

FUNDING FOR THESE AGENCIES PROVIDED BY WHEELING TOWNSHIP

- Wheeling Township funds a variety of important human care services for residents of all ages. Because of Township funding, services provided by these agencies are available to residents on a sliding-scale basis.
- Alexian Center for Mental Health
- Avenues to Independence
- Catholic Charities
- Center for Enriched Living (housing, senior services)
- Children's Advocacy Center
- Clearbrook Center
- Countryside
- Escorted Transportation Services
- Faith Community Homes
- Hands On Suburban Chicago
- The Harbour
- Journeys - The Road Home
- Kindred Life Ministries
- Life Span
- Lutheran Services of Illinois Behavioral Health Services Program
- Northwest Compass (childcare, housing)
- Omni Youth Service
- P.H.D.
- Salvation Army
- Shelter, Inc.
- St. Mary's Services
- Suburban Primary HealthCare/Access to Care WINGS

WHEELING TOWNSHIP ELECTED OFFICIALS



Hours: 9 a.m. - 4:30 p.m. weekdays
 Township Board Meetings: 8:00 p.m. on the fourth Tuesday of each month

www.wheelingtowship.com
 847-259-7730
 1616 N. Arlington Heights Road
 Arlington Heights, IL 60004
 Wheeling Township Report, Inc.
 Helping Neighbors
WHEELING TOWNSHIP

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REPORT

SUMMER 2016

From the Supervisor – Kathy Penner



Food Pantry Helpers...

A SPECIAL THANK YOU TO KASS & KAI
 Two community conscious kids are 6 year old Kass and 5 year old Kai of Arlington Heights. They have hosted several activities to raise money for the Wheeling Township Food Pantry. Last fall they began with a Bean Drive, collecting canned goods from their neighbors. This spring they have increased activities to include a lemonade stand, a cookie sale, and an art sale. But perhaps the most interesting and most profitable activity is tours of their Gnome Village. For only a quarter, which is a steal of a deal, visitors can see all the various handmade buildings in which the gnomes reside. Highlights include a play ground, swimming pool and private residences where gnomes hang their laundry to dry. The village may soon include a police or fire station and maybe even a food pantry. In addition to the food products, so far in 2016, the brothers have donated \$124.70 to the Township food pantry. You guys are awesome!



Seats for Sailors Program

We again are asking for your help with funding for food and transportation for U.S. Navy recruits from Great Lakes Naval Training Center for the holidays. Many of these 18 to 20 year old young men and women, from all over our nation, are away from home for the first time. We want to help these sailors have a day of respite from the rigors of training and missing loved ones. Our super successful 2014 Seats for Sailors Campaign allowed us to treat record numbers of recruits for two years running for Thanksgiving and Christmas. Besides providing delicious holiday meals and gifts, the American Legion Post #208 arranges for the guests of honor to have unlimited access to TV's, music, pool, bowling, movies as well as free phone calls all day. We want to show our support for the sacrifices these young men and women are making for all of us by helping raise funds to transport them to and from their destination, as well as help the American Legion with expenses. Although there is a small balance remaining in the *Seats for Sailors* kitty, we are hoping to raise enough to cover 2016 expenses and make a commitment for a few more years.

Help us show our appreciation for their service. Please make checks payable to **WHEELING TOWNSHIP SEATS FOR SAILORS** and mail to Jo Stellato, 1616 N. Arlington Heights Road, Arlington Heights, IL 60004. *Thank you in advance for helping make their Holidays special.*



SENIOR AND DISABILITY NEWS

Call 847-259-7730 to register for any of the programs & services offered through Wheeling Township.

SENIOR SCENE PROGRAMS

SENIOR SCENE programs, hosted by the Wheeling Township Senior Advisory & Action Council, provide educational opportunities for all seniors. The timely topics and lively discussion offer older adults a chance to expand their knowledge and share fellowship.

Just call our office to register for the upcoming **FREE** programs offered from **10:00 - 11:30 a.m.** at the Wheeling Township office on the following dates. **Registration is limited, so call now to reserve your place!**

UNDERSTANDING MEDICARE PART D

Prescription Drug Coverage Choices

Tuesday, September 13

10:00 a.m. – 11:30 a.m.

Open Enrollment for Medicare Part D is October 15 – December 7

Seniors have many choices when it comes to Medicare Part D Prescription Drug Coverage. Understanding those choices can insure that you receive the prescription drugs you require at the most beneficial cost to you. Join Wheeling Township's SHIP counselors as they explain how Medicare Part D works, and how they can help you make the best choices when it comes to your prescription needs. The session will include a live internet demonstration of the tools you can use to personalize your Part D drug coverage, information on how and when to enroll/change plans, and explanations of various programs that may allow you to save money on your prescription drugs.

Whether you are able to attend the presentation or not, you can schedule a one-on-one appointment with a SHIP counselor to review your Part D drug coverage during the annual enrollment period. SHIP counselors are not affiliated with any insurance company. Call the Township office to set up your appointment.

If you are a member of a local civic group, faith community or an organization that would like to learn more about Medicare and how recent changes might affect you, our SHIP volunteers are available to speak to your group.

KNOW YOUR DRIVING LIMITATIONS...

Thinking about giving up the keys? Know someone who should?



Options, Resources & Ideas

Tuesday, October 11

10:00 a.m. – 11:30 a.m.

Giving up the keys – or even just talking about it – can be one of the toughest things seniors, adult children, Doctors and/or caregivers have to face, and many people simply refuse to

consider the idea. Have you ever thought about what YOU would do if you were no longer able to drive? How would you maintain your independence? Who would you turn to for assistance? Or do you think your loved one should stop driving?

Many seniors know that they should no longer sit behind the wheel of a car due to vision or other health issues, but continue to keep driving because they are unaware of other options. That's where this program may help! Join Wheeling Township for an informative discussion on giving up the keys and thinking ahead.

We will focus on sharing information about the many terrific transportation options available to our community's seniors should you (or your loved one) decide to give up driving. We'll also take a look at some of the reasons why you may need to stop driving, along with some warning signs that others should consider when watching an older adult drive. Lastly, representatives from Wheeling Township's own transportation department, PACE, and Escorted Transportation Service NW will be on hand to share ideas, viable transportation alternatives and other resources so that you and your family can make an informed decision.

Making the decision not to drive definitely alters an older person's daily routine and habits, but doesn't necessarily signal an end to independence. It's not an easy thought or discussion for anyone, but knowing that there are other options can make the transition easier. We hope you'll join us for this really useful session.



MEDICAL SERVICES

Wheeling Township recognizes the importance of 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. – 1:00 p.m.

- Blood Pressure (no charge)
- Blood Sugar Screening (\$1 charge)
- INR & PRO Time – Anticoagulation Therapy Testing (\$6 charge)

Cholesterol Screening:

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

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

At-home hemocult screening tests available for \$4.00

Worried about the Flu? Homebound? Call Karen!

Again this year, the Township nurse will have a limited supply of the flu shots for homebound patients over the age of eighteen who are unable to get a flu shot from their physician. Please call Karen McNeir, R.N., B.S.N. to schedule a home visit. The flu shot is covered by Medicare. If you do not have Medicare coverage, the cost is \$25.00

SENIOR CELEBRATION DAY

Thursday, September 15

Arlington International Racecourse



This terrific FREE event - the 28th Annual Senior Celebration Day will be held Thursday, September 15 from 11:30 am - 3:00 pm. This fun, FREE event offers health screenings, exhibitors, a discounted lunch, entertainment, raffle prizes, free parking & shuttle, and so much more! Don't miss this really great day out. For more information, call the Senior Services Department at the Township office.

WHEELING TOWNSHIP TRANSPORTATION

Much more than just a ride!



Unable to drive? Looking for safe and affordable transportation?

If you are over 60 (or 18 and over with a permanent disability), Wheeling Township's outstanding transportation service and team may be the perfect solution for your needs. With 8 buses on the road every day, we are doing our very best to help Township residents get where they need to be. Last year, over 24,500 rides were provided to Township residents.

When is the service available? Rides are available for Township residents to a wide variety of locations within the Township, Monday – Friday, 9:00 am - 3:30 pm. Some locations outside the Township are covered for medical services.

When should I call? For medical appointments, please call at least one week in advance, as buses fill up quickly (you may call up to 30 days in advance for medical appointments). For casual appointments (hair salon, grocery store, etc), you must call two days in advance.

What's the cost? \$2 each way.

How do I sign up? Call our transportation department if you have any questions – or for an application. Our team of drivers are dedicated, compassionate and truly concerned about your well-being. Don't hesitate to call – or stop by – should you have any questions about whether we can assist you or not.

Call us today at **(847) 259-7743** for more detailed information regarding program services and eligibility.

IMPROVE YOUR DRIVING SKILLS

Secretary of State RULES OF THE ROAD Review 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 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. – 11:30 a.m. on the following Thursdays, please call our office to register:

■ September 8

■ November 10



AARP – SMART 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 Wheeling Township to register for one of the following two day sessions. A \$15.00 charge for AARP members and \$20.00 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 is on Mon. & Wed., 5:30 p.m.- 9:30 p.m. on the following dates:

■ August 1 & August 3

■ September 12 & September 14

■ October 3 & October 5

■ November 7 & November 9

■ December 5 & December 7

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



THE MOBILE DENTAL CLINIC



The Mobile Dental Clinic is a partnership with Northwest Community Hospital and Elk Grove, Palatine, Schaumburg and Wheeling Townships. It provides necessary dental care to residents who do not have the resources to go to a general dentist. Residents must meet financial guidelines and there is a cost of \$30 per visit. Services are by appointment only. Call us to see if you qualify.

KIDS WORKING TOGETHER TO HELP STOCK THE FOOD PANTRY

On Friday, May 13th, **Olive Mary Stitt** elementary students collected 295 grocery bags full of food for the Wheeling Township Food Pantry. This marked the end of their month long **"Hunger Doesn't Take a Summer Vacation"** food drive, which was done as a part of the Character Counts Program. For the past several years, students at Olive Mary Stitt had been collecting food in October, in conjunction with Make A Difference Day. Last year, parents heard how low the food pantry is during the summer months and decided to move the date to make it a learning experience for the five pillars of Character Counts, which are Respect, Responsibility, Caring, Fairness and Citizenship. Coordinating the drive at the end of the school year was a great way to help the pantry get through the summer months when donations generally tend to be lower and usage is higher.



TWO GREAT SUPPORT GROUPS

ALZHEIMER'S CAREGIVER SUPPORT GROUP

Meets: 3rd Tuesday of every month, 1:00pm – 2:30pm

Karen McNeir, R.N., B.S.N. and Aileen Zei, Wheeling Township's Assistant Director of Senior & Disability Services, co-facilitate this group, offering help to participants in developing coping methods, as well as encouraging caregivers to maintain their personal, physical and emotional health.



It is estimated that as many as 5.1 million Americans may have Alzheimer's disease. The incidence of the disease is rising with the aging of America. Providing care for someone with memory loss can be a labor of love, but it can also be exhausting and stressful.

Wheeling Township partners with the Alzheimer's Association, Greater Illinois Chapter, to offer a monthly support group for caregivers of individuals with Alzheimer's disease.

VIP LOW OR NO VISION SUPPORT GROUP

Meets: 1st Thursday of every month, 1:00pm – 2:30pm

This terrific group of individuals, whose vision issues include everything from macular degeneration and Stargardt's disease to advanced glaucoma and complete blindness, enjoys a monthly meeting which focuses on sharing resources and ideas, as well as enjoying a nice afternoon together.



Co-facilitated by Wheeling Township's Senior & Disability Services Director and Asst Director, most meetings also feature interesting speakers who focus on topics related to low or no vision.

Group members support each other and offer coping methods and tips. Some group members also participate in a book club, which leads to some very lively discussions!

YOU Can Make A Difference! Please Share Your Time & Resources...

October 29, 2016 • Make A Difference Day!

Make a Difference Day is the largest national day of community service and is a celebration of neighbors helping neighbors. This annual Halloween Fun Fair for children with disabilities and their families needs the support of volunteers and donors to make the event a success.

WHAT CAN YOU DO? You can volunteer to help the day of the event...

WHEN? Saturday, October 29, 2016

WHERE? Riley Elementary School (Arlington Hts), 11:00 am – 1:30 pm

Or even better, organize your friends, family, neighbors, or a service group to volunteer or sponsor a 'fun fair' booth.

HOW CAN YOU HELP? Here's our "WISH LIST"...

■ NEW children's toys, games, books, stuffed animals

■ Canned pop and juices

■ Wrapped candy

■ Halloween decorations

TOO BUSY TO SHOP? Cash donations are always welcome to help defray the costs.

