

July and August 2020

Township Services Updates

The Township building reopened to the public effective June 1. Throughout this time, we remain committed to serve the public with virtual programs, telephonic appointments, and food pantry services. We are here to help! If you need assistance, please give us a call first. Many services and programs can be completed remotely. We strongly encourage residents to make an appointment if you need service. Visitors to the Township will be asked to wear a mask if able. We know there is still a lot of uncertainty about the reopening of Illinois. We will do our best to provide assistance, support, and engaging programs during this time and beyond.

Programming

Although we've suspended most in-person programming for the time being, we hope you will join us for our virtual programs. We have something for everyone—exercise classes, education lectures, social chats, and more! We know virtual programs can be intimidating or confusing—WE ARE HERE TO HELP! See page 3 for more information on how we can get you connected.

As Illinois reopens, some of our in-person programs may resume. If you are interested in attending a program in-person, please call us to register at 847-285-4541. We will update you when the program may be offered in-person. Likewise, registration is important in case we need to cancel scheduled programs or events. If an event is cancelled due to COVID-19, all fees will be refunded or applied to a future rescheduled date based on your preference (i.e. if you sign up for the *Holiday Inn* event at Drury Lane on page two). Any fees are due at time of registration. We can accept cash, check or credit card. There is a 4% fee for credit card payments.

Food Pantry

Our food pantry remains open and available if you need food assistance. Starting July 6, the pantry will resume in-person, self-selection shopping. Please call 847-884-0030 to schedule a visit.

Transportation



The Transportation fleet is resuming service to grocery stores and other personal needs in July. If you need to get to Walmart, Target, or other grocery stores, please call the Dispatcher for information on scheduling a ride at 847-882-1929.

Memory Screenings

We are pleased to share that Community Health Nurse, Janet Stachula, RN, is now able to offer memory screenings. To schedule a screening, please contact Janet at 847-285-4551. Early detection can help increase quality of life and ensure comprehensive and appropriate treatments.



E-Newsletter

Please keep in mind that things can change rapidly with regard to COVID-19. In order for us to share the most up-to-date information, we recommend you sign up for our weekly e-newsletter. The e-newsletter is a way for us to communicate updates quickly. If you need help creating an email address, we can help! Give us a call at 847-285-4541 for more details.

**Please know that we miss seeing you around the building!
We hope everyone stays well—See you soon!**

TOWNSHIP ELECTED OFFICIALS

SUPERVISOR

Timothy M. Heneghan

TRUSTEES

Diane Dunham
Jeffrey S. Mytych
Nimish Jani
Charlotte Kegaris

CLERK

W. Robert Vinnedge

ASSESSOR

John R. Lawson, CIAO

HIGHWAY COMMISSIONER

Scott M. Kegaris

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SENIOR SERVICES STAFF

DIRECTOR OF SENIOR SERVICES

Megan Conway

ASSISTANT DIRECTOR OF SENIOR SERVICES

Anna Newell

PROGRAM COORDINATOR

Caryn Remer

BENEFIT SPECIALIST/ PROGRAM COORDINATOR

Kim Kettel

BENEFIT SPECIALIST

Sharon DeMarchi-Belter

INTAKE & REFERRAL COORDINATOR

Helen Bisioulis

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Virtual Program Descriptions

CLASSES, GAMES, and INDIVIDUAL SESSIONS

- **A Population Study 7/3**
Learn how longevity is changing our community, families, and workforce.
- **Art Expressions (\$7 Materials Fee) 7/15 and 8/12**
Instructor Kristi leads us in creating a art project. No experience necessary!
- **Cook County Recorder of Deeds—Property Fraud 7/22**
A general session on property fraud and how to protect yourself.
- **Frank Lloyd Wright Monona Terrace Tour 8/5**
A guided tour of one of Wright's designs in Madison, WI.
- **Historic Italy Series 8/3, 10, 17, 24, 31**
Back by popular demand, historian Tiffany brings Italian landmarks to you!
- **Illinois Assistive Technology Program 7/1**
IATP is a helpful program if you need an assistive device or helpful tech.
- **Illinois Treasurer Programs 8/26**
An overview of IL Treasurer programs such as Unclaimed Property/iCash.
- **Oberweis Visit for National Ice Cream Month 7/15**
We'll visit Oberweis in honor of National Ice Cream Month. Grab a scoop!
- **Scams Info w/ Paula Diaz-Schaumburg Police Department 7/8**
SPD will present info on protecting yourself from scams.
- **RTA Transportation Information 8/28**
Info on benefits of public transportation and how to navigate the RTA.
- **Tea Time Info 7/1**
Fancy a cuppa tea? Learn basics of brewing tea at home.
- **Tips to Sell Your Home 7/22**
Interested in downsizing? Practical tips to sell your home will be shared.
- **Township Historical Society w/ Clerk Bob Vinnedge 7/29**
Explore the rich history of the Township and learn some interesting tidbits!
- **Township Library Services Overview 8/19**
Library staff will review their current programs and changes for COVID-19.
- **Understanding Generations 7/20**
A review of the different shared history and social threads of various generations.
- **Using Mindfulness to Reduce Stress 7/6**
Practice different techniques to alleviate stress that comes from uncertain times.
- **Voting Rights with Equip for Equality 7/20**
An attorney will review voting rights and how to make sure your vote counts.
- **Your Rights Under the Americans with Disabilities Act (ADA) 7/27, 29**
The ADA impacts many people; understand what is included in these protections.

RECURRING PROGRAMS

- **BINGO**—Play for small gift cards.
- **BRIDGES TO MEMORY**—For those with memory loss and their caregivers to attend together.
- **CAREGIVER SUPPORT GROUP**—Get support with your caregiving journey.
- **CHAIR YOGA**—A gentle guided yoga class.
- **COFFEE KLATCH**—Grab your coffee and get ready for a fun discussion.
- **HAPPY HOUR**—Grab a beverage of your choice for a relaxed social hour with friends.
- **NURSE CHAT**—A new topic each week brought to you by the nurse. Questions welcome.
- **SCATTERGORIES**—Stretch your brain muscles with this fun word game!
- **TAI CHI**—Reduce stress and increase calm with this ancient martial art.
- **TRIVIA**—Get ready for all things trivial! We play for fun and bragging rights.

Check out pages 4 and 5 for the complete schedule!!
We hope you join us. Please call 847-285-4541 with any questions!

Day Trips and In-Person Programs

BREAKFAST SOCIAL

JoJo's 1935 W Golf Rd

Tuesday, July 28

8 AM—9 AM

On your own

Rise and shine with the Township! Separate checks will be issued. Registration required.



BREAKFAST SOCIAL

Wildberry 1383 N Meacham

Tuesday, August 25

8 AM—9 AM

On your own

Join friends for delicious food and socialization. Separate checks will be issued. Registration required.



GENERAL MEDICARE INFO

Tuesday, August 25

6:30 PM—7:30 PM

Join SHIP Counselor, Kim Kettel, as she reviews the basics of Medicare and explains Parts A, B, C, and D. There will be time for Q&A. Registration required.



4 WINDS CASINO

Tuesday, September 8

8 AM—6 PM

\$39

Join us as we enjoy a day trip to 4 Winds Casino in New Buffalo. Fee includes \$15 play money, transportation, 4 hours gambling and \$10 lunch voucher. Registration required.



COMING SOON!!

FOREVER PLAID AT DRURY LANE

Wednesday, September 23

\$70

An affectionate musical homage to 'guy groups' of the 1950's. The music lives on! Three-course lunch, production, and transportation included. Registration required.



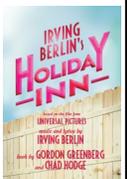
COMING SOON!!

HOLIDAY INN AT DRURY LANE

Wednesday, December 2

\$70

Celebrate the holiday season with this classic musical. Joyous, family-friendly music and comedy! Lunch, production and transportation included. Registration required.



Virtual Program Information

VIRTUAL PROGRAMMING



Are you looking for interesting things to do while at home? Stay engaged with daily programs brought to you by the Township!

Sessions are offered throughout the day by phone or by logging in from a computer.

To better manage security of these events, please call 847-285-4541 to register and for the event password.



Join ONLINE

<https://zoom.us/j/4715872835>

Meeting ID: 471 587 2835



Dial by PHONE

1-312-626-6799

Meeting ID: 471 587 2835



Questions? Call

847-285-4541

How to Access Virtual Programs

Are you interested in participating in our virtual programming, but not sure how to start? We make it easy! We can send you detailed written instructions or set up an individual time to review the steps. It is recommended to connect using a device with camera and microphone built in (like an ipad, smart phone, or laptop). If you do not have a device, you can always connect with just a telephone. There are two ways to connect:

- 1) Use your regular telephone or cell phone and call 312-626-6799. When prompted, enter the meeting ID 471 587 2835. To ensure the security of each session, you will need to enter a password as well. The password is 8840030.
- 2) Use a computer, tablet, or smartphone. Go to zoom.us and join a meeting using the meeting ID 471 587 2835. When prompted, you will need to enter a password. The password is 8840030. You can choose to allow access to your camera and/or microphone (when prompted, click accept to access camera and/or connect with internet audio). You can also download the app for Zoom at the Apple Store or Google Play Store—the app is called “Zoom Cloud Meeting.” If using a personal computer, you may need to download a program to use Zoom.

We understand this may be complicated and can be very confusing. **We are happy to schedule one-on-one sessions to walk through each step and troubleshoot any issues.** Give us a call at 847-285-4541 and we can set up a time to chat. We have implemented numerous features to protect the security of our sessions. Please call us for more information.

E-News Sign Up

Have you signed up for our electronic mailing list? If you have an email address, we would encourage you to “opt in” to our email newsletters. This is the best way for us to communicate changes or to send alerts on programs or services very quickly.

Signing up is easy:

- 1) Visit schaumburgtownship.org.
- 2) Look on the right side of the screen.
- 3) Scroll down until you see a section “Subscribe to Our Mailing List.”
- 4) Enter you email address, first name, and last name.
- 5) Click on “Senior Services” (and any other department that interests you).
- 6) Click “Subscribe.”



We will never sell or disclose your information without your consent and you can unsubscribe whenever you like. If you need help setting up an email or signing up, our staff are happy to assist. Call us at 847-285-4541.

*Check out page
TWO for session
descriptions!*

July 2020

Mon	Tue	Wed	Thu	Fri
<p>NO computer needed—many sessions can be accessed with just a telephone!</p>		<p>1 10am Tea Time Etiquette</p> <p>1pm Illinois Assistive Technology Program 4pm Happy Hour</p>	<p>2 10am Bingo</p> <p>1pm Nurse Chat—Healthy Aging</p>	<p>3 Township Closed in honor of Independence Day</p>
<p>6 10am Using Mindfulness to Reduce Stress 1pm Chair Yoga</p>	<p>7 10am Trivia 1pm Tai Chi</p>	<p>8 10am Scam Info w/ Paula Diaz, SPD 10:30am Diabetes Support Group** 1pm Scattergories 4pm Happy Hour</p>	<p>9 10am Bingo 1pm Nurse Chat—Alzheimer's/Dementia</p>	<p>10 10am Coffee Klatch 1pm Chair Yoga</p>
<p>13 10am A Population Study 1pm Chair Yoga</p>	<p>14 10am Trivia 1pm Tai Chi</p>	<p>15 10am Art Expressions Class (\$7) 1pm Oberweis Visit—Nat'l Ice Cream Day 4pm Happy Hour</p>	<p>16 10am Bingo 1pm Nurse Chat—Herbal/RX Interactions</p>	<p>17 10am Coffee Klatch 1pm Chair Yoga</p>
<p>20 10am Understanding Generations 1pm Voting Rights w/ Equip for Equality</p>	<p>21 10am Trivia 1pm Tai Chi</p>	<p>22 10am Tips to Sell A Home 10:30am Diabetes Support Group** 1pm Cook County Recorder of Deeds—Property Fraud 2pm Bridges to Memory* 4pm Happy Hour</p>	<p>23 10am Bingo 1pm Nurse Chat—Counting Sheep, Why Can't I Sleep?</p>	<p>24 10am Coffee Klatch 1pm Chair Yoga</p>
<p>27 10am Your Rights Under the ADA 11am Caregiver Support Group 1pm Chair Yoga</p>	<p>28 8am Breakfast at JoJo's (p.2)** 10am Trivia 1pm Tai Chi</p>	<p>29 10am Township Historical Society w/ Clerk Vinnedge 1pm Scattergories 4pm Happy Hour 6pm Your Rights Under the ADA</p>	<p>30 10am Bingo 1pm Nurse Chat—Living Wills, POA, and DNR forms</p>	<p>31 10am Coffee Klatch 1pm Chair Yoga</p>

August 2020

Check out page TWO for session descriptions!

Mon	Tue	Wed	Thu	Fri
3 <i>10am Historic Italy Tour</i> <i>1pm Chair Yoga</i>	4 <i>10am Trivia</i> <i>1pm Tai Chi</i>	5 <i>10am Frank Lloyd Wright Monona Terrace Tour</i> <i>1pm Scattergories</i> <i>4pm Happy Hour</i>	6 <i>10am Bingo</i> <i>1pm Nurse is on vacation—NO Session</i>	7 <i>10am Coffee Klatch</i> <i>1pm Chair Yoga</i>
10 <i>10am Historic Italy Tour</i> <i>1pm Chair Yoga</i>	11 <i>10am Trivia</i> <i>1pm Tai Chi</i>	12 <i>10am Art Expressions Class (\$7)</i> <i>10:30am Diabetes Support Group**</i> <i>1pm Scattergories</i> <i>4pm Happy Hour</i>	13 <i>10am Bingo</i> <i>1pm Nurse Chat—Hospice/Palliative Care</i>	14 <i>10am Coffee Klatch</i> <i>1pm Chair Yoga</i>
17 <i>10am Historic Italy Tour</i> <i>1pm Chair Yoga</i>	18 <i>10am Trivia</i> <i>1pm Tai Chi</i>	19 <i>10am Township Library Services Overview</i> <i>1pm Scattergories</i> <i>4pm Happy Hour</i>	20 <i>10am Bingo</i> <i>1pm Nurse Chat—Prostate/Incontinence Info</i>	21 <i>10am Coffee Klatch</i> <i>1pm Chair Yoga</i>
24 <i>10am Historic Italy Tour</i> <i>11am Caregiver Support Group</i> <i>1pm Chair Yoga</i>	25 <i>8am Breakfast at Wildberry (p.2)**</i> <i>10am Trivia</i> <i>1pm Tai Chi</i> <i>6:30pm Medicare Info**</i>	26 <i>10am Illinois Treasurer Programs</i> <i>10:30am Diabetes Support Group**</i> <i>1pm Scattergories</i> <i>2pm Bridges to Memory*</i> <i>4pm Happy Hour</i>	27 <i>10am Bingo</i> <i>1pm Nurse Chat—Parkinson's</i>	28 <i>10am RTA Transportation Info</i> <i>12pm Movie—Little Women (p.6)**</i> <i>1pm Chair Yoga</i>
31 <i>10am Historic Italy Tour</i> <i>1pm Chair Yoga</i>	<p style="text-align: center;"><i>All programs will be held virtually unless otherwise indicated.</i></p> <p style="text-align: center;"><i>* Bridges to Memory is a closed group and requires registration in advance.</i></p> <p style="text-align: center;"><i>**These programs will be offered in-person. You MUST register in advance in case of changes or cancellations</i></p>			

DROP-IN Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CAREGIVER SUPPORT GROUP* 11 am—12:30 pm 4th Monday</p> <p>CHAIR YOGA* 1 pm—2 pm \$5 per class</p>	<p>TAI CHI* 1 pm—2 pm \$5 per class</p> <p>BONE DENSITY SCREENINGS 2nd Tuesday (register with Nurse Janet at 847-285-4551)</p> <p>SENIOR WILLS 2nd Tuesday (appointments required)</p>	<p>DIABETES SUPPORT GROUP 10:30 am—11:30 am 2nd & 4th Wednesday</p> <p>BRIDGES TO MEMORY* 2 pm—3:30 pm 4th Wednesday</p>		<p>CHAIR YOGA* 1 pm—2 pm \$5 per class</p> <p>MOVIE FRIDAY 12 pm 4th Friday \$2 donation</p>
<div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p>Due to COVID-19 and updates to reopening the State, programs may change; please call 847-285-4541 or check our website for the most current info.</p> <p>Sessions in BLUE will be available in-person. Please call to register and for more info.</p> <p>*These programs are available virtually; please see page three for more details. Any fees are waived while offered virtually.</p> </div>				

Monthly Movies

Enjoy a movie, beverage, and freshly popped popcorn during our "Friday at the Movies." Movie starts at 12 PM and we request a \$2.00 donation. Registration required.

July 17

Cancelled due to COVID-19

August 28

Little Women*
(2019 PG Drama)
A retelling of Louisa May Alcott's classic, *Little Women* is the story of four sisters determined to live life on their own terms. Starring Emma Watson and Meryl Streep.



* Please note that we are scheduling a movie for August, but may need to cancel due to COVID-19 or other social distancing guidance. It is imperative that you register in advance so we can notify you of any cancellations or changes.

Transportation Services

There is a \$1 fee per ride when using the Township bus and reservations are required. Please note that the schedule for stores is accurate as of printing. Due to COVID-19, service and routes may change. Please call Transportation Dispatch at 847-882-1929 for more information, to schedule a trip, or to register. PACE recently announced a temporary "Quick Board, Safe Board" policy and waived fare collection on fixed route bus and ADA Paratransit service. Please note that this policy ended effective June 22, 2020. All fare collection has resumed per usual.

<u>July DATES</u>	<u>STORES</u>	<u>August DATES</u>	<u>STORES</u>
MONDAY—6TH FRIDAY—10TH	WALMART 850 S Barrington Streamwood	MONDAY—3RD FRIDAY 7TH	WALMART 850 S Barrington Streamwood
MONDAY—13TH FRIDAY—17TH	TARGET 2621 Schaumburg Schaumburg	MONDAY—10TH FRIDAY—14TH	TARGET 2621 Schaumburg Schaumburg
MONDAY—20TH FRIDAY—24TH	WALMART 801 Meacham Elk Grove	MONDAY—17TH FRIDAY—21ST	WALMART 801 Meacham Elk Grove
MONDAY—27TH FRIDAY—31ST	TARGET 1235 Higgins Rd Schaumburg	MONDAY—24TH FRIDAY—28TH	TARGET 1235 Higgins Rd Schaumburg

Social Services

SNAP Benefits Can Help Stretch Budget

SNAP provides monthly assistance with food costs. The benefit can be used at most area grocery stores for things like fresh produce, dairy, canned goods, meat, and more. For households with a person over the age of sixty or with a disability, income guidelines are as follows:

Gross Monthly Income Guidelines

- 1 person household \$2,082
- 2 person household \$2,818

Township staff are trained to help file SNAP applications and we are happy to help! Call 847-285-4541 to schedule your appointment.

FREE Career Coaching Service

Looking for guidance in today's workplace economy? Trying to find employment or move on to the next phase in your career? The Township of Schaumburg can help through career coaching. The Coach is available by email and phone. In-person sessions can be arranged if needed. The Career Coach can help with the following areas: resume review, job search in the modern age, negotiations, interviewing, and more. Email

empservices@schaumburgtownship.org for further assistance or call 847-285-4541 and we can provide the referral.

We welcome job seekers regardless of what stage of employment they are in. Call or email TODAY!

Self-Care and Coloring

There is a saying, "You can't pour from an empty cup." What this means is that if you do not take care of yourself and your well-being, you will not be able to care for others. Some self-care activities include starting a journal, taking a nap, or going for a walk. Another great self-care strategy is coloring—it's NOT just for kids.

Senior Services has a limited supply of adult coloring books and pencils available. If you would like us to deliver a book and set of colored pencils to your residence, give us a call (available on a first-come, first-served basis).



CEDA Assistance Programs

CEDA operates the Family Support and Community Engagement (FsACE) program. The FsACE program expanded in light of the COVID-19 crisis. The program may be able to help residents of suburban Cook County with water bill payments, basic essentials assistance, medical supply and prescription costs, or emotional counseling services. Please call 312-795-8948 or visit cedaorg.net for more info.

The FsACE program may also be able to help with dental care, auto repair, vision care, and more. If you are in need, please reach out!

Time is Running Out: Income Tax Deadline Extended



The IRS announced a filing extension for all taxpayers through July 15 due to the COVID-19 pandemic. You can now file your income taxes by July 15 without a penalty or fee.

If you are comfortable with a computer and have an adjusted gross income of less than \$69,000 you may qualify for the federal "Free File" program. The Free File program is offered in partnership with for-profit companies. The official government website for the program is <https://apps.irs.gov/app/freefile/>.

You can also try calling the Volunteer Income Tax Assistance (VITA) program at 800-906-9887 if gross income is less than \$56,000—tax returns will be completed over the phone.

Trained Staff Ready to Help with Medicare

The Senior Health Insurance Program (SHIP) is a free service to help people with Medicare or Medicaid. Township staff are trained SHIP Counselors and are available to help explain benefits, troubleshoot issues, or clarify information. Appointments are required by calling 847-285-4541. SHIP is sponsored by the Illinois Department on Aging. Our staff are happy to help with complex issues and questions related to other insurance.

Staff can also screen people for available assistance programs which may help reduce costs related to Medicare and prescription drugs. If you are struggling to afford your medications, please contact us for a review of options.

There is no fee to meet with staff. We look forward to serving you.



Benefit Access Program Raises Income Limit

The Benefit Access Program provides two benefits—a discount off the annual license plate registration fee and eligibility for the Free Ride Transit Pass (providing free transportation on all fixed-route, mass transit). The program is available to Illinois residents who meet income guidelines.

The income limit was recently increased. A single household gross income from the previous year must be less than \$33,562; the limit for a two-person household is \$44,533. Eligible applicants must also be over the age of 65 or 16 and older with a permanent disability. Due to the extension of income tax filing deadline, required income documentation is from 2018 through July 15. To see if you qualify or to schedule an appointment, call 847-285-4541.

Please note the Township will be closed on Friday, July 3, in observance of Independence Day.





Township of Schaumburg
Department of Senior Services
 1 Illinois Boulevard
 Hoffman Estates, IL 60169
 Phone: 847-884-0030

Senior Services Direct: 847-285-4541
www.schaumburgtownship.org

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SCHAUMBURG, IL



Senior Services
has a new DIRECT DIAL!

Reach us at 847-285-4541

SENIOR SERVICES

- CEDA Energy Services (LIHEAP, Furnace, Weatherization, & more)
- Day Trips
- Disability parking placards
- Employment Services
- Free amplified phone program
- Income tax return assistance
- Notary public services
- Home visits
- Information and referrals
- Medicare counseling
- Recreation programming
- RTA Reduced Fare and Free Ride Transit Passes
- Senior citizen will program
- Social events and parties
- Support groups
- Transportation
- Veterans Services, and MORE

NURSING SERVICES SURVEY

We need your HELP!

Did you know Schaumburg Township partners with Northwest Community Healthcare to provide a community health nurse three days per week? The nurse, Janet Stachula, RN, offers a variety of services, including A1C testing, Diabetes Support Group, and blood pressure checks! Janet also hosts coffee chats and healthy cooking demonstrations (when in-person programming is permitted).

We are asking for your help as we plan for the future. Please go to this link for a brief survey on community health services:

<https://www.surveymonkey.com/r/CommunityHealthNurse>

If you prefer, you can call our team at 847-285-4541 and we can complete the survey over the phone. It only takes about five minutes and your opinion counts!!



CONGRATULATIONS!

Our last issue featured a fun activity: "Shelter-in-Place Self-Care Bingo." The bingo card included a variety of interesting things to do while sheltering in place and folks were invited to complete as many squares as they could for entries into a raffle. Way to go everyone who went a full day with NO TV!

CONGRATULATIONS to our winner, Georgine! Three honorable mentions who completed the cover-all also received a prize.