

APRIL-MAY 2017

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MARY WROBLEWSKI

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GERRY BARTNICKE

**TRANSPORTATION**

**DIRECTOR**

SUSAN VOSMIK

**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
- SNAP Application



Join us for a free presentation designed to provide awareness of scams that target senior citizens.

**Date:** Tuesday, May 9

**Time:** Presentations will be offered at 10:30 a.m. and 6:30 p.m.

**Place:** Rasmussen Room South, Schaumburg Township District Library, 130 S. Roselle Rd., Schaumburg

Vendor tables and refreshments will be provided one hour prior to the presentation. Caregivers and family members of senior citizens are encouraged to attend. Speakers include detectives from the Schaumburg Police Department Investigations Division. Participants are also eligible to win raffle prizes.

Seniors who need transportation to the daytime presentation can call **Dial-A-Ride at (847) 352-8097** or **Schaumburg Township at (847) 882-1929**. Rides must be reserved prior to the event.

**Space is limited. Participants are required to RSVP to the event by contacting the Schaumburg Township District Library at (847) 923-3347.**

Village of Schaumburg Police Department Crime Prevention  
1000 W. Schaumburg Rd., Schaumburg, IL 60194-4198  
847.882.3586 / [www.villageofschaumburg.com](http://www.villageofschaumburg.com)

**SENIOR DEPARTMENT 847-884-0030**

# SAVE THE DATE

## ANNUAL TOWN MEETING

Meet your township officials and learn what the township government is doing for you.



**WHERE:** Schaumburg Township  
One Illinois Blvd  
Hoffman Estates

**DATE:** Tuesday, April 18, 2017

**TIME:** 6:30 pm

Supervisor Mary Wroblewski will provide an informative overview of the "State of Schaumburg Township".

## AFTERNOON AT THE RACES

If you enjoy horse racing, join us for a fun afternoon competing for your horse's victory. Prizes will be awarded for the top horses.



**WHERE:** Schaumburg Township  
One Illinois Blvd  
Hoffman Estates

**Date:** Wednesday, April 19th & May 24th

**TIME:** Doors open at 11:45 am. Games begin at 12:00 pm

**Registration is required.** Call the senior department to make a reservation.

## STRENGTH & CONDITIONING

Allison Hernandez, owner and certified trainer of Victory Fitness instructs senior who want to get stronger and build muscle.



**WHERE:** Schaumburg Township  
One Illinois Blvd  
Hoffman Estates

**DATE:** Monday, April 24th

**TIME:** 11:00 am

**COST:** \$5 per class

Space is limited and registration is required. Call the senior department at 847-884-0030.

## BREAKFAST SOCIAL

Are you new to the area or want to meet new people, and explore different restaurants? This social breakfast group may be for you! Give it a try!



**WHERE:** Jo Jo's Family Diner  
1935 W Golf Rd  
Schaumburg

**DATE:** Tuesday, April 25th

**TIME:** 8:00 am

**COST:** Individual checks will be given.

**Registration is required.**

Call the senior department at 847-884-0030.

## MOTHER'S DAY TEA

Schaumburg Township is hosting our first annual "Senior Mother's Day Tea". An assortment of teas and lunch will be provided at this social event. Celebrate your special day! Seating is limited so don't delay.



**WHERE:** Schaumburg Township  
One Illinois Blvd  
Hoffman Estates

**DATE:** Friday, May 12, 2017

**TIME:** 11:30 am-1:00 pm

**COST:** \$10 per person

**Registrations are required.** Call the senior department at 847-884-0030 to reserve your seat.



**TOWNSHIP OF  
SCHAUMBURG OFFICES  
WILL BE CLOSED  
MONDAY, MAY 29, 2017  
IN OBSERVANCE OF  
MEMORIAL DAY.**

# SAVE THE DATE

## CUB PRESENTATION

Join Cook County's Department of Environmental Control, Schaumburg Township, and the Citizens Utility Board for an informative presentation about ways to save money and energy with your smart meter and other energy efficient programs. Experts will help you better understand your bill to help cut costs. Please come with questions you may have about your utility bills.



**WHERE:** Schaumburg Township  
1 Illinois Blvd  
Hoffman Estates

**DATE:** Wednesday, May 31, 2017

**TIME:** 10:00-11:00 am

**COST:** Free

Presentation is open to the public.

## WOMEN'S FASHION SHOW

Schaumburg Township and Clothes Mentor are partnering to host our first annual women's resale fashion show. Watch our models walk down the runway in resale designer clothes. Designer jewelry and purses supplied by Clothes Mentor will be available for purchase.



**WHERE:** Schaumburg Township  
One Illinois Blvd  
Hoffman Estates

**DATE:** Saturday, June 3, 2017

**TIME:** 11:30 am

Open to all ages.

Call the senior department for a reservation at 847-884-0030.

## SECRETARY OF STATE

The Mobile Unit of the Secretary of State helps residents renew, replace or correct their driver's license. Also offered is vision screening, vehicle stickers, voter registration and organ/tissue donor information/registration.



**WHERE:** Schaumburg Township  
One Illinois Blvd  
Hoffman Estates

**DATE:** Friday, June 2, 2017

**TIME:** 10:00 am-2:00 pm

Call the senior department to register at 847-884-0030.

## CASINO TRIP

Enjoy a fun-filled bus trip and 4 hours of gambling with Char at Starlight.



**WHERE:** Four Winds Casino  
New Buffalo, Michigan

**DATE:** June 13, 2017

**TIME:** 8:00 am-6:00 pm

**COST:** \$37—(exact cash or check made payable to Schaumburg Township)

**Reservations are required.** You will receive a \$15 slot card, \$10 food voucher and bus transportation for \$37.

Call the senior department at 847-884-0030 to reserve your seat.

## NEW PUBLIC AID OFFICE

The Illinois Department of Human Services (IDES) opened a new office at 3501 W. Algonquin Rd, in Rolling Meadows. The office phone number is 847-483-7171. Residents of Schaumburg Township may schedule a ride to this location if registered with the Township Transportation Department. The phone number for transportation registration is 847-882-1929.



# MONTHLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>PINOCHLE-11:00 RETAIL SHOPPING 11:00-1:00</i>  <i>WALKING 9:30-10:30</i>	<i>GROCERY SHOPPING</i>	<i>GROCERY SHOPPING WALKING 9:30-10:30</i>  <i>YOGA 10:30-11:15</i>	<i>** LUNCH/BINGO VETERAN SERVICES 9:00-4:00</i> <i>GROCERY SHOPPING ALZHEIMER'S MTG 7 PM</i>	<i>KNIT/CROCHET 9:00-11:30 AM</i>  <i>GROCERY SHOPPING</i>
<i>PINOCHLE-11:00 RETAIL SHOPPING 11:00-1:00</i>  <i>WALKING 9:30-10:30</i>	<i>WILLS BY APPT 9:00-12:00</i>  <i>GROCERY SHOPPING</i>	<i>GROCERY SHOPPING WALKING 9:30-10:30</i>  <i>YOGA 10:30-11:15</i>	<i>** LUNCH/BINGO VETERAN SERVICES 9:00-4:00</i> <i>GROCERY SHOPPING</i>	<i>KNIT/CROCHET 9:00-11:30</i>  <i>GROCERY SHOPPING</i>
<i>PINOCHLE-11:00 RETAIL SHOPPING 11:00-1:00</i>  <i>WALKING 9:30-10:30</i>	<i>GROCERY SHOPPING</i>	<i>GROCERY SHOPPING WALKING 9:30-10:30</i>  <i>YOGA 10:30-11:15</i>	<i>** LUNCH/BINGO VETERAN SERVICES 9:00-4:00</i> <i>GROCERY SHOPPING HEALTH CLINIC 12 PM</i>	<i>KNIT/CROCHET 9:00-11:30</i>  <i>GROCERY SHOPPING</i>
<i>PINOCHLE-11:00 RETAIL SHOPPING 11:00-1:00</i>  <i>WALKING 9:30-10:30</i>	<i>GROCERY SHOPPING</i>  <i>BREAKFAST SOCIAL 8:00</i>	<i>GROCERY SHOPPING WALKING 9:30-10:30</i>  <i>YOGA 10:30-11:15</i>	<i>** LUNCH/BINGO VETERAN SERVICES 9:00-4:00</i> <i>GROCERY SHOPPING</i>	<i>KNIT/CROCHET 9:00-11:30</i>  <i>GROCERY SHOPPING</i>

**\*\* BY RESERVATION** *\*Chair yoga will end at the end of May.*  
**Movie Day** — April 21st "Hundred Foot Journey"/May 26th—"Calendar Girls"



## MONDAY & FRIDAY RETAIL SHOPPING TRIPS



<u>APRIL</u>	<u>DATE</u>	<u>STORES</u>	<u>MAY</u>	<u>DATE</u>	<u>STORES</u>
MONDAY — 3rd FRIDAY — 7th		WALMART BARRINGTON	MONDAY — 1st FRIDAY — 5th		WALMART BARRINGTON
MONDAY — 10th FRIDAY — 14th		TARGET BARRINGTON	MONDAY — 8th FRIDAY — 12th		TARGET BARRINGTON
MONDAY — 17th FRIDAY — 21st		WALMART ELK GROVE	MONDAY — 15th FRIDAY — 19th		WALMART ELK GROVE
MONDAY — 24th FRIDAY — 28th		TARGET MEACHAM	MONDAY — 22nd FRIDAY — 26th		TARGET MEACHAM
			MONDAY — 29th		CLOSED

# Happy Birthday



Vincent Rogalski a long time Schaumburg resident celebrated his 100th birthday last month with 120 seniors at our Thursday luncheon and bingo social. After a delicious lunch, he was surprised with balloons and delicious cakes served to the entire crowd. What an inspiration he is to all. Happy 100th Birthday Vince!



Pictured above are a few photos of our seniors checking in for our first horse racing event. There were about 30 eager seniors in all. They all said they had a great time and already signed up for the following month. Refreshments were served following the activity.

## DO YOU HAVE TROUBLE SLEEPING?

Many seniors struggle with a variety of sleep problems including insomnia, daytime sleepiness, and frequent waking during the night. Poor sleep patterns and habits are often the main cause of low-quality sleep in seniors.



Here are some ways to help seniors sleep better.

- Turn off lights: Artificial lights at night can suppress your body's production of melatonin, the hormone that makes you sleepy. Use less artificial light near bed time by turning down the lights and turning off the TV at least one hour before bed.
- Sleep in a quiet, dark, and cool room: Noise, light, and heat can interfere with sleep.
- Develop a bedtime ritual. A soothing ritual, like taking a bath or playing music will help you relax and fall asleep faster.
- Get a full night of sleep. Get a full 7-8 hours of sleep every night to set your body in a good sleep pattern and help you feel rested throughout the day.

**Sleep tight and don't let the bed bugs bite!**

Traycee Home Services

# Experience Abilities Expo!

**Chicago • June 23-25, 2017**  
**Renaissance Schaumburg Conv. Center**  
 1551 Thoreau Drive North • Schaumburg, IL 60173  
 Friday 11 AM - 5 PM • Saturday 11 AM - 5 PM • Sunday 11 AM - 4 PM



## Achieve greater independence through:

- Latest products and services
- Expert-led workshops
- One-on-one engagement
- Revitalizing sports
- Kid-friendly fun
- Adaptive dance
- Service animals
- Essentials for seniors



**[www.AbilitiesExpo.com](http://www.AbilitiesExpo.com)**  
 Register online today. It's free!

## MAILBOX SAFETY

The theft of mail from residential mailboxes is an increasing problem. Con artists use this as a means to obtain personal information, checks and other valuable items. Here are some tips to help minimize or reduce this problem.



- Do not leave outgoing mail in an unlocked mailbox.
- Deposit mail at a local post office or a blue collection box.
- Make sure your home mailbox is in good condition.
- Try to pick up mail promptly after delivery.
- Have regular income checks direct deposited into your bank account.
- Contact senders if you do not receive credit cards, checks, or other valuable mail.
- Notify the post office and mailers if you change your address.
- If going on vacation, inform the post office to hold your mail or have a trusted neighbor pick up your mail.
- Locked mailboxes are always safer but make sure the mail slot is large enough for the mail carrier to insert mail.

Schaumburg Police Department

## SCHAUMBURG EMERGENCY ALERT PROGRAM

The village has implemented a state-of-the-art emergency notification system to alert citizens about emergencies and other important community news. The village will provide information such as severe weather, fires, floods, and unexpected road closures, or evacuation of buildings or neighborhoods. Residents and businesses with listed telephone numbers have already been included in the system. You can also include additional ways to be contacted by going to the village's website to add your contact information. All information will be kept confidential such as cell phones or email addresses. You can also opt out of the village's notification system by providing all communication devices you originally registered. By opting out you will no longer receive emergency or community notifications. For information or questions regarding the village's emergency notification system, contact the village by calling 311 in Schaumburg.



Schaumburg Police Department

## CAUTIONS ABOUT DIETARY SUPPLEMENTS FOR SENIORS

The supplement industry is huge. Senior citizens are especially vulnerable to the harms of bad supplements. Here are three cautions about the supplement industry seniors should know:

1. **The supplement industry is loosely regulated.** It has virtually no oversight by the FDA. The industry gets away with many unproven claims.
2. **What's on the label may not be what's in the bottle.** Since supplement companies are not regulated, there is no guarantee that what is on the label will actually be in the bottle. A recent rash of lawsuits exposed a common practice called spiking by some companies. Spiking is the practice of adding filler to replace a certain amount of the supplement listed on the label. This practice have been used to increase profit margins. Spiking has also caused other problems, such as the presence of heavy elements like lead and mercury in certain products.
3. **Supplement companies are now targeting seniors.** The most troubling news story in 2016 was the revelation that more and more supplement companies are targeting seniors with false claims and dangerous products. It is important that seniors educate themselves on the risks and benefits of supplements. Your physician is knowledgeable what is good for your needs and health conditions. From there, it becomes a matter of what is necessary and evaluating whether any one supplement is worth the risk especially considering how dangerous they may be for your health.

[www.caring.com](http://www.caring.com)

Schaumburg Township  
One Illinois Boulevard  
Hoffman Estates, IL 60169



PRSR STD  
U.S. POSTAGE  
PAID  
PERMIT NO. 154  
SCHAUMBURG, IL

**\*\*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**

**SENIOR HEALTH INSURANCE PROGRAM (SHIP)**

SHIP is a free individual counseling service. Trained counselors will be happy to assist with questions on various Medicare issues. Contact the Senior or Disability Services Departments at 847-884-0030 for an appointment. Ship does not affiliate with any insurance company and does not sell or solicit any type of insurance.

**DEPARTMENT CLOSING**

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

**APPOINTMENTS ARE NECESSARY**

**MEALS ON WHEELS**

Are you unable to cook for yourself or need help with shopping?

Contact Kenneth Young at 847-524-8800.

**REPRINT REMINDER**

We thank other newsletters, which have been reprinting our articles with proper credit. Any organization may reprint articles from any of our newsletters provided that proper credit is given by name of newsletter and date. Any questions? Call 847-884-0030 ext. 2015.