



ACCESS POINT[®] NEWSLETTER

March-April 2023

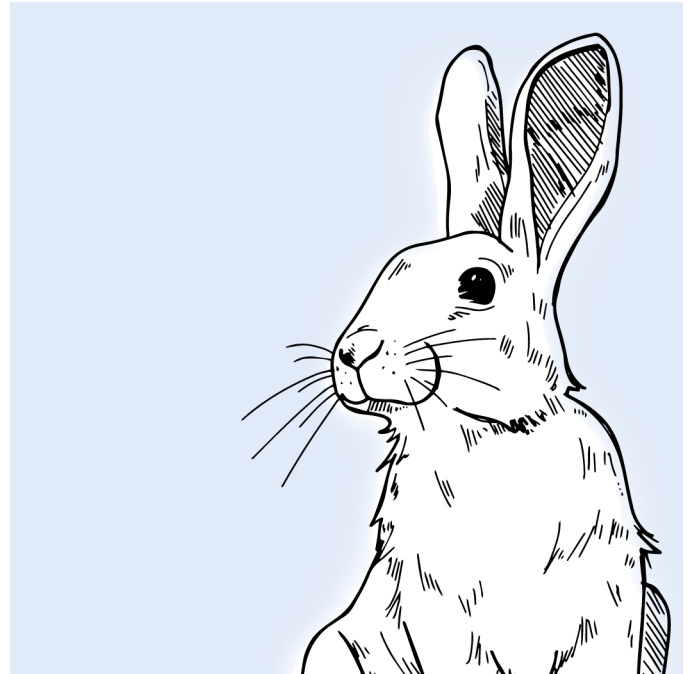
BUNNY BRUNCH



Saturday, April 1 | 10am | FREE
Registration Deadline: March 24

Families with kids with disabilities—join the Easter Bunny for brunch and fun at the Township of Schaumburg! Bring your camera for photos with the Easter Bunny.

This event is free, but advanced registration is required. Please call Disability and Senior Services at 847-285-4541 to register.



SPRING FLORAL MAKE & TAKE



Wednesday, March 29 | 1pm | \$25
Registration Deadline: March 22

Kathy from Kaleidoscope of Floral Design is back to teach us how to make a beautiful, spring floral arrangement! Registrants should bring gardening gloves and clippers. Other materials will be provided and participants will walk out of the class with a fresh flower arrangement to brighten any table.

Hurry, seats are limited. RSVP required.



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RECREATION AND EDUCATION

Payment due at registration: cash, check, credit card

NASHVILLE



October 9-13 | Departure: 8am | \$830
Registration Deadline: August 2
Departure from Elk Grove Park District

Calling all country music fans! Join us on a 5 day/4 night trip to Nashville with Diamond Tours.

Trip includes:

- Transportation
- 4 nights lodging
- 8 meals
- 2 great shows at Grand Ole Opry & Nashville Nightlife Dinner Theater.
- Tours, hotel and tax included in room fee. Does not include lunches and gratuity for bus driver and tour guides.

Entertainment includes the Grand Ole Opry, Belle Meade Historic Site & Winery, Johnny Cash Museum, Country Music Hall of Fame, Madame Tussauds Wax Museum, and Parthenon, as well as time to explore historic downtown Nashville. A daily itinerary is available in Disability and Senior Services.

Price is per person for double occupancy. A \$75 deposit is due at registration and final payment is due August 2. Please note departure for this trip is happening from Elk Grove Park District.



RTA ORIENTATION PRESENTATION



Wednesday, March 22 | 10am | FREE
Registration Deadline: March 21

The Regional Transportation Authority (RTA) will conduct an educational presentation on how to use Metra, CTA, Pace, and local public transportation options. The RTA also issues Reduced Fair and Ride Free permits, assesses eligibility for ADA Paratransit service, oversees specialized travel training for people with disabilities and older adults. Registration is requested.

RECREATION AND EDUCATION

Payment due at registration: cash, check, credit card

FRANK SINATRA



Wednesday, May 24 | Check-in: 10am | \$57
Registration Deadline: April 24
White Fence Farms

A fresh and unique salute to Ol' Blue Eyes! As the centennial of Frank's birth approaches, this exciting and memorable celebration showcases Sinatra like never before. Starring Peter Oprisko. Admission, lunch and transportation is included. Tickets are limited, so register soon!

MOTHER'S DAY TEA



Wednesday, May 10 | Check-in: 10:45am | \$60
Registration Deadline: May 1
Suzette's Creperie

Everyone is welcome to celebrate Mother's Day at Suzette's Creperie with an English Tea. The food and teas are wonderful and there is something for everyone! Make this Mother's Day an event you will always remember. Price includes tea, sandwiches, soup, dessert and transportation.



IDENTITY FRAUD PRESENTATION



Tuesday, April 12 | 10am | FREE
Registration Deadline: April 11

Learn how to identify potential scams and fraud, protect yourself against identity theft, and address concerns about being a victim of identity theft. Understand the importance of securing your personal information. Presentation conducted by the Illinois Comptroller's Office. Registration is requested.



RECREATION AND EDUCATION

Payment due at registration: cash, check, credit card

DAMN YANKEES



Wednesday, April 19 | Check-in: 10am | \$85
 Registration Deadline: April 12
 Marriott Lincolnshire

This musical tells the story set during the 1950's in Washington, DC, during a time when the New York Yankees dominated Major League Baseball. Middle-aged real estate agent Joe Boyd makes a deal with the devil to beat "those damn Yankees". Admission, lunch and transportation included.



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 |
| | | | | | | | |
| FREE | \$0.01- \$20.00 | \$20.01- \$50.00 | \$50.00+ | Donation | Registration Required | No Registration Required | |



GREASE



Wednesday, May 17 | Check-in: 10:30am | \$100
 Registration Deadline: May 10
 Drury Lane

During a visit to America in summer of 1958, Australian Sandy Olsson meets Danny Zuko at the beach and falls in love. But when the summer ends, the two think they'll never see each other again. However, they're both wrong and there is an unexpected change. Admission, lunch and transportation included.

RECREATION AND EDUCATION

Payment due at registration: cash, check, credit card



CHAIR YOGA



Mondays & Fridays | 1pm | \$5

Chair Yoga is a form of yoga that is done sitting on a chair or standing next to a chair. It is a safer more comfortable way to engage in yoga. It benefits not only your flexibility and balance but helps build confidence, mental wellbeing and enables you to adopt a healthier lifestyle. No experience necessary. Cash payment at the door. Registration preferred, walk-ins welcome.

TAI CHI



Tuesdays | 1pm | \$5

Tai Chi, sometimes called "shadowboxing," is an internal Chinese martial art practiced for defense training, health benefits and mediation. It focuses on muscle control, stability, balance, and flexibility. Practiced regularly, it can also help reduce pain from knee osteoarthritis, back problems and fibromyalgia. No experience necessary. Participants are encouraged to wear comfortable clothing and shoes. Cash payment at the door.

MEDITATION-NEW



Third Friday beginning March 17 | 10:15am | \$5

Mindfulness is a scientifically researched and proven method to manage stress and increase well-being. In this monthly 45 minute class, you will learn the foundational practices of mindfulness to calm and steady the mind. Suitable for all levels of experience with meditation, Camille will lead you through a different practice each month.

CAREGIVER SUPPORT GROUP



Third Monday | 11am | FREE

Facilitated by Becky Cordes, Director of Senior and Disability Services, the Caregiver Support Group is offered in partnership with the Alzheimer's Association and provides an opportunity for caregivers to talk about their experiences and provide support to each other. No registration required.

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.

Schaumburg Public House

March 28 | 8am | On Own
 Register By: March 24
 1551 N. Thoreau Drive

Walker Brothers

April 25 | 8am | On Own
 Register By: April 18
 18 S. Roselle Rd.



RECCURING PROGRAMS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|----------------------------|--|-----------------------------------|---|
| Fit for Life 9am \$5 | Walking Group* 8:45am | Coffee & Conversation* 9am 1st Wed | Walking Group* 8:45-9:45am | Hatha Yoga 9am \$5 |
| Caregiver Support Group 11am 3rd Monday | Zumba Gold 9:30am \$5 | Diabetes Support Group* 10:30am 2nd & 4th Wed. | Zoom Bingo 10am FREE | Meditation 10:15am \$5 3rd Friday |
| Chair Yoga 1pm \$5 | Tai Chi 1pm \$5 | Bridges to Memory* 2pm 3rd Wed. | In-Person Bingo 1pm \$1/card | Chair Yoga 1pm \$5 |
| Art Connections 2pm \$10 | | | | |

*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.

MARCH 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| Zoom Meeting ID: 471 587 2835 Please call 847-285-4541 for the passcode. | | 1 9am Coffee & Conversation 10am Spanish | 2 8:45am Walking Grp 10am Zoom Bingo 1pm Live Bingo | 3 9:15am Hatha Yoga 1pm Chair Yoga 3pm Ballroom Dance |
| 6 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections | 7 8:45am Walking Grp 9:30am Zumba Gold 10am Creative Writing 1pm Tai Chi | 8 10am Big Fish 10am Spanish 10:30am Diabetes Support Group | 9 8:45am Walking Grp 10am Zoom Bingo 1pm Live Bingo | 10 9:15am Hatha Yoga 1pm Chair Yoga 3pm Ballroom Dance |
| 13 9:30am Fit for Life 11am Caregiver Support Group 1pm Chair Yoga 2pm Art Connections | 14 8:45am Walking Grp 9:30am Zumba Gold 10am Diabetes Education & Support 10am Creative Writing 1pm Tai Chi | 15 2pm Bridges to Memory | 16 8:45am Walking Grp 10am Zoom Bingo 1pm Live Bingo | 17 9:15am Hatha Yoga 10:15am Meditation 1pm Chair Yoga |
| 20 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections | 21 8:45am Walking Grp 9:30am Zumba Gold 1pm Tai Chi 2:30pm Book Club | 22 10am RTA 10:30am Diabetes Support Group | 23 8:45am Walking Grp 10am Zoom Bingo 1pm Live Bingo | 24 9:15am Hatha Yoga 1pm Chair Yoga |
| 27 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections | 28 8am Breakfast Social 8:45am Walking Grp 9:30am Zumba Gold 11am Cooking Class 1pm Tai Chi | 29 1pm Spring Floral Make & Take | 30 8:45am Walking Grp 10am Zoom Bingo 1pm Live Bingo | 31 9:15am Hatha Yoga 1pm Chair Yoga |

APRIL 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| 3 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections | 4 8:45am Walking Grp 9:30am Zumba Gold 1pm Tai Chi | 5 10am Coffee & Conversation 9:30 Take Charge of Your Pain 10am Denny Diamond | 6 8:45am Walking Grp 10am Zoom Bingo 1pm Live Bingo | 7 9:15am Hatha Yoga 1pm Chair Yoga |
| 10 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections | 11 8:45am Walking Grp 9:30am Zumba Gold 10am Diabetes Ed. 1pm Tai Chi | 12 9:30 Take Charge of Your Pain 10am Identity Theft 10:30am Diabetes Support Group | 13 8:45am Walking Grp 10am Zoom Bingo No Live Bingo | 14 9:15am Hatha Yoga 1pm Chair Yoga |
| 17 9:30am Fit for Life 11am Caregiver Support Group 1pm Chair Yoga 2pm Art Connections | 18 8:45am Walking Grp 9:30am Zumba Gold 1pm Tai Chi 2:30pm Book Club | 19 9:30am Take Charge of Your Pain 2pm Bridges to Memory | 20 8:45am Walking Grp 10am Zoom Bingo 1pm Live Bingo | 21 9:15am Hatha Yoga 10:15am Meditation 1pm Chair Yoga |
| 24 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections | 25 8am Breakfast Social 8:45am Walking Grp 9:30am Zumba Gold 1pm Tai Chi | 26 9:30 Take Charge of Your Pain 10:30am Diabetes Support Group | 27 8:45am Walking Grp 10am Zoom Bingo 1pm Live Bingo | 28 9:15am Hatha Yoga 1pm Chair Yoga |
| Zoom Meeting ID: 471 587 2835 Please call 847-285-4541 for the passcode. | | | | |

TOWNSHIP SERVICES

COMMUNITY HEALTH NURSE

COMMUNITY DIABETES EDUCATION AND SUPPORT

2nd Tuesday | 10am | FREE

Have you recently been diagnosed with diabetes? Join Nurse Janet in this new class to Learn the skills to manage your diabetes, check your blood sugars and make healthy food choices. Registration is required.

COFFEE & CONVERSATION TOPICS

Functions of the Kidneys and Common Abnormalities

Wednesday, March 1 | 10am | FREE

Oral Health

Wednesday, April 5 | 10am | FREE

BLOOD PRESSURE SCREENING

Nurse Janet can provide FREE blood pressure screening to any community member. Appointments are requested.

Contact Nurse Janet at 847-285-4551 with questions, to register, or make an appointment for any of these programs.

FOOD PANTRY

The Food Pantry is available to all Township residents.

Appointments are easy to make by calling 847-285-4503. We ask that residents bring a current piece of mail that has been issued within the last 30 days as proof of residency, to each appointment. We operate a client choice food pantry model which gives residents the opportunity to select their own food. Due to the nature of our donation-based program, items vary daily/weekly.

Food Pantry Hours

Monday: 10-3pm

Tuesday: 9-2pm

Wednesday: 9-2pm

Thursday: 11-4pm

Friday: 10-3pm

Welfare Services accepts food and monetary donations throughout the year to support the donation-based pantry and other programs servicing residents in need. Check schaumburgtownship.org for more information.



TOWNSHIP SERVICES

TRANSPORTATION

Schaumburg Township transportation services are provided for seniors (age 55+) and people with permanent disabilities (age 18+) who reside within Schaumburg Township. All riders must register with the Transportation Department prior to service. Verification of age and residency is required. Permanently Disabled Citizens must furnish proof of permanent disability. Reservations are required no less than 72 hours in advance before 3pm and are taken on a first come-first serve basis. Medical and dental appointments must be confirmed for reservations to be accepted. If an assistant is required, a seat must be reserved for them when the reservation is made. Call 847-882-1929 to register and make reservations.

| 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 |

BENEFIT ACCESS DISCOUNT INCREASE

Beginning January 1, individuals who are approved for the Benefit Access Program will pay \$10 for their license plate sticker. This is a reduction from the previous \$24 fee. Benefit Access is a program administered by the Illinois Department on Aging.



RTA DISCOUNT AND RIDE FREE PROGRAMS

The Regional Transit Authority offers Ride Free permits to older adults and people with disabilities who are enrolled in the Illinois Department on Aging's Benefit Access program. This permit allows the permit holder to ride free on the CTA, Metra and Pace fixed-route services. Eligibility in the Benefit Access Program is required in order to be eligible for the RTA Ride Free program.

Reduced Fair Permits allow older adults and persons with qualifying disabilities to ride at a reduced rate on CTA, Metra and Pace buses and trains. Contact Disability and Senior Services at 847-285-4541 for more information or for assistance in applying for these programs.

SOCIAL SERVICES

SNAP EMERGENCY ALLOTMENT ENDING

Beginning March 2023, all SNAP households will see their benefits decrease.

During the pandemic, IDHS issued SNAP Emergency Allotments across the State of Illinois. Since April 2020, all Illinois SNAP households received their regular monthly benefit and an Emergency Allotment to help manage food insecurity.

Due to a recent federal policy change, SNAP Emergency Allotments ended February 28, 2023. The Emergency Allotments were an additional issuance of a minimum allotment of \$95 to each household's monthly benefits.

SNAP customers are encouraged to visit abe.illinois.gov or call the IDHS Helpline at 1-800-843-6154 and update information including a change of address, increase in housing costs, or decrease in income, to receive the maximum benefits for which they are eligible.



ASSISTANCE AVAILABLE TO VILLAGE OF SCHAUMBURG RESIDENTS

The Village of Schaumburg has Community Development Block Grant CARES Act (CDBG-CV) Program funds available to assist residents experiencing a temporary economic hardship due to the pandemic. Funds are available now for rent/mortgage and utility assistance. Eligible applicants must be residents of the Village of Schaumburg, have a qualifying income and meet other program criteria. For more information, visit the village's website at www.schaumburg.com/caresact, contact Kristin Jordan at kjordan@schaumburg.com or dial 311 in Schaumburg.

MEDICARE MEDICAID ALIGNMENT INITIATIVE

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.

MMAI covers prescription drugs, nursing home services, and certain services to help people stay in their homes through the Community Care Program, Home Services Program, or Supportive Living Facilities. It also includes services such as dental, vision, and transportation services. All MMAI plans also include care coordination.

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.

Disability and Senior Services staff are certified Senior Health Insurance Program (SHIP) Counselors and are able to help walk you through your options with MMAI. Call us at 847-285-4541 to schedule an appointment today.

SOCIAL SERVICES

AARP TAX AIDE

Don't forget to file your income taxes! The deadline to file is Tuesday, April 18. If you are still in need of help preparing your taxes you can call our AARP Tax Aide Appointment Line at 847-285-4597 to see if appointments are still available. Other AARP Tax Aide locations can be found by visiting https://www.aarp.org/money/taxes/aarp_taxaide/locations.html.

LOW-INCOME MEDICARE ASSISTANCE

Get help paying your Medicare Part A (Hospital Insurance) and Part B (Medical Insurance) premiums through a Medicare Savings Program. If you qualify, Medicare Savings Programs might also pay your Part A and Part B deductibles, coinsurance, and copayments.

"Extra Help" is a Medicare program to help people with limited income and resources pay Medicare drug coverage (Part D) premiums, deductibles, coinsurance, and other costs.

Disability and Senior Services staff are SHIP counselors who can provide unbiased information and assistance in applying for these programs. Call 847-285-4541 for an appointment.

MEDICAID TRANSPORTATION

TRIP ASSISTANCE

Do you have Medicaid and struggle to find transportation to medical appointments? First Transit can help! Follow these simple steps:

1. Call First Transit at 1-877-725-0569 to get your trip approved.
2. First Transit will ask the following questions
 - Your name
 - Permission to talk with the person calling on your behalf
 - Your pick-up address and phone number
 - Your Medicaid ID Number
 - The general reason for your doctor's visit
 - The name, address and phone number where you are going
 - The appointment date and time
 - If there are medical or non-medical reasons why you cannot use public or other transportation.
 - If you use a walker, wheelchair, or cane
 - If you can travel by yourself.
3. First Transit will give you a reference number.
4. Call the transportation company and give them your reference number and schedule your pick-up time.
5. Call the transportation company before your doctor's appointment to confirm your reservation.

DISABILITY SERVICES NEWS

DEVELOPMENTAL DISABILITIES AWARENESS MONTH

Every March, the National Association of Councils on Developmental Disabilities (NACDD) and its partners collaborate to lead Developmental Disabilities Awareness Month (DDAM). The campaign highlights how people with and without disabilities come together to form communities. It raises awareness of the inclusion and contributions of people with DD in all aspects of community life, and it's a time to explore the work we still need to do to remove barriers.

The theme for 2023, *Beyond the Conversation*, focuses on the question, "what next?" NACDD plans to highlight change and innovation—what individuals and communities are doing to move past talking to take action on education, employment, accessibility and more. To find out more about DDAM, visit nacdd.org.



TEMPORARY PARKING PLACARDS

Temporary disability parking placards (valid for 3 months) are available in Disability and Senior Services. To receive a temporary parking placard, please bring the completed Persons with Disabilities Certification for Parking Placard/License Plates form from the Illinois Secretary of State's office. For more information on disability parking placards, visit ilsos.gov.



AUTISM ACCEPTANCE MONTH

Autism Acceptance Month, previously named Autism Awareness Month, in April aims to celebrate and promote acceptance for the condition that occurs in one in every 54 children as of 2020 in the United States. Autism, a complex developmental condition affecting the patient's ability to interact, communicate, and progress, has not one but many subtypes. Autism Acceptance Month emphasizes the need for public awareness to promote acceptance, celebrate the differences, and be more inclusive towards autistic individuals around us.



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

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PERMIT NO. 154
SCHAUMBURG, IL



BAPS SHRI SWAMINARAYAN MANDIR



Wednesday, June 7 | Check-in: 10:15am | \$5
Registration Deadline: May 10

Visit the large, beautiful Mandir and experience its various facets of Hindu rites and rituals, as well as the core philosophical concepts of the religion. The fusion of stunning Indian architecture with modern technology and artistry has attracted people from all walks of life. Price includes guided tour and transportation. Vegetarian lunch is optional and on your own.

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