

Senior News

Summer 2021

FROM YOUR TOWNSHIP SUPERVISOR

In Person Services, Classes, Activities, Return Slowly As Restrictions Lifted

LOUIS S. VIVERITO

Township Supervisor

MELANI DAVIS

Design/Layout

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!*

Holiday Closings

Monday, 7/5

Independence Day Observed

Monday, 9/6

Labor Day

**We are
Opening on
June 14th
to Senior Clubs,
Hook & Needle Club,
Quilling Club
& Art Classes.
Watch our Website
for Up-To-Date
Information**



To begin with, I want to extend a thank you from myself and the Board of Trustees to everyone who supported our re-election. I think it speaks well not only to our accomplishments over the years, but also to your faith in entrusting us with the future of Stickney Township. We look forward to providing continued service to all Township residents.

This last year has been tough on us all, however it seems that there is now light at the end of the tunnel. Increased vaccinations, together with the associated

decrease in reports of positive COVID-19 test results, have already resulted in a lifting of many restrictions. We are able once again to gather together with vaccinated friends and family.

We have already begun to restore many of our in-person senior services in the Township. Watch our website and postcard mailings for the most up-to-date information.

We look forward to continuing in-person congregate meals soon. Our meal pick-up option remains available, however participants will now need to come inside the building to get their meal. (Curbside pickup ends on June 11th.)

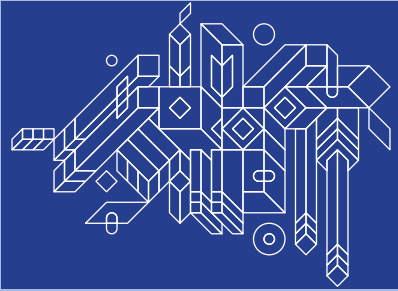
If you prefer not to participate in a larger social setting, we urge you to take advantage of other classes, workshops, and smaller group activities. And, while you're in the building, pick-up a meal to go.

Looking back over the past year, I'm so very proud of our Township's ability to adapt. We established a senior curbside pick-up meal program and scaled it up beyond even our normal numbers. At the same time, our contact services with homebound residents continued and we were able to support others by phone.

Our clinics pivoted from in-person care to tele-health delivery while introducing a robust COVID-19 testing program. Once the vaccines were available our staff delivered vaccinations to seniors, first responders, the general population of Stickney Township residents, our employees, and most recently, to high school students.

Please join me in recognizing these accomplishments by our incredible staff during this difficult year. It is only through their hard work and dedication that we were able to navigate vital services during a crisis.

BENEFIT BLUEPRINT FOR OLDER ADULTS



WE CAN HELP YOU

- ✓ Navigate guidelines
- ✓ Understand enrollment criteria
- ✓ Complete paperwork correctly

Presentation on June 29 & August 18 • 10am
LSV Senior Center

Virtual Presentation through
Stickney-Forest View Library
July 14 • 2pm via ZOOM

Call the Office on Aging at
708.636.8850 to register.

Many programs are income and asset based and there is 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 and transportation options.

See if you Qualify for:

- Medicare Part D Extra Help/ Low Income Subsidy (LIS)
- Medicare Savings Programs
- Medicaid Assistance

Counseling Provided About:

- Medicare Parts A, B, C and D
- Medicare Savings Programs
- Extra Help & Pharmaceutical Assistance
- Medicaid

AGING & DISABILITY RESOURCE CENTER

Benefit Access Application (BAA)

THE BAA PROVIDES ASSISTANCE WITH:

- Seniors Ride Free Transit Benefit
- Persons with Disabilities Free Transit Ride
- Secretary of State License Plate Discount

DO I QUALIFY FOR THE BENEFIT ACCESS PROGRAM?

Apply on the Benefit Access Application if you meet the following requirements:

AGE

- 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.

NOTE: "Person with a disability" means a person unable to engage in any substantial gainful activity by reason of a medically determinable physical or mental impairment which can be expected to result in death or has lasted or can be expected to last for a continuous period of not less than 12 months. [320 ILCS 25/3.14]

RESIDENCY

- You must live in Illinois at the time you file your application.

INCOME LIMIT ELIGIBILITY FOR THE LICENSE PLATE DISCOUNT AND/OR RIDE FREE TRANSIT CARD (Income limit increase effective 1/1/2020.)

Your total income last year must be less than

- \$33,562 for a 1 person household (yourself only); or
- \$44,533 for a 2 person household (yourself and your spouse, or yourself and one Qualified Additional Resident); or
- \$55,500 for a 3 person household (yourself, your spouse and one Qualified Additional Resident, or yourself and two Qualified Additional Residents).

NOTE: Use of the word spouse also includes a civil union partner.

EXPIRATION

Eligibility is good for two years under the Benefit Access Program. The two-year period starts at the time your application is approved. You may file again beginning 90 days before your eligibility expires.

WHO QUALIFIES AS DISABLED?

To qualify as disabled, you must be at least 16 years of age prior to January 1 of the current year and be determined totally and permanently disabled from one of the following:

- Social Security Administration (Get Your Social Security Benefit Verification Online with mySocialSecurity), or
- Veterans Administration, or

AGING & DISABILITY RESOURCE CENTER

- Civil Service, or
- Railroad Retirement,
Or have one of the following:
- A Class 2 disability card from the Illinois Secretary of State's office, or
- A completed Attachment A Physician's Statement that meets the total disability criteria established by the Social Security Administration.

WHERE DO I APPLY FOR THE BAA?

We can help you! Contact our office to schedule an appointment to have your BAA completed. We can be reached at (708)636-8850. Applications are only accepted online by the Illinois Department on Aging.

Navigating the Senior Health Insurance Program (SHIP) We'll Help You Choose the Right Plan For You

MEDICARE/MEDICAID HEALTH PLANS

The Medicare Medicaid Alignment Initiative (MMAI) is a healthcare program for people who have both Medicare and Medicaid. Members receive all healthcare services through one health plan of their choice. MMAI health plans cover all of the medical care services that Medicare and Medicaid cover, including doctor visits, hospital care, prescription drugs, mental health services and medical equipment. They also cover nursing facility services and certain services to help people stay in their homes.

All of the MMAI plans in Illinois also cover some additional services, i.e., some plans cover extra dental, vision and transportation services, some cover prescription drugs with no copay. Some plans offer coverage for over the counter medications each month. Some plans provide for gym memberships or fitness classes, while others offer gift cards for receiving certain preventive healthcare services.

WHAT DO MMAI PLANS COST?

Most MMAI plan will cost no more than what you would pay with your regular Medicare and Medicaid coverage. Often, MMAI plans cost less. This is because MMAI plans may not charge more than Medicare and Medicaid.

WHO CAN JOIN AN MMAI PLAN?

To enroll in an MMAI plan, you must be enrolled in Medicare Part A & Part B (or a Medicare Advantage plan) and enrolled in full Medicaid (be on Medicaid without a spenddown). You cannot enroll in MMAI if you are enrolled in Medicaid with a spenddown.

HOW DO I GET HELP CHOOSING A PLAN?

Contact our SHIP counselor by calling (708) 636-8850 for assistance in choosing the plan that is right for you.

CAREGIVER CORNER

The Caring Crew Gathering offers support for individuals caring for someone with Alzheimer's disease and dementia to enjoy fellowship and gain knowledge on many different topics that assist family caregivers. To register and receive easy instructions for joining please contact Sarah at (708) 636-8850 or email sbernhardt-wasag@townshipofstickney.org

The Caring Crew Support Group Virtual Meeting June 15 • 10 am

Beginning in July meetings will be held in person.

Advanced registration is required. No lunch will be served but a to-go meal is available. Please reserve your meal ahead of time.

July 20 • 10 am

August 17 • 10 am

Did You Know the Illinois Rental Payment Program (ILRPP) can provide up to \$25,000 in emergency rental assistance?

For program information and eligibility requirements visit IHDA.org. Priority will be given to households with a member who is currently unemployed and/or households below 50% of the Area Median Income, adjusted for household size. The grant is paid directly to housing provider.

Applications are available at ILRPP.IHDA.org. Housing providers and tenants can submit a joint application.

STICKNEY TOWNSHIP OFFICE ON AGING



*“The closest thing to
being cared for is to
care for someone else.”*

—Carson McCullers
The Square Root of Wonderful

You are invited to participate in a two-part series of virtual webinars oriented around

Alzheimer’s Disease & Dementia Caregiver Support

presented by Dementia experts at the Rush Alzheimer’s Disease Center



PART 1

*‘Dementia 101’ — An Introduction to Mild Cognitive Impairment,
Alzheimer’s Disease, and other Dementias*

JUNE 18TH, 11 CST

Learn about risk factors and common symptoms. Find resources for help. *This event is open to everyone.*

PART 2

“Resiliency and Coping Strategies for Dementia Caregivers”

JUNE 23RD, 11 CST

Increase awareness about the challenges caregivers face and develop a repertoire of self-care skills and coping when caring for someone with dementia. Learn how dementia caregiver stress can impact health and lead to depression and anxiety. Employ strategies for building resiliency which help preserve and restore emotional and physical health while navigating the uncertainty of dementia caregiving.

We encourage all caregivers, family members, and loved ones to attend.

A Q&A session will be available following each event

For more information or to register please call 708-636-8850.

ZOOM LINK: Join Zoom Meeting June 18th, 11 a.m. CT
<https://us02web.zoom.us/j/89051027009?pwd=RkFWbzZrVHIrckdmbHlaMEJEK21Jdz09>
Meeting ID: 890 5102 7009 • Passcode: 675939 • +1 312 626 6799 US (Chicago)
Find your local number: <https://us02web.zoom.us/u/kbnB3fhLbL>

Temporary Schedule

Effective June 14, 2021

Louis S. Viverito Senior Center Activity Schedule
7745 S. Leanington Ave. Burbank, IL 60459 (708)636-8850
 Clubs & Activities begin June 14. [Exercise Classes begin June 21.](#)

	Monday	Tuesday	Wednesday	Thursday	Friday
Grand Activity Room	ZUMBA Gold 9:30 - 10:30	Line Dancing 10:00 - 11:30	Tai Chi 9:30 - 10:30 Meditation 10:30-11:15	Line Dancing 10:00 - 11:30	YOGA 10:00 - 11:00
Bump-Out Window	Lunch Pick-Up 10:30 - 1:00				
West Room	Nutri B's Senior Club 9:00 - 11:30	Seniors on the Go 12:00 - 2:30 (2nd & 4th Tuesday)	Silver Circle Senior Club 10:00 - 2:30		Adult Coloring Class 9:30 - 11:15
Get Fit Pit		Bingo 9:30 - 11:30		Bingo 9:30 - 11:30	Wii 12:30
East Room			VIP Senior Club 10:00-2:30		
Art Studio		Quilling Club 9:30-11:00 Paint Class (1st & 3rd Tuesday) 12:30 - 3:30 Open Paint (2nd & 4th Tuesday) 12:30 - 3:30			Hook & Needle Club 12:00 - 2:00
Billiard Hall	Open for use	Open for use	Open for use	Open for use	Open for use
Game Room		Poor Man's Poker & or Golf 12:00 - 3:00		Pinochle 9:30 Poor Man's Poker or Golf 12:00 - 3:00	Pinochle 9:30
Computer Lab	Open for use	Open for use	Open for use	Open for use	Open for use



Temporary Schedule

Clubs and Bingo begin June 14. Exercise Classes begin June 21.

North Clinic Senior Center- Activity Schedule

6721 W. 40th St. Stickney, IL 60402 (708) 788-9100

Activity Location	Monday	Tuesday	Wednesday	Thursday	Friday
Community Room	ZUMBA GOLD 11:15 - 11:45 FIT SIT 11:45 - 12:15	Bingo 9:30 - 11:30	TAI CHI 12:00 - 1:00	Stickney Seniors Club 9:00 -11:00	Bingo 9:30 - 11:30 YOGA 12:00 - 1:00
Lower Level Computer Lab	Open for use 8:30-3:30	Open for use 8:30-3:30	Stickney Golden Age Club 9:00-11:30 Computer Lab open for use 8:30 - 9:00 12:00 - 4:00	Open for use 8:30-3:30	Open for use 8:30-3:30

Exercise classes available to those 55 years of age and older.
See staff to register.

JUNE 2021

Mon	Tue	Wed	Thu	Fri
7 Spaghetti & Meatballs California Blend Veggie Garlic Bread Fresh Fruit Oatmeal Bar	1 Dill Butter Whitefish wild Rice Normandy Vegetable Blend French Bread, & Fresh Fruit Tomato Florentine Soup	2 Chicken Fajitas <i>w/Peppers & onions</i> Refried Beans Spanish Rice Cilantro Corn Salad Corn Tortilla, Salsa & Fruit	3 Vesuvio Pork Chop Green Bean Casserole Vesuvio Potato Side Salad, Fruit & Muffin Italian Wedding Soup	4 Country Gravy Chicken <i>(bone-in, dark meat)</i> Dill Butter Carrots Baked Potato-sd sour cream Roll & Fresh Fruit Cream of Broccoli Soup
8 Roast Pork <i>w/mushroom gravy</i> Stuffing Stew Vegetables Applesauce Cup Beef Barley Soup	9 Chicken Salad Croissant <i>w/lettuce, tomato</i> Macaroni Salad Cinnamon Sugar Apples Veggie Chips	10 Baked Ham Baked Stuffed Potato Northwest Blend Vegetable Side Salad Roll & Fresh Fruit	11 Gyro Sandwich w/onion, tomato & tzatziki sauce Side Salad Potato wedges Rice Pudding Cup	
14 Maxwell Street Polish w/grilled onion, ket. & must. Mac & Cheese Peas Fresh Fruit & Jell-O Cup	15 Bacon, Egg & Cheese S scramble Hash Browns Pancake w/syrup Baked Apple Vanilla Yogurt Cup & Fruit Juice	16 Grilled Turkey Burger Cheese, ket, must, mayo, let & tom Beet Salad Potato Wedges Fresh Fruit	17 Stuffed Peppers Dill Butter Carrots Garlic Mashed Potato Breadstick & Fruit Minestrone Soup	18 Prime Rib Stuffing Tuscan Asiago Cream Veggies Roll Stuffed Pepper Soup
21 Turkey Casserole Egg Noodles Mixed Vegetables Fresh Fruit Roll & Cookie	22 Hot Dog-wheat bun Sd: ket, must, onion & tomato Corn Cobb Baked Beans Chips & Pudding Cup	23 Lemon Herb Meatballs wild Rice Mediterranean Blend Veggie Roll & Fresh Fruit Cream of Chicken Rice Soup	24 Grilled Chicken Pesto wheat Pasta Italian Vegetable Blend Garlic Breadstick & Fruit Pasta Fagioli Soup	25 Pizza Lunch Sausage & Cheese Slice Chips Fresh Fruit Jell-O Cup
28 Shrimp Stir-Fry Fried Rice Stir Fry Vegetables Asian Slaw & Egg Roll Sd: soy & sweet/sour sauce	29 Meatloaf w/mushroom & Onion gravy Mashed Potatoes Broccoli French Bread, Granola Bar & Fresh Fruit	30 Roasted Vegetable Lasagna Baked Potato-sd sour cream Italian Green Beans French Bread Side Salad & Fruit		



Stickney Township Office on Aging


Thank you for participating in Stickney Township's drive-thru meal program! Please sign-up for or cancel lunch reservations the day before, by 11:00 a.m.

North Stickney Senior Center 6721 W. 40th St. Stickney 708-788-9100

Louis S. Viverito Senior Center 7745 S. Leawington Burbank 708-636-8850

"Funds (in whole/part) for this publication were provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older Americans Act."

JULY 2021

Mon	Tue	Wed	Thu	Fri
 <p>5 <u>SITES CLOSED- NO PICK-UP NO HDM</u></p>	<p>6 <u>Stuffed Cabbage w/red sauce</u> Garlic Mashed Potato Dill Butter Carrots Roll, Fruit & Oatmeal Bar <u>Minestrone Soup</u></p>	<p>7 <u>Chicken Cacciatore (bone-in)</u> Wheat Pasta California Blend Vegetable Roll & Fresh Fruit Side Salad</p>	<p>1 <u>Meatball Stroganoff</u> Egg Noodles Mixed Vegetables French Bread Fresh Fruit</p>	<p>2 <u>Hot Dog- wheat bun</u> Sd: ketchup, mustard, onion, tomato Mac & Cheese Baked Beans Side Salad Fresh Fruit & Jell-O Cup</p>
<p>12 <u>Cheddarwurst-wheat bun</u> Sd: ketchup, mustard & onion Peas & Carrots Potato Wedges Fresh Fruit</p>	<p>13 <u>Italian Sub Sandwich</u> w/lettuce, tomato, & cheese Sd: mayo & mustard Beet Salad & Fruit Royal Bean Salad Pudding Cup</p>	<p>14 <u>Shrimp Stir Fry</u> Fried Rice Stir Fry Vegetable Asian Coleslaw & Cookie Sd: soy & sweet/sour sauce</p>	<p>8 <u>Dill Butter Whitefish</u> Wild Rice Normandy Vegetable Blend Garlic Bread Stick <u>Tomato Florentine Soup</u></p>	<p>9 <u>Cheesburger- wheat bun</u> Sd: ketchup, mustard, mayo, lettuce & tomato Veggie Chips & Pudding Cup Baked Beans Coleslaw</p>
<p>19 <u>Italian Sausage & Mostaccioli</u> Garlic Breadstick Peas Roll & Fruit</p>	<p>20 <u>Julienne Salad</u> w/tom, cuc, egg, deli meats & cheese Italian Pasta Salad Roll & Mixed Fruit Cup</p>	<p>21 <u>Roast Pork</u> Baked Potato-sd sour cream Normandy Blend Vegetable Roll, Fruit & Cookie</p>	<p>15 <u>BBQ Pulled Pork Sandwich</u> Brioche Roll Sweet Potato Wedges Broccoli Cheddar Casserole Fruit <u>Corn Chowder Soup</u></p>	<p>16 <u>Roast Turkey</u> Mashed Potato Mixed Vegetables Escaloped Apple Roll & Cookie</p>
<p>26 <u>Chicken Kiev</u> Orzo Dill Butter Carrots Roll Fruit & Fruit Juice</p>	<p>27 <u>Prime Rib</u> Garlic Parmesan Risotto Green Bean Casserole Roll, Fruit & Oatmeal Cookie <u>Stuffed Pepper Soup</u></p>	<p>28 <u>Smoked Ham-cheddar sauce</u> Baked Potato-sd sour cream Roll Capri Blend Vegetable Baked Apple</p>	<p>22 <u>Grecian Chicken (bone-in)</u> Mediterranean Blend Veggie Potatoes w/peppers & onions Roll & Fruit <u>Cream of Chicken Rice Soup</u></p>	<p>23 <u>Chorizo Breakfast Bake</u> Spanish Rice Tortilla & sd: salsa Cilantro Lime Corn Salad Side Salad & Fruit</p>
			<p>29 <u>Turkey Tetrazzini</u> Spring Vegetable Bowtie Pasta Muffin Fresh Fruit</p>	<p>30 <u>Pizza Lunch</u> <u>Sausage & Cheese Slice</u> Chips & Jell-O Cup Chocolate Chip Cookie Fresh Fruit</p>

Stickney Township Office on Aging

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Louis S. Viverito Senior Center 7745 S. Leamington Burbank 708-636-8850

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**Need
Help
Putting
the
Pieces
Together?**



**Stickney Township Office on Aging Can Assist
with Your Questions About Medicare and Medicaid**

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 copayments)
- ✓ Medicaid Assistance

COUNSELING PROVIDED ABOUT:

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

LET US ASSIST IN:

- ✓ Resolving claim issues
- ✓ Answering questions about Medicare Summary Notices & Explanation of Benefits letters
- ✓ Medicaid Assistance (redeterminations and meeting Spenddown)

Learn What You Need To Do To Help Save Healthcare Costs

MEDICARE OPEN ENROLLMENT

Wednesday Oct 6 at 2pm

Stickney-Forest View Library.

For more information please call 708-636-8850.

Funding in whole or in part by AgeOptions. Notice of non-discriminatory practices: 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 or TDD), or contact the Stickney Township Administrator, 708-424-9200.

Vaccine and Health Clinic Updates



- ✓ The Health District continues to offer Covid-19 vaccinations by appointment and on a walk-in basis every business day. Call our vaccine hotline at (708) 634-4500 to schedule an appointment at either of our clinic locations.
- ✓ The Health District is open for in-person medical, dental and behavioral health services. Covid screening continues to be required before each appointment or walk-in service so call our main number (708) 424-9200 for more information. Current CDC guidelines require masking of all persons, regardless of vaccine status, in health care settings.
- ✓ If you have teenagers in your extended family, let them know that the Health District will offer an appointment and walk-in Covid-19 vaccine clinic for all individuals over the age of 12 on June 26, 2021 from 8 am to 11 am at the Stickney Township Clinic, 5635 State Road Burbank IL 60459. Please call the vaccine hotline (708) 634-4500 to schedule an appointment.



A Year of Hard Work, Help and Hope

The past year has been a challenge for us all, but our staff managed to help us through it. From record setting curbside meal pick-ups, to pre-K teachers and children making ornaments for seniors, to case workers and administrators pitching in— we couldn't have done it without them.

Welcome back to all of our seniors! We're looking forward to seeing you again with hope that this year will bring us good health and happier times.





**Stickney
Township
Office on
Aging**

7745 S. Leamington Ave.
Burbank, IL
60459

**SAVE
THE
DATE:**

**Community Fair
LSV Senior Center
September 24
9:30am-12pm**

PRSRT STD
U.S. POSTAGE
PAID
BEDFORD PARK, IL
PERMIT NO. 1025

DESPITE THE PANDEMIC, ITS BEEN A RECORD YEAR FOR MEALS SERVED



*Meals served from
October 1, 2020- April 30, 2021*

**North: 3,046
South: 15,899
HDM: 25,765
Weekend: 15,981
Mom's Meals: 1,327**

RTA Group Transit Orientation Presentation

Accessible Metra, Pace and CTA buses and trains are easy to use and the Regional Transportation Authority (RTA) would love to show you how! We welcome older adults and people with disabilities to join us to learn about accessible public transit options and traveling independently.

TOPICS COVERED INCLUDE:

- Local Public Transportation Options
- Accessibility features on CTA, Pace, and Metra
- Planning an Accessible Trip
- Paying Fares
- Ventra Cards
- RTA's Reduced Fare and Ride Free Programs
- Travel Safety Tips
- RTA's Free Travel Training Program
- Q & A sessions with an RTA Representative

PRESENTATION INFORMATION:

Date: Wednesday, July 14, 2021

Location: Virtual on Zoom

[https://rtachicago.zoom.us/j/97123526105?](https://rtachicago.zoom.us/j/97123526105?pwd=WGhkV095YW9Mc1FGN2kvRUhmUVIiUT09)

[pwd=WGhkV095YW9Mc1FGN2kvRUhmUVIiUT09](https://rtachicago.zoom.us/j/97123526105?pwd=WGhkV095YW9Mc1FGN2kvRUhmUVIiUT09)

Meeting ID: 971 2352 6105

Passcode: RidePT21!

Time: 10 am to 11 am

Presenter: Sarah Blair, Mobility Outreach Coordinator

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