

Senior News

Spring 2018

Programs and Services from Stickney Township Office on Aging

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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!**

Intergenerational Valentine’s Day Celebration at LSV Center

Many thanks to Reavis Early Childhood Center for another fun-filled Valentine’s Day! LSV seniors were thrilled to participate in activities planned by Reavis High School students and their preschoolers.

“You’re never too old or too young to enjoy celebrating Valentine’s Day. We’re fortunate to have such a great partnership with Reavis faculty and students who participate in this event each year,” said Township Supervisor Louis S. Viverito.



Township Closings



**Monday
5/28**
Memorial Day

**Wednesday
7/4**
Independence
Day



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We Salute Our Generous Neighbors

Donations are greatly appreciated and used to assist in providing a variety of services for seniors.

SENIOR PROGRAMS

Arlene Adaszak
Bernice Bubel
Marion Gray
Patricia Kemp
Pamela Milchrist
in Memory of Carol Ghilardi
Lorraine Rosenthal

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.

Check Your Blood Pressure

NORTH MEAL SITE

9 a.m. • 4/24, 5/22, 6/26

LSV SENIOR CENTER

9:30 a.m. • 4/5, 5/3, 6/7

SENIOR CLUBS

Locations & Calendars

LSV SENIOR CENTER

Nutri-B's • Mondays, 9 am

Burbank VIP's • Wed., 12:30 pm

Silver Circle • Wed., 11 am

Seniors on the Go

2nd & 4th Tuesdays • 12 pm

NORTH

Golden Age • Wed., 12 pm

Stickney Seniors • Thur., 11 am

CENTRAL

Golden VIP's • Thur., 10 am

AGING & DISABILITY RESOURCE CENTER

Medicare Savings Programs

You can get help paying your Medicare premiums. In some cases, Medicare Savings Programs may also pay Medicare Part A (Hospital Insurance) and/or Medicare Part B (Medical Insurance deductibles, coinsurance, and copayments if you meet certain conditions. Asset levels for all three program are the same amount.

Single individual \$8,890 and a married couple \$14,090

QMB Program: helps pay Part A premiums, Part B premiums and deductibles, coinsurance, and copayments.

- Monthly income for a single individual: \$1,037
- Monthly income for a married couple: \$1,397

SLMB Program: helps pay for Part B premiums only

- Monthly income for a single individual: \$1,239
- Monthly income for a married couple: \$1,671

QI Program: helps pay for Part B premiums only

- Monthly income for a single individual: \$1,391
- Monthly income for a married couple: \$1,877

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

2018 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. The Extra Help is estimated to be worth about \$4,000 per year. Many people qualify for these important savings and don't even know it.

Your resources (assets) must be limited to \$14,100 for an individual or \$28,150 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. Your home and car are not counted as a resource. Your monthly income must be limited to \$1,538 for an individual or \$2,078 for a married couple living together.

Contact our Senior Advocate for a benefit check up to see what programs you qualify for. Most income requirements rise yearly so it is always a good idea to contact STOA to see if you qualify.

Supplemental Nutrition Assistance Program (SNAP)

SNAP offers nutrition assistance by providing assistance in purchasing food through a SNAP EBT card. There are no asset requirements for this program. Income limits do apply. See the chart below:

Number of People in Household	Maximum Gross Monthly Income*
1	\$ 2,010
2	\$ 2,707

If you would like further information or help applying for any of the programs above please contact our Senior Advocate at (708) 636-8850.

*Gross Income is your total monthly income from all sources before any deductions.

State of Illinois Department of Human Services 2018

Stickney Township Office on Aging

Comience a prepararse para la temporada de verano siendo parte del taller “Tomando Control de su Salud”

Louis S. Viverito Senior Center en colaboración con AgeOptions le invitan a formar parte de su taller “Tomando Control de su Salud” y continuar trabajando en sus metas para el 2018. Estaremos llevando a cabo 6 clases durante el período de 6 semanas, una vez a la semana por 2.5 horas. Cabe considerar que durante este tiempo tendremos un descanso de 20 minutos y las clases se dividirán en pequeñas actividades que transcurren rápidamente como:

- Nutrición saludable
- Estrategias para resolver problemas
- Manejando emociones difíciles
- Ejercicio y actividad física
- Previniendo caídas
- Manejando el dolor y la fatiga
- Creando planes de acción

Y otras más...

El taller dará comienzo el lunes 30 de abril de 2018 y concluirá el lunes 11 de junio de 2018. Y nos reuniremos de 12:30 a 3:00 de la tarde.

Para más información o registrarse se puede comunicar directamente al teléfono (708) 636-8850 y pedirle a Georgia que lo registre.

Take Charge of Your Health class will be held in Spanish. See page 7 for the next class in English.

Senior Dining Program

Congregate meals promote better physical and mental health for older people through the provision of nutritious meals and opportunities for social contact. Meals are catered and served restaurant style by volunteers and there is a \$2.00 donation requested for the meal. You can call to reserve a meal by 11 a.m. the day before you want to come to the center and up to two weeks in advance.

The LSV Senior Center provides hot, nutritious meals Monday through Friday for any person over the age of 60 no matter what your economic status is. Lunch is served at 11:30 a.m. or by reservation from 11 a.m. to 1 p.m. Please see the office for a reservation.

Our North meal program provides meals two days a week on Tuesday and Friday at 11:30 a.m.

Many opportunities for learning, exercise, socialization and other experiences are offered at the centers. In 2017, 784 individuals were served 18,212 meals at our two senior center sites.

We welcome you to join us for good food and fun!

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 from 12-1:30 pm on April 17, May 15, June 19.

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.

• • •

Wednesday • May 16 • 10am
Top Ten Home Modifications
presented by Home For Life Advantage, Certified Aging in Place Specialists

Learn about tips/products available to help a loved one or yourself remain safe in their home.

What is “Aging in Place?”

According to the Journal of Housing for the Elderly, Aging in Place means not having to move from your present home to secure necessary support services in response to changing needs. As your body ages you can be sure your home remains a “friend,” by making changes that allow you to take care of yourself and do the things you’ve always done. Small adjustments to your home can make you more self-sufficient, younger and more capable.

Exercise Classes to Stay Fit and Healthy

Mondays and Fridays
8:30 – 9:30 a.m.

FOREVER FIT

Looking for a fun, energizing way to get moving and keep moving? This class is for you! Motivating music, a variety of steps and stretches designed to get your heart pumping and your muscles strengthened, this program combines cardio, flexibility and balance training—all designed to support and enhance performance of daily activities. *All fitness levels welcome!*

Mondays • 10 - 11 a.m.

TOTAL WORKOUT

The title says it all! After a warm-up, the party begins! Program includes weight training, core strengthening interspersed with cardio formats such as low impact dance moves, kick boxing, step, and cardio barre. Get your heart pumping to burn calories and release stress. Work at your own pace and fitness level using a variety of equipment.

Fridays • 10 - 11 a.m.

GENTLE FLOW YOGA

Experience the benefits of yoga — improved balance, strength and flexibility, healthy blood pressure—by focusing on deep breathing techniques and the support of a chair. Some standing poses and light flexing exercises will be incorporated. Harmonize your body with peaceful movements and range of motion exercises.

Tuesday and Thursday
Exercise classes:

Exercise 9-9:45

Line Dancing 10-11:30

Arthritis Exercise 12:30



Schedule of Activities

Louis S. Viverito Senior Center

7745 Leamington Ave., Burbank, IL • 708/636-8850

Congregate Meals • 5 Days a Week at 11:30 a.m.

Mondays:

Pinochle, 8:30-11:30 a.m.
Choir with Pam Stafford, 10-11 a.m.
Games with MaryKaye, 12 p.m.
Chess Club (55+), 12-3:30 p.m.

Tuesdays:

Pinochle, 8:30-11:30 a.m.
Bingo with Lunch, 9:45-11:30 a.m.
Poor Man's Poker, 12-3 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, 10-11:30 a.m.
Painting Class, 9 a.m.-12 p.m.

Fridays:

Pinochle, 8:30-11:30 a.m.
Poor Man's Poker, 8:30 a.m.
MaryKaye's Tea, Craft & Color Class, 9:30 a.m.
Hook & Needle Club, 12-2 p.m.
Movie Time, 12:30 p.m.
Wii Bowling, 12:30 p.m.

LSV
Newcomer
Tours Every
Wednesday
10 a.m.

THURSDAY • APRIL 5 • 12:30 PM • Mandatory Bingo Caller Meeting

THURSDAY • APRIL 26 • 9:30 AM • Super Bingo

THURSDAY • MAY 3 • 9:30 AM

Kentucky Derby Bingo — Come Bet On Your Favorite Horse!

Bingo begins at 9:30 a.m., lunch served at 11:30 a.m.

THURSDAY/FRIDAY • MAY 3 & 4 • 9-1 PM

AARP Driver Safety Class

A refresher course specifically designed for drivers age 50 and older:

- Research-based safe driving strategies.
- Information on the effects of medication on driving.
- Preventive measures to reduce driver distractions.
- Proper use of safety belts, air bags, anti-lock brakes, and more.
- Techniques for handling left turns, right-of-way, and roundabouts.
- State-specific rules and regulations in 19 key areas, including construction zones, child safety seats, school buses, cellphone use and more.

To register call 708-636-8850. Fee/\$15 AARP Members and \$20/NM

TUESDAY • MAY 15 • 9:30 AM • Mother's Day Bingo

TUESDAY • JUNE 12 • 9:30 AM

Pool Tournament — Co-Ed Double Elimination Tournament

Lunch provided to players at 11:30 a.m., snacks and refreshments will be served. Please register in the office.

FRIDAY • JUNE 15 • 10 AM

Father's Day Celebration – Featuring the Ukulele Moonshiners!

TUESDAY • JUNE 26 • 10 AM

Happy Illinois Bicentennial Birthday Bash!

On December 3, 2018, the great state of Illinois will be 200 years old! A birthday this monumental cannot go uncelebrated. This program will discuss everything from Illinois' early years, historical happenings, famous Illinoisans, as well as supplemental online information on Illinois counties, as the big date draws closer. It's Gonna Be a Party! Join us to begin the birthday celebrations of our great state and learn some fun facts too! (No bingo will be played today.)

THURSDAY • JUNE 28 • 9:30 AM

4th of July Super Bingo Bash!

FRIDAY • JULY 27 • 10 AM

SAVE THE DATE: Grandparents Day featuring 'The Frog Lady!'

Schedule of Activities

North Building

6721 W. 40th St., Stickney, IL • 708/788-9100, ext. 27

Lunch/Tuesdays and Fridays, 11:30 a.m., \$2 per meal

Tuesdays: Arthritic Exercise, 9:15 a.m., \$1 per class

Sponsored by Stickney Township and YMCA. Please watch for class cancellations due to celebrations, speakers, etc.

Our Lower Level Computer Lab is Open for Use!

TUESDAY • APRIL 10

Celebrate 'April Showers Bring May Flowers'

9:30 a.m. bingo, 10:30 a.m. 'The Amazing Tomas' magic show; 11:30 a.m. lunch. Wear a rain bonnet, Easter bonnet or hat and get a free bingo card.

FRIDAY • APRIL 20 • Super Bingo, 9:30 a.m.

TUESDAY • MAY 8 • Mother's Day Party

Bingo, 9:30 a.m., Singer Lindsey Torphy, 10:30 a.m., Lunch 11:30 a.m.

FRIDAY • MAY 18 • Super Bingo, 9:30 a.m.

TUESDAY • JUNE 12

Larry's Day: A Celebration in Memory of Former Trustee Larry Baker

9:30 a.m., FREE Bingo (max, 4 cards/person); 10:30 a.m.-12 p.m., Vegas-style singer and entertainer Vito Zatto. Lunch to follow. *Register in advance.*

FRIDAY • JUNE 15

Father's Day Party

Super Bingo, 9:30 a.m., ten extra games.

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 • APRIL 2 • Easter Super Bingo

MONDAY • MAY 14 • Mother's Day Super Bingo

MONDAY • JUNE 18 • Father's Day Super Bingo

Sign Up for a Share the Harvest Seedling

The soil is warming, bulbs are bursting, and 'Share the Harvest' seedlings are coming! We're getting ready to grow and share with hungry neighbors in 2018!

Every tomato, cucumber and pepper you grow makes a difference! Help us fill our 'Share the Harvest' basket this season. You'll be providing fresh, healthy produce to neighbors struggling to feed their families. Last year, along with other 'Share the Harvest' partners, we grew and shared some 20,000 pounds of vegetables!

Here's how you can help: Sign up by May 11th for the kind of plant you'd like to grow: tomato, pepper, cucumber, or all three! You'll receive a free seedling, take it home, plant it where it gets 6-8 hours of sun a day, water as needed - and harvest! Donate what grows on your plant by placing your gifts in the 'Share the Harvest' basket each week. (Plants can be picked-up at the LSV Senior Center.)

Thank you for making a difference in helping to provide good food for our neighbors who visit local food pantries! It's going to be a great growing season! For more information, contact the LSV Senior Center at (708) 636-8850.

SMART START WEDNESDAYS...

On designated Wednesdays at 10 a.m. • LSV Senior Center

4/11 • Dr. Chandra

Cholesterol and Diet, What's for Dinner?

4/18 • (RTA) Regional Transportation Authority

**4/25 • Garden Club Meeting
NEW MEMBERS WELCOME!**

The STOA Center Garden Club will be in full swing in the next few weeks getting the raised beds ready for all the Share the Harvest seedlings. As a Share the Harvest partner, the Stickney Township Office on Aging Garden Club continues to grow and we are looking for a few more committed individuals who can help with the daily watering, weeding and harvesting of our garden. The garden's harvest is donated to a local food pantry to allow fresh food to those in need. Please join us to learn more.

**5/2 • Marquette Bank
Frauds & Scams**

**5/9 • Help at Home:
Chore Program**

**5/16 • Home For Life
Advantage
Top 10 Home Modifications**

5/23 • Jen Care

**5/30 • Purrazzo
Insurance
Medicare Options in 2018 and
Special Needs Plans**

6/27 • Dr. Chandra

In Memory Of



Rudy Aviles
Esther Beaumont
Gerald Blaney
Eugene Cerney
Maria Corona
ZamZam Dalis
Carolyn Dumas
Marilyn Englehart
Anthony Eppolito
George Freman
Theodore "Butch" Gancarz
Dorothy Gleason
Patricia Gow
Mary Gruzanski
Irvin Janovsky
Mildred Janovsky
Rita Keating
Vincenzo Malfeo
Martin Molina
Mario Morales
Helen Przewoznik
Consuelo Ramirez
Mary Rieck
Miller Ristick
Francisco Rivera
Marie Rybakowski
Vincent Sala
James Sarolas
Marilyn Selig
Zofia Stanek
Barbara Tripoli
George Wronski

Council on Aging Meeting Schedule

GENERAL

Central • April 6, 9:30 a.m.

LSV • May 4, 9:30 a.m.

North • June 1, 9:30 a.m.

ADVISORY COMMITTEES

North Mealsite

April 3, 9:30 a.m.

May 1, 9:30 a.m.

June 5, 9:30 a.m.

LSV Senior Center

April 11, 9:30 a.m.

May 9, 9:30 a.m.

June 13, 9:30 a.m.

Central Mealsite

May 21, 9:30 a.m.

Martinkus Family Annual St. Patrick's Day Bingo Bash

Thank you to the Martinkus family for sponsoring the St. Patrick's Day Bingo Bash in honor of their dear mother, Pat Martinkus.



Adult Protective Services Program

Stickney Township Office on Aging is a designated provider agency for the Adult Protective Services Program (APS) which serves adults 18-59 years old and disabled, or adults over the age of 60. The program identifies three types of abuse: *physical, financial exploitation, and neglect*. APS case workers are trained by the Illinois Department on Aging to investigate cases of abuse and assist both victims and abusers in resolving the abuse.

WHAT IS ABUSE?

Abuse takes many forms, and in most cases victims are subjected to more than one type of mistreatment. In Illinois, 54% of adult abuse reports allege financial exploitation; approximately 23% allege physical abuse; 52% allege active or passive neglect; and 43% allege emotional abuse.

- **Physical Abuse** – causing the infliction of physical pain or injury to an older person.
- **Sexual Abuse** – touching, fondling, or any other sexual activity with an older person when the older person is unable to understand, unwilling to consent, threatened, or physically forced.
- **Emotional Abuse** – verbal assaults, threats of abuse, harassment, or intimidation so as to compel the older person to engage in conduct from which she or he has a right to abstain or to refrain from conduct in which the older person has a right to engage.
- **Confinement** – restraining or isolating an older person for other than medical reasons.
- **Passive Neglect** – the failure by a caregiver to provide an older person with the necessities of life including, but not limited to, food, clothing, shelter, or medical care, because of failure to understand the older person's needs, lack of awareness of services to help meet needs, or lack of capacity to care for the older person.
- **Willful Deprivation** – willfully denying assistance to an older person who requires medication, medical care, shelter, food, therapeutic device, or other physical assistance, thereby exposing that person to the risk of harm.
- **Financial Exploitation** – the misuse or withholding of an older person's resources to the disadvantage of the elderly person and/or the profit or advantage of another person.

ABUSE can be an intentional or unintentional action by anyone; caused by economic or emotional dependence of either the victim or the abuser; and/or is accepted by the family and society as a way of life. The **ABUSER** is most often a family member – adult child, spouse, grandchild or other relative, but could be a non-relative caregiver who may lose control due to the stress associated with caregiving; may have an alcohol or substance abuse problem; and may be frustrated or isolated. Interventions take into account, wherever possible, most seniors' desire not to sever family ties.

The **VICTIM** is most often a white female with an average age of 79 who may suffer from some form of dementia or physical impairment, and is often suffering from multiple handicaps which make him/her dependent on others for care. Victims tend to be isolated; may suffer from more than one type of abuse; may be reluctant to admit his/her loved one is an abuser; and may be fearful of reporting abuse, thinking it could lead to further harm, nursing home placement or total abandonment.

These characteristics make intervening more complicated and cases more difficult. To report suspected abuse, exploitation or neglect of an older person, call Stickney Township Office on Aging at (708) 636-8850 or call the statewide, 24-hour Adult Protective Services Hotline: 1-866-800-1409, 1-888-206-1327 (TTY).

TAKE CHARGE OF YOUR HEALTH

Classes offered at North Facility

Congratulations on Taking the First Step to Live Well, Be Well! Take Charge of Your Health programs allow you to learn to thrive, not just survive with your ongoing health conditions!

Find practical ways of dealing with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices and learn better ways to talk with your doctors and family about your health.

Take Charge of Your Health programs are interactive workshop series meeting for six to eight weeks. Each session meets for 2½ hours weekly. Two trained facilitators, who have personal experience with ongoing health conditions, conduct each workshop.

An information session will be held on Wednesday, May 2, 12:30-1:30 p.m.

6-WEEK CLASS MEETS ON WEDNESDAYS 12:30-3PM

May 9, 16, 23, 30

June 6, 13



7745 S. Leamington Ave.
Burbank, IL 60459
708.636-8850

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Programa De Almuerzo Congregado Para Adultos Mayores

Stickney Township les invita a participar en nuestro programa de almuerzo!! Reunase con nosotros para una comida nutritiva, hacer amigos/as y mas!! Los almuerzos son bajos en sal y el menu es aprobado por un nutricionista siguiendo los estandares nutricionales para adultos mayores. El programa de almuerzo es para personas de 60 anos y mayores y su esposo/a.

El amuerzo es servido en tres sitios de Stickney Township. Ver abajo el horario del almuerzo en cada sitio.

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

El almuerzo es servido de Lunes a Viernes a las 11:30am
(abierto a las personas que viven y no viven en Stickney Township)

Central Stickney Medical Center
4949 S. Long Ave. Central Stickney
(708) 458-8855

El almuerzo es servido los Lunes a las 11:30am
(abierto a las personas que viven en Stickney Township solamente)

North Medical Center
6721 W. 40th St. Stickney
(708) 788-9100

El almuerzo es servido los Martes y los Viernes a las 11:30am.
(abierto a las personas que viven y no viven en Stickney Township)

Porfavor de llamar para registrarse un dia antes a las 11am al sitio donde le interesa asistir.



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.