

# Senior News

Winter 2020

## LOUIS S. VIVERITO

Township Supervisor

## 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](http://www.townshipofstickney.org)  
[www.stickneypublichealthdistrict.org](http://www.stickneypublichealthdistrict.org)

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

## 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.



## Township Closings

### Wednesday, 1/1

New Year's Day

### Monday, 2/17

President's Day

### Friday, 4/10

Good Friday



## In This Issue

- 2 Aging & Disability Resource Center
- 3 Caregiver Corner: Caring Crew Luncheon
- 4-5 Schedule of Activities
- 6-7 Event Photos/LSV Smart Start
- 8 Support Township Council on Aging

Township Supervisor Louis S. Viverito nominated Frank Przytula for Congressman Lipinski's "Senior of the Year" award. Frank was unable to attend the ceremony but his wife, Dorothy, accepted the award on his behalf.

# 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.*

## 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

2

## AGING & DISABILITY RESOURCE CENTER

### 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

## AGING & DISABILITY RESOURCE CENTER

- *Secretary of State License Plate Discount*

To be determined eligible for these benefits, you must submit a Benefit Access Application on the Internet. Paper applications are not available. Assistance for township residents with completing this internet application is available at Stickney Township Office on Aging by calling 708-636-8850.

### Save on Drug Costs

#### **MEDICARE'S LOW INCOME SUBSIDY (Extra Help)**

If you meet certain income and resource limits, you may qualify for Extra Help from Medicare to pay the costs of Medicare prescription drug coverage. You may qualify if you have up to \$1581 in monthly income (\$2134 for a married couple) and up to \$14,390 in assets (\$28,720 for a married couple).

## 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.



## 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 Tuesdays at **12-1:30 pm** on **January 21, February 18, March 17**. 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](mailto:sbernhardt-wasag@townshipofstickney.org).

### Choir 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.*



# LSV Schedule of Activities

## **Louis S. Viverito Senior Center**

7745 Leanington 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 12:30-3:30 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.

### **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**

### **FRIDAY • JANUARY 3 • 10 AM**

**New Year's Party!** Entertainment with Maureen Christine! Please register in advance with the office.

### **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 pre-school 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**

**WEDNESDAY • MARCH 18 • 11:30 AM -3:30 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 Michalczyk  
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  
BurbankVIP's • 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





# 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)

### 1/22 • 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



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 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.**

### 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.

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.