

Senior News

Winter 2018

Programs and Services from Stickney Township Office on Aging

FROM YOUR TOWNSHIP SUPERVISOR

Snapshots from our Annual 'Salute to Veterans' Event

We had wonderful turnouts at both the North Building and LSV Senior Center for our annual "Stickney Salute to Veterans" event honoring area residents who have served our country in the military. There was a variety of entertainment, beginning with a performance by preschoolers and ending with a medley of patriotic songs.

In addition to an all-American fried



chicken lunch, veterans received a commemorative scarf to mark the occasion. I was honored to address those who attended this year's event, both as Township President and a Korean War veteran.

(More photos of this event on page 3.)



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SOUTH

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Burbank, IL 60459 • 708.424-9200

NORTH

6721 W. 40th Street
Stickney, IL 60402 • 708.788-9100

CENTRAL

4949 S. Long Avenue
Chicago, IL 60638 • 708.458-8855

LOUIS S. VIVERITO SENIOR CENTER

7745 S. Leamington Avenue
Burbank, IL 60459 • 708.636-8850

WEBSITES

www.townshipofstickney.org
www.stickneypublichealthdistrict.org

**"Like" us on Facebook @
Louis S. Viverito Senior Center
(STOA) for information, photos
and more!**

Township Closings

Monday, 1/1
New Year's Day

Monday, 2/19
President's Day

Friday, 3/30
Good Friday



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Council On Aging

We Salute Our Generous Neighbors

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

SENIOR PROGRAMS

Bernice Bubel
Robert Gagliardi
Kim/Norma Parker

HOME DELIVERED MEALS

Julian Pilarski
Robert Ryan
In memory of Frank Oldanie

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.

MINI BUS DONATIONS

Bernice Bubel
Adeline Wisniewski
Irene Rose
Charles Madey
Harriet (no last name)
Mildred Riha
Cynthia Brinker
Valerie Masiulewicz
Susan Dvorak
Witholia Tomlinson

MAIL MINI BUS DONATIONS TO:

Stickney Township
5635 State Road
Burbank, IL 60459

Please make checks payable
to Stickney Township

Community Art Program

Classes Held at Two Locations

Louis S. Viverito Senior Center

FREE ACRYLIC PAINTING CLASS (Ages 18 & Up)

12:30-2pm • Meets montly on the following days:

January 16 • February 5 • March 5 • April 24 • May 8

Supplies provided. Bring your own apron. **Registration required.**

FREE ADULT COLORING CLASS (Ages 18 & Up)

Instructor: Mary Kaye • Meets every Friday 9:30am-11:15am

Coloring pages & supplies provided weekly!

DRAWING CLASS (Ages 18 & Up)

12:30-2pm • Wednesdays • February 7, 14, 21, 28 • March 7, 14, 21

“How to’s” provided weekly. Students are presented with different drawing projects where they can apply techniques learned. Supplies provided. Residents/\$5 • NR/\$10 • **Registration required.**

FREE CRAFT CLASSES (Ages 18 & Up)

12:30 -2 pm • Meets montly on the following days:

January 23 • February 12 • March 20 • April 10 • May 15

North Medical Center

FREE ACRYLIC PAINTING CLASS (Ages 18 & Up)

12:30-2pm • Meets montly on the following days:

January 2 • February 6 • March 2 • April 3 • May 1

Supplies provided. Bring your own apron. **Registration required.**

FREE CRAFT CLASSES (Ages 18 & Up)

12:30 -2 pm • Meets montly on the following days:

January 9, February 13, March 27, April 17, May 22

Stickney Songsters Hold Christmas Concert



The Stickney Songsters (Stickney Township's Louis S. Viverito Senior Center choir), sang holiday favorites including “Silent Night” (in 4 languages), “Let it Snow” and “White Christmas” during their Christmas concert. The audience even sang along for a few songs.

The Stickney Songsters meet Mondays from 10-11am at the LSV Senior Center. The choir, led by Pam Stafford, has over 17 members participating weekly. The choir is always looking for new members and is also currently in need of a piano accompanist. For more information contact Stickney Township Office on Aging at (708)636-8850.

Snapshots from Our Annual 'Salute to Veterans'

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 1/16, 2/20, 3/20.

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.

...

According to the Alzheimer's Foundation of America...

...the key to successful aging is caring for our minds, body and spirit. The AFA suggests the following:

- Stay active through exercise and socialization
- Manage stress
- Maintain relationships
- Take up a new hobby such as art or music

Our Senior Center offers programs geared to these things! Don't be shy — take care of yourself and have some fun while you're at it!

Be sure to check out our list of activities and exercise programs on pages 4-5.



**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.



PIANIST WANTED

The Stickney Songsters Choir needs a new piano/keyboard player. Join us for great music, fun, and warm camaraderie! We meet on Mondays from 10 - 11 am at the LSV Senior Center. Call 708.636.8850 and ask for Georgia for details.

THURSDAY • JANUARY 4 • 9:30 AM

New Year's Party featuring Andrew Blendermann

THURSDAYS: • JANUARY 25 & FEBRUARY 22 • 9:30 AM

Super Bingo: Fun and fabulous raffle prizes! Register for lunch in advance.

FRIDAY • JANUARY 26 • 10 AM

HFK Presents Early Illinois Movers and Shakers

A new first-person perspective on the people and events that make up our history and culture. J.P. Moneybags, a turn of the 20th century businessman, discusses the road to success for Marshall Field, William Wrigley, Charles Walgreen, Ray Kroc and Fredrick Maytag. Please register in advance by calling (708) 636-8850.

TUESDAY • FEBRUARY 13 • 9:30 AM

Valentine's Day Party with Reavis High School

THURSDAY/FRIDAY • FEBRUARY 15 & 16

AARP Driver Safety Course, 9 a.m. to 1 p.m.

Cars have changed. So have traffic rules, driving conditions and roads you travel every day. Even the most experienced drivers can benefit from refreshing their driving skills. In this course you'll learn current rules of the road, defensive driving techniques and how to operate your vehicle safely in today's challenging driving environment. You'll also learn how to manage common age-related changes in vision, hearing and reaction time. After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential injury to yourself or others. You may be eligible for an insurance discount upon completing the course, so consult your insurance agent. AARP membership is not required. Fee of \$15 for members and \$20 for non-members is due the day of class. Advanced registration is required.

Schedule of Activities

TUESDAY • FEBRUARY 20 • 12 PM

Center for Disability and Elder Law Outreach Event

CDEL will discuss power of attorneys for healthcare and property. On Tuesday, March 6, 2018 CDEL will provide a power of attorney workshop for anyone interested in having an attorney draw up free power of attorney forms. *Individuals must attend the outreach event on February 20th in order to sign up for the workshop on March 6th.*

THURSDAY • MARCH 29 • 9:30 AM

Easter Party & Super Bingo

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

\$1 per class, 9 a.m., sponsored by Stickney Township and YMCA.

Tuesdays: BUNCO! It's FREE!!!

Win a free meal for most Buncos. All are welcome at 12:30 p.m.

Thursdays: TOPS Meeting (Take Off Pounds Sensibly), 10 a.m.

Book Club every 4th Friday at Noon

Book Club is co-sponsored by Stickney-Forest View Library and STOA

Computer Lab, Movies and Wii Bowling Available!

FRIDAY • JANUARY 19 • 9:30 AM

Super Bingo: 20 games played

TUESDAY • JANUARY 23 • 9:30 AM

Beat the Winter Blahs!

Come in PJ's and enjoy a continental breakfast with the Youth Commission

TUESDAY • FEBRUARY 6 • 9:30 AM

Valentine's Day Party featuring entertainment with Bob Kalal

Bingo, 9:30 am; Entertainment, 10:30 am; Lunch, 11:30 am

FRIDAY • FEBRUARY 9 • 10-10:30 AM

Seniors and Youth Commission participate in "Heart" project

FRIDAY • FEBRUARY 16 • 9:30 AM

Super Bingo: 20 games played

TUESDAY • MARCH 13 • 9:30 AM

Join Us for a Cruise! Featuring entertainment with Edison Dayeo

Bingo, 9:30 am; Entertainment, 10:30 am; Lunch, 11:30 am

FRIDAY • MARCH 16 • 9:30 AM

Super Bingo: 20 games played

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 • FEBRUARY 12 • Valentines Day Party

MONDAY • MARCH 26 • Easter Party and Super Bingo

SALVA LA DATA

LSV 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. 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. Estaremos llevando a cabo 6 clases durante el período de 6 semanas, una vez a la semana por 2.5 horas. Para más información o registrarse se puede comunicar directamente al teléfono (708) 636-8850 y que lo registre.

SMART START WEDNESDAYS...

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

1/24 • Diabetes and Our Community

Presented by Dr. Sandeep Chandra

2/14 • Diet and Diabetes

Presented by Dr. Sandeep Chandra

3/14 • Cholesterol and Your Health

Presented by Dr. Sandeep Chandra

2/24 • Cholesterol and Diet: What's for Dinner Tonight?

Presented by Dr. Sandeep Chandra

Senior Freeze Application Assistance

Stickney Township Assessor Jay Grider will be onsite at the LSV Senior Center during the month of January from 9 am - noon to assist with Senior Freeze applications. Call the Assessor's Office at (708) 788-9100 for further information.

Check Your Blood Pressure

NORTH MEAL SITE

9 a.m. • January 23, February 27, March 27

LSV SENIOR CENTER

9:30 a.m. • January 4, February 1, March 1

SENIOR CLUBS Locations & Calendars

LSV SENIOR CENTER

Nutri-B's • Mondays, 9 am

BurbankVIP'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., 10am

In Memory Of



Paul Aggus
Larry Baker
Ismael Centeno
Maria Garcia
Rita Keating
Louise Kulaga
Fotini Makris
Charles Martinek
Edward Miller
Frank Oldanie
Anthony Oleynichak
Rev. Dr. Earl Peters
Sandie Powers
Michael Rybakowski
Marion Schrock
Agnes Schultz
Pamela Stamatakos
Aurelia Villarreal
Marge Wallin

Council on Aging Meeting Schedule

GENERAL

No meeting in January
LSV • February 2, 9:30 a.m.
North • March 2, 9:30 a.m.

ADVISORY COMMITTEES

North Mealsite

No meeting in January
February 6, 9:30 a.m.
March 6, 9:30 a.m.

LSV Senior Center

No meeting in January
February 14, 9:30 a.m.
March 14, 9:30 a.m.

Central Mealsite

No meeting in January
or February

AGING & DISABILITY RESOURCE CENTER

It's A Great Time of Year for a Benefit Check-Up!

The new year is a great time to check to make sure you are receiving all the benefits you are eligible for. The ADRC is able to assist older adults with applications for a few programs and those are outlined below. For information about all programs available to older adults please contact the Senior Advocate at the LSV Senior Center for an appointment at (708) 636-8850.

BENEFIT ACCESS PROGRAM:

The Benefit Access Program provides those eligible with the following benefits:

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

To be determined eligible for these benefits, you must submit a Benefit Access Application on the Internet. Paper applications are not available. Please note that current processing times at the Illinois Department on Aging to determine eligibility of your Benefits Access Application is approximately 12 weeks.

Assistance to residents with completing this internet application is available at Stickney Township Office on Aging by calling 708-636-8850.

APPLY FOR 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.

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.

TOTAL INCOME LAST YEAR MUST BE LESS THAN

\$27,610 for a 1 person household (yourself only); or
\$36,635 for a 2 person household (yourself and your spouse, or yourself and one Qualified Additional Resident); or

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.

Appointments can accommodate non-traditional hours.

Property Tax Exemptions

SENIOR CITIZEN EXEMPTION

This exemption provides tax relief by reduction of the equalized assessed valuation of an eligible residence. The savings is in the form of a deduction on the second installment real estate tax bill. Older adults must apply annually for this exemption.

ELIGIBILITY REQUIREMENTS

- 65 years of age or older
- Own the property or have a lease or contract making you responsible for real estate taxes
- The property must be your principal residence

SENIOR FREEZE EXEMPTION

This exemption allows seniors to apply for a freeze of the equalized assessed value (EAV) of their properties for the year preceding the year they first apply and qualify for this exemption; i.e., a senior who qualifies and applies for this exemption in taxable year 2016 will have the EAV of the property frozen at the 2015 EAV. This does not automatically freeze the amount of your tax bill. Only the EAV remains at the fixed amount. The amount of dollars that the taxing districts ask for (levy) may change and thus, alter a tax bill.

ELIGIBILITY REQUIREMENTS

- Must be born prior to 1952
- Total gross income of no more than \$55,000 for 2016
- Own the property or have legal, equitable or leasehold interest in the property on January 1, 2016 and January 1, 2017
- Be liable for payment of 2016 and 2017 property taxes
- Use property as a principal place of residence on January 1, 2016 and January 1, 2017

SENIOR CITIZEN REAL ESTATE TAX DEFERRAL

A tax-relief program that works like a loan, allowing qualified seniors to defer a maximum of \$5,000 per tax year (this includes 1st and 2nd installments) on their primary home. The loan from the State of Illinois is paid when the property is sold, or upon the death of the participant. This is a great resource for senior citizens struggling to pay for their property taxes.

The deadline to file the application is March 1, 2018 (There are no time extensions). Please contact Stickney Township to see how to qualify and for more information.

Save on Drug Costs

MEDICARE'S LOW INCOME SUBSIDY (EXTRA HELP)

If you meet income and resource limits, you may qualify for Extra Help from Medicare to pay for Medicare prescription drug coverage.

You may qualify if you have up to \$18,336 in yearly income (\$24,600 for a married couple) and up to \$13,820 in resources (\$27,600 for a married couple).

Countable resources include:

Money in a checking or savings account • Stocks • Bonds

Countable resources do not include:

Your home • One car • Burial plot • Up to \$1500 for burial expenses if you have put that money aside • Furniture • Personal items

Community Fair Showcases Local Resources



LSV Center Memorial Garden 'A Lasting Tribute to Seniors'

Purchasing an engraved paver is a beautiful way for individuals, organizations, corporations, social clubs, government agencies, etc., to remember a loved one or honor those who have served our community. Call the Stickney Township Office on Aging at the LSV Senior Center for more information, or for an application.

Paver size is 8"x13 1/2" Cost: \$50



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

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

Please Support the Stickney Township Council on Aging

The Stickney Township Council on Aging provides financial support to programs benefiting the frail, homebound elderly, and legislation which benefits all Township seniors. Meetings are held on the first Friday of each month.

Your \$2 can make a difference. **To renew your membership for 2018**, mail the application below along with \$2 per person membership fee to the address below. Out of area residents must apply to remain on the mailing list. Thank you.

PLEASE DO NOT INCLUDE ANY OTHER PAYMENT OR DONATION WITH YOUR MEMBERSHIP. DUPLICATE REQUESTS RECEIVED WILL BE CONSIDERED DONATIONS.

STICKNEY TOWNSHIP COUNCIL ON AGING 2018 MEMBERSHIP APPLICATION

Name _____ Date _____

Address _____

City, State, ZIP _____

Phone (____) _____ Birthdate _____

Annual Dues: \$2.00 Enclosed New Membership Membership Renewal

Select one of the following locations:

North South Central Out of Area

Mail along with payment to: Stickney Township Council on Aging • 7745 S. Leamington, Burbank, IL 60459

Members must be 55 years or more. Your contributions and membership dues are tax deductible.

Funds (in part) for this publication were provided through an award from AgeOptions under the Title III of the older American Act as administered through the Illinois Department on Aging and Federal Administration on Aging.

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.