

Senior News

Winter 2019

Programs and Services from Stickney Township Office on Aging

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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!**

FROM YOUR TOWNSHIP SUPERVISOR

Enthusiastic Turnout for Our Annual ‘Salute to Vets’ Event



It is a pleasure for me to be a part of our “Stickney Salute to Veterans” event each year, as we gather to honor area residents

who have served our country proudly in the military.

Once again, the turnout was wonderful at both the North Building and LSV Senior Center and it was my honor to address those in attendance as your Township Supervisor and a Korean War veteran.

Entertainment included a performance by preschoolers and a medley of patriotic songs performed by Maureen Christine at the LSV Center and Ron and Sandie at North Building. There was no shortage of fun or food at either site!

In addition to an all-American fried chicken lunch, veterans received a pair of commemorative gloves to mark the occasion. (Those who have been in attendance for the past two years now have a complete set of winter wear: hat, scarf and gloves!) *(Photos of this event on page 7.)*

Township Closings

Tuesday, 1/1

New Year's Day

Monday, 2/18

President's Day

Friday, 4/19

Good Friday



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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

Betty Griffio
Bernice Hylaszek Family
Virginia Galus
Donald Rudman Family
Eleanor Bovenzo Family
Julian Pilarski
Sharon Pondelicek

SUPER BINGO PRIZES

Josephine Sala
Linda Kozola
Mr. & Mrs. F. Przytula
Geri Larotonda
Natalie McCorry
Sabina Reyes

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., 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

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.

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AGING & DISABILITY RESOURCE CENTER

Property Tax Exemptions

SENIOR CITIZEN EXEMPTION

This exemption provides tax relief by reduction of the equalized assessed valuation of an eligible residence. The savings is in the form of a deduction on the second installment real estate tax bill. Older adults must apply annually for this exemption.

ELIGIBILITY REQUIREMENTS

- 65 years of age or older
- Own the property or have a lease or contract making you responsible for real estate taxes
- The property must be your principal residence

SENIOR FREEZE EXEMPTION

This exemption allows seniors to apply for a freeze of the equalized assessed value (EAV) of their properties for the year preceding the year they first apply and qualify for this exemption; i.e., a senior who qualifies and applies for this exemption in taxable year 2016 will have the EAV of the property frozen at the 2015 EAV. This does not automatically freeze the amount of your tax bill. Only the EAV remains at the fixed amount. The amount of dollars that the taxing districts ask for (levy) may change and thus, alter a tax bill.

ELIGIBILITY REQUIREMENTS

- Must be born prior to 1953
- Total gross income of no more than \$65,000 for 2017
- Own the property or have legal, equitable or leasehold interest in the property on January 1, 2017 and January 1, 2018
- Be liable for payment of 2017 and 2018 property taxes
- Use property as a principal place of residence on January 1, 2017 and January 1, 2018

SENIOR CITIZEN REAL ESTATE TAX DEFERRAL

A tax-relief program that works like a loan, allowing qualified seniors to defer a maximum of \$5,000 per tax year (this includes 1st and 2nd installments) on their primary home. The loan from the State of Illinois is paid when the property is sold, or upon the death of the participant. This is a great resource for senior citizens struggling to pay for their property taxes.

The deadline to file the application is March 1, 2019 (There are no time extensions). Please contact Stickney Township to see how to qualify and for more information.

Get Your Benefit Check-Up At Central Clinic

Meet one-on-one with our Senior Advocate to review what benefit programs and Medicare assistance you may be eligible for.

Monday, February 25, 10:30-11:30 a.m.

Thursday, March 21, 10:30-11:30 a.m.

Stickney Township Office on Aging

Reach Your 2019 Goals With This Important Workshop

Take Charge of Your Diabetes

Louis S. Viverito Senior Center in collaboration with AgeOptions present a program developed by Stanford University, designed to provide older adults the tools they need to "Take Charge" of their diabetes.

We will be conducting 6 classes for 6 weeks, once a week for 2.5 hours. There is a 20-minute break at each class and classes are broken down into small activities such as:

- Overview of self-management and diabetes
- Nutrition and Healthy Eating
- Preventing low blood sugar
- Difficult emotions
- Fitness and Exercise
- Stress management
- Monitoring blood sugar
- Skin and foot care

The workshop will be held on January 10, 17, 25, 31 and February 7 and 14, from 9 am to 11:30 am.

For more information and to register, please contact Kay Wojtysiak at (708) 636-8850 or email at kwojtysiak@townshipofstickney.org

Cumpla sus propósitos del 2019 siendo parte del taller

Tomando Control de su Diabetes **Jan 16th to Feb 20th 10-12:30pm**

Louis S. Viverito Senior Center en colaboración con AgeOptions le invitan a formar parte de su taller "Tomando Control de su Diabetes" y comenzar el 2019 con el pie derecho.

Tomando Control de su Diabetes es un programa basado en evidencias desarrollado por la Universidad de Stanford el cual está diseñado para darle a adultos mayores y personas de la tercera edad las herramientas necesarias para tomar el Control de su Diabetes.

Estaremos llevando a cabo 6 clases durante el período de 6 semanas, una vez a la semana por 2.5 horas. Cabe mencionar que durante este lapso de tiempo tendremos un descanso de 20 minutos y las clases se dividirán en pequeñas actividades tales como:

- Vision general de la diabetes
- Nutrición and alimentación saludable
- Prevenir los bajos niveles de azúcar
- Manejar emociones difíciles
- Ejercicio y actividad física
- Manejar el estrés
- Monitorear los niveles de azúcar
- Cuidado de la piel y los pies!

El taller dará comienzo el miércoles 16 de enero y concluirá el miércoles 20 de febrero de 2019. Y nos reuniremos de 10 am a 12:30pm

Para más información o registrarse se puede comunicar con Kay Wojtysiak al (708) 636-8850 o al correo kwojtysiak@townshipofstickney.org

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 January 15, February 19, March 19. 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.

Council on Aging Meeting Schedule

GENERAL

January • No Meeting
LSV • February 1, 9:30 a.m.
North • March 1, 9:30 a.m.

ADVISORY COMMITTEES

North Mealsite

January • No Meeting
February 5, 9:30 a.m.
March 5, 9:30 a.m.

LSV Senior Center

January • No Meeting
February 13, 9:30 a.m.
March 13, 9:30 a.m.

Central Mealsite

March 4, 9:30 a.m.

Exercise Class Schedule

Mondays • 8:45 – 9:30 a.m.

NEW! 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.

NEW! 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.
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.

Wednesdays:

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

Thursdays:

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

Fridays:

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



TUESDAY • JANUARY 3 • 10 AM

New Year's Celebration featuring James Libera

THURSDAY • JANUARY 31 • 9:30 AM

Super Bingo • Please sign up in the office for all special events.

THURSDAY • FEBRUARY 14 • 9:30 AM

Valentine's Day Party • Join us for a fun morning with the Reavis High School Early Childhood Education program. 9:45-10:30 a.m., games & activities; 10:30-11:30 a.m., children's performance and cookie decorating Register in advance for lunch by calling (708) 636-8850.

WEDNESDAY • FEBRUARY 20

Drawing Class • 10 week session/\$20: December 5, 12 & 19; break for the holidays and classes resume on February 20, 27; March 6, 13, 20, 27; April 3

THURSDAY/FRIDAY • FEBRUARY 21 & 22 • 9-1 PM

Driver Safety Course • Learn current rules of the road, defensive driving techniques and how to operate your vehicle safely in today's challenging driving environment. \$15/members • \$20/non-members due the day of the class. Advanced registration is required.

THURSDAY • FEBRUARY 28 • 9:30 AM

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

FRIDAY • MARCH 15 • 9:30 AM

St. Patrick's Day Celebration • Join us for a fun morning of bingo. Please reserve in advance.

THURSDAY • MARCH 28 • 9:30 AM

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



Stickney Township Office on Aging

Schedule of Activities

North Building

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

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

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

Tuesdays • Arthritis Exercise • 9 AM • \$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 • JANUARY 4 • 12 PM

Ice Cream Social • Must register for lunch in advance.

FRIDAY • JANUARY 11 • 12 PM

Pop Corn and a Movie

TUESDAY • JANUARY 15 • 9:15 AM

Beat the Winter Blahs! • Wear your pj's and join us for a continental breakfast with children from the Youth Commission.

FRIDAY • JANUARY 18 • 9:30 AM • Super Bingo—20 Games!

FRIDAY • FEBRUARY 1 • 12 PM

Ice Cream Social • Following lunch.

FRIDAY • FEBRUARY 8 • 10 AM • Valentine's Craft with Youth Commission

Bingo, 10:30 a.m., Lunch, 11:30 a.m., Movie and popcorn following lunch.

TUESDAY • FEBRUARY 12 • 9:30 AM • Valentine's Day

Party—Wear Red! Entertainment 10:30 a.m., Lunch, 11:30 a.m.

FRIDAY • FEBRUARY 15 • 9:30 AM • Super Bingo—20 Games!

FRIDAY • MARCH 1 • Ice Cream Social • Must sign in for lunch

TUESDAY • MARCH 5 • 9:30 AM • Service Dog Presentation with Youth Commission

FRIDAY • MARCH 8 • 12 PM • Pop Corn and a Movie

FRIDAY • MARCH 15 • 9:30 AM • Super Bingo—20 Games!

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 • JANUARY 7 • New Year's Super Bingo

MONDAY • FEBRUARY 11 • Valentine's Day Super Bingo

MONDAY • MARCH 18 • St. Patrick's Day Super Bingo

Coming Soon
Thursday
morning exercise
at North

SMART START WEDNESDAYS...

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

1/9 • Lung Health

Presented by Dr. Chandra

2/6 • State Treasurer's Office Presentation

Learn more about programs offered through the Illinois State Treasurer's office, such as...

BRIGHT START COLLEGE SAVINGS PROGRAM

A tax advantaged college savings program that grandparents or great grandparents can contribute to, Bright Start helps you save long term for a young child's higher education. Great tax advantages.

ABLE ACCOUNT

Similar to Bright Start, the Able Account helps you save up to 100K long term, for a loved one with a disability while they continue to receive disability benefits.

ICASH PROGRAM

Features an unclaimed money database that helps citizens or former citizens reclaim their unclaimed money/assets.

2/20 • RTA Presentation

3/6 • End of Life Planning Cremation by the Neptune Society

3/13 • Identity Theft Presented by Marquette Bank

3/27 • Burbank Police Department Presentation

Check Your Blood Pressure

NORTH MEAL SITE
9 a.m. • 1/22, 2/26, 3/26

LSV SENIOR CENTER
9:30 a.m. • 1/3, 2/7, 3/7



"Stickney Strikers" Wii Bowling League

In Memory Of



Patricia Behling
Betty Dotson
Robert Farris
Joseph Hiller
Patricia Jakstavich
Anna Karovic
Donald Rudman, Sr.
Alfred Smith
Frank Truty

Volunteers Wanted!

Do you like to sew?
Can you help supply the
Burbank Fire Department
with hand made teddy
bears used to help calm
children who need to be
taken by ambulance to the
hospital. Please call Stickney
Township Office on Aging
at 636-8850 if you would
like to volunteer.

• • •

The Stickney Township
Hook and Needle Club is
looking for donations of
yarn. Please contact the
Office on Aging for details.

Snapshots From Our Community Fair



Calling all Seniors, Age Sixty and More... Enjoy A Hot Lunch On Us

If you haven't yet tried our meals, join us to enjoy a complimentary lunch at either of our dining facilities listed below. We're certain you'll be pleasantly surprised at the variety and quality of our food, the hospitality of our staff and the warmth of the people you'll meet.

Hot lunches are provided five days a week at the LSV Senior Center and two days a week at our North facility location.

Redeem this coupon for one free lunch at either
dining facility listed below!

STICKNEY TOWNSHIP • ONE FREE LUNCH •

SENIOR DINING PROGRAM & SOCIAL/RECREATION SITES

Louis S. Viverito Senior Center	636-8850	7745 S. Leamington, Burbank
North Facility Mealsite	788-9100	6721 W. 40th Street, Stickney

Stickney Township Salutes Our Veterans





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

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Please Support the Stickney Township Council on Aging

The Stickney Township Council on Aging provides financial support to programs benefiting the frail, homebound elderly, and legislation which benefits all Township seniors. Meetings are held on the first Friday of each month.

Your \$2 can make a difference. **To renew your membership for 2019**, mail the application below along with \$2 per person membership fee to the address below. Out of area residents must apply to remain on the mailing list. Thank you.

**PLEASE DO NOT INCLUDE ANY OTHER PAYMENT OR DONATION WITH YOUR MEMBERSHIP.
 DUPLICATE REQUESTS RECEIVED WILL BE CONSIDERED DONATIONS.**

STICKNEY TOWNSHIP COUNCIL ON AGING 2019 MEMBERSHIP APPLICATION

Name _____ Date _____

Address _____

City, State, ZIP _____

Phone (____) _____ Birthdate _____

Annual Dues: \$2.00 Enclosed New Membership Membership Renewal

Select one of the following locations:

North South Central Out of Area

Mail along with payment to: Stickney Township Council on Aging • 7745 S. Leamington, Burbank, IL 60459

Members must be 55 years or more. Your contributions and membership dues are tax deductible.

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.