



Senior Newsletter

March and April 2021

Lunch & Bingo

March 17
1 PM • \$5

We are celebrating St. Patrick's Day with an afternoon virtual bingo session and a special lunch from Chandler's Chophouse.

Register March 5th -9th for the \$5 lunch and two bingo cards. The lunch includes corned beef, cabbage, potatoes, carrots and a dessert.

Payment is due at the time of registration via cash, card or check. Registration is limited to the first 100 and payment is required at registration via cash, card or check. There is a 4% service fee for card payment. Bingo will be held via Zoom. Call information will be included with your bingo cards.

Lunch pick-up will be at Chandler's (401 N. Roselle Rd., Schaumburg IL) on March 17th from 11-12pm. Delivery is not available. Bingo prizes will be mailed to the winners.



TOWNSHIP ELECTED OFFICIALS

SUPERVISOR

Timothy M. Heneghan

TRUSTEES

Diane Dunham
Jeffrey S. Mytych
Nimish Jani
Charlotte Kegaris

CLERK

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John R. Lawson, CIAO

HIGHWAY COMMISSIONER

Scott M. Kegaris

SENIOR SERVICES STAFF

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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

Breakfast with Caryn and Kim is BACK!
See page 8 for details.

Virtual Program Information

- **3/1—Everything you Know About Movies**—Steven Frenzel will tackle the biggest myths about movies ever told.
- **3/3—Historic Italy**—Join Tiffany McIver for our final week in Italy.
- **3/5—Cooking Class & Baianese Traditions**—Join us for a live virtual Brazilian cooking class!
- **3/8—Funniest Women in the Movies**—Check out this collection of clips featuring the funniest women in film.
- **3/10—Amazing Alligators**—Meet a few aquarium reptiles and learn how they've survived since the time of dinosaurs. *Please note different Zoom room ID: 973 3254 4886, Password 584134*
- **3/12—Afro Tour**—Learn about Condomblé and Brazilian traditions.
- **3/15—His Way: Frank Sinatra**—We'll see young Frank make hearts melt in the musicals that the world fell in love with.
- **3/19—A Stroll Down Bull Street**—Come join a live virtual tour of Savannah, Georgia.
- **3/22—Early Days of Television**—Television started in 1928 in New York and the first major network launched in 1937. Learn about the difficulties this medium met during World War II, Ed Sullivan, Uncle Milton and more.
- **3/24—Morning, Noon & Night**—Join the North Carolina Museum of Art. *Please note a different Zoom room ID: 910 9028 6283*
- **3/26—Stockholm**—Enjoy a live virtual tour of Old Town and learn about the medieval origins of Stockholm.
- **3/29—1961: JFK, Cold War, Civil Rights**—Take a tour of everything that happened during 1961.
- **3/31—Maritime Museum**—Check out the North Carolina Maritime Museum with this virtual tour.
- **4/2—Changing the Course of History**—Neil Postman once said, "Children are the living message we send to a future we will not see." When we change the life of a young person, we change the course of human history.
- **4/5—Chicago in the Movies**—Chicago is featured in some of the most beloved movies in cinema history. Watch memorable characters such as Elliot Ness, Jake and Elwood Blues, Al Capone and many more.
- **4/7—Turtle Time**—Is a turtle's shell it's home? Help us answer this age old question as we examine the lives of North Carolina's land, freshwater, and sea turtles.
- **4/9—Your Brain is Lying to You**—How might you show up differently in the world if you understood that much of what you believe today is misguided or wrong? Would you be more risk averse or see it as an invitation to be more inquisitive and open minded?
- **4/12—Hail Caesar: Sid Caesar**—Don't miss out on this fantastic celebration of the pioneer who started a comedy revolution!
- **4/16—Solving Climate Change**—Mike Zaniello discusses solving climate change with a solution we all will like.
- **4/19—Elizabeth Taylor: Violet Beauty**—She was one of the most admired and talked about women in the world, the ultimate movie star who lived her entire life in the public eye.
- **4/21—Amazing Amphibians**—Come learn all you wanted to know about frogs, toads, and salamanders.
- **4/23—Affirming Life**—Roger will help us find joy and wisdom on the other side of suffering.
- **4/26—Live Tour: Amsterdam**—Learn about the rich history, connections between the US and the Netherlands, the Dutch culture, what life is like in the Netherlands, and how Amsterdam became the most multicultural and tolerant town in the world!
- **4/28—Habitat Fixer Uppers**—Learn about wetlands and how to keep them healthy.
- **4/28—From Prairie to Suburbs**—A History of Schaumburg Township
- **4/30—Sagrada Família in Barcelona**—Come learn about this famous Basilica in Barcelona.

Monthly Movies

March 10: Driveways

Brian Dennehy stars in this highly acclaimed movie about a single mother who travels with her 8 year old son to her late sister's house. Her son develops an unlikely friendship with the Korean War vet and widower who lives next door.



April 14: Emma

Handsome, clever and rich, Emma is a restless "queen bee" without rivals in her sleepy little English town. Emma must navigate her way through the challenges of growing up.



Movies are held the 2nd Wednesday of the month at 1 p.m. and will be offered both in-person and via Zoom. If attending in person, please call 847-285-4541 to register.

Art Expressions

Join Kristi for step-by-step instructions on how to create a masterpiece. Starting in March we are able to offer a limited number of in-person spots for this class. It will also be offered over Zoom for those who wish to paint from home. See below for the upcoming designs and registration dates.

Class Date: March 17

Paint your take on Van Gogh's Starry Night.

Register by: March 10



Class Date: April 14

Create the phases of the Moon.

Register by: April 7



Seniors ROCK

Are you looking for an easy, fun and uplifting activity for all skill levels that can bring a smile to another person? Schaumburg Township Seniors ROCK project is a simple one you can do from home, or with your Township friends via Zoom or in-person. Participants will paint encouraging words or cheerful designs on rocks (yes, ROCKS). Your artwork is yours to keep, give to someone else, or donate to the Township for distribution to others. It's a fun way to provide recipients with something tangible as a reminder they are thought of.

All materials will be provided at no cost.

Registration deadline: March 16.

Pick up: March 22 from 2–4 pm

In-person & Zoom event: March 24 from 1–2pm



FREE 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
- Movies
- Health Topics
- 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.

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 Nurse Janet for more information) Tai Chi* 1–2 pm \$5 per class	Diabetes Support Group* 10:30–11:30 am 2nd and 4th Wednesday Movie Wednesday* 1 pm 2nd Wednesday	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

Sessions in **BLUE** will be available in-person. Please call to register and for more info.

*These programs are available virtually. Any fees are waived while offered virtually.

March 2021

Mon

Tue

Wed

Thu

Fri

<p>1 <i>10am Everything You Know About the Movies</i></p> <p><i>1pm Chair Yoga</i></p>	<p>2 <i>10am Trivia</i></p> <p><i>1pm Tai Chi</i></p>	<p>3 <i>10am Historical Italy</i></p> <p><i>1pm SHIP Basics</i></p>	<p>4 <i>10am Bingo</i></p> <p><i>1pm Health Topic with Nurse Janet: Staying Safe in Cold Weather</i></p>	<p>5 <i>10am Cooking Class & Baianese Traditions</i></p> <p><i>1pm Chair Yoga</i></p>
<p>8 <i>10am Funniest Women in the Movies</i></p> <p><i>1pm Chair Yoga</i></p>	<p>9 <i>10am Scattergories</i></p> <p><i>1pm Tai Chi</i></p>	<p>10 <i>10am Amazing Alligators</i></p> <p><i>1pm Movie: Driveways</i></p>	<p>11 <i>10am Bingo</i></p> <p><i>1pm Health Topic with Nurse Janet: Anti-Inflammatory Diet</i></p>	<p>12 <i>10am Afro Tour</i></p> <p><i>1pm Chair Yoga</i></p>
<p>15 <i>10am His Way: Frank Sinatra</i></p> <p><i>1pm Chair Yoga</i></p>	<p>16 <i>10am Trivia</i></p> <p><i>1pm Tai Chi</i></p>	<p>17 <i>10am Art Expressions (\$7)</i></p> <p><i>1pm St. Patty's Day Bingo (lunch pick up 11am at Chandler's)</i></p>	<p>18 <i>10am Bingo</i></p>	<p>19 <i>10am A Stroll Down Bull Street</i></p> <p><i>1pm Chair Yoga</i></p>
<p>22 <i>10am Early Days of Television</i></p> <p><i>1pm Chair Yoga</i></p>	<p>23 <i>10am Scattergories</i></p> <p><i>1pm Tai Chi</i></p>	<p>24 <i>10am Morning, Noon & Night</i></p> <p><i>1pm Rocking with Sharon</i></p>	<p>25 <i>10am Bingo</i></p> <p><i>1pm Health Topic with Nurse Janet: Demystifying the Myths of Senior Living</i></p>	<p>26 <i>10am Stockholm</i></p> <p><i>1pm Chair Yoga</i></p>
<p>29 <i>10am 1961: JFK, Cold War, Civil Rights</i></p> <p><i>1pm Chair Yoga</i></p>	<p>30 <i>10am Trivia</i></p> <p><i>1pm Tai Chi</i></p>	<p>31 <i>10am Maritime Museum Tour</i></p>		

April 2021

Mon

Tue

Wed

Thu

Fri

			<p>1 10am Bingo</p> <p>1pm Health Topic with Nurse Janet: Cooking Class</p>	<p>2 10am Changing the Course of History</p> <p>1pm Chair Yoga</p>
<p>5 10am Chicago in the Movies</p> <p>1pm Chair Yoga</p>	<p>6 10am Scattergories</p> <p>1pm Tai Chi</p>	<p>7 10am Turtle Time</p> <p>1pm SHIP Talk with Cindy</p>	<p>8 10am Bingo</p> <p>1pm Health Topic with Nurse Janet: Reading Labels</p>	<p>9 10am Your Brain is Lying to You</p> <p>1pm Chair Yoga</p>
<p>12 10am Hail Caesar: Sid Saesar</p> <p>1pm Chair Yoga</p>	<p>13 10am Trivia</p> <p>1pm Tai Chi</p>	<p>14 10am Art Expressions (\$7)</p> <p>1pm Movie: Emma</p>	<p>15 10am Bingo</p> <p>1pm Health Topic with Nurse Janet: How to Avoid Sugar Cravings</p>	<p>16 10am Solving Climate Change</p> <p>1pm Chair Yoga</p>
<p>19 10am Elizabeth Taylor: Violet Beauty</p> <p>1pm Chair Yoga</p>	<p>20 10am Scattergories</p> <p>1pm Tai Chi</p>	<p>21 10am Amazing Amphibians</p> <p>1pm Fun with Becky</p>	<p>22 10am Bingo</p> <p>1pm Health Topic with Nurse Janet: Getting the Best Care</p>	<p>23 10am Affirming Life</p> <p>1pm Chair Yoga</p>
<p>26 10am Live Tour of Amsterdam</p> <p>1pm Chair Yoga</p>	<p>27 10am Trivia</p> <p>1pm Tai Chi</p>	<p>28 10am Habitat Fixer Upper</p> <p>1pm Something with Caryn</p>	<p>29 10am Bingo</p> <p>1pm Health Topic with Nurse Janet: Forgetfulness</p>	<p>30 10am Sagrada Familia in Barcelona</p> <p>1pm Chair Yoga</p>

Social Services and Programs



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 Appointments Available

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

Transportation Services
847-882-1929

Grocery Store Schedule

Transportation is able to offer the following grocery store schedule:

Walmart on Barrington Road

March 1, 5, 29, and April 2

Target on Schaumburg Road

March 8 & 12 and April 5 & 9

Walmart on Meachum Road

March 15 & 19 and April 12 & 16

Target on Higgins Road

March 22 & 25 and April 26 & 30



For everyone's safety, we are limiting the amount of riders for appropriate social distancing and face masks are required. Due to the fluid nature of COVID-19, services may change.

Community Health Nurse Services

Services available include:

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

Nurse Janet also facilitates these activities:

- Walking Group every Tuesday and Thursday 8:45 – 9:45 am at Volkening 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 and in-person programming on health related topics Thursdays at 1 pm .
- Bridges to Memory Group meets in-person the last Wednesday of the month from 2–3:30 p.m.



Northwest Community Healthcare (NCH) nurse, Janet Stachula, RN, is available at the Township every Tuesday, Wednesday and Thursday from 9:30–4:30 p.m.

Due to COVID-19 safety practices, appointments are required.

Social Services and Programs

Food Pantry	Benefit Access Program	SHIP Corner
<ul style="list-style-type: none"> • 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. • Due to the nature of the food pantry donation based program, items vary daily/weekly. • Residents may visit the pantry once every four weeks. <p><u>Hours of operation:</u> Monday, Wednesday Friday: 9:30 a.m.—1:30 p.m. Tuesday, Thursday: 12 p.m.—4 p.m.</p> <p>Appointments are required.</p>	<p>The Benefit Access Program provides a discount off the annual license plate registration fee and the Free Ride Transit Pass.</p> <p>To qualify:</p> <ul style="list-style-type: none"> • 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. <p>Call Senior Services to see if you qualify, or to schedule an appointment.</p>	<p>Welcome to a new feature in the Senior Newsletter! Each edition we'll provide some information on the Senior Health Insurance Program (SHIP).</p> <p>In addition to providing information here each month, you can join Cindy McCune, our SHIP Volunteer, for a virtual program to learn about different aspects of Medicare.</p> <p>Have you ever heard the word SHIP and wondered what it meant? Are you unsure about what kinds of information you can find on the Medicare.gov website? If so, mark your calendar and join the Zoom presentation on Wednesday, March 3rd at 1pm.</p> <p>Join us Wednesday, April 7 to learn more about creating a Medicare.com account.</p>

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:

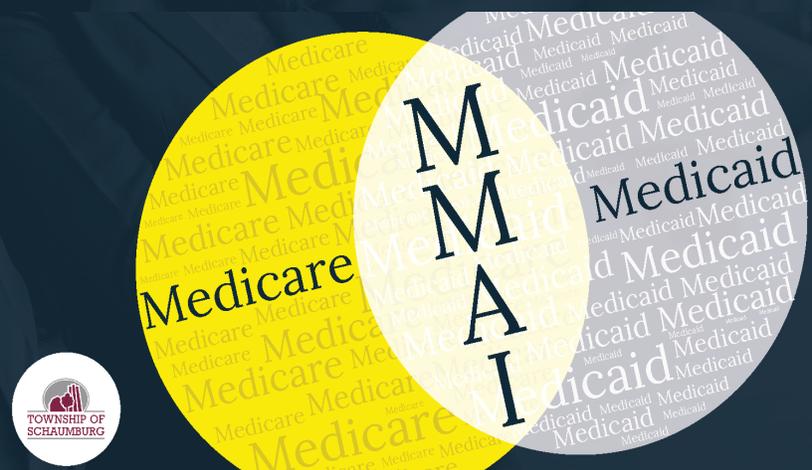
1 person household	\$2,127
2 person household	\$2,873
3 person household	\$3,620

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.

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.





Township of Schaumburg 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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PAID
PERMIT NO. 154
SCHAUMBURG, IL

BREAKFAST WITH KIM & CARYN



Breakfast with your two favorite Township Program Staff, Kim and Caryn is BACK! Join them the last Tuesday of every month at 8 a.m. for breakfast, conversation, and lots of laughter. Participants will be responsible for their own check. Please register if you plan to attend so we can reserve enough tables.

Tuesday, March 30

Checkers
506 Wise Road, Schaumburg
Register by March 26

Tuesday, April 27

Applevilla Pancakes
3101 Barrington Road, Hoffman Estates
Register by April 23