

Senior News

Summer 2018

Programs and Services from Stickney Township Office on Aging

LOUIS S. VIVERITO

Township Supervisor

JOAN DAHLKE-WILEMAN

Director/Editor

MELANI DAVIS

Design/Layout

KELLY LIVIGNI

GEORGIA TRIANTAFYLLOU

Photography

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!**

Larry’s Day: A Celebration of Former Trustee Larry Baker

This June the Township was delighted to celebrate “Larry’s Day” in honor of long-time former Township Trustee and generous volunteer, Larry Baker.

Larry loved coming to the North facility for club, lunch and calling bingo long after he retired from the board. When he passed away last year, his son made a generous donation to the Township and it was decided that the money be used on behalf of seniors.

“What better way to honor Larry’s hard work as both a trustee and devoted



volunteer. He would love knowing he was responsible for bringing an afternoon of joy and camaraderie to his friends,” said Township Supervisor Louis S. Viverito.

The party included bingo, lunch, entertainment, popcorn, treats and raffle prizes. Vegas style performer Vito Zatto kept the crowd engaged with “celebrity volunteers” Bruno Mars, Rod Stewart, Cindi Lauper and Mick Jagger.



Township Closings



**Wednesday
7/4**

Independence
Day

**Monday
9/3**

Labor Day

In This Issue



- 2 Aging & Disability Resource Center
Walk with Ease
- 3 Caregiver Corner: Caring Crew Luncheon
Program for Older Adults: Matter of Balance
- 4 New Exercise Class Schedule
- 4-5 Schedule of Activities
- 6-7 Photos of Recent Events
- 8 Dining Program—*Fantastic New Menus!*

We Salute Our Generous Neighbors

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

SENIOR PROGRAMS

Bernice Bubel
DaleAnn Kalvaitis
Rose Priore
Lorraine Rosenthal
Mr. & Mrs. T. Secor
Mr. & Mrs. A. Smith

SUPER BINGO

Arlene Adaszak
Martha Alva
Bernice Bubel
Beverly Dagenais
Edie Delgado
Mary Diggins
Luanne Kamykowski
Mr. & Mrs. L. Kozola
Sharon Morlan
Tina Musiala
Mr. & Mrs. F. Przytula
Anna Pulcini
Angeline Rymut
Janet Schoenig

Burbank Park District Fusion
RecPlex
McDonalds, Burbank and
OakLawn (91st St.)
Rita's Italian Ice
Jewel-Osco (79th St)

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.

AGING & DISABILITY RESOURCE CENTER

Benefit Access Program

This program is offered through the Illinois Department on Aging. If found eligible, it offers a discount on your license plate sticker for one car and the RTA ride free transit benefit.

- ✓ 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.

INCOME FROM 2017

- ✓ \$27,610 for a 1 person household (yourself only); or
- ✓ \$36,635 for a 2 person household (yourself and your spouse)

Medicare Savings Programs

Would you like \$100-\$134 added back to your social security check every month? You can get help paying your Medicare premiums. In some cases, Medicare Savings Programs may also pay Medicare Part A (Hospital Insurance) and/or Medicare Part B (Medical Insurance deductibles, co-insurance, and co-payments if you meet certain conditions.)

Senior Property Tax Exemptions

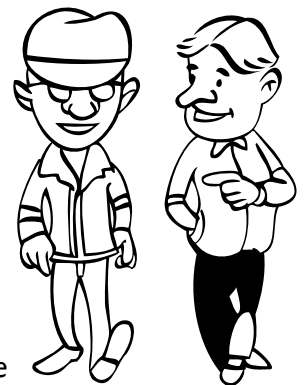
The second installment of your property tax bill has all of the exemptions your household may be qualified for this year. Please look over your tax bill for these very important exemption savings.

Contact our Senior Advocate at 708.636.8850 for more information on these and other money saving programs.

NEW! Walk with Ease

Thursdays • 9-10 am • July 12 to November 8

Walk with Ease is a program developed by the Arthritis Foundation (AF) that is designed to decrease disability, reduce discomfort, and build confidence in the ability to be physically active. Overall, the program focuses on helping older adults who live in the community and who have arthritis, or other chronic conditions, build their confidence in their ability to remain active. While walking is the central activity, Walk with Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. Sessions include some socialization time, pre-walk informational discussions, warm up and cool downs and a 10-35 minute walking period. This multi-component program meets for a total of 18 classes on consecutive Thursdays through November 8th. This class is provided in partnership with White Crane Wellness Center.



Stickney-Forest View Library and Forest View Park District Community

SHRED-IT EVENT

Saturday August 18 • 10-2 pm at the Library

Matter of Balance: Evidence-Based Falls Management Program for Older Adults

**8 SESSIONS BEGINNING SEPTEMBER 10TH
MONDAYS • 10AM -12PM**

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. It includes 8 two-hour sessions for a small group of participants led by a trained facilitator. This nationally recognized program was developed at the Roybal Center at Boston University.

WHAT IS A MATTER OF BALANCE?

It is an evidenced-based, award-winning program designed to help older adults reduce the fear of falling and increase physical activity. The program was designed to benefit anyone concerned about falling or who has had a fall in the past or restricted their activities due to the fear of falling. People who have an interest in improving flexibility, balance and strength are also candidates for the program.

The program teaches participants to think about the fear of falling as being controllable, set realistic goals to increase activity and work on changing their environment to reduce their risk.

The workshops are facilitated by two trained coaches from White Crane Wellness Center and are interactive. Classes are offered once a week for eight weeks and each class is two hours long. Most classes have from 8-16 members who engage in group discussion, problem-solving, brainstorming, sharing and participating in A Matter of Balance exercises. Each participant receives a manual to use during the workshop which contains the class activities, homework and exercises. A Matter of Balance exercises are also in the manual. It's not a full two hour exercise program, but exercises are a big component of the program and are introduced during the third session.

PARTICIPANTS WILL LEARN HOW TO:

- ✓ View falls as controllable
- ✓ Set realistic goals for increasing activity
- ✓ Reduce their fall risk at home and in their environment
- ✓ Increase balance with the exercises

Please register in advance by call (708) 636-8850.

Drawing Class at LSV Center

*Wednesdays beginning August 15 • 9:30-11:30 am
10 Week Session • Cost: \$20*

Led by our advanced instructor Maryann, students will be presented with a new project each week that help them develop their drawing skills. Advance registration required (708) 636-8850.

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 July 31 and September 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.

AGING & DISABILITY RESOURCE CENTER PRESENTS...

*Wednesday
September 26 at 10 am
Medicare*

Learn about the upcoming open enrollment, changes to plans and your enrollment options. Presented by Humana.

*Open Enrollment begins
October 15, 2018 and
ends December 7, 2018.*

During the annual enrollment period (AEP) you can make changes to various aspects of your coverage.

NEW Exercise Class Schedule

Tuesdays • 8:45-9:45 a.m.

Fridays • 8:30-9:30 a.m.

FOREVER FIT

Looking for a fun, energizing way to get moving and keep moving? This class is for you! Motivating music, a variety of steps and stretches designed 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 • 12:30 p.m.

ARTHRITIS EXERCISE

Wednesdays • 9 a.m.

STICKNEY STROLLERS

Weather Permitting

Wednesdays • 8:45 – 9:45 a.m.

TOTAL WORKOUT

The title says it all! After a warm-up, the party begins! 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 • 9-10 a.m. • 7/12-11/8

WALK WITH EASE

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. Harmonize your body with peaceful movements and range of motion exercises.

Watch for Information About
Upcoming New Classes!

4



Schedule of Activities

Louis S. Viverito Senior Center

7745 Leamington Ave., Burbank, IL • 708/636-8850

Congregate Meals • 5 Days a Week at 11:30 a.m.

Mondays:

Pinochle, 8:30-11:30 a.m.

Choir with Pam Stafford, 10-11 a.m.

Games with MaryKaye, 12 p.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.

Poor Man's Poker, 12-3 p.m.

Wednesdays:

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.

MaryKaye's Tea, Craft & Color Class, 9:30 a.m.

Hook & Needle Club, 12-2 p.m.

Movie Time, 12:30 p.m.

Wii Bowling, 12:30 p.m.

LSV
Newcomer
Tours Every
Wednesday
10 a.m.

MONDAY • JULY 9 • 10 AM - 12 PM

Congressman Lipinski Senior Fair

Valuable information about Federal Government programs, business vendors and more! Lunch is available to those 60 and over by reservation for \$2. Please call to reserve your lunch (708) 636-8850.

TUESDAY • JULY 10 • 12 PM

Center for Disability and Elder Law Outreach Event

CDEL will discuss power of attorneys for healthcare and property. On Tuesday, August 7, CDEL will provide a power of attorney workshop for anyone interested in having an attorney draw up free power of attorney forms. *Individuals must attend the outreach event on July 10th in order to sign up for the workshop on August 7th.*

TUESDAY • JULY 24 • 12 PM • Time Warp Game Show

A game show custom-made for older adults—featuring classic movies, TV and game shows and music. Contestants play at their tables as a team. Projected video clips, questions, categories and an electronic scoreboard keep things moving. An LED globe rotates around the room and ends on the next table to answer the game show question. *Prizes will be awarded.*

THURSDAY • JULY 26 • 9:30 AM • Super Bingo

FRIDAY • JULY 27 • 10 AM

Grandparents Day featuring the Frog Lady

Bring your grandchildren for a fun morning at the Senior Center.

The Frog Lady presents...Herpetology (Reptiles & Amphibians)

Learn the differences and similarities between reptiles and amphibians and meet over 20 live animals that participants will be able to touch and meet up close. *Free hot dog lunch provided to all of the children.*

Registration in advance required.

TUESDAY • AUGUST 7 • 12:30-3 PM

Center for Disability and Elder Law Power of Attorney Workshop

Appointment must have been made on July 10th when you attended the information session in order to have a power of attorney completed.

Schedule of Activities

WEDNESDAY • AUGUST 22 • 9:30-11 AM

Chicago Walking Tours Presents: Chicago's Rich Architecture

THURSDAY • AUGUST 23 • 9:30 AM • Super Bingo

THURSDAY • AUGUST 30 • 10 AM

Tim Wilsey presents: Chicago Dance Halls & Music Venues

(NO BINGO TODAY.) Join us for a morning of music and lecture about Chicago's famous dance halls and music venues.

THURSDAY/FRIDAY • SEPTEMBER 13 & 14 • 9 AM - 1 PM

AARP Driver Safety Class

A refresher course specifically designed for drivers age 50 and older:

- ✓ Research-based safe driving strategies.
- ✓ Information on the effects of medication on driving.
- ✓ Preventive measures to reduce driver distractions.
- ✓ Proper use of safety belts, air bags, anti-lock brakes, and more.
- ✓ Techniques for handling left turns, right-of-way, and roundabouts.
- ✓ State-specific rules and regulations in key areas: *construction zones, child safety seats, school buses, cellphone use and more.*

To register call (708) 636-8850. Fee/\$15 AARP Members • \$20/NM

THURSDAY • SEPTEMBER 20 • 10 AM

Country Hoedown featuring Good Clean Fun

THURSDAY • SEPTEMBER 27 • 9:30 AM • Super Bingo

North Building

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

Lunch/Tuesdays and Fridays, 11:30 a.m., \$2 per meal

Tuesdays: Arthritic Exercise, 9:15 a.m., \$1 per class

Sponsored by Stickney Township and YMCA. Please watch for class cancellations due to celebrations, speakers, etc.

Our Lower Level Computer Lab is Open for Use!

FRIDAY • JULY 20 • 9:30 AM • Super Bingo

Ten extra games! Lunch at 11:30 a.m.

FRIDAY • JULY 20 • 1-2 PM • Spa Day Creations at the Library!

Free – make bath bombs, sugar scrub and more at the Stickney-Forest View Library! Please register with Jewel at (708) 788-9100 or Danielle (708) 749-1050

TUESDAY • AUGUST 14 • 9:30 AM • A Royal Stickney Cruise!

Super Bingo, 9:30 a.m., Entertainment, 10:30 a.m. with Mr. Dayeao Edizon.

FRIDAY • AUGUST 17 • 9:30 AM • Super Bingo

Ten extra games! Lunch at 11:30 a.m.

TUESDAY • AUGUST 21 • 9:30 - 10:30 AM

Regional Transportation Authority

METRA, CTA, PACE: *Come and apply.*

FRIDAY • SEPTEMBER 21 • Super Bingo, 9:30 a.m.

Twenty games played for the price of ten! Lunch at 11:30 a.m.

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 • JULY 2 • Independence Day Super Bingo

MONDAY • AUGUST 13 • Summer Picnic

MONDAY • SEPTEMBER 10 • Labor Day Super Bingo

SMART START WEDNESDAYS...

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

7/11 • Legal Assistance Foundation

Ombudsman presentation.

7/18 • Lee Krizka: Falls and Injury Prevention

7/25 • Humana: Positive Thinking: When Life Gives Us Lemons

8/1 • Meridian Care

Medicare Part D program info.

8/8 • Burbank Fire Dept. Health and fire safety and how to prepare an emergency disaster kit.

9/26 • Medicare Basics

Presented by Humana & Aging and Disability Resource Center.

SENIOR CLUBS

Locations & Calendars

LSV SENIOR CENTER

Nutri-B's • Mondays, 9 am

BurbankVIP's • Wed., 12:30 pm

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

GoldenVIP's • Thur., 10am

HOLIDAY BAZAAR

Friday, November 2

9:30 am to 1:30 pm

VENDORS WANTED!

The LSV Senior Center Advisory Committee will, once again, host a holiday bazaar. The bazaar will be located at the Senior Center at 7745 S. Leamington Avenue in Burbank. We are looking for local artisans to participate in this year's event. This is a perfect opportunity to offer seniors a head start on holiday shopping!

In Memory Of



James Elhenicky
Thomas Furlano
Olga Grady
Moises Herrera
Bernice Hylaszek
Jesse Iniguez
Walter Judge
Donald Keating
Agnes Kiefer
Matthias Kopp
Barbara LaCoppola
Marion Mankus
Delores McCormick
Gusmana McDaniel
Carol Rohan
Dorothy Ruzicka
BettyLou Vizza
Anne Winchel
Stanislaw Zubak

Check Your Blood Pressure

NORTH MEAL SITE
9 a.m. • 7/24, 8/28, 9/25

LSV SENIOR CENTER
9:30 a.m. • 7/12, 8/2, 9/6

Council on Aging Meeting Schedule

GENERAL

July • No Meeting
LSV • August 3, 9:30 a.m.
North • September 7, 9:30 a.m.

ADVISORY COMMITTEES

North Mealsite

July • No Meeting
August • No Meeting
September 4, 9:30 a.m.

LSV Senior Center

July • No Meeting
August • No Meeting
September 12, 9:30 a.m.

Central Mealsite

September 24, 9:30 a.m.

More From: 'Larry's Day Celebration'



Learning Self Defense Sponsored by Oak Street Health



Take Me Out to the Ball Game: Opening Day!





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

PRSRT STD
 U.S. POSTAGE
PAID
 BEDFORD PARK, IL
 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 do not want to eat at the scheduled serve time of 11:30 a.m. 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.*

Beginning in July, two new menu options are available. Once a month on Fridays, pizza and salad will be served at both the LSV and North dining programs. On Thursdays at the LSV Center, a prepared salad and soup option will be added to the menu to offer a choice in meals. *Reservations are required by 11 a.m., the Monday before for this menu choice.* Salads offered include: July 5th: Grilled chicken Caesar salad • July 12th: Fajita steak salad • July 19th: Chicken cobb salad • July 26th: Athenian chicken salad.

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.

Home-Delivered Meals for Older Adults Unable to Shop and/or Prepare Food

- ✓ One hot meal delivered daily to residents who qualify aged 60 years or older.
- ✓ Meals are delivered between the hours of 9 a.m. and 2 p.m., Monday through Friday.
- ✓ Friday delivery of a weekend snack pack offers meals over the weekend.
- ✓ All meals are healthy, calorie controlled and meet Government Nutrition Standards.
- ✓ Health condition menu options are now available for those in need. Renal, cardiac, pureed meals from Moms Meals are delivered refrigerated, ready to eat.

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. To find if you qualify please contact (708) 636-8850.



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.