FROM YOUR TOWNSHIP SUPERVISOR

Staying Active in Stickney Township

Stickney Township is a really great place for seniors to live.

You’ve probably heard me tell the story of Frank and Dorothy Przytula. When they decided to move to Florida I told them that they’d be back. Sure enough, within a year they returned.

You can’t find the types of services and the sense of community that we enjoy in Stickney Township just anywhere. Our dedicated staff provide services that help seniors with meals, transportation and government benefits. They offer programming and social events that keep everyone active.

It may have been the Florida heat that brought Frank and Dorothy back, but I like to think that they missed the warmth of their friends in Stickney Township.

Regardless, it was my pleasure to nominate Frank for Congressman Lipinski’s Senior Citizen of the Year Award for his contributions to the community. The award couldn’t have gone to a more deserving volunteer.
We Salute Our Generous Neighbors

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

SENIOR PROGRAMS
2- Anonymous
Diane Bernitt
Antonio Claudio
Larry Fischer
Richard Fischer
Arlene Hlad
Mr. & Mrs. D. Hosek
Gerri Larotonda
George Pappas, Jr.
Julian Pilarski
Robert Rezabek
Madeline Steadman
Hilaria Villanueva
Mr. & Mrs. Wegrzyn

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.

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.

New Year: Check Your Benefits

The new year is a great time to check to make sure you are receiving all the benefits you are eligible for. Outlined below are a few programs the ADRC is able to provide assistance to older adults and those with a disability. For information about all programs available to older adults please contact the Senior Advocate at the LSV Senior Center to arrange for an appointment at (708) 636-8850.

SENIOR CITIZEN EXEMPTION
This exemption provides tax relief by reduction 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.

ELIGIBILITY REQUIREMENTS
- 65 years of age or older in the tax year
- 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 2020 will have the EAV of the property frozen at the 2019 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 2018
- Own the property or have legal, equitable or leasehold interest in the property on January 1, 2018 and January 1, 2019
- Be liable for payment of 2018 and 2019 property taxes
- Use property as a principal place of residence on January 1, 2018 and January 1, 2019

BENEFIT ACCESS PROGRAM
The Benefit Access Program provides those eligible with the following benefits:
- Seniors Ride Free Transit Benefit
- Persons with Disabilities Free Transit Ride

Council on Aging Meeting Schedule

GENERAL
All locations meet at 9:30 am
NO MEETING IN JANUARY
LSV • February 7
NORTH • March 6

ADVISORY COMMITTEES
North Mealsite • 9:30 am
No Jan. meeting • Feb. 4 • March 3
LSV Senior Center • 9 am
No Jan. meeting • Feb. 12 • March 11
Central Mealsite • 9:30 am
March 23
**Savvy Caregiver Class**

**A WORKSHOP SERIES FROM THE SAVVY CAREGIVER PROGRAM**
Taking care of a person living with Alzheimer’s or related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves.

**ARE YOU CARING FOR A LOVED ONE WITH DEMENTIA?**
The Savvy Caregiver Program is a free, six-session training for family and friends who are actively caring for those living with Alzheimer’s or related dementias.

Savvy Caregiver will help you:
- Understand the impact of dementia on both you and the person in your care
- Learn the skills you need to manage daily life
- Take control and set goals
- Communicate more effectively
- Strengthen family resources
- Feel better about your caregiving
- Take care of you!

The Savvy Caregiver Class will be held at the LSV Senior Center on Mondays from noon until 2:30 p.m. from March 2 through April 6. To request more information about The Savvy Caregiver Program or sign up for the upcoming workshop series, please call (708) 636-8850.

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**Choirmember Director Needed**
The Stickney Songsters Choir is in need of a new Director.

Help us continue to produce great music, and enjoy warm camaraderie!

Call the Senior Center office at 708.636.8850 for more information.
### LSV Exercise Class Schedule

**Monday • 8:45 – 9:30 a.m.**
**ZUMBA GOLD**
A modified Zumba® class lower-intensity moves. Focus on balance, range of motion and coordination.

**Tues/Friday • 8:45-9:45 a.m.**
**FOREVER FIT**
Motivating music, a variety of steps and stretches to get your heart pumping and your muscles strengthened to support and enhance performance of daily activities. All fitness levels welcome!

**Tues/Thurs • 10-11:30 a.m.**
**LINE DANCING**
No experience necessary! Learn to line dance and get a great workout!

**Tues/Thurs • 12:30-1:15 p.m.**
**YMCA ARTHRITIS EXERCISE**
Helps older adults maintain their cardiovascular health, strength and flexibility—all with the support of a chair.

**Friday • 10 – 11 a.m.**
**TAI CHI**
Helps reduce stress, anxiety and a variety of other health conditions while increasing flexibility and balance.

**Thursday • 1:30 - 2:30 p.m.**
**Friday • 10-11 a.m.**
**NEW DAY AND TIME!**
**GENTLE FLOW YOGA**
Focus on deep breathing techniques and moves to improve balance, strength and flexibility with the support of a chair. Some standing poses and light flexing exercises will be incorporated.

All classes are available to older adults 55 years of age and older. Residency is not a requirement. Join us to get fit. Most classes are free or request a $1.00 per class. For more information, please contact The Louis S. Viverito Senior Center at 708-636-8850.

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### LSV 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.
- Chess Club (55+), 12-3:30 p.m.

**Tuesdays:**
- Pinochle, 8:30-11:30 a.m.
- Quilling with Cynthia, 9:30 a.m.
- Bingo with Lunch, 9:30-11:30 a.m.
- Poor Man’s Poker, 12-3 p.m.
- Paint Class/Open Paint, 1:30-3:30 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, 9:30-11:30 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.

**FRIDAYS:**
- Pinochle, 8:30-11:30 a.m.
- Poor Man’s Poker, 9:30 a.m.

**THURSDAY • JANUARY 23 • 9:30 AM**
**Super Bingo** • Please register in advance with the office.

**FRIDAY • FEBRUARY 14 • 9:30 AM**
**Valentine’s Day Party!** • Come celebrate with Reavis High School and preschool students. Please register in advance with the office.

**TUESDAY • FEBRUARY 25 • 10 AM**
**Mardi Gras Party!** • Entertainment with Ukulele Moonshiners. Please register in advance with the office.

**THURSDAY • FEBRUARY 27 • 9:30 AM**
**Super Bingo** • Please register in advance with the office.

**TUESDAY • MARCH 17 • 9:30 AM**
**St. Patrick’s Day Party** • Please register in advance with the office.

**THURSDAY • MARCH 19 • 10 AM**
**Spring Fling!** • Celebrate the first day of spring with entertainment by James Libera. Please register in advance with the office.

**THURSDAY • MARCH 26 • 9:30 AM**
**Super Bingo** • Please register in advance with the office.

**THURSDAY/FRIDAY • MARCH 26/27 • 9 AM - 1 PM**
**AARP Driver Safety Class** • Please register in advance with the office. Must attend both classes.
North 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 for Lunch Participants
Lower Level Computer Lab is Open When Room is Not in Use

TUESDAY • JANUARY 14 • 9 AM
Beat the Winter Blahs • 9 a.m Continental breakfast; 9:30 Bingo; 10:30
entertainment with Charles Pansino; lunch at 11:30. Don’t forget to wear PJ’s!

FRIDAY • JANUARY 17 • 9:30 AM
Super Bingo—20 Games for the Price of 10! Lunch to follow.

FRIDAY • FEBRUARY 14 • 9:30 AM
Valentine’s Day Party! • 9:30 Bingo; 10:30 entertainment with Mr. Dayeo Edison; lunch at 11:30.

FRIDAY • FEBRUARY 21 • 9:30 AM
Super Bingo—20 Games for the Price of 10! Lunch to follow.

MONDAY • MARCH 16 • 12-4 PM
AARP Driver Safety Class • Please register in advance with the office. Must attend both classes.

TUESDAY • MARCH 17 • 9:30 AM
St. Patrick’s Day Party • Bingo 9:30; Entertainment 10:30. Please register in advance with the office.

FRIDAY • MARCH 20 • 9:30 AM
Super Bingo—20 Games for the Price of 10! Lunch to follow.

Please register in advance with the office for all activities.

SMART START TALKS
 Talks held at 11:30 a.m. • North Center

1-8-20 • Social Security Administration
How to prepare for financial obstacles encountered with final expense and learn the difference between term, universal & whole life insurance.

2/19 • Cook County Department of Public Health: Preventing Lead Poisoning
Lead poisoning prevention, lead hazards and other resources.

3-11-20 • Spanish Outreach
Planificación financiera detallada para estar adecuadamente asegurado, ahorrar para la jubilación, y eliminar deudas. (Comprehensive financial plan to become adequately insured, save for retirement, and eliminate debts.)

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 6 • New Year’s Super Bingo Bash!
MONDAY • FEBRUARY 10 • Valentine’s Day Bingo
MONDAY • MARCH 16 • Lucky Lass St. Patty’s Day Super Bingo

Stickney Township Mini Bus is available to take residents to the North Senior site for activities and lunch.

North Exercise Class Schedule

Mondays • 10:30-11 a.m.
ZUMBA GOLD
A Latin-inspired dance-fitness program that blends red-hot international music and contagious steps to form a “fitness-party” that is downright addictive. For people of all shapes, sizes and ages.

Mondays • 11-11:30 a.m.
FIT SIT
Enjoy chair exercise that emphasizes low-impact movement and stretches. Experience better balance, mobility, agility and well-being.

Tuesdays • 9-9:45 a.m.
YMCA ARTHRITIS EXERCISE
Move through a variety of exercises that increase muscular strength and range of motion while improving abilities for daily living and relaxation. A chair is used for support. Fee: $1.00

Wednesdays • 10-11 a.m.
YOGA
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.

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

Thursdays • 10:30-11:30 a.m.
TAI CHI

Thursdays • 11:45-12:30 p.m.
ZUMBA GOLD
Participants new to the building must register with the office and sign an exercise waiver. Exercise classes and talks are open to anyone 55 years of age and older.
In Memory Of

Dorothy Allen
Joseph Aniol
Jennie Cardwell
Maureen Esposito
Maryanne Kernica
Adam Michalcyzk
Carole Nitka
Kenneth Phelps
Jose Ponce Govea
Eugene Purpura
James Sorn
Betsy Vandewiel

WANTED
Hook and Needle Club is in need of more donations of yarn.

SENIOR CLUBS
Locations & Calendars

**LSV SENIOR CENTER**
- Nutri-B’s • Mondays, 9 am
- Burbank VIPS • Wed., 10 am
- Silver Circle • Wed., 11 am
- Seniors on the Go
  - 2nd & 4th Tuesdays • 12 pm

**NORTH**
- Golden Agers • Wed., 9 am
- Stickney Seniors • Thur., 11 am

**CENTRAL**
- Golden VIP’s • Thur., 10 am

Check Your Blood Pressure

**NORTH MEAL SITE**
- 9 a.m. • 1/28, 2/25, 3/24

**LSV SENIOR CENTER**
- 9:30 a.m. • 1/9, 2/6, 3/5

Our Annual Community Fair

Chef Presentation at LSV Center

Stickney Township Office on Aging
Oktoberfest, Halloween Celebrations

SMART START
WEDNESDAYS
AT LSV

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

1/8/20 • Final Expense Preparation
Presentation will cover how to prepare for financial obstacles encountered with final expense and learn the difference between term, universal & whole life insurance.

1/15 • Local Housing Market Update
Common Obstacles of Selling & More! (refreshments will be served)

1/12 • Dr. Chandra: Skin & Nails—What Your Body Tells You

1/29 • Social Security Administration

2/05 • Cook County Forest Preserve: Cook County Wild Life Presentation, hands-on animal artifacts and fun activity.

2/10-20 • Spanish Outreach
Planificación financiera detallada para estar adecuadamente asegurado, ahorrar para la jubilación, y eliminar deudas. (Comprehensive financial plan to become adequately insured, save for retirement, and eliminate debts.)

2/12 • Cook County Department of Public Health: Preventing Lead Poisoning
Lead poisoning prevention, lead hazards and other resources.

2/19 • Cardiac Health
Presented by Bria Healthcare.

3/11 • Selling a Home that Hasn’t Been Sold in 25 Years
Steps homeowners can take to prepare their homes for sale, increase the likelihood for a quick successful sale and resources to make the process easier.

3/18 • Burbank Fire Department Safety Talk
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 2020, 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.**

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**STICKNEY TOWNSHIP COUNCIL ON AGING**

**2020 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.

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 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.