



Senior Newsletter

June, July, August 2015

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SENIOR SERVICES

- Transportation
- Legal Assistance
- Outreach Program
- Income Tax Preparation Assistance
- Free Notary Services
- Employment Services
- Medicare Counseling
- Social Events/Parties
- Home Visits
- Information and Referrals
- Alzheimer Support Group
- Veteran's Assistance
- Social Security Information
- Property Tax and Energy Assistance Programs
- Pharmaceutical Assistance Information

PIPP

The PIPP Program (Percentage of Income Payment Plan) have recently mailed out letters to participants informing them that they must recertify to verify eligibility in the program. This program makes energy bills more affordable by placing customers on a monthly "budget" payment plan making for easier household budgeting and maintain utility services throughout the year.

The Re-certification process is changing and therefore, a second letter will be mailed stating a participants exact date for recertification, unlike previous years when everyone recertified at the same time. It will be **very important** to come in during your designated time period. If you do not comply, you will be dropped from the PIPP program and you will not be able to reapply for energy assistance until your next eligibility enrollment period.

Eligibility for continued participation in the program may be limited depending upon funding availability.

Clients that have chosen not to enroll in the PIPP Program and have a direct payment plan through LIHEAP (Low-Income Heat and Energy Assistance Program), will have an opportunity to enroll in September.

At the time of this newsletter printing, news about the "cooling" program has not been disclosed. Generally, information about this program is released after the July 4th holiday.

Please contact the senior department for further information.

CUB

The Citizens Utility Board (CUB) is an Illinois' only consumer group focused on cutting utility bills. They will answer questions regarding utilities and help households find ways of saving money. Contact a Consumer Counselor at 1-800-669-5556.

**TOWNSHIP OF SCHAUMBURG OFFICES
WILL BE CLOSED ON MONDAY, MAY 25TH, AND
FRIDAY, JULY 3RD
IN OBSERVANCE OF MEMORIAL DAY AND INDEPENDENCE DAY**

SENIOR DEPARTMENT 847-884-0030

SAVE THE DATE

AARP DRIVER SAFETY COURSE

WHERE: Schaumburg Township District Library
130 S Roselle Rd
Schaumburg, Illinois
Date: June 2 & 4
TIME: 1pm-5PM

Call 847-923-3347 to register.*

AARP DRIVER SAFETY COURSE

WHERE: Schaumburg Park District Senior Center
505 N Springinsguth Rd
Schaumburg, Illinois
DATE: July 20 & 21
TIME: 12 PM-4PM

Call 847-490-7020 to register.*

*FYI

You must attend both days of the safety course and upon completion, you may be eligible for an insurance discount. Cost of the course is \$15 for AARP members and \$20 for non-members.

LOW VISION PRODUCTS ROAD SHOW

The Chicago Lighthouse staff will demonstrate state of the art technology such as CCTV video magnifier, portable reading devices, voice activated GPS, independent living aides, etc. to help improve your daily life.

WHERE: Schaumburg Township
One Illinois Blvd, Hoffman Estates
DATE: Wednesday, June 3rd
TIME: 10am-3pm

Call 1-800-919-3375 for more details or email: Tom.Perski@chicagolighthouse.org

View products: www.chicagolighthouse.org.

FOUR WINDS CASINO

WHERE: Four Winds Casino
New Buffalo, Michigan
DATE: Tuesday, June 9th
TIME: 8:00am
COST: \$37—Includes 4 hours gambling, \$15 Slot card, \$10 food voucher
Reservations are made with a check payable to: Schaumburg Township
Cash not accepted. **NO REFUNDS!**

Call 847-884-0030 ext. 2018 for information.

CARING TIPS FOR CAREGIVERS

Caregiving expert, Kelly Hutchison will speak about caring for a loved one with Dementia or Alzheimer's disease and offer tips on coping with aging memory loss.

WHERE: Alexian Brothers Roncoli Center
600 Alexian Way
Elk Grove Village
DATE: Wednesday, August 19th
TIME: 1pm-3pm
COST: Free

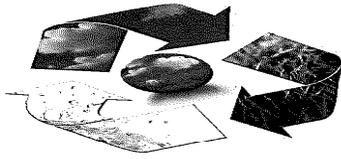
Call 855-456-0093 to register.

SHIP

The Senior Health Insurance Program (SHIP) provides free health insurance counseling services at local sites throughout Illinois. Schaumburg Township has several trained counselors who can answer questions or assist with Medicare, Medicaid, prescription drugs, etc. SHIP does not affiliate with any insurance company and does not sell or solicit any type of insurance.

Contact the senior department for questions or to make an appointment at 847-884-0030.

Have a wonderful and safe summer!



FREE Electronics Recycling & Paper Shredding

*Get rid of the clutter in your garage and workplace,
and help the environment at the same time!*

Saturday, June 6th

9:00 am – 12 pm

Open to Schaumburg Township residents only
Easy Parking Lot Drop Off

SCHAUMBURG TOWNSHIP

1 Illinois Blvd., Hoffman Estates, IL 60169

For more information visit schaumburgtownship.org or call (847) 884-0030

Computers · Monitors · Laptops · Cell Phones · TVs · Batteries

Items leaking chemicals or cracked computer monitors/crushed laptops cannot be accepted.

CRT Monitors & Tube TVs will cost \$5—\$20 depending on item.

2 SHREDDING BOXES PER PERSON

2 letter/legal boxes no large 1 cubic feet or 15 x 12 x 10 inch size



Sponsored by Prodigy Processing Inc. &
Schaumburg Township Clerk Timothy M. Heneghan



Reserve a ticket by May 29
231 Civic Dr. Schaumburg
60193
Ph. (847)524-7496

Join us for Food, Fun, and a Flag Ceremony
Hosted By The Village of Schaumburg and the Senior
Advisory Council

**Special thanks to
our Sponsors...**

Village of Schaumburg, Village of
Hoffman Estates, Schaumburg
Township, Schaumburg Park
District, Schaumburg Township
District Library, Community
Nutrition Network, Rotary Club of
Hoffman Estates/ Schaumburg,
Ahlgren and Sons, Heritage Woods
of South Elgin, Alden Poplar Creek
Rehab & Health Care, Sch. Dunkin
Donuts, Comfort Keepers, Visiting
Angels, Friendship Village, Harris
Bank, Michael's Funeral Home,
Pathway Senior Living, Victory
Centre of Bartlett, BNC Auto Body,
Fox Valley Glass, Miracle Ear,
Alexian Brothers Hospice, Home
Health & Palliative Care, Autumn
Leaves, and State Rep. Michelle
Mussman

Flag Day Picnic

Friday June 12th, 2015

Municipal Center Plaza
10am-2pm

Cost: \$5.00

Featuring...

Entertainment by Rick Pickren
Flag Hoisting Ceremony by VFW Post #2202 and American Legion
Lunch Catered by Chick-fil-A and Oberweis ice-cream
Guest Speakers, Gift Bingo, and More...



OLDER ADULT MARKET

The Schaumburg Barn has teamed up with the Greater Chicago Food Depository, to offer a free food market for seniors age 60 and over. The market is open from 1-2:30 pm (or until food runs out) at the Schaumburg Barn, 231 S. Civic Dr. in Schaumburg. For further information, contact Marina at 847-524-7496 or the Greater Chicago Food Depository at 773-247-3663.

DATES: June 10th & 26th

July 17th & 31st

August 14th & 28th

MONTHLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>PINOCHLE-11 AM</i> <i>RETAIL SHOPPING</i> <i>11 AM – 1 PM</i>	<i>JOB COUNSELOR BY</i> <i>APPT 10 AM – 3 PM</i> <i>GROCERY SHOPPING</i>	<i>YOGA</i> <i>10:30 AM-11:15 AM</i> <i>SENIOR ZUMBA</i> <i>4:30 PM-5:30 PM</i> <i>GROCERY SHOPPING</i>	<i>** LUNCH/BINGO</i> <i>VETERAN SERVICES</i> <i>9 AM – 4 PM</i> <i>GROCERY SHOPPING</i> <i>ALZHEIMER'S MTG 7 PM</i>	<i>KNIT/CROCHET 9 AM</i> <i>RETAIL SHOPPING</i> <i>11 AM-1 PM</i> <i>GROCERY SHOPPING</i>
<i>PINOCHLE-11 AM</i> <i>RETAIL SHOPPING</i> <i>11 AM – 1 PM</i>	<i>JOB COUNSELOR BY</i> <i>APPT 10 AM – 3 PM</i> <i>WILLS BY APPT</i> <i>9 AM-12 PM</i> <i>GROCERY SHOPPING</i>	<i>YOGA</i> <i>10:30 AM-11:15 AM</i> <i>SENIOR ZUMBA</i> <i>4:30 PM-5:30 PM</i> <i>GROCERY SHOPPING</i>	<i>** LUNCH/BINGO</i> <i>VETERAN SERVICES</i> <i>9 AM – 4 PM</i> <i>GROCERY SHOPPING</i>	<i>KNIT/CROCHET 9 AM</i> <i>RETAIL SHOPPING</i> <i>11 AM-1 PM</i> <i>GROCERY SHOPPING</i>
<i>PINOCHLE-11 AM</i> <i>RETAIL SHOPPING</i> <i>11 AM – 1 PM</i>	<i>JOB COUNSELOR BY</i> <i>APPT 10 AM – 3 PM</i> <i>GROCERY SHOPPING</i>	<i>YOGA</i> <i>10:30 AM-11:15 AM</i> <i>SENIOR ZUMBA</i> <i>4:30 PM-5:30 PM</i> <i>GROCERY SHOPPING</i>	<i>** LUNCH/BINGO</i> <i>VETERAN SERVICES</i> <i>9 AM – 4 PM</i> <i>GROCERY SHOPPING</i> <i>HEALTH CLINIC 12 PM</i>	<i>KNIT/CROCHET 9 AM</i> <i>RETAIL SHOPPING</i> <i>11 AM-1 PM</i> <i>GROCERY SHOPPING</i>
<i>PINOCHLE-11 AM</i> <i>RETAIL SHOPPING</i> <i>11 AM – 1 PM</i>	<i>JOB COUNSELOR BY</i> <i>APPT 10 AM – 3 PM *</i> <i>GROCERY SHOPPING</i>	<i>YOGA</i> <i>10:30 AM-11:15 AM</i> <i>SENIOR ZUMBA</i> <i>4:30 PM-5:30 PM</i> <i>GROCERY SHOPPING</i>	<i>** LUNCH/BINGO</i> <i>VETERAN SERVICES</i> <i>9 AM – 4 PM</i> <i>GROCERY SHOPPING</i>	<i>KNIT/CROCHET 9 AM</i> <i>RETAIL SHOPPING</i> <i>11 AM-1 PM</i> <i>GROCERY SHOPPING</i>

JOB CLUB 4TH TUES OF EVEN MONTHS
June 23 & Aug 25

*** BY RESERVATION*
After Zumba, free 30 min chair Yoga

MONDAY RETAIL SHOPPING TRIPS

<u>JUNE</u> <u>DATE</u>	<u>STORES</u>	<u>JULY</u> <u>DATE</u>	<u>STORES</u>	<u>AUG</u> <u>DATE</u>	<u>STORES</u>
MONDAY – 1st FRIDAY – 5TH	WALMART BARRINGTON	MONDAY – 6TH FRIDAY – 10TH	WALMART BARRINGTON	MONDAY – 3RD FRIDAY – 7TH	WALMART BARRINGTON
MONDAY – 8TH FRIDAY – 12TH	TARGET BARRINGTON	MONDAY – 13TH FRIDAY – 17TH	TARGET BARRINGTON	MONDAY – 10TH FRIDAY – 14TH	TARGET BARRINGTON
MONDAY – 15TH FRIDAY – 19TH	WALMART ELK GROVE	MONDAY – 20TH FRIDAY – 24TH	WALMART ELK GROVE	MONDAY – 17TH FRIDAY – 21ST	WALMART ELK GROVE
MONDAY – 22ND FRIDAY – 26TH	TARGET MEACHAN	MONDAY – 27TH FRIDAY – 31ST	TARGET MEACHAN	MONDAY – 24TH FRIDAY – 28TH	TARGET MEACHAN
MONDAY – 29TH	TARGET MEACHAN			MONDAY – 31ST	TARGET MEACHAN

EMPLOYMENT SUPPORT CENTER

Bob Podgorski, Director of the Schaumburg Township Employment Support Center, will be presenting career seminars as follows:

Tuesday, June 9th—”What Must Be Said in an Interview”

Tuesday, July 21st—”Getting Your Job Finding Priorities Straight”

Tuesday, August 4th—”Overcoming Discouragement”

The center is open **Monday, Tuesday, and Wednesday, 9:00 am-1:00 pm**. Contact Bob for resume assistance, job search questions or to make an appointment at 847-285-4553.

CHANGES IN VA FOR HEALTH CARE

The Department of Veterans Affairs has updated the way it determines eligibility for VA health care benefits, making it easier for many veterans to get access to the benefits. The VA will no longer use the veteran’s net worth as a factor to determine eligibility and copayments.

Previously, veterans who did not fit into certain categories were required to provide their income and net worth before receiving benefits. Veterans whose combined income and net worth was above the limit would have to make copayments in order to receive health benefits. This meant that some low-income veterans with a high net worth were struggling to make copayments.

Under the new rule, implemented in March, the VA will now only consider a veteran’s gross household income and deductible expenses from the previous year. While veterans whose income exceeds the income thresholds will still be required to pay a copay, the VA estimates that with the new rule 190,000 veterans will become eligible for reduced health care costs over a five year period.

www.elderlawanswers.com

HEALTH TIP

Studies have shown that a diet rich in omega 3, which can be found in salmon, oysters and flax-seed oil is good for the skin. Increasing omega-3 intake can reduce dryness and inflammation. Inflammation can cause skin to age faster, and research shows that getting too little omega-3 may contribute to inflammatory disorders like eczema and psoriasis. Omega-3 fatty acids can also help keep the heart’s arteries clear, and improves circulation. Good circulation is especially important to senior’s skin health.

Traycee Home Care May 2015

AARP VOLUNTEERS

The AARP VOLUNTEERS completed another successful tax-aide season. Approximately 764 applications were e-filed and 21 completed on paper. A total of 68 phone calls and questions were answered throughout the season.

A heart-felt thank you goes out to all the Volunteers for their patience and dedication. A job well done!



COMMUNITY PAINT-A-THON—Saturday, September 12, 2015

The annual community Paint-A-Thon provides exterior painting for owners of single-family homes that have peeling, fading or worn paint. To qualify, homeowners must live in the home and be at least 60 years of age, a veteran, or have a permanent disability and unable to do the work themselves and have limited financial resources.



Applications are due June 5th and available from the senior/disability service departments at the township or by calling Catholic Charities at 847-253-5500.

The Community Paint-A-Thon covers 10 townships including Barrington, Elk Grove, Hanover, Maine, New Trier, Niles, Northfield, Palatine, Schaumburg, and Wheeling. Teams of volunteers will scrape, prime, and paint. If interested in becoming a volunteer, contact **Annette Sommer at HandsOn Suburban Chicago at 847-228-1320.**

NEW STAR RATINGS

In April, the Centers for Medicare and Medicaid Services (CMS) announced the release of the Hospital Compare star ratings system, designed to help beneficiaries choose where they receive their care. The star ratings are based on data from the Hospital Consumer Assessment of Healthcare Providers and Systems Survey and take into account patient experiences in the following areas:



- The level of communication between doctors and nurses;
- The responsiveness of the hospital staff to patients' needs;
- The cleanliness and noise level of the hospital;
- The preparedness of patients when they enter post-hospital settings.

These star ratings encourage hospitals and clinicians to strive to continuously improve the patient experience and quality of care to all patients.

For more detailed information go to [Medicare.gov](http://www.Medicare.gov) website to view comparisons.

Medicare Rights Center

April 2015

CLEANING FOR A REASON

This nonprofit organization provides the gift of free house cleaning for women undergoing Chemo treatment for any type of cancer. The goal is to let women focus on their health instead of worrying about housekeeping.



Cleaning service is provided **FREE** of charge one time per month for four months while receiving treatment. Women need to enroll and have a physician confirm the treatments. Cleaning for a Reason has contracted with over 1,200 maid services and will find a participating service in the specific zip code area.

Further information can be obtained by visiting the website: www.cleaningforareason.org or by calling 877-337-3348.

CEDA-2015

Ceda's Community Services Block Grant (CSBG), a case management program that provides a range of services to Suburban Cook County residents, helps low-income people attain skills, knowledge and the resources necessary to achieve self-sufficiency. The program may also provide direct client assistance to help remove barriers to self-sufficiency. Clients must sign and comply with a service agreement to be eligible for direct client assistance.

The following are a list of programs offered:

- Dental Care
- Auto Repair
- Vision Care
- Water Bill Assistance
- Scholarship
- Family Nutrition
- Employment Pilot
- Financial Literacy Pilot
- Nutrition Education Pilot

Eligibility Requirements:

- Must be a resident of Suburban Cook County
- Must meet income guidelines
- Must be able to provide documentation of need: bills, estimates for service, loss of income, etc.

Income Requirements:

FAMILY SIZE (3 MONTHS INCOME)

1—\$3,678.13

2—\$4,978.13

3—\$6,278.13

4—\$7,578.13

Contact **Mike Gomez** at **312-919-0568** for an appointment. Mike will also be at the township on **Tuesday's from 8:30 am-5:00 pm.** to meet with clients.

WALKING CLUB

Are you tired of being cooped up and want to start exercising, but don't want to do it alone. Join the township seniors at Volkening Lake every **Monday and Wednesday from 10:30-11:30am.** All fitness levels are welcome and the program runs through July 1st. Contact the Senior Department (Kim) at 847-884-0030 ext. 2014 to register.



DANCE, DANCE, DANCE!

Do you like to dance? Do you like to have fun? The Senior Department is looking for fun-loving guys and gals for a **free** Dance Event. Contact Kim at 847-884-0030 for further information. This is also a great way to exercise while having fun. No experience required.





****IMPORTANT**NEWSLETTER ATTENTION!!!!!!!!!!**

If anyone knows of a senior who has moved out of the Township, is deceased, or receives more than one newsletter, please call us with this information.

SENIOR DEPARTMENT 847-884-0030

TRANSPORTATION DEPARTMENT 847-882-1929

YELLOW DOT PROGRAM

The Illinois Yellow Dot Program is a statewide initiative designed to provide vital medical information on vehicle drivers/passengers. Information on the medical card can assist first responders immediately following a serious crash. Information packets may be obtained from the Village of Hoffman Estates, Schaumburg Police Department, Schaumburg Township Senior Department or visiting the website at www.YELLOWDOTILLINOIS.org.

DEPARTMENT CLOSING

The Senior Department will close at 4:00 pm daily so that the staff can return phone calls and process necessary paperwork. **APPOINTMENTS ARE NECESSARY**

REPRINT REMINDER

Any organization may reprint articles from any of our newsletters provided that proper credit is given by name of newsletter and date. Please contact 847-884-0030 ext. 2017 with any questions.