

FUNDING FOR THESE AGENCIES PROVIDED BY WHEELING TOWNSHIP

Wheeling Township funds a variety of important human care services for residents of all ages. Almost half of the Township's general budget funds 22 social service agencies. Because of Township funding, services provided by these agencies are available to residents on a sliding-scale basis.

- ⊙ @Home Matters
- ⊙ Alexian Center for Mental Health
- ⊙ Avenues to Independence
- ⊙ CEDA (emergency shelter, child care, Head Start)
- ⊙ Catholic Charities (housing, senior services)
- ⊙ Center for Enriched Living
- ⊙ Children's Advocacy Center
- ⊙ Clearbrook Center
- ⊙ Countryside
- ⊙ Faith Community Homes
- ⊙ Greater Wheeling Youth Outreach
- ⊙ The Harbour
- ⊙ Journeys from PADS to HOPE
- ⊙ Life Span
- ⊙ Lutheran Services of Illinois Behavioral Health Services Program
- ⊙ Midwest Council for Children with Disabilities
- ⊙ Omni Youth Services
- ⊙ P.H.D.
- ⊙ Salvation Army
- ⊙ Shelter, Inc.
- ⊙ Suburban Primary HealthCare/ACCESS TO CARE
- ⊙ WINGS

Please call Jo Stellato at (847) 259-7730 to learn more about these agencies.



(Front Row L-R), are the "Leading the Way" award recipients: Laura Woodland, with her daughter Kate, Dan Stubing, Tony Biancardi, Dianne Briggs, Dorothy Guderian, Shirley Juretschke (Back Row- L-R) Peg Lyons and Vicky Amber along with Township Supervisor Michael Schroeder.

SUCCESS MEASURED THROUGH GENEROSITY

Wheeling Township's annual volunteer and donor appreciation luncheon was held April 24 at Bristol Court Banquets in Mount Prospect. The Township acknowledged the generosity of volunteers and donors. The Chordmasters, a local barbershop quartet, provided the entertainment.

Join our Volunteer Team..

Be a part of our volunteer team; it is fun and rewarding! Call Chris Guth at (847) 259-7730 to learn more about how you can contribute to our Meals on Wheels, Friendly Visitor and Caring Caller programs. Many hands make light work!

WHEELING TOWNSHIP ELECTED OFFICIALS



Michael Schroeder, DDS
Supervisor



Paula Ulreich
Town Clerk



Dan Patlak
Assessor



Scott Saewert
Highway Commissioner



Mike Domrzalski
Trustee



Ruth O'Connell
Trustee



Kathy Penner
Trustee



JoAnne Schultz
Trustee



Stephen Sharer
Collector

Wheeling Township Report, Inc.

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847-259-7730

www.wheelingtowship.com

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Hours: 9 a.m. - 4:30 p.m. weekdays

Township Board Meetings: 8:00 p.m.
on the fourth Tuesday of each month.

ECRWSS

Residential Postal Customer



SUMMER 2009

Wheeling TOWNSHIP



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Michael Schroeder
Supervisor

From the Supervisor

On May 29, 2009, helicopters from Channels 2 and 7 were recording **Thomas Middle School** students and staff passing canned goods, one by one, hand to hand, along Arlington Heights Road. The entire student body formed a chain from the entrance of the school to the Wheeling Township Food Pantry and collected over 8,000 items. What an awesome sight! Thanks to all who made this event possible.



Junior Historians of the Arlington Heights Historical Museum met at the Wheeling Township/Arlington Heights Cemetery.

MORE GREAT NEWS!!!!

The **Illinois Department of Veteran's Affairs** has opened an outreach office at the Wheeling Township Community Center. DVA's representative **Jim Lopez** will be available every Tuesday from 9 a.m. to 4 p.m. to meet one-on-one with veterans to learn what benefits are available to them and assist them in applying for those benefits. Call (224) 345-3446 to make an appointment or to learn more about the program.



Jim Lopez
Veterans Service Officer

the early and influential role they played in this area's history.

Originally the burial ground for the Kennicott family, the Cemetery has a small section on the east nearest Euclid Avenue that is without grave markers of any kind. A local historian believes that early area settlers are buried there in unmarked graves because their relatives didn't want the Indians to know someone had died.

A LITTLE PIECE OF HISTORY IN THE MIDST OF MODERN SUBURBIA...

The Wheeling Township/Arlington Heights Cemetery is somewhat of a miniature who's who in local history. Some tombstones date back to the 1840's. Names like Dunton, Kennicott, Sigwalt, Noyes, Landmeier, Klehm, Best, Minor are all there. Many of these early settlers' names can be found on streets throughout our community, a tribute to

On April 18, 2009 the **Junior Historians of the Arlington Heights Historical Museum** met at the Wheeling Township/Arlington Heights Cemetery to explore the "silent neighborhood" of our community. Bev Ottaviano, the AH Museum School & Scout Coordinator, planned the workshop and prepared the materials and workbooks for the students; this event was planned to coordinate with the Museum's "Silent Stories from Arlington Heights' Past."



INTERGENERATIONAL PROGRAMS...BUILD LEADERS & BETTER COMMUNITIES

Riley School SPIN Group Honored for "Supporting People in Need"

What can a group of dedicated and caring Fifth graders accomplish? They can bring smiles to the faces of the lonely and isolated residents in our community. SPIN members make special gifts throughout the school year that are delivered to the Township Meals on Wheels homebound seniors and disabled. They also sponsor a booth at the annual Make-A-Difference Fun Fair. SPIN members were honored with certificates by Wheeling Township at their Awards Ceremony for their selfless contributions to this intergenerational outreach. A special thanks to Principal Carrie McCully and SPIN sponsors, Melisa Zawadski and Winnie Beck for their involvement and support.



SPIN members (Bottom Row L-R) Francesca Chavez, Grant Slovin, Ana Uribe, George Arango, Payton Lira, Tori Appelt (Top Row L-R) Sophie Glickman, Sam Fernandez, Brian Grunst, Emily Carnes, Alexa Kudrak, Chris Hollenbeck, Blake Maley

A-OK (Acts of Kindness)

The A-OK program is designed to help older citizens age in place. In partnership with High School District 214, trained volunteer students, under the supervision of high school teachers, complete basic home maintenance needs for seniors who are no longer able to complete the tasks themselves. Example of projects may include raking leaves, cleaning gutters, washing and winterizing windows, trimming bushes, etc.

You may call the Township to find out more about this valuable program. All home assessments for the work to be done this fall must be completed by October 13th. What a great experience for our youth and older citizens!



High School District 214 volunteer students work together during the fall A-OK Program.

Make A Difference Day

The national day to help others October 24, 2009, the 19th annual Day



MAKE A DIFFERENCE DAY

Bring Your Child With Special Needs to the Wheeling Township Halloween Fun Fair

Wheeling Township invites all special children, ages 2 -12 years, to our annual Halloween Party! This is a safe and accessible free event for special needs children and their families to celebrate Halloween with games, prizes and food.

Prizes will be awarded for best costumes, so dress up in your favorite costume and celebrate together!

When: Saturday, October 24

Where: Riley Elementary School (Northgate Subdivision)
1209 E. Burr Oak Drive, Arlington Heights

Time: 11:00 a.m. – 1:30 p.m.

Lots of prizes and a free pizza lunch!

Admission: A Happy Heart!



Please call to reserve your space no later than October 19th! Let us know if you may need special accommodations.

YOU CAN MAKE A DIFFERENCE IN YOUR OWN COMMUNITY

As simple as it sounds, making a difference in your community can change lives. Through volunteering and donating to the Township's Halloween Fun Fair for children with disabilities, you can improve their lives and bring smiles to their faces. This year the Fun Fair is scheduled for:

Saturday, October 24 at Riley School from 11:00 a.m. – 1:30 p.m.

HOW CAN YOU HELP?

DONATE The following new items: (Sorry, we are not able to accept used items.)

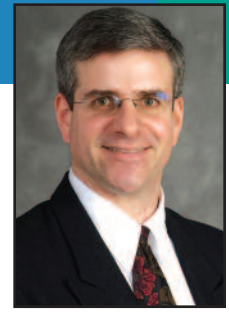
Children's toys, books, stuffed animals, wrapped candy, Halloween decorations, paper plates and napkins, canned pop and juices, cookies

Too busy to shop? Cash donations are always welcomed to help defray our costs.

VOLUNTEER as a service group to sponsor a booth. (Call us for more details.)



FROM THE ASSESSOR... DAN PATLAK YOUR TAXPAYER ADVOCATE



Congratulations to Deputy Assessor Mary Sebastian:



Wheeling Township
Deputy Assessor
Mary Sebastian, C.I.A.O.

Deputy Assessor Mary Sebastian just completed a rigorous 90 hours of advanced assessment coursework and testing that qualifies her to become a Certified Illinois Assessing Officer (CIAO). This coursework is part of the continuing education program instituted in 2006 to professionalize the Wheeling Township Assessor's office. Mary has been with the Wheeling Township Assessor's office since 2005. She joins our other full time employee as well as two part-time employees in achieving the coveted CIAO designation. Mrs. Sebastian is a twenty-five year resident of Prospect Heights where she lives with her husband Marty.

Board of Review Now Closed for 2008 Tax Year Appeals:

The Cook County Board of Review closed for appeals from Wheeling Township on May 28th. Results of those appeals are not expected to arrive in mailboxes until late July or August. Property owners who did appeal to the Board of Review may appeal further to the State of Illinois Property Tax Appeal Board (PTAB) within 30 days of the date on the determination letter sent by the Board of Review. Appeals to PTAB are not allowed unless there has been a prior appeal to the Board of Review for the tax year in question. The PTAB website is www.state.il.us/agency/ptab.

Assessment Adjustments for 2009

The Cook County Assessor has announced that assessments for all suburban residential property will be "adjusted" down for the 2009 property taxes. Each owner can expect to receive an adjustment notice in the mail likely sometime this year. Normally when assessment notices are mailed, the appeal deadline date appears at the bottom of the notice. This will be the first opportunity for property owners to appeal 2009 property taxes, and appeals will be made to the Cook County Assessor. You can check the open appeal dates for Wheeling Township property owners by going to the website www.cookcountyassessor.com. When you are ready to file an appeal with the County Assessor, we will be happy to assist you.

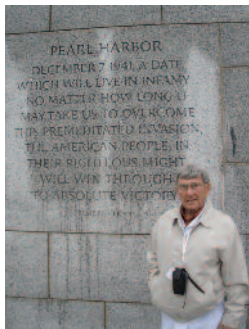
Cook County Assessor Closes All Satellite Offices:

Cook County Assessor Jim Houlihan closed his Rolling Meadows courthouse satellite office on May 8, 2009. According to the County Assessor, the office is not expected to re-open. The remaining suburban satellite offices located at each of the five suburban courthouses are expected to close later this year.

If you have any questions or need assistance with your property tax bill, please stop by our office on the second floor of the Wheeling Township Community Service Center, or call our office direct at **(847) 259-1515**. In order to more efficiently serve you, please have your Property Index Number (PIN) available. Your PIN can be found on your tax bill or assessment notice. We're here to help!

FROM THE HIGHWAY COMMISSIONER... SCOTT SAEWERT

ACCOMPANYING MY DAD ON AN HONOR FLIGHT...



My dad, former Staff
Sgt. George Saewert

April 15th is a day usually associated with income taxes, but for 80 World War II veterans and 40 guardians, including myself, it was quite a different day. That was a day of reflection and remembrances when we took an Honor Flight to Washington D.C. to visit the WWII Memorial.

Honor Flight is a nationwide organization dedicated to honoring WWII veterans as well as our terminally-ill Korean and Vietnam veterans by flying them, all expenses paid, to Washington D.C. for the day to reflect at their memorials.

The WWII veterans have been given top priority as expected that in five to seven years, we will have lost most of our WWII veterans, and the Honor Flights are their way of saying thank you for all that these men and women sacrificed for our country and for us. You can visit their website at honor-flightchicago.org.



The WWII Memorial in Washington D.C.

The Honor Flight Guardians are responsible for assisting two or more veterans and it was my honor to be assigned to my father, George Saewert, former Staff Sergeant of the 8th Army, 353rd Engineering Regiment and Oliver Zivney, a former Navy Corpsman from Dwight, Illinois.

While we were there, I also ran into a long-time Wheeling Township resident, George Miller of Buffalo Grove. George served in the Army Air Corps during WWII and later retired as a Lt. Colonel from the U.S. Air Force.

When we arrived at the WWII memorial, Senator Bob Dole, a WWII veteran, greeted the group. Senator Dole visits most all of the Honor Flights to greet and meet his fellow veterans. There is a special earned kinship and respect that they have for each other. Just being with them was truly an honor and it was an extraordinary and highly emotional day for all of us.

I want to take this opportunity to thank all our Wheeling Township Veterans for their service and devotion to our country and its citizens.

Subdivision Drainage Improvements in Forest River...

I am happy to report that we have started a long planned project to improve the drainage for the southern portion of Forest River Subdivision. We recently restored the drainage channel from Graylynn Dr. to the culverts under River Rd., which should help alleviate flooding onto Graylynn Dr. during most rainfalls. This is a beginning to a long term solution to the poor road drainage in this area that I have worked on since taking office. The next phase is to improve the drainage from the adjoining roads into this drainage channel, which should also help alleviate neighborhood flooding in this area. The Township is trying to correct road and right-of-way flooding issues.

Thank you for the pleasure of serving you! If you have any questions or if we can be of service, please call our office at (847) 259-7730.



VEHICLE STICKER INFORMATION The Clerk's Office sells Cook County vehicle stickers for residents of unincorporated Wheeling Township. When applying for a sticker, applicants will need their vehicle registration card to help expedite the application process. Stickers may be purchased in person at the Township Hall, 1616 N. Arlington Heights Road, Arlington Heights, IL., Monday – Friday, from 9:00 a.m. – 4:30 p.m. Other vehicle

sticker instructions and helpful hints include:

- Stickers are valid from now through June 30, 2010.
- Normally, if you did not display a new sticker by July 1st, you would be subject to a penalty. However, a grace period for the purchase of vehicle stickers has been extended to July 15, 2009.
- If you purchase your sticker after July 15, you will be charged a late penalty.
- Passenger vehicles weighing over 4,500 lbs are required to display an XLV (large vehicle) sticker.
- Seniors (65 or older) may purchase a \$5.00 sticker that will remain effective for as long as you own that car. This discount is limited to 2 cars.
- Seniors who own trucks, motorcycles, or trailers are required to pay full price for those licenses.
- Vehicle sticker costs: Motor bicycles \$25; Passenger vehicles under 4,500 lbs \$40; Passenger vehicles over 4,500 lbs \$50.

- The entire "Cook County Vehicle License Application" must be completed, with the fee, in order to receive a sticker.
- If you are paying by check or money order, the required amount should be made payable to: COOK COUNTY COLLECTOR.
- If you prefer to mail in your application and fee (do not send cash in the mail), the address is: Cook County Department of Revenue, Vehicle Stickers, P.O. Box 641847, Chicago, IL 60664-1847.

VOTER REGISTRATION One of the greatest rights we have is to vote, but please remember, if you would like to vote, **you must be registered.** If you have just moved into the Township, have moved to another residence, or changed your name, come by the Clerk's Office, Monday – Friday, between 9:00-4:30 to register. All you need are two forms of identification (one showing your current address), be a citizen of the United States, and be 18 years of age or older by the next election. **Once you have registered, there is no need to re-register unless to move or change your name again.**

HISTORICAL TIDBIT The Annual Town Meeting of April 7, 1857 was held at the home of Peter Schanek. At the meeting, 174 votes were cast for the election of township officials. The winners were: Supervisor – Jesse Matteson with 105 votes; Clerk - Charles Vogt with 98 votes; Justice of the Peace – J. Rothchilds with 168 votes; Assessor – C. Fuller with 103 votes; Commissioner of Highways – C. Hegvine with 108 votes; Collector – L. C. Webster with 94 votes; and Overseer of the Poor – Hiram Perry with 71 votes.

ATTENTION GARDENERS!

Do you want to help feed the hungry?

Many of you passionate gardeners grow incredibly bountiful vegetables and fruits in your gardens! We would like to request that when you have excess harvest that keep Wheeling Township Food Pantry in mind. Last year Wheeling Township gardeners donated over 2,000 pounds of produce that was given to needy families.

If you would like to share your bounty, please drop off your surplus fresh produce at the Township office located at 1616 N. Arlington Heights Rd. Arlington Heights, IL 60004, anytime during our regular business hours, Monday through Friday, 9 a.m. to 4:30 p.m. If we receive your donations early in the day and week, we can distribute it fresh that same day and week. Please be assured that the needy are thrilled to enjoy the fresh and wonderfully nutritious food!

Thanks to all those gardeners who have donated in past years. We look forward to seeing you again and meeting new gardeners as well. Share in the joy of giving!



School is out and students of all ages are looking forward to enjoying the summer!

However, we would like to remind those of you who may be interested in donating school supplies to Wheeling Township needy families that the donations need to reach the Township by the end of July or first week of August. We would appreciate your support in donating the following needed items:

Back Packs	Highlighters	Markers	Scissors
Colored Pencils	Sharpeners	Pencil Pouches	Book Covers
File Folders	Composition Books	Notebook Paper	Pencils
Notebooks	Highlighters	Index Cards	Crayons
Sharpies	Black, Red & Blue Pens		

Please drop off your donations at the Township office Monday through Friday, 9 am to 4:30 pm. **Thank you and enjoy the summer!**

Senior & Disability News

CALL (847) 259-7730 TO REGISTER FOR ANY OF THE FOLLOWING PROGRAMS

SENIOR SCENE PROGRAMS...

Join us and expand your horizons learning about new topics of interest.

SENIOR SCENE programs, hosted by the Wheeling Township Senior Advisory & Action Council, offer free educational opportunities to all seniors, age sixty and over. The timely topics and lively discussion give older adults a chance to expand their knowledge and share fellowship. We encourage all attendees to bring a non-perishable food item as a donation to the food pantry; a great way to help those in need!

Call to register for the upcoming free programs offered from 10:00 a.m. - 11:30 a.m. on the following dates:

ARTHRITIS, EXERCISE AND YOU

Tuesday, August 11

Be aware of the effects that an arthritis and/or osteoporosis diagnosis has on your joints. Learn what exercises can help alleviate discomfort and how you can implement an exercise program and routine that will fit your life style. This program will be presented by a physical therapist from Lutheran Home and Services who has extensive professional experience working with arthritic patients.

CITIZEN SAFETY...FOR HOME AND TRAVEL

Tuesday, September 8

Learn more about common sense personal safety for your home and when you travel. The Cook County Sheriff's Department will present ideas on how to increase awareness of your surroundings to help protect you and will provide helpful hints so that you can feel more confident and secure whether at home or in public places. Learn the "Dos" and "Don'ts" of personal safety!

MEDICARE PART D... WHAT COVERAGE IS RIGHT FOR YOU?

Tuesday, October 13

Come out of this presentation with a better understanding of Medicare Prescription Drug Coverage and the programs that can help with the costs of paying for prescriptions. Basic information about Medicare Part D, Illinois Cares RX (the state pharmaceutical program) and the Extra Help Program will be explained. This timely presentation will help you make informative decisions during the open enrollment period for Medicare Part D.

TRANSPORTATION SERVICE... LEAVE THE DRIVING TO US!

Accessible and affordable, the Wheeling Township Transportation Service offers curb-to-curb transport to older adults (age 60 and over) and permanently disabled residents (age 18 and over).

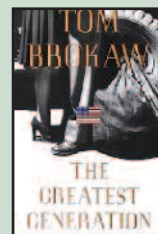
If you are in need of our transportation services, please call the Transportation Department at (847) 259-7743 for detailed information regarding program services and eligibility. (First time riders must register for services and reservations are required.)

**A special event honoring our veterans...
join us**

Tuesday, November 10

"THE GREATEST GENERATION" BY TOM BROKAW

Tom Brokaw defines "the greatest generation" as American citizens who came of age during the Great Depression and the Second World War and went on to build modern America. Joyce Voss, Community Services Manager at the Arlington Heights Memorial Library, will lead a book discussion of this stimulating book. (Limited paperback copies of "The Greatest Generation" may be purchased for \$9.50 from the Township.) Read the inspiring personal stories and attend this special event, paying tribute to those who served. Tom Brokaw has autographed a hardback copy of the "The Greatest Generation" which will be included as a special drawing the day of the event. Limited seating available, so sign-up now to reserve your place!



Cook County Sheriff Thomas J. Dart, right, and special honoree Jerry Reinsdorf, present the 2009 Sheriff's Senior Citizens Medal of Honor to Jack Cunningham.

COOK COUNTY SHERIFF'S SENIOR MEDAL OF HONOR AWARD

Jack Cunningham, long time resident of Wheeling Township, was honored for his spirit of volunteerism at the 2009 Honor Award Ceremony on April 15 at the Chicago Cultural Center. Being a member of the Wheeling Township Visually Impaired Support Group since its inception in 2000, Jack's visual disability has not deterred him from volunteering. His trusted guide dog, Kaplan, accompanies Jack when he volunteers to share his personal story at schools and civic groups. "Jack is recognized in Wheeling Township as a leader and advocate for the disabled," states Supervisor Michael Schroeder. Thank you, Jack, for reaching out to others and building a community of caring and concern.

Senior & Disability News

CALL 847-259-7730 TO REGISTER FOR ANY OF THE FOLLOWING PROGRAMS

PROGRAMS AND SUPPORT GROUPS FOR THE DISABLED...

YOU ARE INVITED...

Visually Impaired Support Group (VIP) – This group meets the first Thursday of every month from 1:00 p.m. - 2:30 p.m.

VOICES – This Therapeutic Support group meets every Thursday of each month (except the 1st Thursday) from 12:30 p.m. - 2 p.m.

The Township Transportation is available to help you attend these groups. Just call our Transportation Department at (847) 259-7743 to register for transportation services or to make a reservation.

SENIOR ADVISORY & ACTION COUNCIL...

This dedicated group of Township residents meets in the 4th Tuesdays of the month from 10:00 a.m.- 11:30 a.m. If you would like to share your time by serving on this Council, please call Kris Freeman at (847) 259-7730.

RECYCLING AVENUE

Wheeling Township is a drop-off site for RECYCLING AVENUE, an organization that helps provide job opportunities for the physically challenged. RECYCLING AVENUE helps save the environment by recycling retired, small electronic items; they are currently accepting cell phones, cordless house phones, MP3 Players, Print Cartridges, Digital Cameras and Laptop/Notebooks. They are unable to accept computer monitors, towers, printers, and fax machines.



FLU SHOT CLINIC

In partnership with Northwest Community Hospital, Wheeling Township will be hosting our annual Flu Shot clinic on **Thursday, October 22** from **9 a.m. – 1 p.m.** at the Wheeling Township Center.

Please call (847) 259-7730 beginning Monday, October 5 to schedule your appointment. If you need a home visit for a flu shot, call our office to schedule an appointment.

The flu shot is free if you are on Medicare or Railroad Retirement. Please bring your card with you the day of the clinic.

Those with PPO, HMO and Medicare HMO will receive the vaccine for \$20. (cash and checks accepted, but no credit cards) The Center for Disease Control recommends vaccination for individuals 65 years and older, people with chronic disorders of the lung or heart, including asthma, diabetes, kidney disease, immune system problems or HIV infection, and women who will be four to nine months pregnant during the flu season. Pregnant women need a physician's order to receive a flu shot.

Flu clinic information is added to the NWCH Community Flu Shot hotline as it becomes available. Call 1-847-618-4358 for the most current information.



SENIOR HEALTH INSURANCE PROGRAM – SHIP

STATE & FEDERAL PROGRAMS GUIDELINES CAN BE COMPLICATED... BENEFIT CHECK UP COULD HELP YOU!

If you are a senior, and have questions regarding health insurance the SHIP program can help provide you with answers. *The Benefit Check Up* service can help you identify state and federal programs that may be of help to you. Trained counselors are available, by appointment, to provide assistance to you. Please call (847) 259-7730 to schedule an appointment.

SENIOR HEALTH INSURANCE PROGRAM – SHIP

SHIP is a free insurance counseling and advocacy program for individuals eligible for Medicare and Medicaid programs, including the Medicare D Prescription plans. SHIP counselors are trained by the Illinois Division of Insurance to assist Medicare and Medicaid participants with understanding their benefit coverage, helping with filing their medical bills and claims, explaining Medicare Supplemental and Long Term Care Policies, and providing problem resolution support. The counselors are not affiliated with any insurance companies and are not licensed insurance brokers, so there is no pressure to purchase any products.

We have two certified SHIP counselors available at the Wheeling Township Office. You can make an appointment to meet with a SHIP counselor on either Mondays or Tuesdays by calling (847) 259-7730.



Save the Date!

**5 Township Senior Job Fair
October 22, 2009 at
The Cotillion, Palatine, IL**

SENIOR EMPLOYMENT Director Val Profit is available to meet with you to review your employment history, envision future employment opportunities, and when applicable, introduce you to companies by fax or phone while you are in the office. Call her at Wheeling Township at 847-259-7730 to make an appointment.

Val will also be coordinating Job Clubs on August 25 and October 27, 2009 at 1:00PM at Schaumburg Township, One Illinois Blvd, Hoffman Estates. A representative from the Cook County Metropolitan Water Reclamation District will be at the August 25 Job Club recruiting for various engineering positions and talking about other opportunities they have available. These are mini job fairs so bring plenty of resumes.



STOP IN TO IMPROVE YOUR DRIVING SKILLS...

Secretary of State Drivers Refresher Course

The one-session Secretary of State Refresher Course will help prepare you for your driving test and soothe those road test jitters! This class is designed to give drivers – especially senior citizens and persons with disabilities, the knowledge and confidence needed to renew or obtain a driver's license. The review course, taught by knowledgeable volunteers, combines an explanation of the driving examination with a practice written examination.

If you are interested in this course offered from 9:30 a.m. - noon, please call our office at (847) 259-7730 to register for one of the following classes:

- September 10
- November 12

AARP – SAFE DRIVING PROGRAM

Tune Up Your Driving Skills

In cooperation with AARP, Wheeling Township offers the AARP Safe Driving Program, designed to help you **tune up** your driving skills, **learn** about normal age-related physical changes, **adjust** your driving to allow for the changes and **reduce** your traffic violations.

Call our office to register for one of the following two-day sessions.

A \$12.00 charge for AARP members and \$14.00 for non-members applies for the two-session class. Checks should be made payable to AARP and mailed or dropped off at the Township office prior to your first class.

Class time is 5:30 p.m. - 9:30 p.m. on the following dates:

- Monday, August 3 & Wednesday, August 5
- Monday, September 14 & Wednesday, Sept. 16
- Monday, October 5 & Wednesday, October 7

Upon the completion of the two-session class, you will be issued a certificate, which may be submitted to your automobile insurance company for a possible discount.



NOTES FROM THE NURSE...



Summer has arrived. Along with blue skies and sunshine days, comes that pesky, unwelcome guest called the mosquito. The mosquito is more than just a nuisance at family picnics. This tiny bug can carry a virus called West Nile. Although to most of us West Nile is harmless, those of us who are elderly, weak and suffering from chronic disease have a risk of becoming ill from this disease. The mosquito contracts the virus from biting an infected bird. After biting a human, the disease is passed on. If bitten by a mosquito carrying the virus, a fever, headache or body aches can occur within 3-15 days. Those with any of these symptoms are at risk for developing serious complications and should see a doctor immediately.



West Nile Virus has been affecting people in Illinois since 2002. In the year 2008, over 200 people became ill statewide.

Cook County Public Health Department suggests certain precautions to help prevent the infection of West Nile. Use mosquito repellent containing 20-35% DEET, picaridin, or oil of lemon eucalyptus. Apply this primarily to clothing, Keep gutter around your home clear of debris and in good repair. Be sure screens on windows and doors throughout your home are intact and fit tightly to prevent entry of insects. Check around the outside for containers that could hold water. Water that is lying around for over 3 days is a breeding ground for mosquitoes. Mosquito activity is greatest for dusk to day dawn. Limit time outdoors during these hours.

Summer comes just once a year so let's all take the necessary precautions to stay safe and healthy. As the health department states, let's "FIGHT THE BITE".

Karen McNeir R.N., B.S.N.

MEDICAL SERVICES OFFERED...

Wheeling Township recognizes the importance of personal health in enabling older adults to remain living independently in their homes and their communities.

The following health services, administered by the Township nurse, are available **by appointment**, for residents 60 years and over.

Tuesdays & Thursdays – 9:00 a.m. – 3:30 p.m.

Blood Pressure (no charge)

Blood Sugar Screening (\$1.00 charge)

PRO Time - Anticoagulation Therapy Testing (\$6.00 charge)

2nd & 4th Thursday of Each Month - 9:30 a.m. – 11:00 a.m.

Cholesterol Screening:
(Available to residents 18 years & older)

Eight hour fasting (water only) lipid profile including total cholesterol, HDL, LDL, triglycerides and blood sugar (\$15.00 charge)

Non-fasting total cholesterol and HDL
(\$10.00 charge)

Cholesterol screenings require drawing of a blood sample from the fingertip.