a requirement.*

Look for monthly menus to be posted on Facebook!

Lunch is also available on Tuesdays and Fridays at the North Medical Center in Stickney at 11:30 a.m. Reservations should be made the day ahead before noon by calling (708) 788-9100.

Older Adults who attend our dining programs may participate in other services including exercise, craft and art classes, wellness seminars and health screenings. The dining program is the ideal place for older adults to socialize and build companionship. Volunteer opportunities are also available to seniors at each site.

This program serves much more than food. It provides a safety check, and sometimes the only opportunity for face-to-face contact or conversation that day.

Programa De Almuerzo Congregado Para Adultos Mayores

Stickney Township les invita a participar en nuestro programa de almuerzo!! Reunase con nosotros para una comida nutritiva, hacer amigos/as y mas!! Los almuerzos son bajos en sal y el menu es aprobado por un nutricionista siguiendo los estandares nutricionales para adultos mayores. El programa de almuerzo es para personas de 60 anos y mayores y su esposo/a.

El amuerzo es servido en tres sitios de Stickney Township. Ver abajo el horario del almuerzo en cada sitio.

FREE LUNCH
 for **NEW** members to the LSV or
 North dining programs

Bring a **NEW** friend to the LSV or North
 dining programs and you both get a
FREE LUNCH

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 and TDD), or contact the Stickney Township administrator, 708-424-9200, Ext. 2116.