

# News & Views

Spring 2024

## Stickney Township Office Locations

### **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  
708/458-4126

### **LOUIS S. VIVERITO SENIOR CENTER OFFICE ON AGING**

7745 S. Leamington  
Burbank, IL 60459  
708/636-8850

### **WEBSITES**

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

## A MESSAGE FROM YOUR TOWNSHIP SUPERVISOR

# Spring: A Time for Renewal



*Louis S. Viverito*

**S**pringtime is a time of renewal and in that spirit, I'm happy to announce improvements to some of our Township buildings. Refurbishing spaces at both the North and South buildings has already begun and we're doing much more than Spring cleaning.

At our North facility, we are updating the lower level, including expanded and updated bathrooms with new tile and fixtures and removing the old boiler and baseboard heating.

The Assessor's office has been refreshed and updated and new flooring is being installed throughout. Doors are being replaced and new dry wall will be installed to replace drywall dating back to the 1970s.

I appreciate the patience of residents whose clubs and programs have been temporarily moved upstairs to the community room while this work is being done. We all look forward to having newly remodeled spaces soon.

Once the work downstairs has been completed the community room and Pre-K spaces will also be redecorated.

At our South facility we have redesigned and updated storage and meeting space in the lower level of the administrative offices. These haven't been touched since 1974. Improvements will include updated bathrooms and facilities used by the clinic staff.

Once this is completed, the clinic itself will be redecorated. It's been

*(Continued on page 2.)*



**A MESSAGE FROM YOUR TOWNSHIP SUPERVISOR**

# Spring: A Time for Renewal

*(Continued from page 1.)*

thirteen years since the major rebuild of the South clinic and, together with the general administrative offices, the building has seen well over 100,000 residents come inside to access township services during that time.

We've also purchased several new trucks for the Public Health District, the Highway Department, and the Township. Some trucks being replaced have been in use for at least twenty years. We

certainly got our monies worth out of them, but it was time for an update to newer models.

Finally, I want to recognize that **April is Blood Pressure Awareness Month**. Blood pressure checks are offered by our clinic staff at both North and South facilities and at various times and locations throughout the township. If you don't know your blood pressure now is the time to have it checked.



*Elected officials and staff pose with new trucks going into service to replace the oldest currently used by the Township. (l. to r.) Spence Ziegler, Highway Department staff; Christopher Grunow, Psy.D., Administrator; Hector Cesario, Clerk; Louis S. Viverito, Supervisor; Daniel Paluch, Highway Commissioner and Jim Morrison, Highway Department staff.*

# May is Blood Pressure Awareness Month

## Stickney Public Health District Reaching People Where They Are

Shelby Raney, Public Health Nurse, sits at a table among racks of magazines and the latest fiction titles. It's a chilly Thursday morning in March and though she's at a local library, Shelby is there to serve as the face of Stickney Township Public Health District in her capacity as a public health nurse.

The Township offers routine blood pressure screenings at six community locations throughout Burbank and Stickney every month including Prairie Trials Public Library in Stickney Burbank, Illinois, and Shelby's regulars are beginning to trickle in. After each person's blood pressure is checked, Shelby removes the cuff and quietly reviews the results, discussing an individual's progress and offering educational materials.

The additional locations that Shelby and Dawn McGrath, Public Health Nurse, visit each month are the *Louis S. Viverito Senior Center, Stickney Township Central Community Center, Stickney Public Health District North Clinic, Burbank Park District Fusion Recplex and Stickney Forest View Library*. They also attend special events throughout the community.

The Public Health District's Outreach Blood Pressure Program aims to be a resource



for community members to access free blood pressure screenings. The program helps individuals identify concerning blood pressure levels and link them to healthcare so that they can begin management early in the course of the disease. It is also a great option for those already diagnosed with high blood pressure to have regular community blood pressure checks as an adjunct to their care with their healthcare providers.

According to Shelby, "there is no classic picture of a public health nurse because there's so much variety and so many different community settings."

A public health nurse can

work in a clinic or engage in outreach activities like today's blood pressure screening at the library. "We go out into the community to offer screenings and education. There are no limits, no boundaries. You're not limited to an office or a hospital setting," Shelby explains. "You meet the people where they're at. Wherever, whatever that looks like."

"Many people with high blood pressure don't have any symptoms and feel fine, that is why it is often called the "Silent Killer". High blood pressure can lead to heart attack, heart failure, stroke, kidney disease, (Continued on page 4)

# May is Blood Pressure Awareness Month

## Stickney Public Health District Reaching People Where They Are

(Continued from page 3)  
and vision loss.

Blood pressure checks are recommended annually for adults who are 40 or older and for anyone at higher risk for high blood pressure. Others should have their blood pressure checked every 3-5 years and more frequently when concerning levels result.

### What's a normal or abnormal blood pressure?

According to the American Heart Association, a normal blood pressure is lower than 120 on the top (systolic) and lower than 80 on the bottom (diastolic). Elevated would be anything 120 to 129 on the top and 80 on the bottom. And then it goes up from there into categories of high blood pressure stages 1 and 2, all the way to the hypertensive crisis area, which would be higher than 180 on the top and/or higher than 120 on the bottom or higher.

The Public Health District typically provides outreach for blood pressure checks for adults 18 and older. "But we're finding that high blood pressure starts early, especially with lifestyles that may not be the best for managing blood

pressure. Older age, Inactivity, or poor diet can lead to high blood pressure in anyone," she insists.

### What can someone do who has high blood pressure?

"Diet is a big part of it. So they want to follow a low fat, low salt diet, high in whole grain, fruits,

vegetables, plant based proteins and leaner proteins like chicken or turkey and seafood." Shelby also recommends exercise: aiming for about 150 minutes of exercise each week throughout the week and then managing weight.

**American Heart Association. Check. Change. Control.®**

### Consecuencias de la presión arterial alta

La presión arterial alta es muchas veces la primera causa del "efecto dominó" que tiene consecuencias devastadoras, como:

- DERRAME CEREBRAL**  
La presión arterial alta puede causar que los vasos sanguíneos en el cerebro estallen o se obstruyan más fácilmente.
- PÉRDIDA DE LA VISTA**  
La presión arterial alta puede dañar los vasos sanguíneos en los ojos.
- INSUFICIENCIA CARDÍACA**  
La presión arterial alta puede causar que el corazón se agrande y que deje de abastecer sangre al cuerpo.
- ATAQUE CARDÍACO**  
La presión arterial alta daña las arterias y hace que se estrechen y se endurezcan.
- ENFERMEDAD/INSUFICIENCIA RENAL**  
La presión arterial alta puede dañar las arterias alrededor en los riñones e interferir con su capacidad de filtrar sangre eficazmente.
- DISFUNCIÓN SEXUAL**  
Puede ser disfunción eréctil en los hombres o menor deseo sexual en las mujeres.

Un sencillo chequeo de la presión arterial es el primer paso para prevenir el "efecto dominó".  
Más información en [heart.org/hbp](http://heart.org/hbp).

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“If a person is overweight, we want there to be a goal of a healthier body weight, not smoking, limiting alcohol, and sleeping well. Along with exercise and diet, sleeping a good, consistent amount of time is helpful in managing blood pressure.”

As today’s screenings reach a close, a librarian comes over to

ask to have her blood pressure checked and Shelby completes one final reading and consultation before packing up to travel to her next stop.

For more information on high blood pressure and Stickney Public Health District blood pressure screenings visit [www.stickneypublichealthdistrict.org](http://www.stickneypublichealthdistrict.org) or call 708.424.9200.

## Blood Pressure Check Schedule

*A nurse from Stickney Public Health District will be offering FREE blood pressure checks at the following locations:*

### LSV SENIOR CENTER

*First Thursday of every month • 9:15-11:15 am*

### CENTRAL COMMUNITY CENTER

*Second Wednesday of every month • 10:30 am-Noon*

### BURBANK PARK DISTRICT FUSION RECPLEX

*Third Tuesday of every month 12:15-1:15 pm*

### NORTH COMMUNITY CENTER

*Fourth Tuesday of every month • 9:30-11:45 am*

### FOREST VIEW LIBRARY

*Fourth Tuesday of every month • 12:30-1:30 pm*

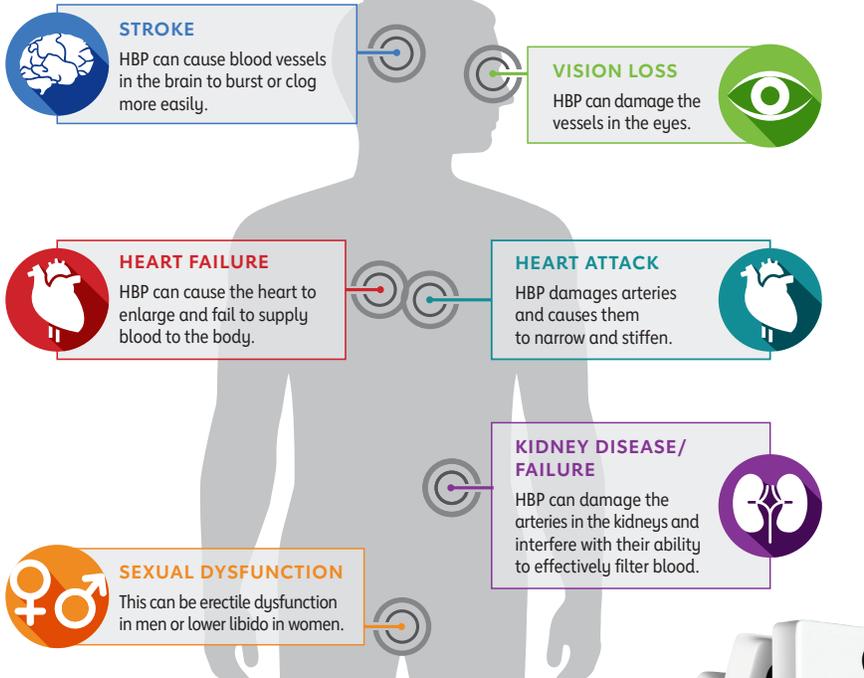
### PRAIRIE TRAILS LIBRARY

*Fourth Thursday of every month • 9:30-10:30 am*



## Consequences of High Blood Pressure

High blood pressure (HBP) is often the first domino in a chain or “domino effect” leading to devastating consequences, like:



A simple blood pressure check is the first step to preventing the “domino effect.”

Learn more at [heart.org/hbp](http://heart.org/hbp).

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# STICKNEY TOWNSHIP NEWS & VIEWS

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



Construction underway at the South building. North facility will also receive a facelift.

## News from the Assessor's Office

Exemptions for 2023 property taxes are now available to be filed. New homeowners who purchased prior to, or have been living in their home since January 1st of 2023, may now file for an exemption.

If you need assistance with exemption renewals, refiling or completing renewal forms, please email or call our office—we are happy to help.

**Email:**

*admarch@  
townshipofstickney.org*

**Phone:**

(708)788-9100  
ext 4014 or ext 4013

# Beware: Contact with Bats Carries the Risk of Rabies

Rabies is a virus that can spread to people and pets from animals infected with rabies. It spreads through bites and scratches or when saliva from the infected animal enters the body through a break in the skin/cut or through the eyes, nose, or mouth.



Bats are the leading cause of rabies in people. Last year, 83 bats tested in Illinois had rabies (*Illinois Department of Public Health/IDPH data current as of 11/15/23*).

Take the following steps to prevent or decrease the risk of infection with rabies:

- Avoid direct contact with bats. Bats should never be kept as pets
- Board up any openings to your attic, basement, porch or garage.
- Cap chimneys with screens.
- Make sure pets are up to date with rabies vaccines.

Vaccinated pets serve as a buffer between wildlife with rabies and humans.

- If a wild animal comes onto your property, let it wander away. Bring children and pets indoors and alert neighbors. If an animal is acting abnormally (animal usually active at night active during daylight hours, animal having trouble walking, etc.) contact your local animal control. Teach children not to approach or to touch any animal they do not know.
- Report all animal bites to the local animal control.

If you feel you may have been bitten or scratched by a bat or a bat is found in a room where

someone was sleeping or found in a location where a child has been left unattended, do the following:

- Immediately and thoroughly clean any bites or scratches with soap and water.
- Call your local health

department or animal control to help trap the bat for testing or to help you trap the bat safely yourself: [www.cdc.gov/rabies/animals/bats/index.html](http://www.cdc.gov/rabies/animals/bats/index.html). Testing a bat to determine if it has rabies will determine whether you need Post Exposure Prophylaxis (PEP) to prevent rabies infection. PEP is a series of 2-6 shots and is close to 100% effective in preventing rabies if it is given before symptoms start. Contact your healthcare provider or a local public health official to assess whether PEP is needed.

If there is no clear explanation for how a bat got into your home, consider consulting with a bat remediation specialist.

# Outdoor Grilling Tips To Keep Your Food Safe

Cooking outdoors was once a summer only activity shared with family and friends. Now more than half of Americans say they are cooking outdoors year round. So whether the snow is blowing or the sun is shining, it's important to follow food safety guidelines to prevent harmful bacteria from causing foodborne illness. Use these simple guidelines for grilling food safely.



the meat is tender and takes on a natural smoke flavoring. Temperature in the smoker should be maintained at 250 to 300°F (121 to 149°C). Use a food thermometer to be sure the food has reached a safe internal temperature.

## KEEP EVERYTHING CLEAN

Be sure there are plenty of clean utensils and platters. If you are grilling and eating away from home, find out if there is a source of clean water. If not, bring water for preparation and cleaning or pack clean cloths and moist towelettes for cleaning surfaces and hands.

## SEPARATE RAW AND COOKED FOODS

To prevent foodborne illness, do not use the same platter, cutting board or utensils for raw and cooked foods. Harmful bacteria present in raw meat and poultry and their juices can contaminate cooked food.

## COOK THOROUGHLY

Cook food to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill tends to brown quickly on the outside, so use a food thermometer to ensure the food has reached a safe minimum internal temperature.

NEVER partially grill meat or poultry and finish cooking later.

### Meats

Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145°F (63°C) as measured with a food thermometer. For safety and quality, allow meat to rest for at least 3 minutes before carving or consuming.

### Ground Meats

All raw ground beef, pork, lamb, and veal should be cooked to an internal temperature of 160°F (71°C) as measured with a food thermometer.

### Poultry

Poultry should be cooked to a minimum internal temperature of 165°F (74°C) as measured with a food thermometer.

### Safe Smoking

Smoking is cooking food indirectly in the presence of a fire. It can be done in a covered grill with a pan of water placed beneath the meat or poultry or in a smoker — an outdoor cooker especially designed for smoking foods. Smoking is done much more slowly than grilling, and as a result,

## KEEP COLD FOOD COLD

Keep meat and poultry refrigerated until ready to use. Only take out what

will immediately be placed on the grill. When using a cooler, keep it out of the direct sunlight by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler.

## KEEP HOT FOOD HOT

After cooking meat and poultry, keep it hot until served — at 140°F (60°C) or warmer. Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in an oven set at approximately 200°F (93°C), in a chafing dish, slow cooker, or on a warming tray.

## LEFTOVERS & REHEATING

Refrigerate leftovers promptly in shallow containers. Discard any food left out more than 2 hours (1 hour if temperature outside is above 90°F/ 32°C). When reheating fully cooked meats like hot dogs or hamburgers, grill to 165°F (74°C) or until steaming hot.

## FOOTNOTES

Podiatry Information from  
Dr. Thomas J. Mack

### NEUROPATHY

Peripheral neuropathy has a wide range of symptoms including numbness, tingling, pain, and weakness which usually starts in the lower extremities.

Diabetes mellitus is a common cause, but there are many other conditions that can contribute. Some of these include nerve entrapments, thyroid abnormalities, chronic kidney disease, cancer, viruses, Lyme disease, alcohol, vitamin deficiency, illegal drugs, prescription medications, genetic disorders, and heavy metal toxicities from lead, Mercury, arsenic and gold. Early symptoms may result in sensory loss, numbness and pain or burning in the feet which can progress upward leading to muscle weakness and reduced walking speed. Coordination and balance are reduced, in which the risk of falling is increased.

It is essential to obtain a proper physical examination and diagnosis from a physician. Blood tests may be performed in search for an underlying cause with referrals to a neurologist for more extensive testing. Be suspicious when evaluating "treatment and cures" from ads and solicitors.

**Foot and Ankle services are available to Stickney Township residents through the podiatry department 708-424-9200.**



INTRODUCING...

## Musical Connections

A MUSIC THERAPY PROGRAM

Hosted by Stickney Township Office on Aging

Enjoy music-making and movement to music while exploring emotional wellness, social skills and creativity, as well as cognitive & physical development. The 45-60 minute sessions will be led by board-certified music therapist, Melissa Howard.

### Music therapy can

- Promote Wellness
- Manage Stress
- Alleviate Pain
- Express Feelings
- Enhance Memory
- Improve Communication
- Promote Physical Rehabilitation

### Sessions are held at 10 am on the 3rd Thursday of the month

- May 16, June 20, July 18, August 15

### Who is invited

- Older adults with Dementia, family caregivers, older adults

### Location:

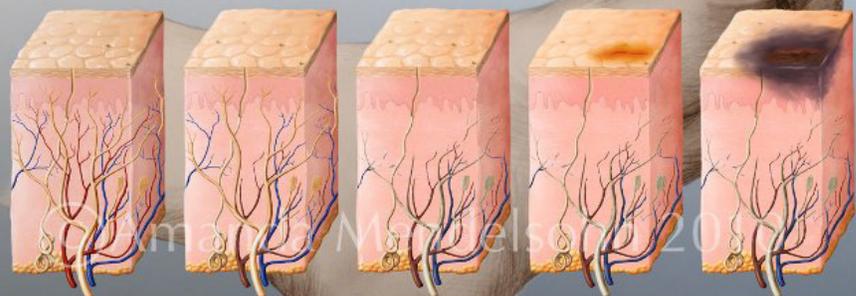
- Louis S. Viverito Senior Center  
7745 S. Leamington Ave., Burbank, IL

For more information or to register please call (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. 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.

## Diabetic Peripheral Neuropathy



Healthy tissue

Diabetes-related metabolic or vascular conditions can cause capillary damage.

Capillary damage can lead to nerve damage and loss of sensation especially in the extremities.

Injury due to loss of sensation.

Loss of sensation and circulation problems result in increased risk of infection, ulcers and gangrene.

CAREGIVER RESOURCE CENTER

Caregiver Resource Center

What is the Caregiver Resource Center and how can the center help you?

The Caregiver Resource Center (CRC) at STOA is a resource center that serves as a point of entry to a broad range of services and resources for family caregivers. The CRC's Caregiver Specialist provides information, resources and supports for those giving unpaid care to adults age 60+ and those with Alzheimer's disease or related disorder. Resources are also available for those relatives age 55+ raising children under 18 or giving unpaid care to adults with disabilities. The Caregiver Specialist is available to assist with accessing respite services, counseling, TCARE assessment, Trualta, support groups and many other educational opportunities for family caregivers.

Not Sure If You Are a Caregiver?

You are a caregiver if you are the person in charge of your loved one's care. Although you might not be getting paid for taking care of your loved one you have taken on the responsibility of helping with tasks such as:

- Providing transportation
• Preparing meals and housework
• Assisting with personal hygiene
• Organizing medication
• Providing emotional support
• Handling finances
• Other unpaid tasks

Tailored Care Self-Assessment Questionnaire

Whether it is arranging medical appointments, providing transportation, managing finances, or coordinating care, family caregivers often handle multiple aspects that affect the well-being of their loved ones.

To address the needs of family caregivers, STOA has partnered with Tailored Care (T-CARE)

to strengthen the capacity of its providers to support family caregivers.

Are You a Caregiver Feeling Stressed or Overwhelmed?

Take this quick and easy caregiver self-assessment questionnaire at https://caregiver.tcare.ai/screener/app/stickney/stcajzRHkjTfkgMqLDwYhCuF or contact our Caregiver Specialist at (708) 636-8850 for assistance.



Stickney Township Office on Aging Provides Care for Caregivers

Join Us Monthly to Enjoy Lunch and Fellowship

The Caring Crew Luncheon is a monthly event for any caregiver or caregivers assisting someone with Alzheimer's disease and dementia. Join us to enjoy fellowship, participate in educational programs and gain knowledge on many different topics that provide help to family caregivers.

We'll provide lunch—come and meet new friends! Bring your loved one with you to enjoy an informative and relaxing morning.

Please call (708) 636-8850 to register and reserve lunch.

CAREGIVER RESOURCE CENTER

Caring Crew Meetings

Tuesdays

5/21 • 6/18 • 7/16 • 8/20

10 - 11 a.m.

LSV Senior Center
7745 S. Leamington
Burbank, IL

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 Act; 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 the 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.



## CAREGIVER RESOURCE CENTER

### FREE 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 skills you need to manage stress:*

- ✓ Relaxation and Breathing
- ✓ Imagery
- ✓ Meditation

- ✓ Art
- ✓ Music

**DATES:** Wednesdays, May 1 - July 3  
(no session 6/19 due to Juneteenth holiday)

**TIME:** 10 to 11:30 am

**LOCATION:** Virtual group using Zoom

**CALL:** STOA at (708)636-8850 to register.  
(Registration required.)

Stickney Township, Oak Park Township and Solutions for Care do not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the U.S. Civil Rights Act and U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have the right to file a complaint with the Illinois Department on Aging Funds (in part) for this publication were provided through an award from Age Options under the Title III of the Older Americans Act as administered through the Illinois Department on Aging and Federal Administration on Aging.

## AGING & DISABILITY RESOURCE NETWORK

*Answers and Solutions Start Here...* The Aging & Disability Resource Network is the first place to go with your aging and disability questions. Stickney Township Office on Aging (STOA) serves as the ADRN for Stickney Township. ADRN's are information stations where individuals can obtain accurate, unbiased information related to aging or living with a disability.

STOA provides information on a broad range of programs and services, helps people understand the various short and long-term care options available to them, helps people apply for programs and benefits and serves as the access point for publicly funded long-term care. We're here to help you get the information and resources you need to stay independent.

### MEDICARE'S LOW INCOME SUBSIDY (EXTRA HELP)

*Some people with limited resources and income may also be able to get Extra Help to pay for the costs: monthly premiums, annual deductibles and prescription co-payments—related to a Medicare prescription drug plan. Many people qualify for these important savings and don't even know it.*

Your resources (assets) must be limited to \$18,720 for an individual or \$37,360 for a married couple living together. Resources include such things as bank accounts, stocks and bonds. Your home and car are not counted as resources.

Your monthly income must be limited to \$1,902 for an individual or \$2,575 for a married couple living together.

Contact our Senior Advocate to see what programs you qualify for. Most income requirements rise yearly so it is always a good idea to contact the Stickney Township Office on Aging to see if you qualify.

### MEDICARE SAVINGS PROGRAMS

You can get help paying your Medicare premiums. In some cases, Medical Savings Programs may pay Medicare Part A (hospital insurance) and/or Part B (medical insurance deductibles, coinsurance and copayments). *Asset levels for all three programs are the same amount: single individual, \$9,430 and married couple, \$14,130.*

**QMB PROGRAM** helps pay Part A & B premiums, deductibles, coinsurance and copayments. *Monthly income for single individual: \$1,280; monthly income for married couple: \$1,728.*

**SLMB PROGRAM** helps with Part B premiums only. *Monthly income for single individual: \$1,529; monthly income for married couple: \$2,067.*

**QI PROGRAM** helps pay Part B premiums only. *Monthly income for single individual: \$1,717; monthly income for married couple: \$2,323..*

If you qualify for the QMB, SLMB or QI Program, you automatically qualify for Extra Help paying for Medicare prescription drug coverage.

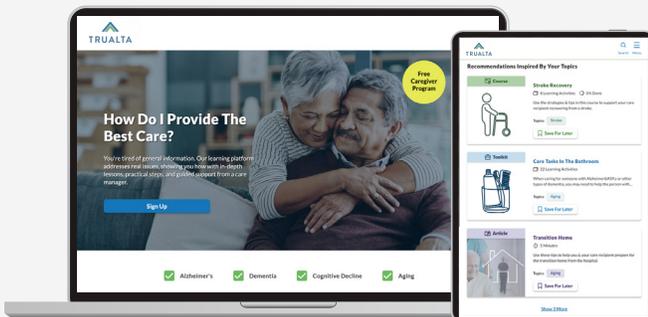


Access free training and resources to help you build skills and confidence to manage care at home.

**FREE  
Caregiver  
Resource!**

Trualta is an [online learning](#) platform designed to:

- Improve your [confidence](#), reduce [stress](#), and prevent [burnout](#).
- Provide unlimited [on-demand access](#) to suit your schedule
- Suit your [learning preference](#) with videos, articles, audios, interactive scenarios
- Connect with other caregivers through [community chat rooms](#)



“The caregiver portal was my first support system when caring for my mother with dementia.

There is so much helpful information in one place and I learned so much about providing care.”

- Laura W

### A Variety of Topics:

- Communication changes
- Behavior management
- Transition from hospital to home
- Personal care
- Activities and recreation
- Your own wellness
- Heart and lung health
- Mobility and fall prevention
- Documents and decision-making
- Meaningful activities
- Grief and loss
- Caring for kids

**For assistance in accessing Trualta please contact:**

**STICKNEY TOWNSHIP OFFICE ON AGING  
(708) 636-8850**



**STICKNEY TOWNSHIP OFFICE ON AGING- NORTH CLINIC SENIOR CENTER**  
**6721 W. 40TH ST. STICKNEY, IL 60402 (708) 788-9100**

Activity Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Community Room</b>	<b>Lunch Program- Tuesdays &amp; Fridays</b>				
	<b>Pick-Up 10:30 a.m. -12:00 p.m.</b>		<b>Dine-in 12:00 p.m.</b>		
	<small>60 years of age &amp; older - reserve lunch the day before by 11:00 a.m.</small>				
	<b>ZUMBA GOLD</b> 11:15 - 11:45 <b>FIT SIT</b> 11:45 - 12:15 <b>NEW! Mexican Loteria!</b> (Mexican Bingo) 12:30-1:30	<b>Bingo</b> 10:30 - 11:30	<b>Stickney Golden Age Club</b> 10:30-1:30		<b>Bingo</b> 10:30 - 11:30
<b>Lower Level</b>		<b>TAI CHI</b> 12:00-1:00	<b>T.O.P.S</b> 9:00 - 10:30 <b>CUT THE DECK POKER</b>		<b>YOGA</b> 12:00 - 1:00
<b>Computer Lab</b>	<b>Open for use</b> 8:30-3:30	<b>Open for use</b> 8:30-3:30	<b>Open for use</b> 8:30 - 11:30 1:30 - 3:30	<b>Open for use</b> 8:30-3:30	<b>Open for use</b> 8:30 - 11:30 1:30 - 3:30
<b>Activities &amp; exercise classes available to those 55 years of age and older. See staff for more information &amp; to register.</b> <b><u>Exercise: Must wear proper attire; gym/tennis shoes required.</u></b>					



**STICKNEY TOWNSHIP OFFICE ON AGING-LOUIS S. VIVERTO SENIOR CENTER**  
**7745 S. LEAMINGTON AVE. BURBANK (708) 636-8850**

**Lunch Program:** 60 years of age & older. Reserve lunch the day before by 11 a.m. See staff for more information & to register.

**Activities & Exercise Classes:** 55 years of age & older. Exercise: Must wear proper attire; gym/tennis shoes required.

Activity Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
Art Studio	<b>NEW!</b> <b>Mexican Loteria</b> (Mexican Bingo) 1st Monday, monthly 9:30-11:00	Quilling Club 9:30-11:00  Open Paint & Paint Class* 12:30 - 3:30	VIP Senior Club 10:0 0-2:30	Craftability! -open craft class- 9:30-11:00	Hook & Needle Club 12:00 - 2:00
*See Instructors Schedule					
Billiard Hall	Open for use	Open for use	Open for use	Open for use	Open for use
Computer Lab	Open for use	Open for use	Open for use	Open for use	Open for use
Game Room	Open for use	Poor Man's Poker/ Golf 12:00 - 3:00	Open for use	Poor Man's Poker/ Golf 12:00 - 3:00	Open for use
Get Fit Pit And		Bingo 9:30 - 11:30			
East Room			Tai Chi 10:15-11:15		
<b>LUNCH PROGRAM: DINE-IN 12:00 p.m.</b>					
West Room		Seniors on the Go Senior Club 10:00 - 2:30 (2nd & 4th Tuesday)	Silver Circle Senior Club 10:00 - 1:30	Nutri B's Senior Club 9:00 - 12:00	Adult Coloring Class 9:30 - 11:15
Grand Activity Room	Zumba Gold 9:30 - 10:30  Sweatin' to the Oldies 1:00 - 2:00	Line Dancing 10:00-11:30  Brain & Balance Boost-Camp 1:00-2:00	SEAT 10:00-10:45  Pilates/Barre 11:00-11:45  Shadowboxing 12:00-1:00	Line Dancing 10:00-11:30  20/20/20 Cardio/Tone/Stretch 11:45-12:45	YOGA 10:00-11:00  Wii Bowling 12:00
Bump-Out Window	<b>LUNCH PROGRAM: PICK-UP 10:30 a.m. - 12:00 p.m.</b>				



**STICKNEY TOWNSHIP OFFICE ON AGING- CENTRAL STICKNEY 4949 S. LONG AVE.  
FOR PROGRAM INFORMATION CALL 708-636-8850**

**LUNCH PROGRAM: CALL 708-458-4126 THE DAY BEFORE, BY 11 A.M. TO RESERVE LUNCH**

	Monday	Tuesday	Wednesday	Thursday	Friday
Community Center	Bingo 11:00	ZUMBA Gold 9:30 -10:30 Shadowboxing 11:00-12:00 Sit-Be-Fit 12:45-1:45	Mealsite -60 years of age & older- Stickney Township residents only- Pick-Up 10:30-11:30 Dine-In 11:30 Bingo 12:00	Sweatin' to the Oldies 10:30-11:30 Brain-Balance- Boostcamp 12:00-1:00	Movie 11:00
	Classroom	YOGA 11:00-12:00 Adult Coloring 12:15		Blood Pressure 2nd Wednesday, monthly 9:00-11:00	
Office			General Assistance 9:00-12:00 Call for appointment Jerry Mulvihill 708-931-8027		

**Activities & exercise classes available to Stickney Township residents 50 years of age & older. See staff for more information & to register.**

**Exercise: Must wear proper attire- gym/tennis shoes & comfortable clothing required.**

# STICKNEY TOWNSHIP NEWS & VIEWS

5635 State Road  
Burbank, IL 60459  
708/424-9200



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Information for residents of the City of Burbank, Villages of Forest View, Bedford Park and Stickney, Central Stickney and Nottingham areas.

## Stickney Township Officials

*'Working For You'*



**Louis S. Viverito**  
Supervisor



**Ettore "Hector" Cesario**  
Clerk



**Amy March**  
Assessor



**Daniel Paluch**  
Highway Commissioner



**Donna R. Galeher**  
Trustee



**Louise Toribio Zelinski**  
Trustee



**Laura Kreil**  
Trustee



**Diane Viverito**  
Trustee

### TOWNSHIP OFFICE CLOSINGS

Thursday • 7/4  
**Independence Day**  
Monday • 9/2  
**Labor Day**  
Monday • 11/11  
**Veteran's Day**  
Thursday/Friday • 11/28-29  
**Thanksgiving Holiday**  
Wednesday • 12/25  
**Christmas Day Observed**

### BLOOD PRESSURE AWARENESS



#### **WARNINGS: Over the Counter (OTC) Medications and High Blood Pressure**

If you have high blood pressure and/or take blood pressure medications, check labels of all OTC medications/supplements for:

- Warnings for people with high blood pressure or taking high blood pressure medications.
- Sodium content (aim for less than 1500 mg per day)
- Decongestants (these can raise blood pressure and interfere with blood pressure medications.)
- Talk with you healthcare provider before taking any OTC medications or supplements.