

STICKNEY TOWNSHIP

# News & Views

Spring 2025

## 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)

See inside  
for photos  
commemorating  
52 years of leadership  
by Township Supervisor  
Louis S. Viverito  
(Pages 6-7)

## A MESSAGE FROM YOUR TOWNSHIP SUPERVISOR



**T**his letter is my farewell to you as I retire from public life. As you may know by now, I chose not to seek re-election as Township Supervisor. When I began my career as a neighborhood barber, I never expected to serve in any public office, let alone 16 years as a State Senator and 52 years as Township Supervisor—amazing opportunities for a kid from Bridgeport.

As I leave office, I particularly want to thank my constituents. Any accomplishments I can claim were, no doubt, due to the support my community has shown me over the years. For that I am immensely grateful.

Transforming the Township and Public Health Departments from underfunded, understaffed agencies, with little infrastructure, to what we have today: robust medical, behavioral health, environmental, senior, youth and highway department/transportation services—all provided by a fiscally healthy Township—is one of my proudest achievements, overshadowed only by my marriage and family.

I hope that this legacy will continue to thrive under the leadership of my daughter, Diane Viverito, as she succeeds me as Township Supervisor.

I believe that I have truly left the Township in a better place than it was when I began 52 years ago.

Thank you again,

  
Louis S. Viverito

### FOOTNOTES

*Podiatry Information from Dr. Thomas J. Mack*

#### Shoes

What is a good every day shoe? A comfortable, walking shoe, running shoe, or a dress shoe?

A healthy shoe is a stable shoe, constructed from durable material, a stiff heel counter, and is properly padded with an adequate outsole to grip the walking surface.

The proper insole supports and stabilizes the foot/arch limiting the elongation/flattening pronation, whereas the cushioning and padding absorbs the shock and heel strike. A durable breathable fabric is used to prevent moisture buildup thereby reducing the risk of infection. An upper with a wide toe box prevents pressure on bunions and accommodates the toes from side to side.

Casual/walking shoes feature stiff soles for increased stability and have seamless interiors with soft lining and a wide toe box to avoid friction and pressure. These shoes prioritize

cushioning and stability during heel-to-toe gait. A healthy Casual/walking shoes, feature a stiff soles for increased stability, seamless interiors with soft lining and a wide toe box to avoid blisters or sores. These shoes prioritize cushioning and stability during heel to toe gait.

Running is a different dynamic than walking. Here, the forefoot contacts the ground more than the rear foot. Running shoes are designed with a sturdy fabric to control motion and absorb shock. These are more flexible and built with a mild arch support to



prevent collapse in single-limb stance.

The average person walks anywhere between 1.5 to 2 miles per day. Hospitality, healthcare workers, and those who spend most of their days on the move can have that number get much higher. At each heel strike the weight bearing forces are transmitted upwards through the body. It is

important to minimize the initial shock wave that begins at heel strike traveling through the ankle, knee, hip, and back. These forces are absorbed by all your joints from the ankle up to the neck. Is this a contributing factor to your arthritic back, hip, or knee symptoms? Wearing the right shoe is an investment in foot health. Protect your feet and they will support you for a lifetime.

Podiatry services are available at Stickney public health clinics. South clinic 708-424-9200 North clinic 708-788-9100. Dr. Thomas J. Mack, Dr. Rudolph J. Petrich.



*Seniors enjoy the new ballroom dancing class held at the LSV Senior Center.*



## AGING AND DISABILITY RESOURCE NETWORK

### *Do You Know About the Medicare Savings & Extra Help Programs?*

#### **MEDICARE SAVINGS PROGRAM (MSP)**

The Medicare Savings Program assists with Medicare costs for those with limited income and savings.

Qualifying for an MSP stops the deduction of Medicare Part B

premiums from Social Security checks and enrolls you in Extra Help for Part D prescription drug costs. Enrollment is based on income, assets, and application details. To learn more about MSP and how to apply contact our SHIP counselor at 708-636-8850.

#### **EXTRA HELP PROGRAM**

“Extra Help” is a program from Social Security to assist beneficiaries with limited income and resources pay for Medicare Part D prescription drug costs.

Contact our SHIP counselor at 708-636-8850 for application assistance.



*Stickney Township Office on Aging*

## **COMMUNITY FAIR**

***Friday, September 19<sup>th</sup> • 9 -11:30 am***  
*at the Louis S. Viverito Senior Center*

AGING AND DISABILITY RESOURCE NETWORK

# Explore Our Programs

## AGING & DISABILITY RESOURCE NETWORK

Assistance for adults over 60 and disabled individuals in learning about, evaluating, assessing eligibility and applying for benefit programs that may include energy assistance programs, property tax savings, license plate sticker & transit discounts, Supplemental Nutrition Assistance Program (SNAP) and internet/cell phone savings. Senior Health Insurance Program (SHIP) counseling on health insurance to include Medicare Supplements, Medicare Part B, Medicare Part D Prescription Drug plans, Extra Help and Medicaid.



## COMPREHENSIVE CARE COORDINATION

An in-home assessment is conducted to help older adults and caregivers develop a care plan based on programs ranging from government funded community based services to those that an individual can purchase with his or her own resources. Some services available include *adult day services, home care services, emergency home response system and medication management*. Ongoing contact with a case manager and annual (*or as needed*) reassessments are conducted.

## CAREGIVER RESOURCE CENTER

Our Caregiver Resource Center provides valuable resources to the family caregiver. Join our monthly support group, receive counseling on assistance programs, attend one of our education sessions, utilize respite services, participate in our music therapy program or gain access to an online caregiver support community of Trualta.

## HOME DELIVERED MEALS

An assessment determines eligibility to receive a home delivered meal Monday through Friday along with two weekend meals delivered on Fridays. Special dietary needs such as renal, gluten free or pureed meals are available. A \$2.00 per meal donation is requested.

## SENIOR CENTER PROGRAMS

Activities offered at all senior locations include exercise classes, entertainment, movies, craft and art classes, card games, informative presentations, social groups, bingo and more.

## TRANSPORTATION

Stickney Township Highway Department operates four lift-equipped buses offering transportation for residents Monday through Friday to medical appointments, grocery shopping, senior center activities, shopping centers and other locations as needed. This program is free-of-charge.

## STICKNEY TOWNSHIP OFFICE ON AGING

### Main Office

### LOUIS S. VIVERITO SENIOR CENTER

7745 S. Leamington Ave. • Burbank, IL 60459  
708.636.8850 • [www.townshipofstickney.org](http://www.townshipofstickney.org)  
Facebook: Louis S. Viverito Senior Center (STOA)  
Mini Bus (708) 424-9221

### NORTH

6721 W. 40th St.  
Stickney, IL 6042  
708-788-9100

### CENTRAL

4949 S. Long Ave.  
Chicago, IL 60638  
708-636-8850



*Our Mission: Stickney Township Office on Aging endeavors to foster the most appropriate level of care and independence for older adults by providing services, advocacy and assistance that promotes dignity and quality of life.*

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.



AGING AND DISABILITY RESOURCE NETWORK

# Living on a Fixed Income?

*You may  
qualify  
for certain  
public  
benefit  
programs!*



**Stickney Township Office on Aging  
can help you complete your application**



## BENEFIT

## INCOME LIMIT

**LICENSE PLATE DISCOUNT**  
**RTA RIDE FREE PASS**

**\$33,562.00 per year (household of 1)**  
**\$44,533.00 per year (household of 2)**

**SNAP (food stamps)**

**\$2,510.00 per month (household of 1)**  
**\$3,406.00 per month (household of 2)**

**EXTRA HELP**  
**(prescription medications)**

**\$1,976.00 per month (household of 1)**  
**\$2,644.00 per month (household of 2)**

**MEDICARE SAVINGS PROGRAMS**  
**(These pay your Medicare Part B premiums)**

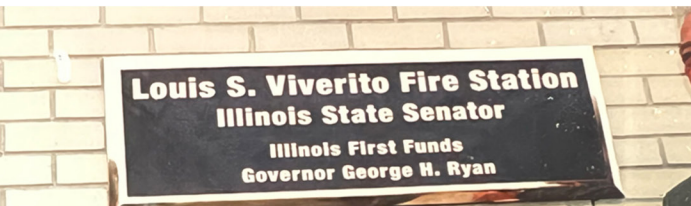
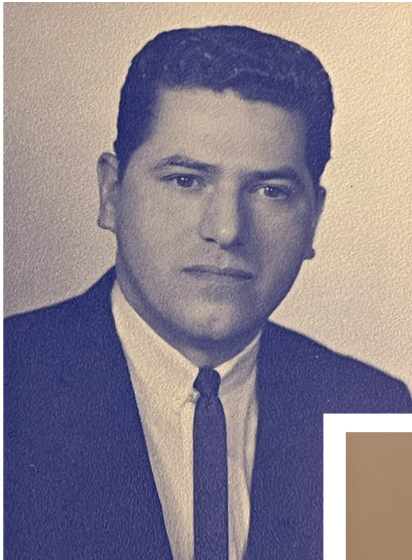
**\$1,761.00 per month (household of 1)**  
**\$2,380.00 per month (household of 2)**

**LIHEAP (Low Income Energy Assistance)**

**\$2,510.00 per month (household of 1)**  
**\$3,407.00 per month (household of 2)**

**For assistance, call Stickney Township Office on Aging at 708-636-8850**











CAREGIVER RESOURCE CENTER

*Are you  
caring for  
an older  
adult?*

STICKNEY TOWNSHIP OFFICE ON AGING

Caregiver Resource Center  
provides services to help you!

*Services for Seniors &  
Caregivers to Relieve  
Caregiver Stress*

**WE OFFER:**

- Respite that gives caregivers a break from day-to-day duties for self-care.
- Information and assistance regarding availability and eligibility requirements of government programs and support.
- TCARE assessments to identify areas causing distress and recommend personalized interventions like respite and support groups to prevent burnout; and one-on-one individualized conversations to discuss challenges related to caregiving.
- Trualta is a family caregiver education and support platform that provides caregivers the confidence they need to provide better care at home.
- Services that help senior citizens remain in their homes:
- Home-delivered meals
- Assistance in housekeeping
- Assistance finding assistive devices
- Training, counseling and emotional support
- Transportation services
- "Caring Crew," monthly informal support group that gives caregivers a chance to talk with other caregivers in similar situations, share experiences, advice, and words of encouragement.
- "Musical Connections," music therapy group that enjoys music-making and movement while exploring emotional wellness, social skills and creativity, as well as cognitive & physical development, led by a board certified music therapist.



**STICKNEY  
TOWNSHIP OFFICE  
ON AGING**

*Louis S. Viverito  
Senior Center*

7745 S. Leamington Ave.  
Burbank, IL  
708-636-8850

*Scheduled Appointments  
Available After-Hours.*



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## CAREGIVER RESOURCE CENTER



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 Monday of the month:

- 5/19 • 6/16 • 7/21 • 8/18 • 9/15 • 10/20 • 11/17 • 12/15

### Who is invited:

- Older adults with Dementia, family caregivers, older adults

### Location:

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

To register please call (708) 636-8850.



## 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

CAREGIVER RESOURCE CENTER



## 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

*Save the Dates for this Year*

## Caring Crew Meetings 2025

**Tuesdays • 10 - 11 a.m.**

**5/20 • 6/17 • 7/15 • 8/19 • 9/16 • 10/21 • 11/18 • 12/16**

**LSV SENIOR CENTER**



## PROGRAMS AND EVENTS



St. Patrick's Day celebration  
at the Louis S. Viverito Senior Center



**Do you  
have  
unclaimed  
money?**



✓ Tuesday May 6th 9:00 a.m. - 12:00 p.m.  
7745 S. Leamington Burbank, IL 60459

✓ Tuesday May 20th 9:00 a.m. - 12:00 p.m.  
6721 W. 40th St. Stickney, IL 60402

**Call 708-636-8850 for more information**



# STAND UP

**Father's Day  
COMEDY SHOW**

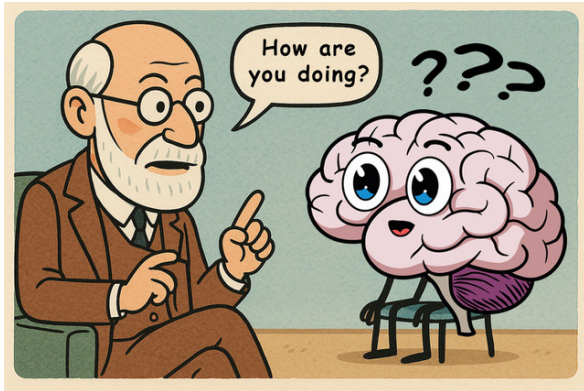
Friday June  
**13** Featuring:  
Angela Riccio,  
Comedienne

See office to register by  
Tuesday June 10th

Luch: Dine-in Only  
\$2.00 due at registration

Made with PosterMyWall.com





## We'd Like to Know:

# HOW DO YOU FEEL?

*We want to know more about the mental health needs of our community and need your help...*

We are asking our residents to participate in a short survey offered by the Behavioral Health Division of the Stickney Public Health District.

Please take a few moments to help your community by answering a few questions.

Use your phone to scan the QR code below that will lead to the survey. Your responses will help us improve our services. All responses will remain anonymous. Thank you for your participation!

## Nos Gustaría Saber... ¿CÓMO SE SIENTE?

Queremos saber más sobre las necesidades de salud mental de la comunidad del municipio de Stickney y necesitamos su ayuda. Invitamos a nuestros residentes a participar en una breve encuesta ofrecida por la División de Salud Mental del Distrito de Salud Pública de Stickney.

Por favor, dedique un momento a ayudar a su comunidad respondiendo algunas preguntas. Use su teléfono para escanear los códigos QR a continuación que le llevarán a la encuesta. Sus respuestas nos ayudarán a mejorar nuestros servicios. Todas las respuestas serán anónimas. Gracias por su participación.

*For English*



*Espanol*



*Po polsku*



امسح بهاتفك على رمز الاستجابة السريع



\*Results of this survey will be compiled by the Behavioral Health Division of Stickney Public Health District. This survey will help us improve our services. Results will be posted in the Health District's annual report.

# Identify and Prevent Rodent Infestations

You may never see a mouse or rat unless an infestation is severe. Here are some signs to look for:

- Rodent droppings around food packages, in drawers or cupboards, and under the sink.
- Nesting material such as shredded paper, fabric, or dried plant matter.
- Signs of chewing on food packaging.
- Holes chewed through walls and floors that create entry points into the home.

- Stale smells coming from hidden areas.
- Discourage rats and mice from taking up residence on your property by removing food and water sources, and items that can provide them shelter:
- Seal holes inside and outside the home to keep rodents out. This may be as simple as plugging small holes with steel wool, or patching holes in inside or outside walls.
  - Remove potential rodent

nesting sites from your property, including leaf piles and deep mulch.

- Clean up food and water sources in and near your house.
- Keep kitchen garbage in containers with tight-fitting lids.
- Turn compost piles to cover newly added food scraps.
- Stop feeding outdoor birds while you are controlling an infestation or feed only huskless items that leave less residue that can be food for rodents.





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

**Meal Program:** 60 years of age & older. Must reserve lunch the day before by 11:00 a.m. \$2.00 suggested donation per meal.  
 See staff for more information & to register.

Activity Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Nutrition Program – Tuesdays &amp; Fridays</b> <b>Pick-Up 10:30 a.m. -12:00 p.m.      Dine-in 12:00 p.m.</b>				
<b>Community Room</b>	<b>ZUMBA GOLD</b> 11:15 - 11:45	<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>FIT SIT</b> 11:45 - 12:15				
	<b>Loteria!</b> (Mexican Bingo) 11:00		<b>TAI CHI</b> 12:00-1:00	<b>T.O.P.S</b> 9:00 - 10:30 <b>CUT THE DECK POKER</b> 11:00	<b>YOGA</b> 12:00 - 1:00
	<b>Lower Level</b>				
<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

Activities & exercise classes available to those 55 years of age and older. See staff for more information & to register.  
Exercise: Must wear proper attire; gym/tennis shoes required.



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

**Meal Program:** 60 years of age & older to participate. Please reserve lunch the day before by 11 a.m. \$2.00 suggested donation per meal. See staff for 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		Quilling Club 9:30-11:00	VIP Senior Club 10:00-2:30	Quilling Club 9:30-11:00	Hook & Needle Club 12:00 - 2:00
*See Instructors Schedule		Open Paint & Paint Class* 12:30 - 3:30			
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	Group Games 10:30 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	Popcorn & a Movie! 12:30	Bingo 9:30 - 11:30			
East Room	Meal Program: Dine-In 12:00				
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	Ballroom Dance 9:00 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	Ballroom Dance 9:00 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	Meal Program: Pick-Up 10:30-12:00				



**STICKNEY TOWNSHIP OFFICE ON AGING- CENTRAL STICKNEY 4949 S. LONG AVE.  
FOR PROGRAM INFORMATION CALL 708-636-8850 OR 708-458-4126**

**MEAL PROGRAM: MUST RESERVE LUNCH THE DAY BEFORE, BY 11 A.M.**

	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- 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 only, 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



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

*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'*



**Diane Viverito**  
Supervisor



**Ettore "Hector" Cesario**  
Clerk



**Amy March**  
Assessor



**Daniel Paluch**  
Highway Commissioner



**Donna R. Galeher**  
Trustee



**Louise Toribio Zelinski**  
Trustee



**Laura Kreil**  
Trustee



**Peter Ferreri**  
Trustee

## TOWNSHIP OFFICE CLOSINGS

Monday • 5/26/25  
**Memorial Day**

Friday • 7/4/25  
**Independence Day**

Monday • 9/1/25  
**Labor Day**

Monday • 10/13/25  
**Columbus Day**

