

Senior News

Winter 2021

FROM YOUR TOWNSHIP SUPERVISOR

Township Uniquely Prepared to Meet Challenges During COVID-19 Crisis

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Township Offices

SOUTH

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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!**



During the past year we've gone through some turbulent times. The COVID-19 pandemic has forced us all to be less social than we're used to; the political landscape at the national and local level has grown contentious to the point of not knowing who to believe; fake news is everywhere and it's hard to know what's true.

Let me assure you that the services provided by the Township and the Public Health District have continued to be offered uninterrupted. Throughout the pandemic clinics have not stopped offering health services. Modified procedures for appointments were put in place due to COVID-19 restrictions and we've temporarily shifted from in-person meal sites to curbside pick-up of senior meals for the same reason. Nothing is closing and there are no future plans to close facilities or limit services.

In fact, some services have been expanded. COVID-19 contact tracing and the addition of an Ombudsman to assist residents with services beyond the Township level have both been added at the Central Stickney Community Center. Additionally, COVID-19 testing at the Medical Clinic on State Road is ongoing and vaccinations for seniors have begun at the LSV Senior Center.

All of this has been a test of our ability to serve you. Years of experience in government, management, and training for the administration of emergency services have helped us to provide a robust response to the challenges we've faced.

I believe we've been uniquely able to meet the demands that have been placed upon us. No other Townships in the area offer vaccinations as we do. Few, if any, have medical clinics. We have had to turn away residents of other communities as we have looked after our own.

As vaccinations increase, I look forward to once again visiting with residents in person at social events and gatherings. Until then, be assured that we remain committed and prepared to serve our community!

Township Holiday Closings

Monday, 2/17

President's Day

Friday, 4/10

Good Friday

Monday, 5/31

Memorial Day

VACCINE ROLL-OUT UNDERWAY

Stickney Township has begun Phase 1B of the COVID-19 vaccine roll-out, which includes members of the public 65 years or more, as well as front line essential workers. Please be aware that vaccinations are made by appointment and will only be provided to those living or working in Stickney Township.

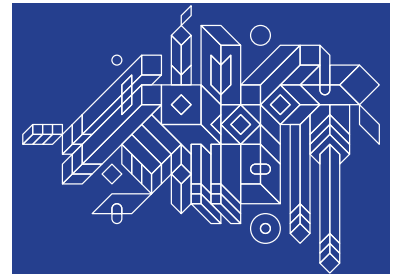
At this time, demand exceeds the supply of available vaccine. However, if you live or work in Stickney Township you may add your name to request a call back for a vaccination appointment by contacting the Stickney Township Public Health District vaccination hot-line at 708-634-4500 or by filling out an on-line form at stickneypublichealthdistrict.org. Please limit your form entries and calls to one per person. Multiple entries or calls will only slow down the process.

"All residents should be aware that the Health District is dependent on the allocation of vaccine from the State of Illinois. In no scenario will the Health District have enough vaccine for all persons who want one in the near term," says Louis S. Viverito, Stickney Township Health District President. "We anticipate that over the weeks to come vaccines will become more available to the Health District and to other providers. We ask for your patience in these incredibly difficult times."

AGING & DISABILITY RESOURCE CENTER

Benefit Blueprint for Older Adults

Many, but not all, programs are income and asset based and there is government criteria for eligibility and limits on benefits. Some programs covered include energy assistance, select medical coverage including Medicaid, Medicare Part B and Extra Help programs, prescription drug plans, senior health insurance plans, food assistance, savings on property tax, transportation options and more.



SEE IF YOU QUALIFY FOR THESE MEDICARE COST SAVING PROGRAMS:

- Medicare Part D Extra Help/Low Income Subsidy (LIS)
- Medicare Savings Programs (helps pay for Medicare Part B premiums and copays)
- Medicaid Assistance

COUNSELING PROVIDED ABOUT:

- Medicare Counseling about Medicare parts A, B, C and D
- Medicare Savings Programs
- Extra Help & Pharmaceutical Assistance • Medicaid

WE CAN HELP YOU

- Navigate government guidelines
- Understand special enrollment criteria
- Complete paperwork correctly

For more information contact Stickney Township Office on Aging at 708.636.8850

*Learn More About These Important Benefits
Via Zoom Presentation
Wednesday
January 24 at 10am*

**PLEASE CALL TO REGISTER
AND RECEIVE THE ZOOM LINK.**

AGING & DISABILITY RESOURCE CENTER

CEDA

Gas & Electric Program

Receive assistance to help you pay for your gas & electric bills through the LIHEAP (Low-Income Home Energy Assistance Program).

WHAT IS IT?

For many households, utility bills can place stress on a family's budget. In some cases, the household may be forced to make difficult decisions, such as sacrificing certain necessities in order to pay their energy bills. LIHEAP hopes to take some of that stress away and keep utilities running.

HOW DOES IT HELP?

You receive a one time benefit provided to eligible households towards your gas and electric bill.

DO I QUALIFY?

FAMILY SIZE	30 DAY GROSS INCOME
1	\$2,127
2	\$2,873
3	\$3,620
4:	\$4,367

WHAT DO I NEED TO DO?

If you are 60 years of age or older or permanently disabled you can contact our office at (708)636-8850 to schedule an appointment to have your application completed from the safety of your home.

VOTING INFORMATION

- 3/21** Last day to go on-line to register to vote
- 3/22** First day of early voting
(Vote in person from March 22 through April 5. See locations below.)
- 4/1** Last day to request a mail ballot including military and overseas voters. (Go to www.cookcountyclerk.il.gov or contact the Stickney Township Clerk's Office by email: cesariotownshipofstickney.org or phone: 708.424.9200. Mail-in ballots must be postmarked by election day.)
- 4/5** Last day of grace period registration and voting
- 4/6** Election Day



EARLY VOTING LOCATIONS (Hours: 9-5 Mon-Sat • 10-4 Sunday)
Stickney Township North Clinic • 6721 W. 40th St., Stickney
Prairie Trails Library • 8449 Moody Ave, Burbank

CAREGIVER CORNER

**THE CARING CREW
SUPPORT GROUP
MEETS VIRTUALLY
THE THIRD TUESDAY
OF EVERY MONTH**

February 16

March 16

April 20

May 18

June 15

10:00-11:00 a.m.

Caregiving is challenging and the COVID-19 pandemic and the need for self-isolation has left the role even more complicated.

We have taken our monthly caring crew group on-line 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 virtual support group can provide this interaction while eliminating the need to meet in person.

It's safe and easy to stay in touch from the comforts of your own home. Join us via phone or on your computer.

To register and receive easy instructions for joining please contact Sarah at (708) 636-8850 or by emailing sbernhardt-wasag@townshipofstickney.org



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STRESS-BUSTING PROGRAM

for Family Caregivers

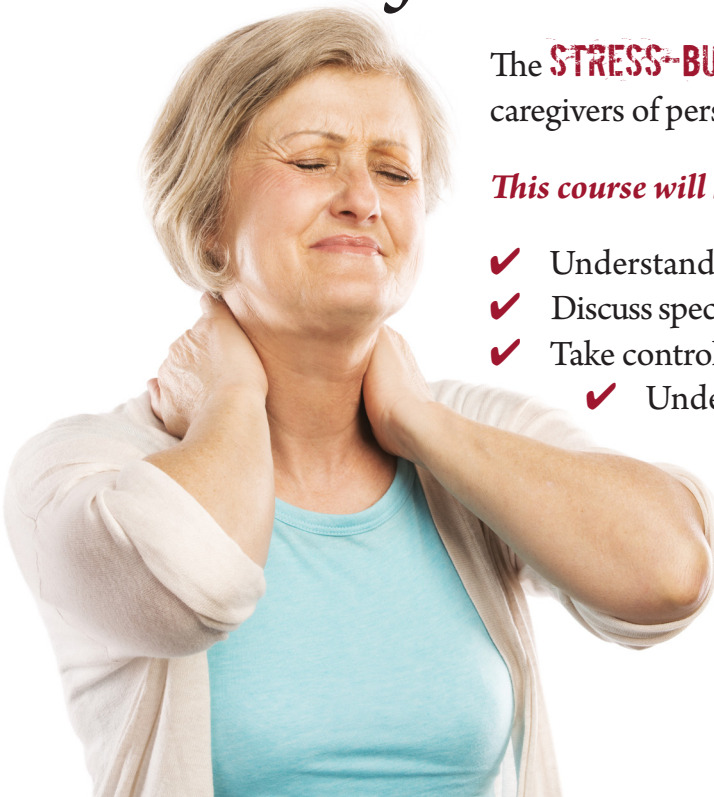
The **STRESS-BUSTING PROGRAM** is a **FREE**, 9-week workshop for caregivers of persons with Alzheimer's and other forms of dementia.

This course will help you:

- ✓ Understand the effects of stress
- ✓ Discuss specifically stressful behavior of care recipients
- ✓ Take control and set realistic goals, for the caregiver and recipient
- ✓ Understand the impact of dementia

Learn the skills that you need to manage stress:

- ✓ Relaxation and Breathing
- ✓ Imagery
- ✓ Meditation
- ✓ Art
- ✓ Music



DATES: Thursdays beginning March 4th through April 29, 2021
TIME: 11 am to 12:30 pm
LOCATION: Virtual group using Zoom
CALL: (708) 636-8850 (*registration required*)