



ACCESS POINT[→] NEWSLETTER

November–December 2022

HOLIDAY LUNCH & SHOW



Friday, December 9 | 11am | \$30
Registration Deadline: November 28
Chandler’s Banquets

Come join Senior Services for some holiday cheer! Join your friends for raffles, entertainment by Mike and Traci of Good Clean Fun Music. Lunch will be at 11:30am. Payment is required at registration via check, cash or credit card (4%).



PHOTOS WITH SANTA



Wednesday, December 14 | 4:30-6:30pm | FREE
Registration Deadline: Monday, December 12

Disability Services will be hosting sensory-friendly photos with Santa for families of individuals with a disability. Come dressed in your best, your holiday pajamas or your favorite outfit to meet the big guy in red. Each family will have a 10 minute appointment with Santa for photos, singing, and sharing your wish list. Registration is required by calling 847-285-4541.



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RECREATION AND EDUCATION

BOOK CLUB



Third Tuesdays
2:30pm | FREE

In partnership with Schaumburg Township District Library, Senior Services offers a Senior Book Club. The library will offer a variety of best-selling (large print) titles and fun and interesting discussions. Books can be picked up at Senior Services each month. For more information or to register, contact Caryn at 847-285-4541.

CUB UTILITY BILL CLINIC



Monday, November 7
10am | FREE

Have questions or concerns about your utility bills? Come to the Township of Schaumburg for a free utility bill clinic to learn how you can reduce electric, gas and landline/cell phone bills. Bring your electric and gas bills for specific feedback. This is a walk-in clinic; no registration required.

CAREGIVERS SUPPORT GROUP



Monday, November 21 and
Monday, December 19
11-12:30pm

Being a caregiver for a loved one with Alzheimer's, dementia or memory loss can be stressful and overwhelming. The Caregivers Support Group provides a place for family caregivers to share and receive support from others who understand. No registration required. Call Becky at 847-285-4541 with questions.



SOMEDAY AT CHRISTMAS



Tuesday, December 13 | 11:30am | \$52
Registration Deadline: November 22
Marriott Lincolnshire

Celebrate the season as nationally acclaimed singer, storyteller, and multi-instrumentalist John-Mark McGaha shares Stevie Wonder's musical messages of Joy, Love, and Peace on Earth. Talented, joyful, this singer sheds a personal light upon the miraculous life of one of America's greatest singers/songwriters. Songs include "Someday at Christmas", "My Cherie Amour", "That's What Christmas Means To Me", and many, many more. Fee includes admission ticket and transportation. Payment due at registration, cash, check or credit card (4%).

RECREATION AND EDUCATION

ART CONNECTIONS–NEW



Mondays beginning November 7 | 2pm | \$10

Connect your creativity to your imagination! This NEW, weekly class will provide participants the opportunity to experience creating art using a variety of mediums. No experience or artistic skill necessary. All you need is a willingness to learn and try new things! Registration and payment are required a week before each class to ensure there are enough supplies for everyone.



HATHA YOGA



Fridays | 9am | \$5

Hatha Yoga is a branch of yoga which uses physical techniques to preserve and channel the vital force or energy. This all-level class delivers fundamental poses that build strength, balance and flexibility. Participants are encouraged and guided to adapt poses to meet their individual needs. Please wear comfortable clothes and bring a yoga mat.

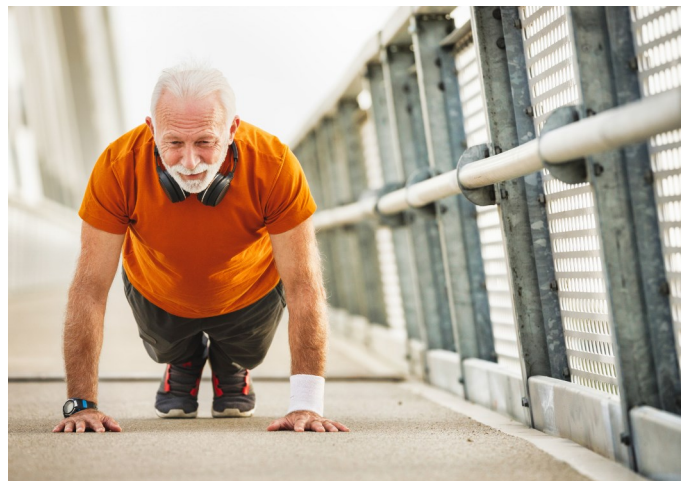


FIT FOR LIFE–NEW

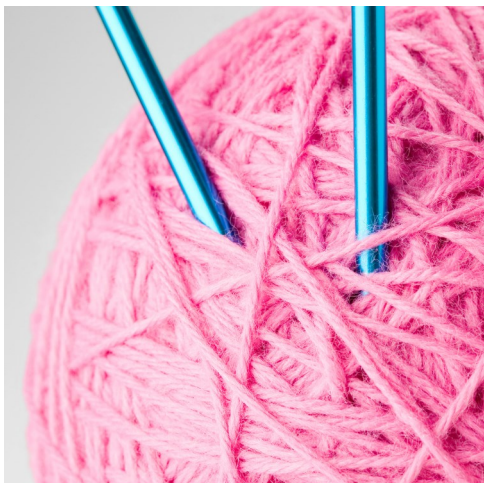


Mondays beginning November 7 | 9:30am | \$5

Fit for Life is a cardio conditioning class for all fitness levels. Jennifer is your instructor and she will provide different level options. You will work on cardio, strength and balance with a functional approach. No experience necessary. Get fit and make new friends!



RECREATION AND EDUCATION



KNIT & CROCHET GROUP

Fridays | 9-11am | FREE

Do you enjoy knitting or crocheting? Do you like to make new friends and socialize? Why not join our Knit and Crochet Group! All group members are a volunteer through Hands On Suburban and knit or crochet items for local hospitals, hospices, and non-profits. All yarn is provided through donations. Contact Kim at 847-285-4541 with any questions or to get help signing up as a Hands On Suburban volunteer.



PROGRAM VOLUNTEERS NEEDED

Do you have a special skill or talent to share? We are looking to build a special group of volunteers to donate their time and talents to make a difference in the lives of our senior residents. If you like to play cards, lead discussion groups, teach a language or about a culture, or something in the arts we would love to have you join our team! Businesses who may be interested in conducting one time or recurring classes may contact us to discuss partnership opportunities.

Weekday availability preferred, though evening availability would be considered. Call Caryn at 847-285-4541 for more information.

EVENT ICON LEGEND



On-site
(1 Illinois Blvd,
Hoffman
Estates, IL)



Off-site
(Less than
20 miles)



Off-site
(Over 20
miles)



None



Wheelchair
& Walker
Accessible



Light



Medium



Strenuous



\$0.01-
\$20.00



\$20.01-
\$50.00



\$50.00+



Donation



Registration
Required



No Registration
Required

RECREATION AND EDUCATION

**AARP TAX AIDE VOLUNTEERS NEEDED**

Tax season may seem like a long ways away, but the planning has begun! Senior Services and AARP are in need of some volunteers for the 2023 Tax Aide program. There are multiple opportunities for various levels of time commitment.

- **Appointment Scheduler:** Volunteers directly with the Senior Services department, scheduling appointments using an online scheduling program. Must be able to attend 1-2 trainings in January, be comfortable talking on the phone following a script and using the computer. Time commitment: 2-3 days a week for 3 1/2 hours per day. Contact Anna Newell at 847-285-4541 if interested.
- **AARP Tax Counselor:** You will volunteer through AARP and help older adults with low to moderate income prepare and file their tax returns online, providing them with deductions they may have missed and the refunds they deserve. Your assistance will help relieve the burden and stress of their doing their own taxes. Experience is not necessary; AARP will provide training and IRS certification. Visit <https://www.aarp.org/volunteer/programs/tax-aide/> to learn more and submit an interest form to AARP.
- **AARP Leadership and Administrative Volunteer:** You will volunteer through AARP and make sure program operations run smoothly, manage volunteers, and maintain quality control. Visit <https://www.aarp.org/volunteer/programs/tax-aide/> to learn more and submit an interest form to AARP.

The AARP Tax Aide program provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Last year, volunteers at Schaumburg Township assisted over 500 residents schedule and successfully file their state and federal tax returns. Come join our team in providing this great service!

RECREATION AND EDUCATION

BREAKFAST SOCIAL

Did you know that socializing can lighten your mood and make you feel happier? Join us for breakfast! You may meet new friends and/or visit with old ones. Experience some great food while supporting local township restaurants.

Checkers

November 29 | 8am | On Own
 Register By: November 22
 506 Wise Road

Maxfields

December 27 | 8am | On Own
 Register By: December 22
 700 E. Schaumburg Road



RECCURING PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fit for Life 9am \$5	Walking Group* 8:45-9:45am Meet at Volkening Lake	Coffee & Conversation* 9am 1st Wed	Walking Group* 8:45-9:45am Meet at Volkening Lake	Hatha Yoga 9am \$5
Chair Yoga 1pm \$5	Zumba Gold 9:30am \$5	Diabetes Support Group* 10:30-11:30am 2nd & 4th Wed.	Zoom Bingo 10am FREE	Chair Yoga 1pm \$5
Art Connections 2pm \$10	Tai Chi 1pm \$5	Bridges to Memory* 2pm 3rd Wed.	In-Person Bingo 1pm	
Alzheimer's Association Caregivers Support Group 11am 3rd Mon.				

*Please call Nurse Janet at 837-285-4551 with questions or to register.

Pre-registration and payment encouraged. Utilize registration pages 7-8 for easy registration.

NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30am Zumba Gold 1pm Tai Chi	2 9am Coffee & Conversation	3 10am Zoom Bingo 1pm Live Bingo	4 9am Hatha Yoga 10am A Matter of Balance 1pm Chair Yoga
9:30am Fit for Life 10am CUB Utility Bill Clinic 1pm Chair Yoga 2pm Art Connections	8 Election Day 11am Cooking Class	9 9:30am Holocaust Museum 10:30am Diabetes Support Group	10 10am Zoom Bingo 1pm Live Bingo	11 9am Hatha Yoga 10am A Matter of Balance 1pm Chair Yoga
14 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections	15 9:30am Zumba Gold 1pm Tai Chi 2:30pm Book Club	16 10am A Matter of Balance 2pm Bridges to Memory	17 10am Zoom Bingo 1pm Live Bingo	18 9am Hatha Yoga 1pm Chair Yoga
21 9:30am Fit for Life 11am Caregiver Support Group 1pm Chair Yoga 2pm Art Connections	22 9:30am Zumba Gold 1pm Tai Chi	23 10:30am Diabetes Support Group	24 Township Closed	25 Township Closed
28 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections	29 8am Breakfast Social 9:30am Zumba Gold 1pm Tai Chi	30		Zoom Info: Meeting ID: 471 587 2835 Please call 847-285-4541 for the passcode.

DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Zoom Info: Meeting ID: 471 587 2835 Please call 847-285-4541 for the passcode.		1 10am Zoom Bingo 1pm Live Bingo	2 9am Hatha Yoga 1pm Chair Yoga
5 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections	6 9:30am Zumba Gold 1pm Tai Chi	7 9am Coffee and Conversation	8 10am Zoom Bingo No Live Bingo	9 11am Holiday Party
12 9:30am Fit for Life 2pm Art Connections	13 9:30am Zumba Gold 1pm Tai Chi	14 10:30am Diabetes Support Group 4:30pm Photos with Santa	15 10am Zoom Bingo 1pm Live Bingo	16 9am Hatha Yoga 1pm Holiday Floral Make and Take 1pm Chair Yoga
19 9:30am Fit for Life 11am Caregiver Support Group 1pm Chair Yoga 2pm Art Connections	20 9:30am Zumba Gold 1pm Tai Chi	21 2pm Bridges to Memory	22 10am Zoom Bingo 1pm Live Bingo	23 Township Closed
26 Township Closed	27 8am Breakfast Social 9:30am Zumba Gold 1pm Tai Chi	28 10:30am Diabetes Support Group	29 10am Zoom Bingo 1pm Live Bingo	30 9am Hatha Yoga 1pm Chair Yoga

PROGRAM REGISTRATION

Name (Please Print)	Phone
Address, City, Zip Code	Email
Emergency Contact Name & Relationship	Emergency Contact Phone Number

SIGN UP	PROGRAM NAME	DAY	DATE	START TIME	FEE
	Zumba Gold	Tues	Nov 1	9:30am	\$5.00
	Tai Chi	Tues	Nov 1	1pm	\$5.00
	Live Bingo	Thurs	Nov 3	1pm	At Door
	Hatha Yoga	Fri	Nov 4	9am	\$5.00
	Chair Yoga	Fri	Nov 4	1pm	\$5.00
	Fit for Life	Mon	Nov 7	9:30am	\$5.00
	Chair Yoga	Mon	Nov 7	1pm	\$5.00
	Art Connections	Mon	Nov 7	2pm	\$10.00
	Live Bingo	Thurs	Nov 10	1pm	At Door
	Hatha Yoga	Fri	Nov 11	9am	\$5.00
	Chair Yoga	Fri	Nov 11	1pm	\$5.00
	Fit for Life	Mon	Nov 14	9:30am	\$5.00
	Chair Yoga	Mon	Nov 14	1pm	\$5.00
	Art Connections	Mon	Nov 14	2pm	\$10.00
	Zumba Gold	Tues	Nov 15	9:30am	\$5.00
	Tai Chi	Tues	Nov 15	1pm	\$5.00
	Live Bingo	Thurs	Nov 17	1pm	At Door
	Hatha Yoga	Fri	Nov 18	9am	\$5.00
	Chair Yoga	Fri	Nov 18	1pm	\$5.00
	Fit for Life	Mon	Nov 21	9:30am	\$5.00
	Chair Yoga	Mon	Nov 21	1pm	\$5.00
	Art Connections	Mon	Nov 21	2pm	\$10.00
	Zumba Gold	Tues	Nov 22	9:30am	\$5.00
	Tai Chi	Tues	Nov 22	1pm	\$5.00
	Fit for Life	Mon	Nov 28	9:30am	\$5.00
	Chair Yoga	Mon	Nov 28	1pm	\$5.00
	Breakfast Social: Checkers	Tues	Nov 29	8am	On Own
	Zumba Gold	Tues	Nov 29	9:30am	\$5.00
	Tai Chi	Tues	Nov 29	1pm	\$5.00

PROGRAM REGISTRATION

SIGN UP	PROGRAM NAME	DAY	DATE	START TIME	FEE
	Reoccurring Programs - December				
	Live Bingo	Thur	Dec 1	1pm	At Door
	Hatha Yoga	Fri	Dec 2	9am	\$5.00
	Chair Yoga	Fri	Dec 2	1pm	\$5.00
	Fit for Life	Mon	Dec 5	9:30am	\$5.00
	Chair Yoga	Mon	Dec 5	1pm	\$5.00
	Art Connections	Mon	Dec 5	2pm	\$10.00
	Zumba Gold	Tues	Dec 6	9:30am	\$5.00
	Tai Chi	Tues	Dec 6	1pm	\$5.00
	Fit for Life	Mon	Dec 12	9:30am	\$5.00
	Chair Yoga	Mon	Dec 12	1pm	\$5.00
	Art Connections	Mon	Dec 12	2pm	\$10.00
	Zumba Gold	Tues	Dec 13	9:30am	\$5.00
	Tai Chi	Tues	Dec 13	1pm	\$5.00
	Live Bingo	Thurs	Dec 15	1pm	At Door
	Hatha Yoga	Fri	Dec 16	9am	\$5.00
	Chair Yoga	Fri	Dec 16	1pm	\$5.00
	Fit for Life	Mon	Dec 19	9:30am	\$5.00
	Chair Yoga	Mon	Dec 19	1pm	\$5.00
	Art Connections	Mon	Dec 19	2pm	\$10.00
	Zumba Gold	Tues	Dec 20	9:30am	\$5.00
	Tai Chi	Tues	Dec 20	1pm	\$5.00
	Live Bingo	Thurs	Dec 22	1pm	At Door
	Breakfast Social: Maxfields	Tues	Dec 27	8am	On Own
	Zumba Gold	Tues	Dec 27	9:30am	\$5.00
	Tai Chi	Tues	Dec 27	1pm	\$5.00
	Live Bingo	Thurs	Dec 29	1pm	At Door
	Hatha Yoga	Fri	Dec 30	9am	\$5.00
	Chair Yoga	Fri	Dec 30	1pm	\$5.00
	Special Events & Day Trips–November/December (Registration due in November)				
	Holiday Lunch & Show	Fri	Dec 9	11am	\$30.00
	Someday At Christmas	Tues	Dec 13	1:30am	\$52.00
	Holiday Floral Make and Take	Fri	Dec 16	1pm	\$20.00

TOWNSHIP SERVICES

COMMUNITY HEALTH NURSE

COFFEE & CONVERSATION

Fall Prevention

Wednesday, November 2 | 9am | FREE

A physical therapist from NCH will be here to give a presentation on fall prevention, balance and safety in the home.

Seasonal Depression: How to Feel Sunnier in the Winter

Wednesday, December 7 | 9am | FREE

COOKING CLASS

Tuesday, November 8 | 11am | FREE

Join Nurse Janet as she demonstrates how to make 3 healthy fall salads.

BRIDGES TO MEMORY

Wednesday, November 16 & December 21 | 2pm

Bridges to Memory is a social gathering for people with dementia/ Alzheimer’s disease and their caregivers to interact with others and participate in activities to stimulate the mind. First time registration is required by contacting Nurse Janet at 847-285-4551.



TRANSPORTATION

Transportation is able to help seniors and adults with disabilities get to local stores for shopping. Call Transportation at 847-882-1929 to schedule your ride.



Stores	Day(s)	Area Served
Walmart & Target	Mondays & Fridays	Whole Township
Jewel, Mariano’s & Aldi	Tuesday, Wednesday, Thursday & Friday	Based on resident’s location in the Township
Valli	Tuesday	Whole Township

TOWNSHIP SERVICES



FOOD PANTRY

The Township's Food Pantry is a client choice model which gives residents the opportunity to select their own food. Available to assist all Township residents who are facing food insecurity, appointments are easy to make by calling 847-285-4503. Residents are asked to bring a current piece of mail issued within the last 30 days as proof of residency.

Food Pantry Hours

Monday: 9am-2pm

Tuesday: 10am-3pm

Wednesday: 9am-2pm

Thursday: 11am-4pm

Friday: 10am-3pm

NOTARY PUBLIC

The Township offers free Notary Public services on a walk-in basis during regular business hours. Cook County Quit Claim Deed or other conveyance of property in Cook County cannot be notarized by Township staff. Residents seeking notary services for those documents must visit Cook County offices.



VETERANS HONOR ROLL

The Township of Schaumburg honors veterans for their services to our country at monthly Regular Board of Trustees meetings. Veterans seeking to be honored must have served during a time of conflict, had an honorable discharge, reside within Schaumburg Township, provide a copy of DD-214 form and complete a Veteran Honor Roll Application. Call 847-285-4561 with questions or to receive an application.



SOCIAL SERVICES

MEDICARE OPEN ENROLLMENT

Medicare's Open Enrollment Period is here! Between now and December 7, Medicare recipients can make changes to their prescription drug plan (Part D) and Medicare Advantage Plan (Part C). Disability and Senior Services staff are trained SHIP Counselors who can assist you when considering making changes. Appointments are required and limited evening appointments are available. Call 847-285-4541 to schedule an appointment. Assistance is also available by calling Medicare at 1-800-633-4227.



PREPARING FOR TAX SEASON

As we come to an end of another year you will be receiving information and envelopes marked Important Tax Document. To help you prepare for getting your income taxes done, you might find it helpful to put them in a large envelope or file folder labeled 'Tax Year 2022'.

As in the past, AARP volunteers will provide free tax preparation service through the AARP Tax Aide program from February to early April. More information about required documents and the scheduling process will be provided in the January/February Access Point.

SNAP AND MEDICAID

Even though the COVID-19 Public Health Emergency has not officially ended, some clients have received redetermination applications in the mail. It is important to make sure your address is current with DHS so you continue to receive your redetermination notices and don't lose your benefits. Call your local DHS office or 1-877-805-5312 from 7:45 am - 4:30 pm to update your address.



SOCIAL SERVICES

OVER 65 AND STILL WORKING?

Are you 65 and still working? When deciding whether to sign up for Medicare Part A and B, there are some things that may affect your decision:

- Are you covered by a spouse or your employer with your insurance for health and prescription?
- Are you self employed and are covered by a group plan?
- Are there less than 20 employees in your company?

Medicare is complex and you don't want to incur a penalty for not applying at the correct time. Every situation is unique, but we have SHIP counselors here to help guide you through the process. Give us a call at 847-285-4541 to schedule an appointment to discuss all your Medicare options.



DURABLE MEDICAL EQUIPMENT SCAM ALERT

Durable Medical Equipment (DME) are supplies that are medically necessary such as orthotics, insulin pumps, and other equipment ordered by a physician. Medicare will only cover DME that is prescribed by a physician and provided through a Medicare approved supplier. To avoid being scammed, be wary if the following happens:

- Services claiming to be "free" are asking for your Medicare number. Services that are truly free will not ask for your Medicare number.
- DME is delivered to your home that you were not expecting. Do not sign or accept deliveries of unexpected DME without checking if it was prescribed or ordered by your physician's office.

Always check your Explanation of Benefits to make sure you are only billed for services received. If at any time you notice charges for services unknown to you, you can call the Senior Medicare Patrol at 1-800-699-9043 to report fraud.

DISABILITY SERVICES NEWS



FIRST FRIDAYS

Join the Village of Hoffman Estates' Commission for Persons with Disabilities for First Fridays. Held the first Friday of each month from 6:30-8pm, these free events provide fun activities for adolescents and adults with disabilities ages 14 and over and their friends. Call 847-781-2606 or email hallie.karle@hoffmanestates.org with questions or to join the mailing list.



PLANNING FOR THE FUTURE WEBINAR

The ARC of Illinois is hosting a webinar series called "Planning for the Future" on Monday, November 14, 1-4:30pm. Brian and Benjamin Rubin will present on Special Needs Estate & Future Planning from 1-3pm. Shirly Perez will discuss PUNS/Home Based Services from 3:15-4:30pm. Visit thearcofil.org/event for more information and to register.



NATIONAL STRATEGY TO SUPPORT FAMILY CAREGIVERS

For the first time ever, federal officials have developed a national strategy to help address the needs of family caregivers. This plan outlines actions 15 federal agencies will take over the next three years. It also provides steps states, communities and stakeholders can take to provide support. You can find more information about the 2022 National Strategy to Support Family Caregivers at acl.gov/CaregiverStrategy.



Township of Schaumburg
1 Illinois Boulevard
Hoffman Estates, IL 60169
Phone: 847-285-4541
www.schaumburgtownship.org
f @SchaumburgTownship
t @SchaumburgTwp
f @TOSDeafServices

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



HOLIDAY FLORAL MAKE & TAKE



Friday, December 16 | 1pm | \$20
Registration Deadline: December 9

Join us as we get together to create a fresh floral arrangement to welcome the holidays. Our friend Kathi from Kaleidoscope Floral will once again gently guide us through this relaxing process which includes all the supplies! Please remember to bring garden shears with you. Payment due at registration, cash, check or credit card (4%).

TOWNSHIP ELECTED OFFICIALS



SUPERVISOR
Timothy M.
Heneghan



TRUSTEE
Robert N. Fiorio



TRUSTEE
Demetrius J.
Gibson



TRUSTEE
Lauren Saternus



TRUSTEE
Matthew J.
Steward



CLERK
W. Robert
Vinnedge



ASSESSOR
John R. Lawson, CIAO



HIGHWAY
COMMISSIONER
Scott M. Kegarise