

Senior News

Spring 2022

LOUIS S. VIVERITO
Township Supervisor

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!

Holiday Closings

Friday, 4/15

Good Friday

Monday, 5/30

Memorial Day

Monday, 7/4

Independence Day



FROM YOUR TOWNSHIP SUPERVISOR

Changes are Coming Soon for Central Stickney Community Center

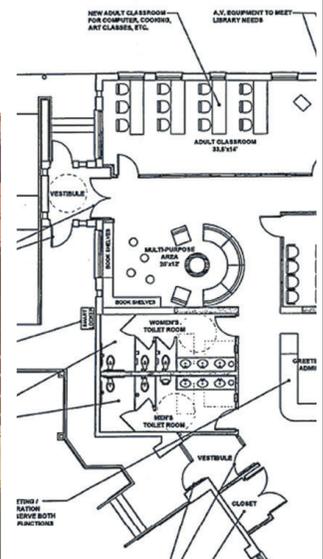
1950'S



1980/90'S



COMING
2022



If you've passed by the Central Community Center recently you may have noticed some unusual activity.

It's been many years since the Central Township Building has been upgraded and, although some doubted it would happen, I'm happy to say that the Township's renovation plans have begun, with the remodeling set to be completed this summer.

Plans include adding a multi-purpose room to host activities for young and old, remodeling the kitchen and bathrooms, and updating the windows and floors.

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FROM YOUR TOWNSHIP SUPERVISOR

(Continued from page 1)



Together with the Stickney-Forest View Library, there will be a shared

facility offering a story-time room for children, and adult classrooms for computer training, cooking and art classes— something that should be of special interest to area seniors.

I'm thrilled that we can spend more time face-to-face these days. Hopefully, the worst of the pandemic is behind us. In an effort to catch up, I've scheduled a number of coffees this Spring to meet with residents in person. If you are interested, plan on attending one of the following scheduled events.

NORTH SENIOR CENTER

Wednesdays

April 6, May 4, and June 1
9:30-10:15 am

LSV SENIOR CENTER

Thursdays

April 7, May 5 and June 2
9:30-10:15 am

In addition, don't forget that the LSV and North Centers are open for activities (see *the enclosed schedule*). I look forward to the opportunity to see you all in person.

Powerful Tools for Caregivers

A 6-Week Class Series at North Senior Center

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, down the block or miles away, yours is an important role. This course is for family caregivers like you!

This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

Classes give caregivers tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources

Class Details:

Wednesdays • May 11 through June 15 • 10-11:30 am
Stickney Township North Senior Center
6721 W. 40th St., Stickney, IL

Registration required

Call 708-636-8850

Powerful Tools for Caregivers is owned and managed by Iowa State University of Science and Technology. Funding in whole or in part by AgeOptions.



St. Patrick's Day bingo celebration at the LSV Senior Center.

ABOUT THE STOA CAREGIVER RESOURCE CENTER

Stickney Township Caregiver Resource Center offers many avenues to assist family caregivers. Our center provides respite care, a caregiver support group, counseling, educational opportunities and more. Helping caregivers is vital if they are to continue to care for their loved ones. Contact our office for assistance with services. Call (708) 636-8850.

Do you know what respite care is?

Respite care provides short-term relief for primary caregivers. It can be arranged for just an afternoon or for even several days. Care can be provided at home or in a healthcare facility. Stickney Township provides respite services to caregivers and their loved one through the Caregiver Resource Center.

Cargiver Resource Center Caring Crew Meetings



April 19th • May 17th • June 21st
10:00-11:00 a.m.

Caregiving is challenging and feeling isolated makes the role even more complicated. Our Caring Crew group meets monthly 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 support group can provide this interaction.

Lunch will not be provided on site, but you may register for a meal in advance to take home.

For more information, and to register, please contact Sarah Bernhardt at (708) 636-8850 or by emailing sbernhardt-wasag@townshipofstickney.org.

Upcoming Programs and Talks

**AT LSV
SENIOR
CENTER**

Citizens Utility Board: Energy Efficiency

May 4th at 10 am

The Office of the Illinois Attorney General: Advocacy & Fraud Protection for Seniors

April 13th at 10 am

Military & Veterans Rights

May 18th at 10 am

Veteran Consumer Scams

June 22nd at 10 am

**AT NORTH
SENIOR
CENTER**

Citizens Utility Board: Energy Efficiency

May 11th at 9 am

The Office of the Illinois Attorney General: Advocacy & Fraud Protection for Seniors

April 20th at 9 am

Military & Veterans Rights

May 25th at 9 am

Veteran Consumer Scams

June 29th at 9 am

SENIOR NUTRITION PROGRAM



Congregate Meals

As of March 1, 2022 Meals are Pick-Up/To-Go and Dine In.

A general nutrition, low sodium meal is available to participants 60 years of age and older. Participants must reserve their lunch the day before by 11am. Participants can call the office or sign in when picking up their meals on provided sign-in sheets.

Meals at the LSV Senior Center are provided Monday through Friday from 10:30am to 12pm Dine-in service begins at 12pm.

Meals at the North Senior Center are provided Tuesdays & Fridays from 10:30am to 12pm. Dine-in service begins at 12pm. A Monday meal is available to Stickney Township residents only, pick-up/to-go from 10:30am to 12pm and dine-in beginning at 12pm.

LSV Senior Center

7745 S. Leamington Burbank,
708-636-8850

North Community Center

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

CLUBS AND CLASSES AT LSV SENIOR CENTER

Nutri B's Senior Club

Mondays • 9am - 12pm

Socialization, refreshments, bingo and holiday events are held weekly.

Seniors on the Go

Tuesdays (2nd & 4th of month) • 10am - 2:30pm

Socialization, refreshments, bingo and holiday events are held twice a month.

Quilling Club

Tuesdays • 9:30am - 11am

Quilling is an art form that involves the use of strips of paper that are rolled, shaped, and glued together to create decorative designs. The designs can be manipulated to create shapes to decorate greeting cards, pictures, boxes, etc. Join us to learn something new!

Painting Class

Tuesdays • 12:30pm - 3:30pm

Different techniques are discussed/taught the first and third Tuesdays of the month with an open paint session the second and fourth Tuesdays of the month.

Silver Circle Senior Club

Wednesdays • 10am - 2pm

Socialization, refreshments, bingo and holiday events are hosted weekly.

VIP Senior Club

Wednesdays • 10am - 2pm

Socialization, refreshments, bingo and holiday events are held weekly.

Coloring Class

Fridays • 9:30am - 11:15am

Coloring engages the mind, forcing it to focus on the task and providing temporary relief from everyday stress. Coloring is relaxing and fun and provides a great opportunity to socialize with old and new friends. All of the materials are supplied for the class at no charge.

Hook & Needle Club

Fridays 12pm - 2pm

Crochets and knits various items that are donated to local hospitals, VA and homeless shelters. Learn how to crochet with this great group!

Wii Bowling Club

Fridays 12pm - 2pm

Friendly, fun and very social group! 12-week sessions for \$10. Parties hosted at the end of each session. Strike out and try it!

CLUBS AND CLASSES AT NORTH CENTER

Zumba Gold

Mondays • 11:15am - 11:45pm

Fit Sit

Mondays • 11:45am - 12:15pm

Bingo

Tuesdays & Fridays • 10:30am - 12pm

Stickney Golden Agers Club

Wednesdays • 10:30am - 1:30pm

Socialization, refreshments, bingo and holiday events are hosted weekly.

Tai Chi

Wednesdays • 12pm - 1pm

T.O.P.S.

Thursdays • 9am-10:30am

Yoga

Fridays • 12pm - 1pm

Computer Lab Hours

Mondays 8:30am - 3:30pm

Tuesdays 8:30am - 3:30pm

Wednesdays 8:30am - 3:30pm

Thursdays • 10:30am - 3:30pm

Fridays • 8:30am - 3:30pm

SENIOR NUTRITION PROGRAM

Home Delivered Meals

Meals are provided to homebound clients 60 years of age and older. This program requires an assessment by a Stickney Township Case Manager from the Case Coordination Unit.

A general nutrition, low sodium meal is delivered daily, Monday – Friday to homebound clients.

A weekend freshbox is delivered on Fridays, which includes various snacks, lunch/breakfast items, fresh fruits, vegetables and more.

Mom's Meals is a newer home delivered meal option that provides clients meals with diet specific needs. These specific needs include gluten free, renal or pureed meals.

For more information and requirements for the Senior Nutrition Program: Home Delivered Meals and Congregate Pick-Up Meals, please contact the Stickney Township Office on Aging at 708-636-8850.



Wii Bowling at the LSV Senior Center.

Medicare Savings Programs

You can get help paying your Medicare premiums. In some cases, Medical Savings Programs may also pay Medicare Part A (hospital insurance) and/or Part B (medical insurance deductibles, coinsurance and co-payments if you meet certain conditions.) Asset levels for all three programs are the same amount: single individual, \$9,470 and married couple, \$14,960

QMB Program: helps pay Part A & Part B premiums, deductibles, coinsurance and co-payments.

- Monthly income for single individual: \$1,098
- Monthly income for married couple: \$1,477

SLMB Program: helps pay for Part B premiums only

- Monthly income for single individual: \$1,312
- Monthly income for married couple: \$1,766

QI Program: helps pay for Part B premiums only

- Monthly income for single individual: \$1,473
- Monthly income for married couple: \$1,903

If you qualify for the QMB, SLMB or QI Program, you automatically qualify to get Extra Help paying for Medicare prescription drug coverage.

AGING & DISABILITY RESOURCE CENTER

The Aging & Disability Resource Center (ADRC) offers information to help older adults, caregivers and people with disabilities make decisions about care. We can provide information and answers needed to improve a person's independence and quality of life. Our certified professional staff will explain the options available in a way that allows the best decision to be made for the particular situation. Our staff can offer information, assistance, guidance and decision assistance to those encountering long-term care housing and support decisions. Aging and Disability Resource Centers (ADRCs) seek to address the frustrations many older adults, people with disabilities, and family members experience when trying to learn about and access long-term services and supports. ADRCs raise visibility about the full range of available options; provide objective information, advice, counseling and assistance; empower people to make informed decisions about their long-term services and supports; and help people access public and private programs. ADRCs provide unbiased, reliable information and counseling to people with all levels of income.

Care Coordination Unit

Our highly trained intake team, social workers and care coordinators provide assistance to older adults so they can live safely and comfortably in their own homes, allowing them to “age in place” and avoid premature, long-term nursing home placement. From home-delivered meals and help in the home, to educational classes and support group, we provide comprehensive care and services to our community. Services available through the Care Coordination Unit:

- Community Care Program
- Respite
- Chore Services
- Comprehensive Care Coordination
- Emergency Senior Services
- Benefit Assistance

To receive more information about services available please call us at (708) 636-8850.

Low Income Energy Assistance Program

LIHEAP provides assistance with utility bills for those who are low income. A one-time payment is made to the utility companies that is applied directly to the household's energy bills. LIHEAP is designed to assist income-eligible households with energy services.

INCOME GUIDELINES:

Family Size 1: \$2,146 per month • Family Size 2: \$2,903 per month

BENEFIT PROGRAMS PRESENTATION

Wednesday June 1 • 10am LSV Senior Center

Learn about the different programs available to older adults.

- emergency assistance programs
- homelessness prevention/housing assistance programs
- financial assistance programs
- legal aid
- nutritional assistance

Benefit Access Application (BAA)

THE BAA PROVIDES ASSISTANCE WITH:

- Seniors Ride Free Transit Benefit
- Persons with Disabilities Free Transit Ride
- Secretary of State License Plate Discount

DO I QUALIFY FOR THE BENEFIT ACCESS PROGRAM?

Apply on the Benefit Access Application if you meet the following requirements:

AGE

- You must be 65 years of age or older by December 31 of the current year; or
- You must be 16 years of age or older and totally disabled before January 1 of this year.

NOTE: "Person with a disability" means a person unable to engage in any substantial gainful activity by reason of a medically determinable physical or mental impairment which can be expected to result in death or has lasted or can be expected to last for a continuous period of not less than 12 months. [320 ILCS 25/3.14]

RESIDENCY

- You must live in Illinois at the time you file your application.

INCOME LIMIT ELIGIBILITY FOR THE LICENSE PLATE DISCOUNT AND/OR RIDE FREE TRANSIT CARD (Income limit increase effective 1/1/2020.)

Your total income last year must be less than

- \$33,562 for a 1 person household (yourself only); or
- \$44,533 for a 2 person household (yourself and your spouse, or yourself and one Qualified Additional Resident); or
- \$55,500 for a 3 person household (yourself, your spouse and one Qualified Additional Resident, or yourself and two Qualified Additional Residents).

NOTE: Use of the word spouse also includes a civil union partner.

EXPIRATION

Eligibility is good for two years under the Benefit Access Program. The two-year period starts at the time your application is approved. You may file again beginning 90 days before your eligibility expires.

Medicare's Low Income Subsidy (Extra Help)

Some people with limited resources and income may also be able to get Extra Help to pay for the costs—monthly premiums, annual deductibles and prescription co-payments—related to a Medicare prescription drug plan.

Many people qualify for these important savings and don't even know it.

Your resources (assets) must be limited to \$14,790 for an individual or \$29,520 for a married couple living together. Resources include such things as bank accounts, stocks and bonds. Your home and car are not counted as resources.

Your monthly income must be limited to \$1,630 for an individual or \$2,198 for a married couple living together.

Contact our Senior Advocate for a benefit check up to see what programs you qualify for. Most income requirements rise yearly so it is always a good idea to contact the Stickney Township Office on Aging to see if you qualify.



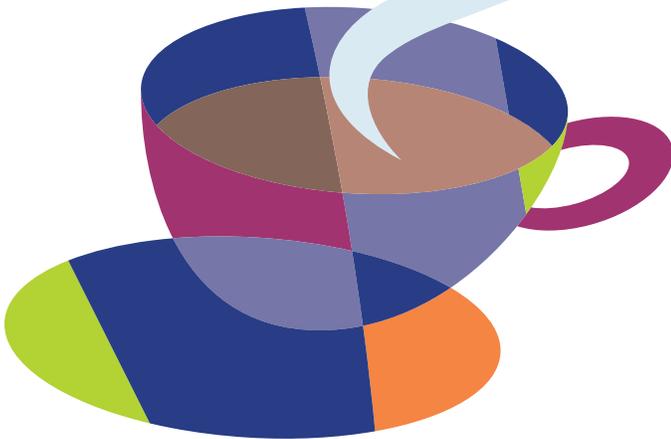
**Stickney
Township
Office on
Aging**

7745 S. Leamington Ave.
Burbank, IL
60459

PRSR STD
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BEDFORD PARK, IL
PERMIT NO. 1025

Join Us For
Coffee & Conversation
with

**TOWNSHIP SUPERVISOR
LOUIS S. VIVERITO**



Refreshments and pastries will be served.

NORTH SENIOR CENTER
6721 W. 40th St., Stickney

WEDNESDAYS
APRIL 6, MAY 4, AND JUNE 1
9:30-10:15 AM

LSV SENIOR CENTER
7745 S. Leamington Ave., Burbank

THURSDAYS
APRIL 7, MAY 5 AND JUNE 2
9:30-10:15 AM

**Join the Hook and Needle
Club at the LSV Senior Center**

The Hook and Needle Club has completed and donated over 650 items, including hats, gloves, scarves, prayer squares, napkins, headbands and more!

Items are donated to local hospitals, the Manteno Veterans Home, Turpin Cares, area grade schools and churches.

The club meets on Fridays, 12pm, at the LSV Senior Center.

New members are welcome and donations of yarn and material are accepted year round.

