



Live Well, Age Well

Village of Arlington Heights



May/June 2021



1801 W. Central Road
Arlington Heights, IL 60005



Monday through Friday
8:30 AM to 4:30 PM



(847) 253-5532



seniorcenter@vah.com



www.vah.com

Celebrating National Accreditation

We are celebrating the Arlington Heights Senior Center's renewed status of being accredited with the National Council on Aging. Beginning in 2019, an accreditation committee reviewed nine standards that included Purpose and Planning, Community Connections, Governance, Human Resources and Administration, Program Planning and Development, Evaluation, Records and Reports, Facility and Operations. Two peer reviewers from NCOA/ National Institute of Senior Centers conducted a virtual review and commented on our • Amazing leadership and strong staff. • Engaged excited Accreditation Team and Community Partners. • Even though the facility is getting a renovation, the current facility is quite nice. • There is a wonderful collaboration of community partners offering services in one building ultimately providing a 'one-stop' shop for seniors. • Staff, key volunteers, and partners are very supportive and excited about the future. • The umbrella of Village of Arlington Heights creates a stable fiscal environment and provide governance and back office support. • The center exhibited strength and resilience in response to these challenging times.

Throughout the month of May, we will be celebrating with you through highlighting our tenant agencies through virtual and in person events which you will see throughout our newsletter with this icon!



Highlights

Featured Programs.....	3
INC Board Expo Event.....	8
AH Memorial Library	10
Lunch and More.....	12
NCH.....	13
Escorted Transportation Svc.....	15
AH Park District.....	16
Volunteer Opportunities.....	19
Social Services.....	21

Senior Center is Open, Following Mitigation Guidelines

The Village of Arlington Heights along with our tenant agencies at the Senior Center have continued to offer programs and services with health and safety of the upmost importance for our patrons, volunteers, and staff. Our guidelines adhere to guidance and approval from the Illinois Department of Public Health and the Village of Arlington Heights. Program offerings may be subject to change due to public health concerns. Please check in with us for confirmation. The Senior Center is not open for congregating of any kind, including dining, drop-in clubs, games, or common area socialization. Patrons must have a scheduled appointment, or be pre-registered for a program, or visiting the Reading Room or Village Services to be admitted into the Senior Center. Masks are to be worn when entering the Senior Center and throughout the visit. Masks are available at the front desk. Contact us for further details.



The Arlington Heights Senior Center Newsletter is a publication of Arlington Heights Senior Center INC., a not-for-profit organization that raises funds for the Arlington Heights Senior Center. For more information, visit: www.arlingtonseniorsinc.com.

Arlington Heights Senior Center does not endorse any of the products or services advertised in this publication. For advertising rates and information, contact Alex Nicholas, Liturgical Publications, Inc. at 1.800.950.9952.

Center Tours

The Arlington Heights Senior Center is open to persons age 55 and better from any community. No membership required.

Tours are postponed until further notice. Please contact the Senior Center for more information.

Disability Accommodation

Persons with disabilities requiring auxiliary aids or services, such as an American Sign Language interpreter or written materials in accessible formats, should contact David Robb, Disability Services Coordinator at 33 S. Arlington Heights Road, Arlington Heights, Illinois 60005, (847) 368-5763 (Voice), (847) 368-5980 (Fax) or drobb@vah.com (Email).

AGENCIES LOCATED INSIDE THE SENIOR CENTER

Village of Arlington Heights Senior Center - Main Office

Tracey Colagrossi, MS,
Senior Center Manager

Sharon Swanson,
Volunteer Coordinator

Helen Cooke,
Administrative Assistant

Linda Ratajczak,
Office Assistant

Phone: 847.253.5532

Email:
seniorcenter@vah.com

Web: www.vah.com

Newsletter link: <http://bit.ly/2JQ1Yzn>

Hours: Mon - Fri
8:30am - 4:30 pm

NOTE: Evening and weekend hours temporarily discontinued

Arlington Heights Memorial Library

Phone: 847.870.3712

Email:
seniorservices@ahml.info

Web:
www.ahml.info/services/senior_center

Reading & Computer Lab Hours: Mon/Wed/Fri
9:00 am - 1:00 pm

Arlington Heights Park District

Phone: 847.797.5341

Web:
www.ahpd.org/50plus

Park District Office & Gift Store

Hours: Mon - Fri
8:30 am - 3:30 pm

Arlington Heights Nurses Club

Phone: 847.797.5315

Lending Closet Hours - by appointment / curbside service only.

Mon: 1:00 pm - 3:00 pm

Tues: 10:00 am - 12:00 pm

Wed: 10:00 am - 12:00 pm

Thurs: 10:00 am - 12:00 pm

Fri: 10:00 am - 12:00 pm

NOTE: Evening and weekend hours temporarily discontinued

Catholic Charities Community Development & Outreach Services

Phone: 847.797.5354

Web:
www.catholiccharities.net

Hours: Mon - Fri:

8:30 am - 4:00 pm

Lunch served: Curbside Pickup available. Please call for information.

Catholic Charities Northwest Senior Services

Phone: 847.253.5500

Web:
www.catholiccharities.net/ccnw

Hours: By appointment

Escorted Transportation Service, Northwest

Phone: 847.222.9227

Web: www.etsnw.org

Hours: Mon - Fri:

8:30 am - 2:30 pm

Northwest Community Healthcare

Phone: 847.618.1000

Web: www.nch.org

Hours: Vary

FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER

3



Great Decisions 2021

Foreign Policy Association -
VIRTUAL

Remaining 2021 Great
Decisions program dates:

Saturdays, 5/1, 6/5, 7/10, 8/7 &
9/11, 9:30 am-11:00 am

Call the Senior Center at
847.253.5532 to sign up for this free
discussion group with Professor Gary
Midkiff. You will be sent a link to the
Zoom session at least one day prior
to each of the dates. Participants are
responsible for securing their own
book, available in hard copy from
<https://www.fpa.org/> or in
E-book format from other
sources. Program funded by Arlington
Heights Senior Center, Inc.



Social Security Informational VIRTUAL Informational presentation

Thursday, May 6, 10 am-11 am

No fee

The virtual presentation will provide
an overview of Social Security's
programs, eligibility requirements for
benefits and an overview of Social
Security's online services.

Call the Senior Center at
847.253.5532 to register. A Zoom link
will be emailed at least one day prior.



1968 - Those Were the Days

VIRTUAL

program presented by Michael &
Judy Yublosky

Friday, May 7, 10 am-11 am

No fee

Join us for an interactive program
where we'll share notable events,
headlines, music clips, personalities,
pictures, interesting statistics and
more from 1968. Monthly highlights
and seldom-seen videos from each
quarter of the year are featured. You
might even enjoy testing your
memory with some trivia questions!

Michael and Judy Yublosky together
created SAGESofBG – Senior Adults
Growing and Exploring, with a
mission to help others get through the
pandemic together.

Call the Senior Center at
847.253.5532 to register. A Zoom link
will be emailed at least one day prior.



The Lure and Lore of Spices

Presentations by The Spice House
VIRTUAL

No fee

Enjoy live, monthly virtual
presentations by Chaisty Marini,
General Manager of The Spice House
in Evanston.

Each monthly program will have a
limited capacity, so be sure to register
early. Complimentary spice packets
will be available for pick up at the
Senior Center the week of each
presentation. The Zoom link(s) will be
emailed at least one day prior. Call
the Senior Center at 847.253.5532 to
register for one or both of these free
sessions.

Friday, May 14, 1 pm-2 pm

Chiles/Paprika – Learn about where
they come from, Scoville ratings, as
well as how to process and cook with
dried chiles.

Friday, June 18, 1 pm-2 pm

Salt and Pepper – Enjoy learning the
about the history, regions and
processes.

4

FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER



The Presidency of William McKinley

**VIRTUAL presentation by
Professor Gary Midkiff**

No fee

Monday, May 17, 1 pm-2:30 pm

In the Presidential election campaign of 1896 the two most important issues were tariffs and the choice among a gold standard, a silver standard, and a bimetallic standard. When McKinley (favoring gold and "sound money") defeated William Jennings Bryan he suddenly found himself faced with an international challenge from Spain regarding Cuba and Puerto Rico. McKinley's measured response led to our victory in the Spanish American War, our acquisition of the Philippines, and our ascent to a first class world power. It was McKinley, not his successor Theodore Roosevelt, who initiated the "American Century."

Call the Senior Center at 847.253.5532 to register. A Zoom link will be emailed at least one day prior.



From Bean to Bar

**A Virtual Presentation about
Chocolate presented by the Spice House**

Friday, June 11 at 1 pm-2 pm

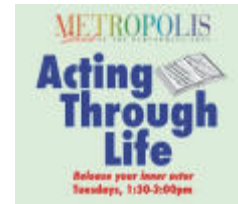
Join us for a virtual presentation by Chasity Marini, General Manager of The Spice House in Evanston.

We will cover the history of chocolate, the cacao tree, harvesting, fermentation and the manufacturing process (sorting and roasting, shelling, grinding, conching, blending, tempering). We will also discuss what spices pair well with chocolate. Samples of chocolate will be available for pick up before the session.

Each monthly program will have a limited capacity, so be sure to register early. Please call the Senior Center at 847-253-5532 to register.

ACTING THROUGH LIFE

Virtual Summer Session



Release your inner actor with our weekly acting class on Zoom

All experience levels welcome

Tuesdays at 1:30 pm -3 pm

June-August 2021

To learn more, contact Metropolis at avombrack@metropolisarts.com or 847-577-5982 x244 or the Arlington Heights Senior Center at 847-253-5532



Calling all singers! Join Metropolis School of the Performing Arts and the Senior Center's

CRESCENDO CHORUS

Virtual Summer Session

Stay safe and stay singing each week as we make music and build friendships on Zoom

All experience levels welcome

Mondays at 6:30 pm -7:30 pm

June-August 2021

To learn more, contact Metropolis at avombrack@metropolisarts.com or 847-577-5982 x244 or the Arlington Heights Senior Center at 847-253-5532



Hersey High School SOS (Service Over Self) - Virtual Programming

About SOS

We are seniors in Hersey's Service Over Self class. This is the class that plans and runs projects catered to the people in our community. In the past, we have done projects like Love Bus and Senior Olympics along with many others. This year we have had to mix it up a little bit, so Zoom gatherings seemed to be very fitting! We have been offering games, arts and crafts, and cooking lessons! More details are included for remaining classes.

These are all on various days from 11:20 am -12:15 pm.

All of them will have a 10-minute social gathering from 11:20-11:30 a.m. and the event will start shortly thereafter. Join us for one event or all of them! We are super excited and can't wait to connect and meet all of you!

Kahoot: A game-based platform that generates multiple-choice quizzes. How to play? You will be given a certain question and multiple answers will show up on your screen. Your job is to pick the correct answer in order to earn points. The player with the most correct answers will win the game! It's really simple, fun and everyone can do it! **Thursday, 5/13 at 11:20 am to 12:15 pm**

Poker: There will be no actual money gambling, so just join us for the fun of the game! We will play on a very simple app called "Easy Poker," while we are together on Zoom. We will help you download and set up the app at the start of the Zoom. No experience is necessary. We are excited to get to know you and play poker together! **Wednesday, 5/5, 11:20 am to 12:15 pm**

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Arlington Heights Senior Center, Arlington Heights, IL A 4C 01-1374



Celebrate!
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BRAIN Games

**Wednesday, May 19 at
10:30 am-12 pm**

Gather a team of 3 players and compete to be the Brainiest Bunch in Arlington Heights. Four rounds of five trivia questions on Entertainment, Sports, Geography, Arts, Literature, Science and Nature. The winning team will compete in a statewide competition with other Senior Centers. Players must be aged 50+. In **person**, please call to register 847.253.5532.



Celebrate!
Accredited by
nco

Let Freedom Ring

**Wednesday, May 26, 10am,
noon & 2 pm
(plus virtual option - TBD)**

Enjoy a live, patriotic-themed performance by Heather Braoudakis on the Senior Center patio. Together, we will celebrate Older American's Month and National Accreditation of the Senior Center with one another. Register in advance by calling the Senior Center at 847.253.5532.

Free Friday Movies



Free Friday movies are funded by

Arlington Heights Senior Center, Inc.

Movies have closed captioning and are available at time of print;

subject to change without notice.

ADVANCE REGISTRATION REQUIRED.

Reduced/limited seating capacity for each showing.

Call 847.253.5532 to register for the

10:00 am or 1:00 pm movie time. Sorry, no walk-ins permitted.

No refreshments served at this time.



Friday, May 14 at 10 am & 1 pm

News of the World

Universal Pictures

Directed by Paul Greengrass

**Rated PG-13, 118 minutes,
2020**

Starring: Tom Hanks, Elizabeth Marvel, Mare Winningham, Neil Sandilands, Ray McKinnon

Captain Jefferson Kyle Kidd embarks on a new mission five years after the end of the Civil War: he goes from town to town to share news about presidents, queens, catastrophes, feuds, and other interesting affairs from all around the world.



**Friday, June 11 at 10 am &
1 pm**

Hero Dog: The Journey Home

Lionsgate Home Entertainment

Directed by Richard Boddington

Rated PG, 90 minutes, 2021

Starring: Natasha Henstridge, Steve Byers, Zackary Arthur

Chinook the Alaskan Malamute must lead a shipwrecked blind man out of the wilderness, while the man's children launch a rescue mission of their own.



Art Event: String Pull Project

**Monday, June 14 at
7 pm-8 pm In Person**

Join Senior Center Manager, Tracey Colagrossi on another adventure in painting. You will learn the trendy art of creating flowers and abstract images with acrylic paint and string. There is a 10 person maximum for this in-person class. Please contact the Senior Center to register. 847-253-5532

**Manager Matters, Thursday,
June 24, 1 pm-2 pm**

Join Senior Center Manager, Tracey Colagrossi to discuss the latest happenings at the Arlington Heights Senior Center. Please bring your questions and suggestions! Call the Senior Center at 847.253.5532 to register in advance and specify if you would like to attend in-person or virtually.

FEATURED PROGRAMS 7

ARLINGTON HEIGHTS SENIOR CENTER



Bingo IN-PERSON

The Senior Center is holding weekly Bingo in person, there will be no bingo on 5/26

Wednesdays, 1:00 pm -2:00 pm

Players must register by noon one day prior by calling the Senior Center to reserve a seat. No drop-ins permitted.

Limited to 10 participants. One person per table. Masks must be worn at all times.

•Four cards per person will be provided for the duration of the one-hour of bingo play.

•No money will be exchanged. Bingo cards will be free and prizes will be in the form of snacks and other small items.

Registration is first-come, first-served.

Call the Senior Center at 847.253.5532 to sign up. Registered participants may arrive no more than 10 minutes early. Masks must be worn at all times.

M2M (Memories to Memoirs) Writers Club - VIRTUAL

**Tuesdays, 5/18 & 6/15,
1:30 pm -3:30 pm**

Share the unique memories of your life with your children, grandchildren, and beyond. Your written memories will be treasured by your family and you will enjoy the support from fellow M2M Writers Club members in a non-critical atmosphere.

Advance registration is required. To sign up for this FREE Zoom club meeting, call the Senior Center at 847.253.5532 and register with your

name, email address and phone number. You will be emailed a link at least one day prior.



Park Place Investment Club

IN-PERSON

**Tuesdays, 5/25 & 6/22,
1:00 pm -2:30 pm**

Advance registration is required. Participation is limited to 10.

No drop-ins permitted. Registered participants may arrive no more than 10 minutes early on meeting date.

Masks must be worn at all times. For more information or to register to attend a meeting, please call Jim Nauheimer at 847.577.1392.

Let Park Place Help You Learn Enough to Get to Boardwalk!

Would you like to learn how to evaluate stocks for your investment portfolio? Park Place Investment Club reviews the performance of stocks owned by the club and works to identify new stocks to purchase. The focus is determining when to buy and when to sell these securities for maximum gain. People interested in the club can attend two monthly meetings before deciding to participate as club members. Those who join the club are required to pay monthly dues of \$25.00 which is used to fund new stock investments. Advance registration required to attend meetings. Call Jim Nauheimer at 847.577.1392 to sign up.



Billiards are BACK!

Billiards play will resume beginning May 1, with some restrictions. Only 2 players per table. Players MUST pre-register to play (Max. 2 hours) by calling the Senior Center. Reservation times are, 9 am-11 am; 11:30 am to 1:30 pm, 2 pm to 4 pm. Masks must be worn at all times inside the center. Welcome back!

Postponed Programs at Senior Center

The following Senior Center activities, cards, clubs and games are postponed or discontinued until further notice:

- Cards/Card Room
- Chess Club
- Coloring Club
- Cribbage
- Laughter Club
- Mah Jongg
- Meditation Sessions
- Northwest Suburban Genealogy Society
- Ping Pong
- Scrapbooking Club (meeting virtually)
- Sudoku Club
- Wii Bowling

Thank you! INC announces new Board Member

Please join us in welcoming Mary Battin, Residency Counselor at The Moorings. Over the years The Moorings has been a wonderful partner and supporter of the Senior Center. Mary's role on the Board cements and confirms that partnership. Mary's first volunteer role on the Board is to Chair the Expo! (More details on the EXPO are available in this newsletter). The EXPO is an important fund-raiser with proceeds going to support the Senior Center. Mary is doing a great job planning a fun, safe event for patrons. Thank you Mary.

INC announces new Board Officers

Please join us in welcoming new officers to the Board. Each volunteer board officer will help the center emerge from the pandemic stronger and more vibrant. The Board looks forward to working with the Senior Center's new Director, Tracey Colagrossi, staff and patrons.

President, Katie Fielmann.
Comfort Keepers

Vice-President, Kristy McCann,
Arlington Heights Park District

Treasurer, Steven Schultz,
Village Bank and Trust

Secretary, Kelly Hutchison,
Home Instead

Giving Back ideas



Cash Donations Deductible up to \$300

As our nation's charities, like Arlington Heights Senior Center, Inc., (a 501(c)3 charity) continue to be challenged by the effects of the pandemic, Congress has found a way to help. In 2020 as part of the CARES Act, Congress included the ability for tax payers to make a one-time charitable deduction of up to \$300 which could be added on top of the standard deduction. This contribution had to have been made by the end of last year. While it is too late to add a charitable deduction against your 2020 tax bill, the \$300 cash donation deduction has been extended for the 2021 calendar year for taxes paid next year.

Qualified Charitable Deductions

The SECURE Act increased the age for retirees to begin their Required Minimum Deduction or RMD to age 72 from 70 ½. RMD's taken from a

traditional IRA or 401(k) are taxed as ordinary income to the account owner. The failure to take these RMDs can result in a penalty from the IRS of 50% of the amount that should have been withdrawn.

If you are over the age of 70 ½ and happen to not need this income to support your lifestyle, consider making a Qualified Charitable Deduction. By directing your financial institution to make the deduction directly to a qualified charity, like Arlington Heights Senior Center, Inc., you can

- Avoid having to pay income tax on this income,
- Potentially have a charitable deduction to offset other income,
- Help support important community programming,
- Reduce future potential estate taxes by reducing the size of your estate.
- Contact AHSC Inc. for more information or to assist with these gifting strategies.

AHSC, Inc. does not provide tax or legal advice. Please contact your attorney, accountant or financial advisor to decide .

Live WELL Age WELL EXPO

Wednesday, June 23, 2021
10 AM to 2 PM

SAVE THE DATE!

- Outdoor Expo at the Arlington Heights Senior Center. (Rain Date Thursday, June 24).
- Information and Resources for you to Live Well and Age Well!
- Safe Social Distancing and pre-registration.
- Watch our website for more details: <https://arlingtonseniorsinc.com/> or call 847.253.5532.

MUSIC PROGRAMS 9

Drum Circle IN-PERSON & VIRTUAL

4th Tuesday of the month
throughout 2021

5/25, 6/22, 7/27, 8/24, 9/28,
10/26, 11/23; 10am -10:45 am

Are you looking for something fun, engaging, therapeutic, educational, rhythmic, and experiential, all-in-one? Check out Drum Circle Therapy, led by Chris Lavidas of Breaking Grounds in Drumming, Inc. Chris has created a curriculum of a number of building block classes that instruct the basics of rhythm, coordination, drum history, tone, melody, and musical creativity to name a few. In addition, Chris then explores the world where you will learn about the music and rhythms from Africa, Brazil, India, and Cuba! The series then

gets into exploring styles of music from the United States. Don't miss these interactive and informative classes that are full of energy and enthusiasm. Absolutely no music experience is necessary!



This FREE program is held in-person (with a limited capacity of up to 10 participants). The program will also be available virtually at the same time. Please call 847.253.5532 to register in advance and specify your preference of in-person or virtual registration. A Zoom link will be emailed at least one day prior for those participating virtually.

Senior Center Musical Group - POSTPONED

Also known as the "Senior Band," this group plays assorted Broadway, movie and patriotic tunes as well as other music. The musical group is not currently meeting at this time. Watch for updates in future newsletter issues.



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Programs and Services

Call 847-870-3712 for more Information about library programs and services at the Senior Center.

There will be no in-person library programs at the Senior Center for May or June. All programs require registration and will be held online on Zoom. Register online at ahml.info/attend/events or call us at 847-870-3712. Your registration email confirmation will include a link to join the program on Zoom.

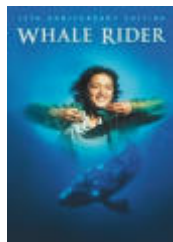
Senior Center Reading Room

The Reading Room is open for browsing and material on Mondays, Wednesdays, and Fridays from 9 am to 1 pm. A limited number of computers are also available for 1 hour use. Reading areas, newspapers and hold pickups are not currently available. Returns are accepted in the Reading Room; you can make returns after hours in the book drop to the west of the Senior Center entrance.

Starting June 1, the Reading Room will be open Monday through Friday from 9 am – 1 pm. The computer room will continue public hours on Mondays, Wednesdays, and Fridays only.

VIRTUAL FILM DISCUSSION

Tuesday, May 4, 2:30–3:30 pm



Watch this month's film at your convenience then join us online for a discussion of *Whale Rider* (2002), 101 minutes, rated PG-13. A young Maori girl fights to fulfill a destiny her grandfather refuses to recognize in this contemporary story of love, rejection and triumph. Arlington Heights library cardholders can borrow *Whale Rider* from the library's hoopla collection.

VIRTUAL Computer Interest Group

**Wednesdays,
May 12 and June 9, 1 pm -2 pm**

Novice and experienced computer users discuss current technology and exchange advice on personal computer problems. Tablet users welcome.

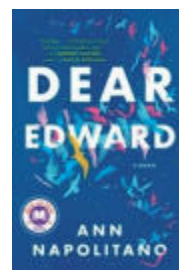
Arlington Heights Memorial Library NCOA Accreditation Celebration Giveaway!



Throughout the month of May, visit the Reading room at the Senior Center during operational hours to receive your clear plastic vaccine pouches while supplies last.

VIRTUAL BOOK DISCUSSIONS

Join lively discussions of our book selections on Zoom. Register and call Senior Services at 847-870-3712 to arrange a pick up of the book at the library drive-up window.



Modern Classics Book Discussion

**Monday, May 10,
10 am -11 am**

Discuss *The Shipping News* by E. Annie Proulx.

There will be no discussion in June.

Popular Books Discussion

**Wednesday, May 12,
10 am-11 am**

Discuss *Dear Edward* by Ann Napolitano

There will be no discussion in June.



**VIRTUAL Taking Distributions
from Retirement Accounts**
Thursday, May 20,
7 pm-8:30 pm

The SECURE Act changed some of the most basic rules about how we access the money in our retirement accounts, including the age at which we must start, required minimum distributions, and how distributions are calculated for our heirs. Then the coronavirus turned our world upside down, and the CARES Act made more changes for 2020. Financial educator Karen Chan helps you understand what has changed and what changes you should consider making as a result.

**SENIOR CENTER TECH
CLASSES**

Class registration opens the first of the month in which the class is scheduled.

VIRTUAL Learn Zoom

Fridays, May 7 or 21, June 4 or 18, 1-2 pm

Library staff will assist you to join this 1-hour practice session, help you troubleshoot issues you have with sound and video, and provide tips and best practices so you can Zoom, too. To use Zoom, you need a PC, Mac, iPad or iPhone, or smartphone.

**VIRTUAL: Host a Zoom
Meeting**

Fridays, May 14 or 28, June 11 or 25, 1-2 pm

Take your knowledge of Zoom to a new level. Learn to schedule, monitor, host and keep your Zoom meeting safe. Prerequisite: Learn to Zoom class or Zoom experience. Participants should also have the Zoom Meeting Client installed and have a free Zoom account.

Print our Zoom Guides

Want to get started zooming on your own? Print or view our Learn Zoom or our Host a Zoom Meeting class handout: at: ahml.info/senior/materials.



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SENIOR MEAL PROGRAM

No Senior Goes Hungry!



Meals are available for pick-up on Tuesday and Thursday

From 11:30 a.m. to 12:30 pm

Catholic Charities provides three meals on Tuesday and two meals on Thursday meals to any person over the age of 60 for pick-up at the rear of the Senior Center. Please access the service drive from Weber Road which is west of the strip mall where the Senior Center is located. Proceed in a single file to the loading dock at the rear of the Senior Center. Once at the location,

- a) Catholic Charities' staff member will take your name,
- b) drop your donation into the donation box, and
- c) provide you with the meals. If you have not registered for the Catholic Charities' meal program, we will provide an AgeOptions form to complete. Call 847-797-5354 with any questions.

Suggested donation: For a Senior (60+): \$4.00 per meal.
All others: \$7.00.

No senior will be denied meals due to their inability to donate.

Some of the meals offered

Chicken Cacciatore Tenders

Breakfast Scramble w/ asparagus

Breaded Fish

Beef Strips with gravy

Chicken Italiano w/ pasta

Stuffed Cabbage

Chicken & Alfredo Pasta

Pork in Ginger Sauce

Salisbury Steak

Spaghetti & Meatballs



Home Delivered Meals

Catholic Charities provides meals Tuesday through Friday to home bound seniors in Maine and Wheeling Townships.

Home Delivery Volunteer Drivers are essential to ensure our seniors can remain at home. Please consider being a part of Home Delivery Meal Volunteer Team.

Meals are ready to be picked up at the rear of the Arlington Heights Senior Center at 10:00 am. Each route has between 10 and 18 clients and takes no more than 2 hours to complete. A commitment of one day each week is greatly appreciated.



Please call 847-797-5350 for more details on becoming a Volunteer Driver. We look forward to hearing from you!



NSH Ask the Nurse

NCH Community Nurse Rose Jensen, MSM, MSN, RN is available to answer your healthcare questions or concerns, free of charge, at the Senior Center.

Tuesdays, 10 am to 1:00 pm

****PLEASE NOTE**, Tuesday, May 25, hours will be 10 a.m. to 11:30 p.m. If you are unable to meet with Rose in-person, she can be reached for healthcare questions by phone or email: 847-776-9570 or jen-sen@nch.org

Appointments required. Call 847-776-9570.



Bone Density Screenings, provided by NCH Community Nurse Rose Jensen, MSM, MSN, RN

Tuesday, May 4, 9-10 am

Tuesday, June 1, 9-10 am

You will be required to remove your sock and shoe for the screening. Please call Nurse Rose for availability. Appointments required. Call 847-776-9570

Parkinson's Exercise Class, Led by NCH Physical Therapy Staff

Tuesdays, 12-1:00 pm \$4.00/class payable on the day of class to the class instructor.

Call NCH for more information and to Register.

Registration required. Call NCH Health Connection at 847-618-4968.



Medicare Senior Health Insurance Program (SHIP)

Senior Services Specialist and SHIP (Medicare) Counselor Maureen Centeno is available to answer your Medicare questions. Get screened for various benefit programs to see if you qualify for assistance.

Mondays, 8:30 am to noon, in person or by phone or email.

Appointments required. Call 847-618-5575, or email at mcenteno@nch.org



Classes led by NCH Community Nurse Rose Jensen, MSM, MSN, RN

Bok Choy: Easy To Prepare and Loaded with Health Benefits

Tuesday, May 11, 9 to 10 am



Asian Beet Mandarin Salad: Loaded with Flavor and Health Benefits



Tuesday, June 8, 9 to 10 a.m.

Registration required. Call 847-253-5532

Diabetes Education and Support, Led by NCH Diabetes Services Staff

Tuesday, May 11, 10:30 a.m. to 12 p.m. Topic: Taking Meds

Tuesday, June 8, 10:30 a.m. to 12 p.m. Topic: Problem Solving

Registration required. Call 847-253-5532



Managing Your Diabetes 101, Led by NCH Diabetes Services Staff

Wednesday, May 12, 10 to 11:30 am

Wednesday, June 9, 10 to 11:30 am

Registration required. Call 847-253-5532

Diabetes y Prediabetes: Clase de Diabetes, Segundo Jueves del mes

Jueves, Mayo 13, 10 to 11:30 am

Jueves, Junio 10, 10 to 11:30 am

Debe llamar y registrarse para attend-
er: 847-618-4475



Celebrating Older Americans Month

NCH will be providing health screenings. The month of May is all about celebrating you! Come to the senior center to receive free health screenings, fun giveaways and health related information.

Tuesday, May 18, 9 am to 11 am

Posture Screenings

Bone Density Screenings

Blood Pressure Screenings

Registration required. Call 847-618-5575



Parkinson's Support Group, Led by NCH Physical Therapy Staff

Wednesday, May 19, 3 to 4:00 pm

Wednesday, June 16, 3 to 4:00 pm

For individuals with Parkinson's disease as well as their families, friends and caregivers. Registration required. Call 847-253-5532



Coffee and Conversation

Join us for group discussion with NCH Community Nurse Rose Jensen, MSM, MSN, RN

Tuesday, May 25, 9 to 10 am

Oral Health: How Oral Health Affects Total Body Health

Tuesday, June 22, 9 to 10 am

Brain Health: How Nourishing Foods Can Improve Your Mental Health

Registration required. Call 847-253-5532

Understanding Your Medicare Options

**Monday, June 14,
11 am to 12 pm**

Led by NCH Maureen Centeno, MS, Senior Services Specialist. Discover the many ways you can select to get your Medicare coverage and which options are best for you.

Registration required. Call 847-253-5532

Fall Risk Screening Clinic, provided by NCH Physical Therapy Staff

Friday, June 18, 10 am - 2:00 pm

Worried about falling? Are others worried about you falling? Sign up for a FREE 30 minute Fall Risk Screening that will teach you your risk of falling and what you can do to prevent falls.

Registration required. Call NCH at 847-618-4968.



MyChart

Below is the link to the video that shows how to create a MyChart account, see below.

<https://www.nch.org/mycharthelp/>

Download the MyChart App

Access NCH MyChart on your Apple or Android device. Download "MyChart" from your app store and add Northwest Community Healthcare as your provider. Also available on Apple Watch.

Have questions about NCH MyChart?

Call 847.618.2000 or visit nch.org/mycharthelp. You should not use NCH MyChart for urgent needs or requests for emergencies



Moving Forward

More and more of our passengers and volunteers are getting their vaccinations, which allows ETS to continue to move forward. This means we are able to increase the number of appointments we are able to take each month. In addition, starting June 1, we will resume taking routine appointments such as dental cleanings, annual check-ups and optometrist appointments.



We are always looking for new volunteers!

Join the ETS/NW family. Help others, like yourself, remain independent for as long as possible by getting them to their crucial appointments. Our volunteer opportunity is completely flexible. We will work with your schedule. For more information on volunteering call us at 847.222.9227, visit our website at www.etsnw.org (click on How to Help > Volunteer) and/or follow us on Facebook at www.facebook.com/etsnw



At ETS, we believe in the importance of enabling connections. To that end, we are excited to share some BIG news soon! Stay tuned!



Find An Apartment Home That Fits Your Lifestyle

Find your ideal one-bedroom apartment home at The Moorings of Arlington Heights, a Life Plan Retirement Community, and experience all that the community has to offer right outside your door. The apartments have been thoughtfully designed to provide you with a comfortable and convenient living environment. Enjoy our warm and welcoming community full of possibilities.

**Arrange a private tour today.
Call 877-393-0465.**

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OF ARLINGTON HEIGHTS**
A Presbyterian Homes Community

811 EAST CENTRAL ROAD, ARLINGTON HEIGHTS, IL 60005
themooringsofaronlineheights.org/apartment-homes.html



Arlington Athletic Club

Join the Arlington Athletic Club located in the Senior Center where it is always dry and temperature controlled. The Park District offers a multi-direction Cybex weight station, recumbent bikes, Star Trac and Precor treadmills, NuStep recumbent step-pers, Rowing Machines and Elliptical Machines along with free weights. AAC Tours and Certifications are given at 10:00 am Tuesday – Friday.

AAC hours:

Monday - Friday
9:00 am – 2:45 pm Reservations Only

The club is closed on days the Senior Center is closed. Call 847.797.5341 or stop by the Park District Office/Gift Store for registration info.

NOTE: Due to COVID-19 and social distancing, usage of the Arlington Athletic Club will be by reservation only. Only four people may use the club at one time. Call 847.797.5341 to reserve your weekly reservation. Face masks are required. Bring your own water bottle.

Fun & Fit Membership:

Fun & Fit Classes -- Face masks are required. Bring your own water bottle. Attendance by reservation only.

Monday - Fun & Fit Aerobic
9 am -9:45 am

Tuesday – Mat Class
9:30 am -10:15 am

Thursday - Fun & Fit Aerobic
9 am-9:45 am and 10am -10:45 am

Friday - Fun & Fit Aerobic
9 am -9:45 am and 10 am-10:45 am

Please call 847.797.5341 to make your weekly reservations.

Fun & Fit Fees:

Annual pass = \$215 (\$205 renewal fee)

Six-month pass = \$144 (\$134 renewal fee)

Punch card = \$75 for 14 classes

Combo Membership: Arlington Athletic Club PLUS Fun & Fit

Combo Pass includes:

Unlimited visits to the Arlington Athletic Club PLUS unlimited attendance to all Fun & Fit classes.

Combo Pass Fees:

Annual pass = \$335 (\$310 renewal fee)

Six-month pass = \$187 (\$175 renewal fee)

***All six-month memberships must be consecutive. Prior to purchasing your membership, you will need to be certified by one of our fitness instructors by appointment only.*

BeMoved Dance Fee: \$99

Contracted Class

Tuesdays, 6/8-8/3 12:45 pm -1:45 pm
-or-

Thursdays, 6/10-8/5 Noon -1:00 pm

Zumba Gold Fee: \$99

Contracted Class

Fridays, 6/11-8/13 11:00am -Noon



Stretch & Balance Fee: \$99

Wednesdays, 6/9-8/11; 2 pm-3pm

Experiment with Charcoals & Pastels Fee: \$139

Tuesdays, 6/8-8/10 9:30 am -Noon

Works of Art Fee: \$139

Mondays, 6/7-8/16 12:45 pm -3 pm
No class on 7/5



The Art of Acrylics Fee: \$139

Thursdays, 6/10-8/12
9:30 am -Noon

50 Shades of Colored Pencils Fee: \$129

Fridays, 6/11-8/13 9:30 am -Noon

Crochet Fee: \$79

Mondays, 6/7-8/16 11 am -1 pm
No class on 7/5

Pieced Machine Quilting Fee: \$89

Mondays, 6/7-8/16
6:15 pm -8:15 pm

Quilting Basics and Beyond Fee: \$103

Wednesdays, 6/9-8/11
10 am - Noon

Bridge - Beginning Fee: \$130

Mondays, 6/7-8/16 9 am-11 am
No class on 7/5



Bridge - Intermediate Fee: \$130

Tuesdays, 6/8-8/10 10 am -Noon

Bridge - Advanced Fee: \$130

Tuesdays, 6/8-8/10 1 pm - 3 pm

Best Bridge Ever (Int/Adv) Fee: \$130

Wednesdays, 6/9-8/11
5:45 pm - 7:45 pm

-or-

Thursdays, 6/10-8/12 1 pm - 3 pm

Bridge Potpourri Fee: \$130

Mondays, 6/7-8/16 4 pm - 6 pm
No class on 7/5

Tai Chi Moves Fee: \$89

Tuesdays, 6/8-8/10
10:30 am -11:15 am

Tai Chi Advanced Fee: \$89

Tuesdays, 6/8-8/10
11:30 am -12:15 pm

Yoga Fee: \$131

Mondays, 6/7-8/16 11:15 am - 12:45 pm
No class on 7/5

-or-

Wednesdays, 6/9-8/11 11:30 am-
1:00 pm

**Yogalaties Fee: \$99 Contract-
ed Class**

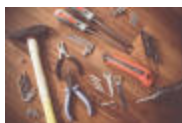
Fridays, 6/11-8/13
12:10 pm-1:10 pm

Chair Yoga Fee: \$97

Mondays, 6/7-8/16 10 am-11:00 am
No class on 7/5

-or-

Wednesdays, 6/9-8/11 10 am-11 am



**It's Tool Time at the Wood
Shop**

Do you enjoy working on wood working projects or talk to fellow wood workers who share your passion? Stop by the Wood Shop located in the Senior Center and see all it has to offer. Certification is required prior to purchasing Wood Shop visits. Equipment includes: SawStop table saw; 14"band saw, variable speed drill press; Dewalt 12"sliding compound miter saw; Grizzly 15" planer; belt sander; dis sander; 12" lathe, Delta 6" jointer; Dewalt variable speed 20" scroll saw; router; Rikon mini-lathe; Jet drum sander and more! Eight complete workstations typically available. Due to the COVID pandemic, reservations is needed. Face masks are required and social distancing limits number of people allowed in the Wood Shop. Call 847.797.5341 with any questions or to make reservations for certification or a Wood Shop visit.

Hours of Operation: Mondays/
Tuesdays/Wednesdays/Thursdays
9:00 am -Noon

Annual Wood Shop Safety Training Certification is required prior to becoming a member and purchasing punch passes for shop visits.

Punch Pass Fee Options: \$80 for 10 visits; \$48 for 8 visits; \$14 daily use



Special Event:

Essential Oils Workshop

**Tuesday, 7/20 1 pm-2
pmFee: \$8**

Essential oils can lift your mood and make you feel good with just a whiff of their fragrance. For some people they may even help alleviate the symptoms of various medical conditions. Learn how to use essential oils properly and which oils would be best suited for you.



Shop 1801

Stop by the Park District's newly named gift store – SHOP 1801, located in the Park District Office at the Senior Center.

**May "Senior Appreciation Month"
Sale: Buy one Fravess greeting
card, get two free** (while quantities last). Special Sale on May 20!

**June Sale: Oopsie Bandages for
all the grandkids' summertime boo-
boos. Now on sale for \$2.00/box**

**24 bandages/box. Choice of
designs.**

Arlington Classic Tours

Do you like to go out to see musicals, theaters, museum exhibits, concerts, casino and other recreational destinations, but most importantly, like to have fun? Arlington Classic Tours is the tour club for you! Let the Park District do all the planning – you just register for the tour, check-in on the day of the tour, sit back and relax in a luxury motor coach while we do the driving and enjoy all the activities that tour has to offer.

Arlington Classic Tours Membership (pandemic 2021 membership) runs from 5/1 – 12/31/2021.

Membership has its benefits:

- Receive the bi-monthly tour schedule mailed to your home by first class mail
- Priority registration for members
- Members pay \$15 less than non-members on each one-day tour
- Members receive 10% discounts on Gift Store purchases (excluding postage stamps)

\$12/Individual \$18/Household (two people living at the same address)

Note: This year's membership pricing is adjusted due to COVID pandemic.

2021 – the year of fun!



In case of inclement weather, call the Arlington Heights Park District

Inclement Weather Hotline

847.797.5348

Sign up for Park District classes early. Decisions for classes to be held are made one week prior to the start date.



Honoring and Remembering Our Fallen Heroes; The true reason for Memorial Day

By Greg Padovani, Chairman, Veterans Memorial Committee of Arlington Heights, IL

Our Nation has been blessed. Since our country's founding nearly two and half centuries ago, men and women of every generation have answered the call to serve. They left homes, families, and friends to enter military service that was typically harsh and often brutal. They sacrificed the comforts, conveniences and certainties of civilian life and placed all at risk for the greater good – for the preservation of our Freedoms.

Those who serve in our military often endure long separations from what we take for granted as a normal life. They can be called to action at any moment of the day or night, in any place in the world, and in extreme conditions where the threat to their very existence surrounds them. In the blink of an eye, physical wounds can change their bodies forever. In an instant, moral injuries can harm their souls for a lifetime.

The ones that return home are called veterans. Sometimes they continue their service to our Nation in other ways. Most often, they simply remove their uniforms and return to civilian life – without asking for anything. But they always remember their experiences in the military. They always remember the people they served with – especially those brothers and sisters who did not have the good fortune to come home. Veterans will tell you that these are the real heroes.

Those that did not return are our Fallen Heroes – the men and women who died in the service of our Nation. From the Revolutionary War to present time, more than 1.3 million Americans gave the ultimate sacrifice for our Freedoms. Every town has Fallen Heroes. Their sacrifice is part of the very soul of the community.

Memorial Day parades are hosted in many towns. They bring the community together to honor our veterans and to remind everyone of the service and sacrifice of so many. But a parade is not the reason for Memorial Day. Indeed, the purpose of these parades is to bring people to the Memorial Day Ceremony. It is at the Ceremony where the community gathers for the true purpose of Memorial Day – to honor and remember our Fallen Heroes.

The focus of any Memorial Day Ceremony is the reading of the names of the Fallen Heroes. This is the solemn moment when they return to the town's memory. It honors their supreme sacrifice. It reminds us to treasure the Freedoms that we enjoy. It motivates each of us to live a good, full life – a life that these Fallen Heroes did not enjoy.

On Memorial Day 2021, there won't be Ceremonies to attend, but many towns are recording ceremonies. Please take the time to view these. Or visit your town's Veterans Memorial. Most include a List of your community's Fallen Heroes. In Arlington Heights, we offer both alternatives. Also, we are distributing "Arlington Remembers" signs which include a full List of our town's Fallen Heroes. The email will ask residents, businesses and organizations to print and display, post and forward.

This Memorial Day, please honor and remember our Fallen Heroes. It is their sacrifice that has made our Freedoms possible.

Congratulations!

1,000 Hours of Service!

Heartfelt congratulations go out to **Suja Finnerty** and **Sue Voss** for reaching the milestone of 1,000 hours of service at the Arlington Heights Senior Center! Suja has been a tax counselor since 2007. Sue has volunteered in the Lending Closet since 2010. Many thanks for your service to the Senior Center!

Are you looking for a way to give back to the community? The agencies at the Arlington Heights Senior Center are looking for volunteers! There are many different opportunities – one is sure to fit your interest and experience! JOIN US and help your community!

VOLUNTEERING

@ THE SENIOR CENTER

19

Zoom Program Host – Assist the Arlington Heights Senior Center staff office with their virtual programs via Zoom. The volunteer will serve as the “facilitator” of the program. The time commitment varies because programs are offered at various times during the week. The volunteer may choose which programs to host. Basic computer skills and Zoom experience is necessary. Please contact Sharon Swanson, 847-253-5532 if you are interested in this position.

The Arlington Heights Nurses Club – The Lending Closet offers durable medical equipment to Arlington Heights residents of all ages. Volunteers staff the closet five days a week, Monday thru Friday for a two-hour shift. The Arlington Heights Nurses Club Lending Closet is currently looking for substitutes to assist residents in the distribution of durable

medical equipment. Other duties include accepting and sanitizing returning equipment. Retired nurses are especially welcome, but no experience is necessary. Some computer knowledge is helpful and light lifting is required. Please contact Sharon Swanson, 847-253-5532 if you are interested in volunteering for the

Escorted Transportation Service

Older adults in the NW suburbs need your help! Assist senior citizens in your community get to their routine (non-urgent) medical check-ups by becoming a volunteer driver. This volunteer opportunity is completely FLEXIBLE. You set your schedule based on your availability. No weekly commitment required. For more information, call 847-222-9227, visit www.etsnw.org >How to Help > Volunteer or email: info@etsnw.org

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Arlington Heights Senior Center, Arlington Heights, IL

E 4C 01-1374

Catholic Charities, Northwest

Senior Services - Volunteer opportunities are on hold due to the pandemic, but contact Debbie Bohli-Mitchell in the Catholic Charities Northwest Senior Services office, if interested in volunteering in the future at 847-253-5500.

Catholic Charities, Senior Nutrition Program

- Drivers are needed to deliver meals to homebound residents in the surrounding area. One day a week or more if you choose. The time commitment is approximately 2 hours per route. For more details call Jim Tobin at 847-797-5350.

INC Seeks new Board Members

The Senior Center Board helps the center stay vibrant and welcoming. The Board raises funds that directly benefit the Center. The Board can also be described as a fun group of volunteers! The Board also works with center staff and other agencies (like the Park District, Library or Catholic Charities). Are you seeking a fulfilling volunteer opportunity? Do you enjoy the center and hope it remains a vibrant resource to our community? If you are curious we want to hear from you! The Board meets just 6 times per year and the rewards are

outstanding. To express interest please send an email to tcologrossi@vah.com or

Kelly.hutchison@homeinstead.com (Kelly chairs the Board's nominating committee).



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Arlington Heights Senior Center, Arlington Heights, IL

F 4C 01-1374

Village of Arlington Heights Health Services Department Blood Pressure Clinics at the Senior Center

BY APPOINTMENT ONLY

Mondays, 8:30 am-10:00 am

Appointments will be conducted in 15-minute increments, by advance registration only. To register for a Monday morning blood pressure screening, please call the Senior Center Main Office at 847.253.5532.

Village of Arlington Heights Health & Human Services Dept. Cholesterol Screening Clinic at the Senior Center

BY APPOINTMENT ONLY

Remaining 2021 dates:

Wednesdays, 5/12, 7/14 & 9/15

Appointments will be conducted by advance registration only. To register, please call the Senior Center Main Office at 847.253.5532.

Cost: \$20 for Total, HDL & LDL. Medicare cannot be billed for this service, as the Village of Arlington Heights is not an approved provider. A 12-hour fast is required and drink plenty of water (only water;)

Arlington Heights Nurses Club

Lending Closet

This is a FREE service for Arlington Heights residents of any age. Please call if you have items to donate.

Note the hours listed below for walk in check out of durable medical equipment. Returns of equipment are conducted during the same hours, however, curbside outside by our bike rack. Please call 847.797.5315 for more information.

Mondays	1:00 pm - 3:00 pm
Tuesdays	10:00 am - 12:00 pm
Wednesdays	10:00 am - 12:00 pm
Thursdays	10:00 am - 12:00 pm
Fridays	10:00 am - 12:00 pm

Addolorata Villa residents no longer have to shovel snow, rake leaves, mow the lawn, paint walls, fix faucets or clean gutters. Instead they can enjoy spending time with their friends and family members.



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Resident of our independent living apartments also have the peace of mind of knowing they have access to assisted living, memory support, skilled nursing and rehabilitation services if their health needs should change.

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Wanted: Houses Seeking Curb Appeal!

The **Annual Community Paint-A-Thon** will be held on Saturday, September 11, 2021. While the date is a long way off, applications are available now and homeowners are encouraged to apply! Applications are due June 1st.

If the exterior of your home or garage, or even a smaller project such as the trim around the outside of your windows needs a fresh coat of paint due to peeling, fading, or worn paint, consider applying. The program provides for the painting of the exterior of single-family homes at no cost to those who qualify.

To qualify, homes must be owned

and occupied by people with limited financial resources. Verification of current homeowners insurance is also required. The owner must be at least 60 years of age or have a permanent disability or be a veteran of any age. Once a home is determined eligible, volunteer teams are matched to do the scraping, priming and painting of the house. **The Community Paint-A-Thon covers ten townships including Barrington, Elk Grove, Hanover, Maine, New Trier, Niles, Northfield, Palatine, Schaumburg and Wheeling.**

If you or someone you know could benefit, please contact the intake department at Catholic Charities at 847-253-5500, for an application or for additional information.



The Paint-A-Thon is a major community-wide event. Teams of volunteers are recruited from businesses, churches, social and civic groups. If you are interested in volunteering, please contact Donnie Graham at HandsOn Suburban Chicago at donie@handsonsuburbanchicago.org or 847-228-1320, ext. 104



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Jo Segalla is an Elder Law attorney who provides compassionate guidance and advocacy, backed by years of experience, for senior citizens and their families.

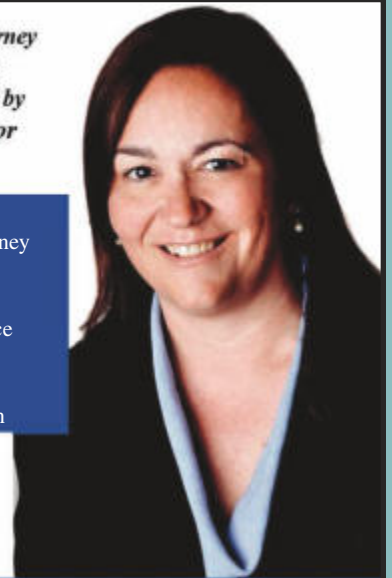
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Senior Health Insurance Program (SHIP) - APPOINTMENTS BY TELEPHONE

SHIP is a free counseling service provided by the Illinois Dept. on Aging. SHIP does not sell or solicit insurance and is not an insurance plan. SHIP trains volunteers to provide one-on-one help with your insurance.

SHIP counselors can answer questions about:

- Medicare
- Medicare Supplemental Insurance
- Medicare Advantage Plans - HMOs, PPOs, PFFS
- Prescription Drug Coverage through Medicare and other sources
- Long-Term Care Insurance
- Medicare Claims and Appeals
- Medicare Beneficiary Rights and Guarantees

Call the Senior Center Main Office at 847.253.5532 to schedule a Friday morning phone appointment with a SHIP counselor.

Sharps Disposal

Sponsored by SWANCC (Solid Waste Agency of Northern Cook County), sharps/needles disposal (including EpiPens) will be available inside the lobby of the Senior Center. Free, 1-quart containers are available at the Senior Center.

Medication Disposal at Police Dept.

Residents may properly dispose of unwanted or expired medication at the Arlington Heights Police Department.

A collection box is located in the public lobby which is open 24 hours/day.

The take back program accepts prescription or over-the-counter drugs in an enclosed container or original packaging. Not accepted are liquids or sharps (syringe, lancet, etc.). This service is not available to retailers or manufacturers with excess or expired inventory. Visitors to the Police Station should inquire with a Public Service Officer at the Front Desk for direction on how to access the collection box. The Arlington Heights Police Department is located at 200 E. Sigwalt St., next to Village Hall.



Thrive with Pride

AgeOptions offers a safe and inclusive space for LGBT+ older adults and those who care for them. We are meeting online at present - no need to drive or park! You can join us on Zoom or by phone on the fourth Tuesday of every month to chat, check in and hear experts present on interesting topics. Plenaries are new each month: There is no need to register for these free events; just call or log in on the fourth Tuesday of the month at 11am. Find the link or phone number to join, and more information, on our website: <https://thrivingwithpride.weebly.com/>, or email katespelman@ageoptions.org



Catholic Charities Northwest Presents Adult Protective Services

Friday, May 7 at
11:30 am – 12:30 pm



Alexa Diaz, Catholic Charities Northwest esteemed APS supervisor and Paul Leuzzi, one of the most talented caseworkers in the state, will both be available to present on the Adult Protective Services program as well as educate people about how to recognize and prevent elder abuse. This will be a great opportunity for our seniors who are still able to independently advocate for themselves as well as those who love seniors and want to protect them. Our goal is for people to leave empowered to protect themselves and the seniors they care about. Please call the Senior Center to register for this Virtual Event, 847-253-5532.

Catholic Charities Northwest Senior Medicare Patrol Virtual Presentation

Tuesday, May 11 at
10 am-11 am



Catholic Charities Northwest volunteer Robin will be hosting this meeting and we are very excited for those who are on Medicare as well as those who are helping people navigate Medicare to have this chance to learn more. Please call the Senior Center to register for this Virtual Event, 847-253-5532.

Caregiver Support



Caregiving can be difficult, but it is even harder in these challenging times. It can also be challenging to make sure you are finding time for self-care and knowing the signs of caregiver related stress. Here are a few tips:

<https://www.agingcare.com/articles/compassion-fatigue-caregivers-beyond-burnout-196224.htm>

<https://www.caringseniorservice.com/blog/essential-self-care-tips-for-the-family-caregiver>

<https://www.caregiver.org/resource/taking-care-you-self-care-family-caregivers/>

If you are providing care for a loved one and find yourself experiencing similar symptoms of “caregiver burn-out” or “compassion fatigue”, please call the **Catholic Charities Northwest Senior Services Caregiver Resource Center at 847-253-5500**. We can work with you to connect to the support and resources you need.



Support Group

While we are unable to meet in-person for the time-being due to COVID-19, our virtual caregiver support group will take place on the third Wednesday of the month from 7:00-8:30pm. Please call Jasmine Chorath or Erin Mercado 847-253-5500 for more information.



Alzheimer's/Dementia Caregiver

Support Group VIRTUAL

**Mondays, 5/10 & 6/14,
12:30 pm - 2 pm**

In Person 10:30 am - 12 pm

Facilitated by Jim Harbaugh, pictured above, this support group will allow you to meet others who face similar challenges in caring for a loved one with Alzheimer's/ Dementia. *Advance registration is required.

In-person sessions are limited to 10 participants. Call the Senior Center at 847.253.5532 to reserve a spot at an in-person or virtual session.

Arlington Heights Memory

Cafe

Creating Connections - VIRTUAL

Tuesdays, 5/11 & 6/8, 10:00a-11:00a

Memory Café is currently an online social gathering for persons living with dementia and a family member, friend, or care partner. Due to the pandemic, Memory Café is meeting virtually. While the Arlington Heights Memory Café does have a waiting list for in-person gatherings, there is room for more participants on our virtual platforms. Advance registration is required. If interested, please call the Senior Center at 847.253.5532.



Korean American Parkinson's Support Group - POSTPONED

The Saturday Korean American Parkinson's Support Group meetings at the Senior Center are postponed until further notice

Scam Awareness Presentation Arlington Heights Police Department

Tuesday, June 15, at 2 pm-3pm

Arlington Heights Police Officer Alexandria Ovington conducts this information packed presentation on scams that all of us should be aware of. Officer Ovington will provide information on:

- Sweetheart Scams
- Social Security Scams
- IRS Scams
- Email Scams
- Ruse Burglaries
- and Traveler Scams

This is a virtual pre-recorded session. Please register by contacting the Senior Center at 847.253.5532.



Identity Theft Information Booklet

The Identity Theft booklet is available at the Arlington Heights Senior Center front desk. The Booklet from the Arlington Heights Police Department is filled with important information on how to keep your identity safe. For more information, please call 847.253.5532 or stop by the Senior Center during operating hours.

Lawn Mowing Referral Program

Upon request, the Arlington Heights Senior Center will provide referrals of teenagers who are willing to mow lawns for Arlington Heights residents, age 60 and over or Arlington Heights residents who have a disability. The resident will contact the teen and make all arrangements with the teen to have their lawn mowed. The teen lawn mower and the resident work out all details as to: areas to be cut, time to be mowed, cost of job and payment arrangements. The Village of Arlington Heights makes no guarantees about this program. Stop by the Senior Center to complete an application or it is available online at vah.com.

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Real Possibilities

AARP Smart Driver™ Course Canceled

AARP has canceled its in-person Smart Driver™ courses through September 2021. For information regarding online classes, go to aarpdriversafety.org.



Illinois Secretary of State Rules of the Road Review Course

**Thursdays, 8/12 & 11/4,
10 am -12 pm**

The Rules of the Road Review Course is designed to give drivers - especially senior citizens and persons with disabilities - the knowledge and confidence to renew or obtain a driver's license. This free course combines an explanation of the driving exam with a practice written exam. Advance registration required. Call the Senior Center at 847.253.5532 to make a reservation.



For more information, call 312.814.3676 or go to: www.cyberdriveillinois.com.

Illinois Department on Aging SENIOR HELPLINE

1-800-252-8966

**1-888-206-1327
(TTY)**

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1801 W. Central Rd., Arlington Heights, IL 60005

Arlington Heights Senior Center

Mission Statement

Owned and operated by the Village, the Arlington Heights Senior Center presents a welcoming environment that promotes the independence, creates community, and lifelong learning for older adults. Through an innovative "one-stop" approach that places a myriad of programs, services, amenities, and information together. The Senior Center provides meaningful, timely and cost-effective services. The Arlington Heights Senior Center serves as the community focal point for older adults, caregivers, and students.

- ◆ Our Guiding Principles
- ◆ The whole of the Arlington Heights Senior Center is greater than the sum of its parts.
- ◆ Our "one stop" model creates ease in senior citizens accessibility.
- ◆ This collaboration of senior services fosters an extensive network of information, referral and assistance.
- ◆ This synergistic environment produces outreach best practices.
- ◆ Through our wide variety of services and programs, we offer viable opportunities to mentor students of various disciplines in geriatric professions as

STATEMENT OF NONDISCRIMINATION

The Village of Arlington Heights Senior Center does not discriminate in admission to, programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act: the U.S. Civil Rights Act: Section 504 of the Rehabilitation Act: the Age Discrimination Act in Employment Act and the U.S. and Illinois Constitutions.

If you believe that you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For information call 1-800-252-8966 (Voice & TDD).