

APRIL & May 2018

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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
- SNAP Applications
- Veteran's Assistance
- Social Security Information
- Property Tax and Energy Assistance Programs
- Pharmaceutical Assistance Information



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

Date: Wednesday, May 16, 2018

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 by contacting the Schaumburg Township District Library at (847) 923-3347.

Village of Schaumburg Police Department
1000 W. Schaumburg Rd., Schaumburg, IL 60194-4198
847-882-3586 / www.schaumburg.com

SAVE THE DATE

AARP SMART DRIVER COURSE

This course is designed for drivers age 50 and older and will help you understand the effects of aging on driving. After completing the two-day course, you may be eligible for a discount on your automobile insurance. The cost is \$15 for AARP Members and \$20 for Non-Members. Contact your agent for further information. The following are a few locations offering this course:

WHERE: Schaumburg Township Library
130 S Roselle Rd
Schaumburg

DATE: Tuesday, April 3, 2018
Thursday, April 5, 2018

TIME: 1:00pm–5:00pm

Register by calling 847-923-3347.

WHERE: Hoffman Estates Police Department
411 W Higgins Rd
Hoffman Estates

DATE: Monday, April 30, 2018
Tuesday, May 1, 2018

TIME: 9:00am–1:00pm

Register by calling 847-895-6396.

WHERE: Schaumburg Park District
505 N Springinsguth Rd
Schaumburg

DATE: Monday, May 21, 2018
Tuesday, May 22, 2018

TIME: 11:00am–3:00pm

Register by calling 847-490-7020.

HORSE RACING

Do you enjoy being with people and want to press your luck while competing for prizes? Then this free event is for you!



WHERE: Schaumburg Township
One Illinois Blvd
Hoffman Estates

DATE: Wednesday, April 18 and May 16, 2018
TIME: 12:00pm

Call Kim or Caryn at 847-884-0030 to reserve your spot.

SHOWTIME!

Friday, April 27th, “Wild Oats”, starring Shirley MaClaine, Demi Moore, and Jessica Lange will be shown at the township. Two best friends go out on an adventure of a life time with life insurance money. Come and see what transpires during their journey.



Friday, May 25th, “Mothers Day” starring Kate Hudson, Jennifer Aniston, Julia Roberts and Jason Sudeikis will be shown. This film follows Mothers on Mother’s Day, highlighting family intricacies.



A donation of \$2.00 includes: movie, beverage and freshly popped popcorn.



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



**TOWNSHIP OF SCHAUMBURG OFFICES
WILL BE CLOSED ON
MONDAY, MAY 28TH, 2018
IN OBSERVANCE OF MEMORIAL DAY**



SAVE THE DATE

BREAKFAST SOCIAL



Are you an early riser and would like to meet new friends? Then try our breakfast social. We like to try different breakfast restaurants in the area. We meet at 8:00 am and don't worry, separate checks. Register with the senior department at **847-884-0030**.

Below are the upcoming locations:

April 24th Walker Brothers
18 S. Roselle Rd
Schaumburg

May 29th Uncle Bill's Diner
845 Roselle Rd
Schaumburg

CASINO TRIP—May 15th



Are you feeling lucky? Join us in a comfortable coach bus to Four Winds Casino in New Buffalo, Michigan. Depart from the township at 8:00 am and return at approximately 6:00 pm.

COST: \$38.00

CREDIT: \$10.00 will be given towards lunch

SLOT CARD: \$15.00 free play money

Call the Senior Department at **847-884-0030** to register and ask for Caryn or Kim.

SENIOR MUSIC NIGHT— June 5th, 2018

Laverne is returning by popular demand for another night of music, dancing and fun. She is a Chicago native who is also an Entertainer. She has performed on Stage, Television and in Movies. Her vast repertoire of songs will surely get you up and moving.



Laverne will perform from 6:00–8:00 pm. A \$12.00 fee includes 2 drink tickets (wine, beer, soda or water) and snacks. Registration is required. Contact the senior department to reserve your seat at **847-884-0030**.

FASHION SHOW—June 9th, 2018

Our **Second Annual Fashion Show** will take place on **June 9, 2018** starting at 11:00 am. Come out and see how easy it is to create a great new look with gently used second hand designer clothes. Clothes Mentors located in Schaumburg, will provide the fashions. Admission is free but non-perishable food donations are appreciated.



Reservations are required. Please contact Caryn or Kim at **847-884-0030**.

EXTRA! EXTRA! Tai Chi is here!

Are you interested in learning the self-healing effects of Tai Chi? This type of martial arts has been helpful in treating fatigue, stress relief, and balance. Tai Chi class will begin on Tuesday, June 5th at the township from 1:00-2:00 pm.

Cost is just \$5.00 per session. Register in the senior department, Room 201 or call Caryn or Kim at **847-884-0030** for more information.



MONTHLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WALKING 9:30-10:30 STR/COND 11-12 CHAIR YOGA 12-1	GROCERY SHOPPING	GROCERY SHOPPING WALKING 9:30-10:30	** LUNCH/BINGO VETERAN SERVICES 9:00-4:00 GROCERY SHOPPING	KNIT/CROCHET 9:00-11:30 AM STR/COND 11-12 GROCERY SHOPPING
WALKING 9:30-10:30 STR/COND 11-12 CHAIR YOGA 12-1	**WILLS BY APPT 9:00-12:00 GROCERY SHOPPING	GROCERY SHOPPING WALKING 9:30-10:30	** LUNCH/BINGO VETERAN SERVICES 9:00-4:00 GROCERY SHOPPING	KNIT/CROCHET 9:00-11:30 STR/COND 11-12 GROCERY SHOPPING
WALKING 9:30-10:30 STR/COND 11-12 CHAIR YOGA 12-1	GROCERY SHOPPING	GROCERY SHOPPING WALKING 9:30-10:30	** LUNCH/BINGO VETERAN SERVICES 9:00-4:00 GROCERY SHOPPING HEALTH CLINIC 12 PM	KNIT/CROCHET 9:00-11:30 STR/COND 11-12 GROCERY SHOPPING
WALKING 9:30-10:30 STR/COND 11-12 CHAIR YOGA 12-1	GROCERY SHOPPING	GROCERY SHOPPING WALKING 9:30-10:30	** LUNCH/BINGO VETERAN SERVICES 9:00-4:00 GROCERY SHOPPING	KNIT/CROCHET 9:00-11:30 STR/COND 11-12 GROCERY SHOPPING

**** BY RESERVATION**



MONDAY & FRIDAY RETAIL SHOPPING TRIPS



APRIL	DATE	STORES	MAY	DATE	STORES
MONDAY – 2ND FRIDAY – 6TH		WALMART BARRINGTON	FRIDAY – 4TH		WALMART BARRINGTON
MONDAY – 9TH FRIDAY – 13TH		TARGET BARRINGTON	MONDAY – 7TH FRIDAY – 11TH		TARGET BARRINGTON
MONDAY – 16TH FRIDAY – 20TH		WALMART ELK GROVE	MONDAY – 14TH FRIDAY – 18TH		WALMART ELK GROVE
MONDAY – 23RD FRIDAY – 27TH		TARGET MEACHAM	MONDAY – 21ST FRIDAY – 25TH		TARGET MEACHAM
MONDAY – 30TH		WOODFIELD	MONDAY – 28TH		TWSP CLOSED

10 things to know about your new Medicare card

Medicare is mailing new Medicare cards starting in April 2018. Here are 10 things to know about your new Medicare card:

- 1. Mailing takes time:** Your card may arrive at a different time than your friend's or neighbor's.
- 2. Destroy your old Medicare card:** Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
- 3. Guard your card:** Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
- 4. Your Medicare Number is unique:** Your card has a new number instead of your Social Security Number. This new number is unique to you.
- 5. Your new card is paper:** Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if you need one!
- 6. Keep your new card with you:** Carry your new card and show it to your health care providers when you need care.
- 7. Your doctor knows it's coming:** Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.
- 8. You can find your number:** If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.
- 9. Keep your Medicare Advantage Card:** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare – you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
- 10. Help is available:** If you don't get your new Medicare card by April 2019, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit [CMS.gov/about-cms/agency-information/aboutwebsite/cmsnondiscriminationnotice.html](https://www.cms.gov/about-cms/agency-information/aboutwebsite/cmsnondiscriminationnotice.html), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.



FYI

The Public Health Nursing and Senior Services Division of Schaumburg will relocate from its current facility at 521 E. Schaumburg Road into a leased space in Market Square located at the corner of Plum Grove and Schaumburg roads. Summer is the anticipated relocation move. For information regarding the village's nursing division and its services, visit the village's website at www.villageofschaumburg.com.



SAFE DRIVING

It's your health, not your age, that matters most in driving safely. As you age, you may notice physical changes that may affect driving such as changes in your strength, flexibility, and coordination.



As people age, their joints may get stiff and muscles may weaken. Some people have trouble walking or feel pain in their knees, or legs. They may not be able to turn their head easily, turn the steering wheel quickly, or brake safely. Exercise can improve strength and flexibility in older adults.

EXERCISES TO TRY:

- Hand grip strengthening to help you hold on to the steering wheel.
- Shoulder and upper arm flexibility exercises to make it easier to reach for your seat belt.
- Neck and back flexibility exercises to help you turn to look behind you.
- Lower-body strength exercises to help with accelerating and braking.

TIPS TO HELP YOU DRIVE SAFELY:

- Consult with your physician if you think pain, stiffness, or another health problem could impair your driving.
- Always wear your seat belt.
- Make sure you can hear and see well enough to drive.
- Make sure your medications don't interfere with your driving.
- Never use your cell phone when driving.

GO4LIFE
National Institute on Aging

SECRETARY OF STATE MOBILE UNIT

The Secretary of State has scheduled their mobile event at the township on **June 1, 2018** from **10:00 am–2:00 pm** in the activity center. They will be able to:

- Renew, replace or correct drivers' license/State ID cards
- Vision screening with driver license renewal
- Vehicle license plate sticker sales
- Voter registration
- Organ/Tissue Donor information/registration

To renew a current driver's license or ID, a valid license or ID must be presented. To apply for a duplicate or corrected drivers' license or ID, 2 forms of identification must be presented. **Road tests are not available.** For further question, contact Caryn at **847-884-0030**.

CROCHET/KNITTING GROUP

A sincere thanks to all the ladies in our crochet/knitting group for their dedication, patience and countless hours making items for various organizations. Just to list a few include: Vitas Hospice, St Alexis, VA Hospital, Crisis Center, Indian Reservations. In total 3,968 items have been sent to these various locations. THANK YOU LADIES!! Yarn donations are always appreciated.



SPRING RECYCLING EVENT

The Village of Schaumburg's Environmental Committee, School District 54 and Schaumburg Library are co-hosting the annual recycling event on **Saturday, April 21, 2018**. The event will be held from **10:00 am–3:00 pm** at **Boomers Stadium**, 1999 Springinguth Road, Schaumburg. A two box limit for document destruction for residents will take place on site. Electronic items such as computer equipment, telephones, radios, cell phones and small appliances, motor oil, light bulbs, etc. will be accepted. Charges will apply for TV's and monitors. Residents can call 311 in Schaumburg or visit the village's website for additional information and a full list of accepted items.

Additional opportunity for document destruction will be provided at the Engineering and Public Works Department at 714 S. Plum Grove Road on **April 14, 2018** from **9:00 am–12:00 pm**. The truck will be available until it reaches capacity.



Abilities
Serving the Community
Since 1979
EXPO

Chicago • June 29-July 1, 2018
Renaissance Schaumburg Convention Center
1551 Thoreau Drive North • Schaumburg, IL 60173
Friday 11 AM - 5 PM • Saturday 11 AM - 5 PM • Sunday 11 AM - 4 PM

Products ✓

Answers ✓

Fun ✓

Abilities Expo Checks All the Boxes:

- ✓ Latest products and services
- ✓ Access to community experts
- ✓ Informative workshops
- ✓ Tools for seniors
- ✓ Adaptive sports
- ✓ Inclusive dance
- ✓ Assistance animals
- ✓ Facts about therapeutic cannabis
- ✓ Fun activities for kids of all ages

FREE
ADMISSION



#AbilitiesExpo



www.AbilitiesExpo.com

Schaumburg Township
 One Illinois Boulevard
 Hoffman Estates, IL 60169
 www.schaumburgtownship.org



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****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 at local sites throughout Illinois. Trained counselors will be happy to assist with questions on various Medicare issues. Ship does not affiliate with any insurance company and does not sell or solicit any type of insurance. Contact the Senior Department at 847-884-0030 for assistance.

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.