

# ACCESS POINT

## NEWSLETTER

January-February 2025



## FREE TAX PREPARATION WITH AARP TAX AIDE



Each year, the Township partners with the AARP Foundation to provide FREE income tax assistance. AARP Tax-Aide helps low- to moderate-income taxpayers file their state and federal returns at no cost. Appointments will be available from early February- mid April and will be scheduled on a first-come, first-served, first-available basis for taxpayers who have all their documents ready.

Our Tax-Aide Appointment Call Line (847-285-4597) will be open Monday-Friday from 9-4pm beginning January 22. Due to the large interest in this popular program, all appointments must be made through this appointment line. Walk-ins will be redirected to call the appointment line, and no wait list will be created. *Pro tip:* call volume significantly decreases by day 3 and afternoons generally have a shorter wait time. Appointments are released in 2-3-week batches, so the call line will periodically close when the current batch of appointments is filled. Residents who miss their appointment without cancelling at least 24 hours prior will be unable to schedule another appointment without approval from the Site Coordinator.

For up-to-date information on appointment availability and required documents, visit schaumburgtownship.org to subscribe to the Senior eNewsletter.

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#### RECREATION AND EDUCATION

Register online, in-person or by calling 847-285-4541. Payment due at registration: cash, check, credit card. Check-in begins at listed time.



#### SAVANNAH BUS TOUR



Sunday, May 18-Saturday, May 24 | \$940 double occupancy, \$1,260.00 for single occupancy\*

Registration Window: Now-March 1

Savannah, Georgia

We are traveling with Diamond Tours to Savannah Georgia for a 7 day/6 night tour. During the trip we will see the famous Savannah Victorian homes, tour the historic district and island hop to Jekyll and St. Simons. We will also enjoy a show at the historic Savannah Theatre and spend some time at the Parris Island marine base. A daily itinerary is available in Disability and Senior Services.

\*The cost includes transportation, 6 nights of lodging, most breakfasts and dinners, tours, gratuity and taxes. Price is per person for double occupancy. A \$75 deposit is due at registration and final payment is due March 11. Payment can be split into 3 payments of \$288 for double or \$395 for single occupancy with installments due January 1, February 1 and March 1.

## FEED MY STARVING CHILDREN



Wednesday, January 29 | 8:30am | \$5
Registration Window: January 2–January 28
Schaumburg Illinois



Join us as we give back and volunteer at Feed My Starving Children. We will be packing rice, soy, dried vegetables and a blend of vitamins and minerals. After a little hard work, we will head to Egg Harbor Cafe for lunch. Lunch is on your own.

### RECREATION AND EDUCATION

Register online, in-person or by calling 847-285-4541. Payment due at registration: cash, check, credit card. Check-in begins at listed time.

## PROGRAMS RETURNING TO THE TOWNSHIP JANUARY 6

At long last, we are ready to welcome programs back to the Township. We appreciate your patience and hope you enjoy the new space. Now is a great time to try a class you've not taken before! All below programs are returning to the Township the week of January 6 and are \$5 per class/Class Pass eligible. In general, the classes are listed most intense to least intense: Fit for Life, Zumba Gold, Gentle Yoga, Chairobics, Chair Yoga and Meditation.

#### FIT FOR LIFE

Mondays | 9:30am and Fridays | 8:15am

This cardio conditioning class is for all fitness levels. Participants work on cardio, strength and balance.

#### **ZUMBA GOLD**

Tuesdays | 9:30am

Exercise through dance! Come ready to sweat and prepare to leave feeling empowered and strong.

#### **GENTLE YOGA**

Fridays | 9:30am

This class will help improve your flexibility, circulation and give you higher energy levels. Bring a yoga mat.

#### **CHAIROBICS**

Wednesdays | 1pm

This sit-down class includes low-impact aerobics, yoga stretches and movements utilizing your whole body.

#### **CHAIR YOGA**

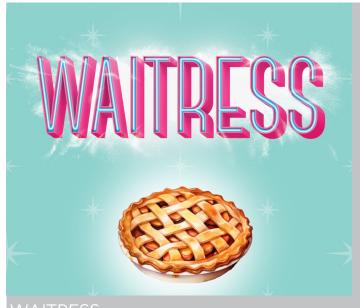
Mondays and Fridays | 1pm

This class offers gentle stretching to increase your flexibility and strength. No experience necessary.

#### **MEDITATION**

1st & 3rd Friday | 10:30am

Learn mindfulness to calm and steady your mind through guided meditation.



#### WAITRESS



Wednesday, February 19 | 10:30am | \$75 Registration Window: January 2-January 28 Paramount Theatre

What is more American than apple pie? A small town waitress with a dream and the ingredients for success! Stuck in a loveless marriage, Jenna becomes pregnant, and then finds acceptance in the most unexpected place. Hoping to bake her way out of her troubles, she puts her heart and soul into her unique pies. Ticket includes show,

## RECREATION AND EDUCATION

Register online, in-person or by calling 847-285-4541. Payment due at registration: cash, check, credit card. Check-in begins at listed time.



IN-PERSON BINGO IS BACK JANUARY 9



Thursdays | Doors Open: 12pm | Play Begins: 1pm \$1per card or \$5 for 6 cards (8 cards max.)

Mark your calendars and get ready because in-person bingo returns to the Township on Thursday, January 9! We know it's been a while since we've played in person, so here is a refresher of the rules:

- –Doors open at 12pm. Check-in is required before purchasing cards and claiming your seat.
- -Cards can be purchased with cash only. A maximum of 8 cards per player. No bills larger than \$10 will be accepted -If you want to sit with specific friends, we suggest arriving at the same time to ensure you find seats together. Saving seats and/or tables is not allowed.
- -15 games will be played. Money collected for cards will be split into cash prizes for each game.
- -There will also be a 50/50 raffle with proceeds going to the Schaumburg Township Foundation to support Seniors in need.

## TITANIC, THE MUSICAL



Wednesday, April 16 | 10am | \$96 Registration Window: February 1-

March 16

Marriott Lincolnshire

This musical captures the triumph and tragedy of the hopeful passengers on the ill-fated Ship of Dreams. Based on the real people aboard the most legendary ship in the world, Titanic, the Musical is a stirring portrait of the passengers on board the "unsinkable ship" and the tragedy that followed. The original Broadway production won five Tony Awards including Best Musical, Best Score and Best Book. Price includes choice of lunch, chicken or salmon, admission and transportation.

## RECREATION AND EDUCATION

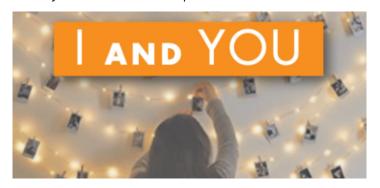
Register online, in-person or by calling 847-285-4541. Payment due at registration: cash, check, credit card. Check-in begins at listed time.

#### I AND YOU



Wednesday, March 19 | 10am | \$45 Registration Window: January 15-February 20 Citadel Theatre Company

This extraordinary story is charming, mysterious, and poetic in the truest sense of the word. Lauren Gunderson's I and You is a study of the beauty, the agony and the mystery of the human connection. Price includes admission and transportation. Lunch is on your own at Chief's prior to show.



#### **ELLA FITZGERALD**



Tuesday, February 25 | 11:45am | \$48 Registration Window: January 1-February 20 *Metropolis Performing Arts Centre* 

Award-winner Alexis J. Roston salutes America's favorite jazz singer Ella Fitzgerald. Roston is known for her mesmerizing star turn as Billie Holiday in multiple productions of Lady Day at Emerson's Bar and Grill, earning Chicago's Jeff Award and Black Theatre Alliance Award. In a spellbinding concert performance, Roston effortlessly emits the sultry swing and playful joy that made Fitzgerald an American treasure. Classic tunes include "Summertime," "The Lady Is a Tramp" and "It Don't Mean a Thing If It Ain't Got That Swing." Lunch is on your own at Armand's Pizzeria. Price includes admission and transportation.

#### **EVENTICON LEGEND**



On-site (1 Illinois Blvd, Hoffman



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

Register online, in-person or by calling 847-285-4541. Payment due at registration: cash, check, credit card. Check-in begins at listed time.

#### **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. Individual checks are provided.

#### **CHECKERS**

Tuesday, January 21 | 8am Registration Deadline: January 14 506 Wise Rd., Schaumburg

#### **SWEET ORANGE**

Tuesday, February 18 | 8am Registration Deadline: February 11 933 S. Roselle Rd., Schaumburg



## **RECURRING PROGRAMS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fit for Life	Walking Group*	Walking Group*	Walking Group*	Fit for Life
9:30am   \$5	8:45am   FREE	8:45am  FREE	8:45am   FREE	8:15am   \$5
Caregiver	Zumba Gold	All About Health*	AM Zoom Bingo	Knit & Crochet
Support Group	9:30am   \$5	10am   1st Wed.	10am   FREE	9am   FREE
11am   2nd Mon. Chair Yoga 1pm   \$5 Art Connections 2pm   FREE	Diamond Painting 10am   \$5 + Kit 2nd & 4th Tues.  Tai Chi 1pm   \$5  Book Club 2:30pm   FREE 3rd Tues.	Diabetes Support Group* 10:30am 2nd & 4th Wed. Chairobics 1pm   \$5 Bridges to Memory* 2pm   3rd Wed.	In-person Bingo 1pm   \$1 per card or \$5 for 6 cards	Gentle Yoga 9:30am   \$5  Meditation 10:30am   \$5 1st & 3rd Fri.  Chair Yoga 1pm   \$5

<sup>\*</sup>Please call Nurse Janet at 847-285-4551 with questions or to register.

JANUARY 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zoom Info: Meeting ID: 471 587 2835 Please call 847-285-4541 for the passcode.		Township Offices Closed	<b>2</b> No Programming	No Programming
9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections	<b>7</b> 8:45am Walking 9:30am Zumba Gold 1pm Tai Chi	8:45am Walking 10am All About Health: Managing Anxiety & Stress 1pm Chairobics	9 8:45am Walking 10am AM Zoom Bingo 1pm In-Person Bingo	8:15am Fit for Life 9am Knit & Crochet 9:30am Gentle Yoga 1pm Chair Yoga
9:30am Fit for Life 11am Caregiver Support Group 1pm Chair Yoga 2pm Art Connections	14 8:45am Walking 9:30am Zumba Gold 10am Diamond Painting 1pm Tai Chi	8:45am Walking 10:30am Diabetes Support Group 1pm Chairobics	16 8:45am Walking 10am AM Zoom Bingo 1pm In-Person Bingo	8:15am Fit for Life 9am Knit & Crochet 9:30am Gentle Yoga 10:30am Meditation 1pm Chair Yoga

#### JANUARY 2025 **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY Township Offices** 8am Breakfast Social: 8:45am Walking 8:45am Walking 8:15am Fit for Life Closed Checkers 10am Coffee Chat 10am AM Zoom Bingo 9am Knit & Crochet 8:45am Walking 1pm Chairobics 1pm In-Person Bingo 9:30am Gentle Yoga 9:30am Zumba Gold 2pm Bridges to 1pm Chair Yoga 11am Medicare Basics Memory 1pm Tai Chi 2:30pm Book Club 3-4pm DSS Closed 27 28 29 30 31 8:15am Fit for Life 9:30am Fit for Life 9:30am Zumba Gold 8:30am Feed My 8:45am Walking Starving Children 10am Diamond 1pm Chair Yoga **10am** AM Zoom Bingo 9am Knit & Crochet Painting 8:45am Walking 2pm Art Connections 1pm In-Person Bingo 9:30am Gentle Yoga 1pm Tai Chi 10:30am Diabetes Support Group 1pm Chair Yoga 3-4pm DSS Closed **1pm** Chairobics

## MEDICARE BASICS



Tuesday, January 21 | 11am | FREE Township of Schaumburg



Join us as we highlight the parts of Medicare:

- -A (Hospital) -C (Advantage Plan)
- -B (Medical) –D (Drug Coverage)

Learn the basics on how Medicare works, the

costs associated with Medicare, the difference between Medicare and Medicaid and information you need to know to make informed decisions about your healthcare.

FEBRUARY 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections	48:45am Walking 9:30am Zumba Gold 1pm Tai Chi 3-4pm DSS Closed	8:45am Walking 10am All About Health: Dementia & Alzheimer's Disease 1pm Chairobics	6 8:45am Walking 10am AM Zoom Bingo 1pm In-Person Bingo	8:15am Fit for Life  9am Knit & Crochet  9:30am Gentle Yoga  10:30am Meditation  1pm Chair Yoga
9:30am Fit for Life 11am Caregiver Support Group 1pm Chair Yoga 2pm Art Connections	8:45am Walking 9:30am Zumba Gold 10am Diamond Painting 1pm Tai Chi 3-4pm DSS Closed	8:45am Walking 10:30am Diabetes Support Group 1pm Chairobics	8:45am Walking 10am AM Zoom Bingo 11am Medicare Advantage Plans vs. Original Medicare 1pm In-Person Bingo	8:15am Fit for Life  9am Knit & Crochet  9:30am Gentle Yoga
17 Township Offices Closed	18 8am Breakfast Social: Sweet Orange 8:45am Walking 9:30am Zumba Gold 1pm Tai Chi 3-4pm DSS Closed	8:45am Walking 10am Coffee Chat 10:30am Waitress 1pm Chairobics 2pm Bridges to Memory	20 8:45am Walking 10am AM Zoom Bingo 1pm In-Person Bingo	21 8:15am Fit for Life 9am Knit & Crochet 9:30am Gentle Yoga 10:30am Meditation 1pm Chair Yoga

#### **FEBRUARY 2025 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** 25 26 27 9:30am Fit for Life 8:45am Walking 8:15am Fit for Life 8:45am Walking 8:45am Walking 10:30am Diabetes 1pm Chair Yoga 9:30am Zumba Gold **10am** AM Zoom Bingo 9am Knit & Crochet Support Group **2pm** Art Connections 10am Diamond 1pm In-Person Bingo 9:30am Gentle Yoga **1pm** Chairobics Painting 1pm Chair Yoga 11:45am Ella **Fitzgerald** 1pm Tai Chi 3-4pm DSS Closed Zoom Info: Meeting ID: 471 587 2835 Please call 847-285-4541 for the passcode. ORIGINAL MEDICARE VS.

ORIGINAL MEDICARE VS.
MEDICARE ADVANTAGE



Thursday, February 13 | 11am | FREE Township of Schaumburg



Choosing how you want to get your Medicare coverage can be difficult. Do you stay with Original Medicare or enroll in a Medicare Advantage plan? In this presentation, you'll learn the differences between the two coverage options. We will also discuss Medicare assistance programs.

## **NURSE SERVICES**



#### ALL ABOUT HEALTH

1st Wednesday | 10am | FREE Township of Schaumburg

Join Nurse Janet to learn about pressing health topics each month. No registration required.

January 8\*: Anxiety/Stress and How to Manage It February 5: Dementia/Alzheimer's Disease

\*Second Wednesday of the month.

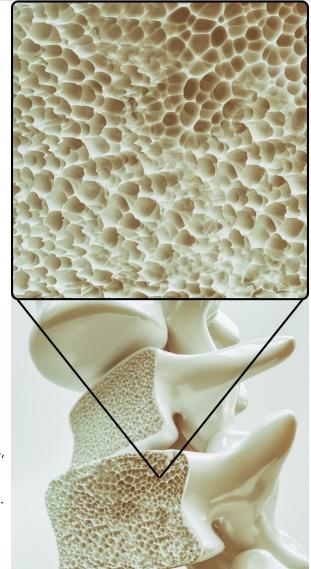
#### **BONE DENSITY SCREENING**

Every Tuesday, Wednesday & Thursday
By appointment | FREE
Township of Schaumburg

Our bones lose density over time, making them weaker and prone to breakage. As we age, density loss can cause osteopenia, below normal bone mineral density, or osteoporosis, a disease causing brittle bones. While postmenopausal white and Asian women are at the highest risk, osteoporosis can happen to people of all races and genders. Hormones, diet, medicine, medical history and more can be causes of bone density loss as well.

Bone density screenings can arm you with the information needed to make health changes to slow bone loss. Free bone density screenings at the Township are for those who have never been screened before and can be used as a prescreen for osteopenia or osteoporosis. Clients will receive their results, which can be shared with their primary care physician if needed. Call 847-285-4551 to schedule an appointment today.

Source: tinyurl.com/3jx3v6mm; tinyurl.com/bdfuc8h8



## **TOWNSHIP SERVICES**

#### **TRIP**

Township riders can use the Township Riders Initiative Program (TRIP) to go outside of Schaumburg Township get to nearby townships and hospitals for medical purposes. Riders can go within Elk Grove, Hanover, Palatine, Schaumburg and Wheeling townships as well as Stroger Cook County Hospital, Hines Veterans Hospital, Northwestern Hospital, Lovell Federal Healthcare and UIC Medical Monday - Friday 5am-9pm and Saturday 7-4pm. Trips to Advocate Good Shepard are also available on Tuesday, Thursday and Friday only. Rides cost \$5 per township line crossed during a single trip with a maximum of \$10 per one-way. TRIP is offered in cooperation with PACE, Schaumburg Township has joined Elk Grove, Hanover, Palatine and Wheeling Townships.



#### COMMUNITY FEEDBACK NEEDED

The Township wants to hear from you! Join us in upcoming Project Unify focus group sessions. Sessions will last 30-60 minutes, and accommodations are available upon request. Sign up with this QR code or at tinyurl.com/88y2vjzf.



#### **NEW CHECK-IN PROCESS JANUARY 1**

Starting January 1, Township visitors will be asked to sign-in at the security desk using Greetly. You'll get a nametag and be asked to wait in the lobby until staff are ready to see you. This new process will help manage the flow of clients as well as keep the building safe. One exception to this process is residents coming to pre-registered events, such as bingo, will not need to sign-in. Questions? Reach out to Director Cordes at 847-285-4541.

#### TRANSPORTATION GROCERY SCHEDULE

Transportation Direct Line: 847-882-1929

Sto	ores	Day(s)	Area Served
	nart or rget	Monday or Friday	Whole Township
	Mariano's Aldi	Tuesday, Wednesday & Thursday	Based on resident's location in the Township
V	alli	Tuesday	Whole Township
То	ny's	Friday	Whole Township

## **TOWNSHIP SERVICES**

#### **FOOD ASSISTANCE**

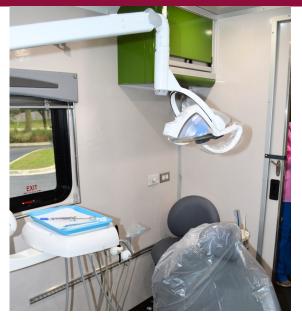
Food assistance comes in many forms. Some need a bit of help at the store to make their paychecks stretch a bit further, some need an extra bag of food each month and some need more.

Food pantry 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 that allows residents to select their own food. Due to the nature of our donation-based program, items vary daily/weekly. Food pantry hours are:

-Monday: 10-3pm-Tuesday: 9-2pm-Wednesday: 9-2pm-Thursday: 11-5pm-Friday: 10-3pm

Supplemental Nutrition Assistance Program (SNAP) is also available for those who qualify. SNAP, formerly known as food stamps, supplements your grocery budget so you can get the food you need at the grocery store. Township staff can help determine if you qualify and help you apply. Call Disability and Senior Services at 847-285-4541 to make an appointment.





### MOBILE DENTAL CLINIC

Endeavor Health's Mobile Dental Clinic provides dental care for residents of the Township who do not have access to dental care due to financial barriers. To be eligible for services, patients must meet the following requirements:

- Be a Township of Schaumburg resident
- -Have a household income at or below 200% of the federal poverty level or be a General
- -Assistance or Medicaid recipient
- -Have NO private dental insurance

Residents must be screened by a

Township caseworker before scheduling
an appointment with the Mobile Dental
Clinic. Please call 847-285-4503 to
schedule a screening appointment.

## **SOCIAL SERVICES**

## LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

The LIHEAP program helps eligible low-income households with their gas and electric bills. The program year usually begins in the Fall. To qualify for LIHEAP, the household's 30-day gross income must be at or below 200% of the Federal Poverty Level:

\$2,510	1-person household
\$3,407	2-person household
\$4,303	3-person household
\$5,200	4-person household
\$6,097	5-person household

The following documents are required to apply for LIHEAP:

-Social Security cards for everyone in the household

-Proof of 30-day gross income for everyone in the household

-Most recent gas and electric bills

-Current Lease (if you rent)

For more information, or to schedule an appointment, please contact Disability & Senior Services at 847-285-4541.



## MEDICARE ADVANTAGE ANNUAL ENROLLMENT PERIOD

From January 1 to March 31 each year, Medicare Advantage plan recipients can change Medicare Advantage plans or switch to traditional Medicare with a standalone prescription drug plan. If you are currently on a Medicare Advantage plan and would like to make a change, please call Disability & Senior Services at 847-285-4541 to schedule an appointment. You will need to provide your Medicare card, a list of your prescriptions with the dosage and frequency, and a list of your doctors.

## **DISABILITY SERVICES NEWS**



#### DEAF SERVICES IS HIRING

Deaf Services is excited to announce it is hiring a Part Time Program Specialist. This person will plan and facilitate programs and events for the Deaf and Hard of Hearing community, coordinate the monthly Deaf Support Group and work under the Deaf Services Coordinator. Fluency in American Sign Language and Deaf Culture is required. Must demonstrate patience with Deaf people, including senior citizens, be able to work independently or with a team, be proficient in Microsoft Office Suite and possess a valid driver's license. Deaf or Hard of Hearing persons encouraged to apply. For the full job description visit: tinyurl.com/4jmsrbsk. Please submit a cover letter, proof of references and updated resume by email directly to hr@schtwn.org (Subject line: Last Name - Deaf Services Program Specialist -TOS) to apply.



DISABILITY & SENIOR SERVICES

MONTHLY COFFEE CHAT



3rd Wednesdays\* | 10am | FREE
Township of Schaumburg

Join us for our Monthly Coffee Chat – an informal and welcoming opportunity to learn more about the range of disability and senior services available in our community.

- -Connect with the Director, Assistant Director and Committee Members of Disability & Senior Services. Share your thoughts, ask questions and engage in meaningful conversation about existing services.
- -Learn about disability and senior services. Discover new programs, resources, and supports.
- –Offer suggestions. We value your input! Help shape future programs by providing feedback.

This monthly event is sponsored by the Township of Schaumburg's Disability and Senior Services Committee. \*January Coffee Chat will be January 22.

#### ADAPTIVE CLOTHING BECOMING MORE ACCESSIBLE

Did you know retailers like Lane Bryant, Target, Kohls, Nike and Tommy Hilfiger offer adaptive clothing in a growing trend of offering more inclusive clothing. Adaptive clothing utilizes different fabrics, Velcro or magnetic closures to make dressing easier. Check out this GBH article that includes links to several designers and more information: tinyurl.com/5n7rfnwa.



Township of Schaumburg 1 Illinois Boulevard Hoffman Estates, Il 60169

Phone: 847-285-4541

www.schaumburgtownship.org

@SchaumburgTownship

@SchaumburgTownship

**f** @TOSDeafServices

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







Wednesday, March 12 | 10:30am | \$75

Registration Window: January 28-February 18

Copley Theatre

It's a battle of wits as contestants vie for the spelling bee championship of a lifetime in this musical comedy. Combine a coming of age tale with the epic struggles of six underdogs competing to shine in their own sport, and you have The 25th Annual Putnam County Spelling Bee, which sheds a humorous light on adolescents growing up under the pressure to excel. Cost includes show, lunch 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