



# ACCESS POINT<sup>→</sup>

## NEWSLETTER

May-June 2023

### NEW HEARING SERVICES AVAILABLE

Starting in May, the Americans for Better Hearing Foundation (ABHF) will be at the Township every 1st Wednesday of the month to administer low-cost hearing services. ABHF accepts ALL insurance, including Medicare and Medicaid. They also offer a Fair Pricing Program to help those who self-pay.

Services include:

- Hearing Test
- Aural Rehabilitation
- Hearing Aids
- Hearing Aid Fittings, Batteries & Repairs
- Wax Removal

Appointments are required, with a physician Medical referral. Contact Disability & Senior Services to begin the paperwork process at 847-285-4541.

### CHARCUTERIE 101



Wednesday, July 19 | 5pm | \$26  
Registration Deadline: July 12

The word “charcuterie” refers to cold cooked, cured, or smoked meats. A traditional charcuterie board is just a meat platter, but today’s are so much more! Join us for a relaxing, fun-filled evening learning how to make amazing charcuterie boards. BYOB and we’ll enjoy our creation when complete! Presented by Kelly Clark of Graze Craze.



### CLASS PASS NOW AVAILABLE

Disability & Senior Services is now offering a Class Pass! Good for all \$5 exercise classes, this \$45 Class Pass gets you 10 classes for the price of 9. What a deal! Passes are non-refundable. Visit Disability & Senior Services to get yours today!

### INSIDE THIS ISSUE:

Recreation & Education.....2-6  
Calendar .....7-8  
Program Registration .....9-10

Township Services .....11-13  
Social Services .....14  
Disability Services News.....15

## RECREATION AND EDUCATION

Payment due at registration: cash, check, credit card

### ELVIS & TOM IN VEGAS



Wednesday, June 14 | Check-In: 10:30am | \$55

Registration Deadline: June 7

White Fence Farms

Join Denny Diamond as he performs songs made famous by Elvis Presley and Tom Jones during the 70's and their shows in Las Vegas. Cost includes lunch, show ticket and transportation.



### CREATIVE WRITING BASIC 101



Tuesday, May 2 | 10am | FREE

Registration Deadline: May 1

Creative writing is any form of writing which is written with the creativity of mind: fiction, poetry, creative nonfiction and more. The purpose is to express something, whether it be feelings, thoughts, or emotions. Our instructor, Alice, will go over the basic principles of Creative Writing in this one-time presentation.

### MOTHER'S DAY TEA



Wednesday, May 10 | Check-in: 10:45am | \$60

Registration Deadline: May 1

Suzette's Creperie, Wheaton

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.

## RECREATION AND EDUCATION

Payment due at registration: cash, check, credit card



## ST. CHARLES RIVERBOAT TOUR



Wednesday, June 28 | Check-in: 9:45am | \$45  
Registration Deadline: June 16

Relax and enjoy the ride on a riverboat! Experience a delicious lunch buffet while viewing the beautiful scenery going up the Fox River. Price includes: narrated cruise, buffet lunch and transportation to and from the riverboat.

## HEARING AND RETINAL SCREENINGS



Thursday, June 8 | 10:30am | FREE

The Schaumburg-Hoffman Lions Club and the Lions Club of Illinois Foundation will be hosting their Multi-Use Hearing and Retinal Screening Unit at the Township on Thursday, June 8. Hearing and retinal screenings will be available for free on a first come, first served basis.

Individuals interested in an ITAC amplified phone can bring an application to be signed during their hearing screening. ITAC staff will be available at the same time to assist in choosing an ITAC phone. No appointments for ITAC are necessary during this time.

## MUSIC NIGHT



Tuesday, July 11 | 6pm | \$10  
Registration Deadline: July 10

The Starlight Lounge is back open! Join us for some fun and dancing with Keith and Friends Rock band. Music is an integral part of everyday life and it's been proven that music is good for the body, mind, and soul. If you want to add some excitement to your evening, be sure to check out the nightlife with Betty and Keith.



## RULES OF THE ROAD



Friday, June 9 | 10am | FREE  
Registration Deadline: June 8

Worried about taking your DMV test? Take this refresher course to help you pass the written exam the first time. Class is presented in person.



## RECREATION AND EDUCATION

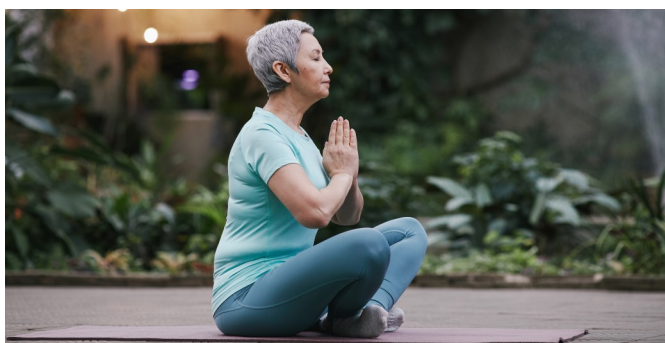
Payment due at registration: cash, check, credit card

## HATHA YOGA



Fridays | 9:15am | \$5

This all-level class delivers fundamental poses that build strength, balance and flexibility. The typical class format is a sequence of flowing postures which focus on alignment and breath awareness. Participants are encouraged and guided to adapt poses to meet their individual needs. Students progress from basic to more advanced variations as they gain experience.



## MEDITATION



Third Friday | 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.

## 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

## RECREATION AND EDUCATION

Payment due at registration: cash, check, credit card



## ART CONNECTIONS



Mondays | 2pm | \$10

Connect your creativity to your imagination! Art classes provide a wide range of benefits from reducing boredom, depression and anxiety to increasing a sense of control, creativity and self-esteem. Art classes are a great way to meet new people in a fun, relaxing setting. You don't have to be an artist to create art!

## FIT FOR LIFE



Fridays beginning May 5 | 8:15am | \$5

Due to popular demand, we are adding a second class! Fit for Life is a cardio conditioning class for all fitness levels. Jennifer, your instructor will provide different level options. Your work on cardio, strength and balance with a functional approach. No experience necessary.

## CREATIVE WRITING CLASS



Tuesdays beginning May 9 | 10am | FREE

Guided by the principles of Creative Writing, beginning and advanced writers will free write to refine their talent. Writers are welcome to present a portion of their work in progress for constructive critique. Registration is required for this 8-week series.



## BALLROOM DANCE RETURNS



Fridays beginning June 2 | 3pm | \$30

Ballroom dance is back for another 6-week class! The perfect combination of physical activity, social interaction and mental stimulation, ballroom dance provides positive effects for the mind, body and spirit. Your instructors, Clair, Bill and Gail will lead this fun filled class where you will learn how to Cha-Cha, Swing, Waltz and Fox Trot. No experience or partner required! Cost covers all 6 weeks.

## 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.

**Denny's**

May 23 | 8am | On Own  
 Register By: May 16  
 1175 N. Roselle Rd.

**Southern Cafe**

June 27 | 8am | On Own  
 Register By: June 20  
 511 Roselle Rd.



## RECCURING PROGRAMS

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

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

^Held indoors at the Township.      +Held outdoors at Volkering Lake.

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



## MAY 2023

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**1**

9:30am Fit for Life  
1pm Chair Yoga  
2pm Art Connections

**2**

8:45am Walking Grp^  
9:30am Zumba Gold  
10am Creative Writing 101  
1pm Tai Chi

**3**

8:45am Walking Grp+  
9:30am Take Charge of Your Pain  
10am Health Presentation-POA

**4**

8:45am Walking Grp^  
10am Zoom Bingo  
1pm Live Bingo

**5**

8:15am Fit for Life  
9am Knit & Crochet  
9:15am Hatha Yoga  
1pm Chair Yoga

**8**

9:30am Fit for Life  
1pm Chair Yoga  
2pm Art Connections

**9**

8:45am Walking ^  
9:30am Zumba Gold  
10am Diabetes Education & Support  
10am Creative Writing  
1pm Tai Chi

**10**

8:45am Walking +  
9:30am Take Charge of Your Pain  
10:30am Diabetes Support Group  
10:45am Mother's Day Tea

**11**

8:45am Walking Grp^  
10am Zoom Bingo  
1pm Live Bingo

**12**

8:15am Fit for Life  
9am Knit & Crochet  
9:15am Hatha Yoga  
1pm Chair Yoga

**15**

9:30am Fit for Life  
11am Caregiver Support Group  
1pm Chair Yoga  
2pm Art Connections

**16**

8:45am Walking Grp^  
9:30am Zumba Gold  
10am Creative Writing  
1pm Tai Chi  
2:30pm Book Club

**17**

8:45am Walking Grp+  
10:30am Grease  
2pm Bridges to Memory

**18**

8:45am Walking Grp^  
10am Zoom Bingo  
1pm Live Bingo

**19**

8:15am Fit for Life  
9am Knit & Crochet  
9:15am Hatha Yoga  
10:15am Meditation  
1pm Chair Yoga

**22**

9:30am Fit for Life  
1pm Chair Yoga  
2pm Art Connections

**23**

8am Breakfast Social  
8:45am Walking Grp^  
9:30am Zumba Gold  
10am Creative Writing  
1pm Tai Chi

**24**

8:45am Walking Grp+  
10am Frank Sinatra  
10:30am Diabetes Support Group

**25**

8:45am Walking Grp^  
10am Zoom Bingo  
1pm Live Bingo

**26**

8:15am Fit for Life  
9am Knit & Crochet  
9:15am Hatha Yoga  
1pm Chair Yoga

**29**

Township Offices Closed

**30**

8:45am Walking Grp^  
9:30am Zumba Gold  
10am Creative Writing  
1pm Tai Chi

**31**

8:45am Walking Grp+

^ - Walking Group held at Township  
+ - Walking Group held at Volkening Lake

Zoom Info:  
Meeting ID:  
471 587 2835  
Please call  
847-285-4541 for the passcode.

# JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>^ - Walking Group held at Township + - Walking Group held at Volkening Lake</p>	<p>Zoom Info: Meeting ID: 471 587 2835  Please call 847-285-4541 for the passcode.</p>		<p><b>1</b> 8:45am Walking Grp^ 10am Zoom Bingo 1pm Live Bingo</p>	<p><b>2</b> 8:15am Fit for Life 9:15am Hatha Yoga 1pm Chair Yoga 3pm Ballroom Dance</p>
<p><b>5</b> 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections</p>	<p><b>6</b> 8:45am Walking Grp^ 9:30am Zumba Gold 10am Creative Writing 1pm Tai Chi</p>	<p><b>7</b> 8:45am Walking Grp+ 10am Health Presentation– Sleep 10:15am BAPS Tour</p>	<p><b>8</b> 8:45am Walking Grp^ 10am Zoom Bingo 10:30am Hearing &amp; Retinal Screening 1pm Live Bingo</p>	<p><b>9</b> 8:15am Fit for Life 9:15am Hatha Yoga 10am Rules of the Road 1pm Chair Yoga 3pm Ballroom Dance</p>
<p><b>12</b> 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections</p>	<p><b>13</b> 8:45am Walking^ 9:30am Zumba Gold 10am Diabetes Ed. 10am Creative Writing 1pm Tai Chi 2:30pm Book Club</p>	<p><b>14</b> 8:45am Walking Grp+ 10:30am Diabetes Support Group 10:30am Elvis &amp; Tom in Vegas</p>	<p><b>15</b> 8:45am Walking Grp^ 10am Zoom Bingo 1pm Live Bingo</p>	<p><b>16</b> 8:15am Fit for Life 9:15am Hatha Yoga 10:15am Meditation 11:45am Winery101 1pm Chair Yoga 3pm Ballroom Dance</p>
<p><b>19</b> Township Offices Closed</p>	<p><b>20</b> 8:45am Walking Grp^ 9:30am Zumba Gold 10am Creative Writing 1pm Tai Chi</p>	<p><b>21</b> 8:45am Walking Grp+ 2pm Bridges to Memory</p>	<p><b>22</b> 8:45am Walking Grp^ 10am Zoom Bingo 1pm Live Bingo</p>	<p><b>23</b> 8:15am Fit for Life 9:15am Hatha Yoga 1pm Chair Yoga 3pm Ballroom Dance</p>
<p><b>26</b> 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections</p>	<p><b>27</b> 8am Breakfast Social 8:45am Walking Grp^ 9:30am Zumba Gold 10am Creative Writing 1pm Tai Chi</p>	<p><b>28</b> 8:45am Walking Grp+ 9:45am St. Charles Boat Trip 10:30am Diabetes Support Group</p>	<p><b>29</b> 8:45am Walking Grp^ 10am Zoom Bingo 1pm Live Bingo</p>	<p><b>30</b> 8:15am Fit for Life 9:15am Hatha Yoga 1pm Chair Yoga 3pm Ballroom Dance</p>



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

[illegible]

## PROGRAM REGISTRATION

[illegible]

## TOWNSHIP SERVICES

## COMMUNITY HEALTH NURSE



## ALL ABOUT HEALTH

First Wednesday | FREE | 10am

Formerly known as Coffee & Conversation, All About Health presentations are held monthly by Nurse Stachula. Participants will continue to receive excellent information on a different health topic each month. Feel free to still bring your coffee!

May 3– Health Care Decisions: POA, Living Wills, DNRs  
June 7–The Importance of Sleep & Sleep Disorders



## WALKING GROUP

Tuesday, Wednesday, Thursday | FREE | 8:45am

Township Building–Tuesday and Thursday  
Volkering Lake–Wednesday

Have some fun while getting your steps in! The Walking Group will meet at the Township building Tuesdays and Thursdays for a 45 minute high intensity, 3 mile walk. On Wednesdays, the group will meet at Volkering Lake where participants will be able to walk at their own pace and enjoy the beauty of the lake.

## STAMP OUT HUNGER

Help fight hunger on May 13 for the annual National Association of Letter Carriers' Stamp Out Hunger Food Drive. Fill a bag with non-perishable food items and place it near your mailbox –your letter carrier will pick it up and deliver your donation to the Schaumburg Township Food Pantry!





## TOWNSHIP SERVICES

## TRANSPORTATION

The Township Transportation Department now takes residents to the new Tony's grocery store location at 200 S. Roselle Rd., Schaumburg. Trips will be Fridays from 10:30am-12pm. To schedule a trip to Tony's, register, or schedule a ride somewhere else call 847-882-1929.



## FOOD PANTRY DONATIONS

The Food Pantry is in need of the following items:

- Coffee – instant, ground, k-cups
- Granola bars
- Baked Beans
- Tomato products – diced, sauce, paste
- Condiments
- Beef stew
- Baking mixes – cakes, brownies, muffins
- Pancake mix and syrup

Are you planting a garden? Consider adding an extra row to donate to the Pantry! Fresh produce is always needed. Donations can be dropped off Monday-Friday 8:30-5pm.

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
Tony's	Fridays	Whole Township

## COMMUNITY SHRED EVENT

Join us for a free Community Shred Event for Township residents on June 24 from 9-11 am or until the trucks are full at One Illinois Blvd, Hoffman Estates. Paper shredding is limited to four boxes or paper bags per person (1 cubic ft. or 15" x 12" x 10"). No plastic bags please. Boxes must be unsealed. Paper clips, staples and rubber bands do not need to be removed. We ask that participants enter our parking lot heading southbound on Illinois Blvd. so as not to block traffic on Schaumburg Road. Residents do not need to exit their vehicles to participate. Visit our website or contact the Clerk's Office at 847-285-4561 for more information.

## TOWNSHIP SERVICES



## JUNETEENTH CELEBRATION

Saturday, June 17 | Free | 1-4pm  
Schaumburg Town Square Pavilion

The Township is collaborating with the Delta Sigma Theta Sorority Inc., Schaumburg Township Library, the Northwest Suburban Peace Affiliation and many other local organizations and businesses to host a Juneteenth Celebration on June 17 from 1-4 pm in the Schaumburg Town Square pavilion area. Check [bit.ly/3KpNmGV](https://bit.ly/3KpNmGV) closer to the event for more details.

## MOBILE DENTAL CLINIC

Residents of Schaumburg Township having income at or below 200% of the Federal Poverty Level may be eligible for services. A \$30.00 copay may be charged for adult visits. Children's services are free. Residents who have dental insurance are not eligible to participate in the program. Dental care is provided by the NCH staff dentist and hygienist, UIC College of Dentistry students, volunteer dentists, and hygienists. For further information or to determine eligibility, contact the Welfare Services Department at 847-285-4503.



## MINDS MATTER

Tuesday, May 2 | FREE | 4-7pm  
Township of Schaumburg

In recognition of Mental Health Awareness Month, the Township of Schaumburg Mental Health Committee will host Minds Matter and welcome local mental health agencies, advocates and subject matter experts to present relevant mental health topics concerning the community. No registration is required.



## SOCIAL SERVICES

### THANK YOU AARP VOLUNTEERS

THANK YOU to the AARP Foundation Tax Aide volunteers who worked at the Township this year. They assisted nearly 800 taxpayers with an average annual income of \$34,000 file both state and federal income tax returns at no charge.



### OLDER AMERICANS MONTH

This May marks the 60th anniversary of Older Americans Month! This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age. Check out [acl.gov/oam/2023](https://acl.gov/oam/2023) for more information on how you can challenge the narrative on aging!

### SENIOR HEALTH INSURANCE PROGRAM

Disability and Senior Service staff are certified counselors in the Senior Health Insurance Program (SHIP). This program provides unbiased information and counseling regarding Medicare year round. Whether you are new to Medicare or have questions or concerns about your current Medicare situation, our staff are able to assist you. Due to the complex nature of Medicare, appointments are required. Call 847-285-4541 to schedule yours today!

*This article is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award with 100% funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by the ACL/HHS or the U.S. Government.*



### LIHEAP/LIHWAP ENDS MAY 31

The current program year for LIHEAP and LIHWAP is set to end May 31. Appointments are required. Call 847-285-4541 to determine if you qualify and schedule an appointment.



## DISABILITY SERVICES NEWS

## PAINT-A-THON

The 36th Annual Community Paint-A-Thon will be held in September of 2023. While the date is a long way off, applications are now available! To qualify, homes must be owned and occupied by older adults ages 60 and older, people with disabilities and veterans of any age. There are income and asset limits but all are encouraged to apply. Applications are due July 1st. Once a home is determined eligible, volunteer teams are matched to do the scraping, priming and painting of the outside of your home. There is no cost to the homeowner. Current Homeowners Insurance is required. For general information or to receive an application for the Paint-A-Thon, call Frances Borja at 847-285-4541. If you are interested in volunteering, please contact HandsOn Suburban Chicago at 847-228-1320.



## ABILITIES EXPO

Join Disability and Senior Services at this year's Abilities Expo June 23-25 at the Renaissance Schaumburg Convention Center. The Expo will be open Friday and Saturday 11-5pm and Sunday 11-4pm. The Expo is free, but registration is required. Visit [abilities.com/Chicago](https://abilities.com/Chicago) for more information and to register.



## NORTHWEST SPECIAL RECREATION ASSOCIATION

NWSRA has enriched the lives of children and adults with disabilities as a partnership of 17 Park Districts located within the northwest suburbs of Chicago by providing outstanding recreational opportunities for over 40 years. Certified staff lead and oversee thousands of innovative recreational programs and services each year. Check out [nwsra.org](https://nwsra.org) for information on programs, volunteer opportunities, and careers available in our area!



Township of Schaumburg  
1 Illinois Boulevard  
Hoffman Estates, IL 60169  
Phone: 847-285-4541  
[www.schaumburgtownship.org](http://www.schaumburgtownship.org)  
Facebook: @SchaumburgTownship  
Twitter: @SchaumburgTwp  
Facebook: @TOSDeafServices

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



## FATHER'S DAY WINE 101



Friday, June 16 | Check-in: 11:45am | \$65  
Registration Deadline: June 9  
Bishop's Hill Winery

Celebrate Father's Day at Bishop's Hill Winery in a castle-like residence on a bluff overlooking the Des Plaines River Valley. Learn how to swirl, sniff and taste some award winning red and white wines like a pro! There are 9 - 1oz tastings in this class. Price includes class, tasting, individual charcuterie tray and transportation.

## 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