

January and February 2021

Warm up with the Township!

BRRRRR! It's cold outside! Let us help you warm up and beat the doldrums of winter. Register with Senior Services by January 20 and you will receive a bag full of goodies to help warm up your body and spirit.

Bags can be picked up curbside at the Township, 1 Illinois Blvd, on January 27 and 28 from 10:30—12 p.m. Last names beginning with the letters A—M will pick up on January 27 and last names beginning with letters N—Z will pick up on January 28.

**Registration is limited!
Call Caryn at 847-285-4532 to register
today!**



TOWNSHIP ELECTED OFFICIALS

SUPERVISOR

Timothy M. Heneghan

TRUSTEES

Diane Dunham

Jeffrey S. Mytych

Nimish Jani

Charlotte Kegarise

CLERK

W. Robert Vinnedge

ASSESSOR

John R. Lawson, CIAO

HIGHWAY COMMISSIONER

Scott M. Kegarise

SENIOR SERVICES STAFF

DIRECTOR OF SENIOR SERVICES

Becky Cordes

ASSISTANT DIRECTOR OF SENIOR SERVICES

Anna Newell

PROGRAM COORDINATOR

Caryn Remer

SENIOR SERVICES SPECIALIST

Kim Kettel

BENEFIT SPECIALIST

Sharon De Marchi

INTAKE & REFERRAL COORDINATOR

Helen Bisioulis

**Do you have
Medicare and
Medicaid?
Check out
page 6!**

Virtual Program Information

Virtual Classes and Individual Sessions

- **1/4 at 10 a.m.—Costa Rica & the Pacific Ocean with Michael Albrecht**—Costa Rica is a rugged, rain forested country with coastlines on the Caribbean and Pacific. It's known for its beaches, volcanoes and biodiversity.
- **1/6 at 10 a.m.—Tour of North Carolina Aquarium**—Take a tour of the aquarium at Fort Fisher, North Carolina.
- **1/8 at 10 a.m.—Fossils with NC Museum of Natural Science**—Fossil collections are divided into Paleobotany, Invertebrate Paleontology, and Vertebrate Paleontology holdings of more than 125,000 fossil specimens.
- **1/11 at 10 a.m.—Using Mindfulness to Reduce Stress with Sandy Pastore**—Learn how you can reduce stress in anxious times.
- **1/13 at 10 a.m.—Art Expressions with Kristi (\$7 fee)**—Register by January 6 to join Kristi in the wonderful, almost meditative art class.
- **1/15 at 10 a.m.—Frog Files**—Why do frogs make a springtime chorus? You will learn the answer to this question, meet freaky frogs, and become amphibian experts during this program.
- **1/18, 1/22, 1/29, 2/5, 2/12, 2/26 at 10 a.m.—Brazil Tour with Sayuri Koshima**—Join us for a 6 part tour of Bahia, Brazil.
- **1/20 at 10 a.m.—Female Spies in the Civil War with the NC Dept. of Natural and Cultural Resources**
- **1/20 at 1 p.m.—Get to Know Director Becky**—Spend an hour to meet and greet the new Director of Senior Services.
- **1/25, 2/1, 2/8, 2/15 at 10 a.m.—Tour Historic Italy with Tiffany McIver**—Take a 4 week trip to historic Italy.
- **1/27 at 1 p.m.—Something with Caryn**—Join everyone's favorite Program Coordinator for something that is sure to be fun!
- **2/3 and 2/17 at 10 a.m.—Contemporary Art with SECCA**—Tour various artworks at The Southeastern Center for Contemporary Art.
- **2/10 at 10 a.m.—Art Expressions with Kristi (\$7 Fee)**—Register by 2/3 to participate.
- **2/17 at 1 p.m.—Craft it Up with Becky**—Join Becky and make some homemade hand warmers. Registration required by 2/10.
- **2/19 at 10 a.m.—Positive Psychology with Michael Bromberg**—A fascinating perspective on achieving our best.
- **2/24 at 10 a.m.—Seashells and Coral with SECCA**—Every seashell has a story. Find out how they're made and who once lived in these seaside treasures. **Please note, this program will use a different Zoom ID: 978 9587 4886 and Password: 310776**
- **2/24 at 1 p.m.—Something with Caryn**—Join everyone's favorite Program Coordinator for something that's sure to be fun!



SENIOR SERVICES VIRTUAL PROGRAMMING

EVERY MONDAY-FRIDAY

Engage your mind, body and spirit with our daily virtual programming schedule.

Sessions include:

- Bingo
- Tai Chi
- Trivia
- Coffee Klatch
- Benefit Info
- And More!



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

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

For the current schedule and access to future events, check our website, sign up for the Senior eNewsletter or contact Senior Services at (847) 285-4541.

Due to the fluid nature of the COVID-19 pandemic, all events are subject to change.

Due to current COVID-19 mitigation practices, the Breakfast Social program is cancelled until further notice.

Drop-In Programs

Monday	Tuesday	Wednesday	Thursday	Friday
Chair Yoga* 1—2 pm \$5 Alzheimer's Association Virtual Caregivers Support Group 11 a.m.—12:30 p.m. 3rd Monday Call to Register	Walking Group 8:45—9:45 am Meet at Volkening Lake (Call Janet for more information) Tai Chi* 1—2 pm \$5 per class Senior Wills 2nd Tuesday (appointments required)	Diabetes Support Group* 10:30—11:30 am 2nd and 4th Wednesday <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Sessions in BLUE will be available in-person. Please call to register and for more info.</p> <p>*These programs are available virtually; Any fees are waived while offered virtually.</p> </div>	Walking Group 8:45—9:45 am Meet at Volkening Lake (Call Nurse Janet for more info) Nurse Janet's Health Topic* 1pm	Chair Yoga* 1—2 pm \$5 per class Movie Friday* 1 pm 4th Friday See details below

Transportation Services 847-882-1929

Transportation Grocery Store Schedule



Due to current COVID mitigation practices, Transportation is able to offer the following grocery store schedule:

- Tuesday: Valli Produce
10:30 am Drop-off, 12:00 pm Pick-up
- Tuesday, Wednesday, Thursday: Jewel, Aldi, Mariano's
9:15 am Drop-off, 10:30 am Pick-up

For everyone's safety, we are limiting the amount of riders for appropriate social distancing and face masks are required. Transportation will do their best to accommodate grocery store ride requests. Due to the fluid nature of COVID-19, services may change.

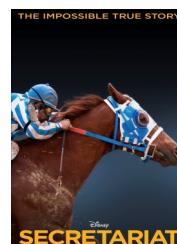
Monthly Movies

Starting in January, Movies will be held the 2nd Wednesday of the month at 1 p.m. and will be held virtually on Zoom until further notice.

January 13

Secretariat

Watch the spectacular journey of an incredible horse and the moving story of his unlikely owner, a housewife who risked everything to make him a champion.
Rated PG



February 10

The Farewell

Billi's family returns to China under the guise of a fake wedding to say their final goodbye to their beloved matriarch -- the only person that doesn't know she only has a few weeks to live.
Rated PG



Due to the fluid nature of the COVID-19 pandemic, all events are subject to change. Subscribe to the Senior eNewsletter to keep up to date on current programming news.

January 2021 Program Schedule

Mon	Tue	Wed	Thu	Fri
				1 <i>Township Closed</i> HAPPY NEW YEAR!!!
4 10am Costa Rica & the Pacific Ocean 1pm Chair Yoga	5 10am Trivia 1pm Tai Chi	6 10 am Tour of NC Aquarium	7 10am Bingo 1pm Nurse Janet Health Topic: Hospice vs. Palliative Care	8 10am Fossils 1pm Chair Yoga
11 10am Using Mindfulness to Reduce Stress 1pm Chair Yoga	12 10am Scattegories 1pm Tai Chi	13 10 am Art Expressions Class (\$7) 10:30am Diabetes Support Group 1pm Secretariat	14 10am Bingo 1pm Nurse Janet Health Topic: Joint Replacement Surgery	15 10 am Frog Files 1 pm Chair Yoga
18 10am Walking Tour in Bahia, Brazil 11 am Caregivers Support Group 1pm Chair Yoga	19 10am Trivia 1pm Tai Chi	20 10am Female Spies in the Civil War 1 pm Get to know Director Becky	21 10am Bingo 1pm Nurse Janet Health Topic: Healthy Cooking Class	22 10am Musical Tour of Bahia, Brazil 1pm Chair Yoga
25 10am Historic Italy 1pm Chair Yoga	26 10am Scattegories 1pm Tai Chi	27 10am Art Fuzd 10:30 am Diabetes Support Group 1pm Something with Caryn	28 10 am Bingo 1pm Nurse Janet Health Topic: Chronic Pain	29 10 am Favela Tour in Brazil 1 pm Chair Yoga

February 2021 Program Schedule

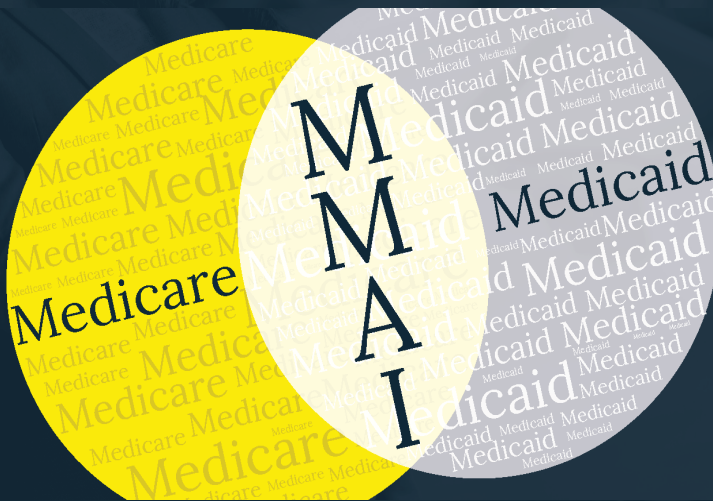
Mon	Tue	Wed	Thu	Fri
1 10 a.m. <i>Historic Italy</i> 1 pm <i>Chair Yoga</i>	2 10am <i>Trivia</i> 1pm <i>Tai Chi</i>	3 10am <i>Contemporary Art with SECCA</i> 	4 10am <i>Bingo</i> 1pm <i>Nurse Janet Health Topic: Vision Problems</i>	5 10am <i>Jorge Armada - MarMorto Tour (Brazil)</i> 1pm <i>Chair Yoga</i>
8 10am <i>Historic Italy</i> 1pm <i>Chair Yoga</i>	9 10am <i>Scattegories</i> 1pm <i>Tai Chi</i>	10 10am <i>Art Expressions Class (\$7)</i> 10:30am <i>Diabetes Support Group</i> 1pm <i>The Farewell</i>	11 10am <i>Bingo</i> 1pm <i>Nurse Janet Health Topic: Food Safety</i>	12 10am <i>Modern Brazil History & Traditions</i> 1pm <i>Chair Yoga</i>
15 10am <i>Historic Italy</i> Township Closed Happy President's Day!	16 10am <i>Trivia</i> 1pm <i>Tai Chi</i>	17 10am <i>Contemporary Art with SECCA</i> 1pm <i>Craft it Up with Becky</i>	18 10:30am <i>Bingo</i> 1pm <i>Nurse Janet Health Topic: Fungal Diseases (Toe Nails)</i>	19 10am <i>Positive Psychology</i> 1pm <i>Chair Yoga</i>
22 10am <i>Historic Italy</i> 1pm <i>Chair Yoga</i>	23 10am <i>Scattegories</i> 1pm <i>Tai Chi</i>	24 10am <i>Seashells & Coral (See pg. 2 for Zoom info)</i> 10:30am <i>Diabetes Support Group</i> 1pm <i>Something with Caryn</i>	25 10am <i>Bingo</i> 1pm <i>Nurse Janet Health Topic: Healthy Relationships</i>	26 10am <i>Old Town Brazil</i> 1pm <i>Chair Yoga</i>
			<p>All programs are being held virtually at this time.</p> <p>Visit www.schaumburgtownship.org to sign up for the Senior Services eNewsletter to get weekly updates on programming status.</p>	

Social Services/Programs

Medicare Medicaid Alignment Initiative (MMAI)

Do you have Medicare Part A and Medicare Part B, as well as Medicaid with no spend down? If so and you are aged 21 or older, you are eligible for the Medicare Medicaid Alignment Initiative (MMAI) that allows you to access all of your benefits in one plan.

The Township's Senior Services and Disability Services staff are certified Senior Health Insurance Program (SHIP) Counselors and are able to help with MMAI options. Call us at 847-884-0030 to schedule an appointment today.



MMAI Coverage

Hospital Services	Lab Tests and X-Rays
Doctor Services	Transportation
Medical Supplies	Mental Health Services
Prescriptions	Home Health Services
Dental Services	Hearing Services
Adult Day Service	Substance Use Services
Supported Living	Nursing Home Care
Eye Care Services	Emergency Home Response

Care coordination can help you learn about and manage chronic health conditions, as well as schedule appointments.

Most plans offer extra benefits that may include OTC medications, gym memberships, and incentives for receiving preventative health care services.

MMAI plans will not cost more than your regular Medicare and Medicaid coverage and most plans will cover all services at no cost to you.

Schaumburg Township's Food Pantry

The Township Food Pantry has moved into its newly remodeled location in Welfare Services!

- Appointments are easy to make by calling (847) 884-0030, ext. 1013
- Residents are asked to bring a current piece of mail that has been issued within the last 30 days as proof of residency to each appointment.
- The food pantry is a client choice model, which gives residents the opportunity to select their own food.
- Due to the nature of the food pantry donation based program, items vary daily/weekly.
- Residents may visit the pantry once every four weeks.

Hours of operation:

Monday, Wednesday Friday: 9:30 a.m.—1:30 p.m.

Tuesday, Thursday: 12 p.m.—4 p.m.

Appointments are required.

Benefit Access Program

The Benefit Access Program provides a discount off the annual license plate registration fee and the Free Ride Transit Pass.

To qualify:

- Applicants must be over the age of 65 or 16 and older with a permanent disability.
- Gross income from 2019 for a single household must be less than \$33,562; the limit for a two-person household is \$44,533.
- Applicants must reapply every two years for the program.

To see if you qualify, or to schedule an appointment, call 847-285-4541.

Social Services/Programs

SNAP Program

The Supplemental Nutrition Assistance Program (SNAP) is a benefit that provides monthly assistance toward your grocery bill that can be used at most area grocery stores to purchase things like fresh produce, dairy, canned goods, meat, and more. SNAP benefits depend on a household's monthly income, housing and medical expenses. Benefits are available on a Link card and are reloaded automatically each month.

Gross Monthly Income Guidelines:

1 person household	\$2,127
2 person household	\$2,873
3 person household	\$3,620



Please call 847-285-4541 to schedule an appointment with Senior Services staff to assist in filling out your SNAP application or for more information.



CAREGIVER SUPPORT GROUP

Every 3rd Monday
11-12:30 PM

The Township of Schaumburg Caregiver Support Group is a free program offered in partnership with the Alzheimer's Association Illinois Chapter for those providing care to another. Each session will include practical advice and support from others facing similar situations.

The group will meet virtually via Zoom, and while registration is not required, please call 847-285-4541 for the call information. Participants are welcome to join Zoom online or by phone.

LIHEAP Available Now!

Senior Services staff are available to help with applications for The Low Income Home Energy Assistance Program (LIHEAP). LIHEAP provides assistance toward Nicor Gas and/or ComEd accounts.

Gross Monthly Income Guidelines (in past 30 days)

- 1 person household \$2,127
- 2 person household \$2,873
- 3 person household \$3,620

Applicants must be able to provide proof of all household income for the past 30 days, social security cards for all household members, and a current utility bill for electric and gas.

Please call 847-285-4541 first for an appointment remotely or in-person.

Community Health Nurse Services

Northwest Community Healthcare (NCH) nurse, Janet Stachula, RN, is available at the Township every Tuesday, Wednesday and Thursday.

Services available include:

- A1C Testing (\$12 fee)
- Blood Pressure Checks
- Memory Screenings
- Bone Density Screenings

Services are available by appointment only.

Contact Nurse Janet at 847-285-4551 or jstachula@nch.org.

Nurse Janet also facilitates these activities:

- Walking Group every Tuesday and Thursday 8:45 – 9:45 am at Volkering Lake. Call Nurse Janet for more information.
- Diabetes Support Group every second and fourth Wednesday of the month 10:30—11:30 am on Zoom.
- Free virtual programming Thursdays at 1 pm on health related topics.

The Bridges to Memory group has been suspended until in-person programming can resume.



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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Senior Services is excited to open a "Call for Art!" Any Township resident age 55 or older is welcome to submit one piece of two-dimensional type of work (pencil drawing, crayon drawing, painting, photography, collage, etc.) in any size up to 18"x24". Art will be displayed on a rotating basis in the Disability Services and Senior Services waiting area. Artists will receive a certificate of appreciation and pieces selected will identify the artist, artwork title, and brief description. Artists can submit their work to Becky Cordes, Director of Senior Services either in person or by mailing them to Schaumburg Township Senior Services, 1 Illinois Blvd, Hoffman Estates, IL 60169. Please include the title, media type and a description of the artwork (if applicable). All questions can be directed to Becky Cordes, Director of Senior Services at 847-884-0030.