



CLUB 59 NEWSLETTER — AGES 55 & BETTER

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CONTACT INFO.

240 S. IL Route 59
Bartlett, IL 60103
(630) 483-5600

www.hanover-township.org



Si necesita información en español,
por favor llame al (630) 483-5660.

Dear Resident,

Collectively, I believe we can agree this was not the summer we expected. One of the many things I missed was seeing our Senior Center participants dressed up with their unique entry in the Streamwood Summer Celebration parade. I hope you are making the best of the situation in getting outdoors when able and safely seeing friends and family.

In the last issue, I briefly outlined how the Aging Services staff adapted to continue meeting the needs of the community. The pandemic did not care that we had seniors who needed to receive regular dialysis treatment or residents who relied on the Township for our Home Delivered Meals Program. Since March 17, Senior Center staff have provided 260 virtual programs and prepared over 15,000 meals from the Stars N Stripes Café for home delivery or curbside pick-up. The department's transportation division completed 1,514 rides for dialysis and other medical appointments, as well as visits to the grocery store and pharmacy. The Social Services Specialists conducted over 350 virtual appointments for seniors who needed assistance accessing benefit programs and other services.

Over the last few weeks, we have slowly begun to resume operations in an attempt to bring back some sort of normalcy for older adults returning to in-person programs in a limited capacity, and interactions with staff and other residents. Residents returning to the center will notice that acrylic shields have been installed at the counters on both levels, as well as for staff meeting with residents. Those entering the facility will also be required to wear a face covering, complete a health screening, and if participating in a program, sign a waiver. The Township will provide masks for those who need one. I encourage you to read the newsletter to learn more about upcoming programs and services.

Finally, I would like to share that the Township Board has approved the appointment of Megan Conway as the new Director of Aging Services. You may remember Megan when she served as the department's Social Services Manager for six years before serving as the Director of Senior and Disability Services for Schaumburg Township. She brings a wealth of experience, energy, and a strong commitment to the department's mission in serving the Township's older adults.



Please continue to be safe and do not hesitate to contact the staff or me if you have any questions, comments or concerns.

Brian P. McGuire
Supervisor

Funds (in whole/part) for this publication were provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration on Aging, U.S. Department of Health and Human Services under Title III of the Older Americans Act.

DEPARTMENT OF AGING SERVICES RE-OPENING FOR LIMITED IN-PERSON PROGRAMS

The Department of Aging Services has been hard at work planning a gradual re-opening of the Senior Center following Illinois Department on Aging (IDOA) and Illinois Department of Public Health (IDPH) approved safety guidance. The Department is excited to begin welcoming back participants for program participation at a limited capacity and with safety measures in place.

We want to keep YOU safe!

Safety protocol have been put into place to ensure the safety of all visitors:

- All patrons that enter the Senior Center must enter through the front entrance of the building. This ensures that staff are able to monitor individuals entering and exiting the building.
- All patrons who enter the Senior Center are required to fill out a health screening questionnaire, including a temperature scan.
- All patrons must wear a mask that covers the nose and mouth throughout the duration of time they are in the building.
- Personal protective equipment is available to you and is located in the lobby and in designated program spaces:
 - ◊ Masks
 - ◊ Alcohol wipes
 - ◊ Hand sanitizer
 - ◊ Disposable Gloves
- Plastic guards have been placed around the reception desk area.
- The kiosk for check-in is currently unavailable for use. All program registration and volunteer hours will be collected by staff members.
- Coffee Service is not available due to the communal nature of the beverage station.
- Water fountains are currently unavailable. You are encouraged to bring your own beverage. Water will be provided if needed.
- All high touch surfaces are disinfected routinely throughout the day and before and after scheduled programs.
- Signage is posted throughout the building informing you of health and safety protocols. Please ensure you are reading signage and ask staff for help if you have any questions.
- Per the Restore Illinois guidelines, the Senior Center will allow no more than 50 individuals in the building at once. This number is inclusive of all staff members, volunteers, instructors and participants. This guideline dramatically reduces the number of participants attending in-person programs.

What should you expect?

- The Senior Center is not open for congregating of any kind, including: Dining, drop-in clubs, games, library services or common area socialization. Runzel Reserve is open and is a perfect outdoor space to socially distance and visit with friends! And don't forget, the Stars N Stripes Café is open for curbside pick-up!
 - You must have a scheduled appointment or be registered for a program to come into the Senior Center.
 - Lending closet services are curbside pick-up and drop-off. Call the Senior Center to learn more!
 - If you are coming in for a pre-registered in-person program:
 - ◊ Upon arrival you will check in with a staff member in the lobby. You will be required to remain a minimum of 6 feet distance from another person. Place markers are placed on the floor to indicate proper social distancing.
 - ◊ Check in for program begins 15 minutes prior to the program start time. If you arrive earlier, we ask that you remain in your car until the check in time begins.
 - ◊ Check in will occur in the lobby. Staff will confirm your registration and provide you with pre-program paperwork:
 - * Waiver – required to sign one time. Waiver will be kept on file at the Senior Center.
 - * Health Screening Form, including a temperature scan.
 - Once you check in, staff will direct you where to sit to complete your paperwork.
 - Staff will then come to you to get a temperature scan and verify your health screening form.
 - Once your health screening form is verified, you will be directed to exit the lobby and move to the program space.
 - A verified health screening form is your ticket into the program. Staff will collect your form upon entry to program space – all health screening forms will be kept on-file at the Senior Center.
 - ◊ Program spaces are set up according to social distance measures. You will be asked to remain in your seat for the program duration.
 - ◊ Upon conclusion of the program, we ask that you exit the room staggered, as to practice social distancing, and within 10 minutes of the conclusion of the program.
- Don't forget that we are still offering a full schedule of virtual programs!

We are here for you!

Please call us if you have any questions, concerns, feedback or just want to talk. We look forward to continuing providing quality services that enrich lives, foster friendships and promote independence! Call us at (630) 483-5600.

Disclaimer: Aging Services Club 59 Newsletter provides a conduit for the flow of information between the Township's Aging Services Department and the seniors, age 55 and over, about programs and services offered by the Aging Services Department. An agreement between Hanover Township and Liturgical Publications Inc. was entered into with the sole purpose of allowing advertising in this newsletter to generate revenue to offset the cost to the Township of printing the newsletter. Hanover Township has established uniform, viewpoint neutral standards for commercial and governmental advertising in this newsletter. Hanover Township does not explicitly or implicitly endorse any advertiser in this newsletter, their content, or any products or services which they offer. Hanover Township does not guarantee the accuracy, completeness, or usefulness of any information, apparatus, product, process, or service offered in any advertisement in this newsletter. For advertising rates and information contact: Liturgical Publications, Inc. 1.800.950.9952 www.4LPi.com

Volunteer Needed!

Face Masks

Are you looking for an opportunity to help your community during the quarantine? Hanover Township Aging Services has an opportunity for you. We are looking for volunteers to donate washable face masks for our seniors. Have fun designing and sewing some masks to be donated to our most vulnerable seniors. For more information, please contact our Volunteer and Program Coordinator, Devora Murillo at (630) 483-5667 or dmurillo@hanover-township.org.

Christmas Stockings

After the success of the 2019 Toy Drive Stockings, Human Services has requested the help of the Hanover Township seniors to offer this again! We are asking crafty volunteers to help by donating their time and materials to create handmade stockings that will be filled with goodies for children in need. Patterns can be picked up curbside at the Senior Center. Please call us at (630) 483-5600. Thank you in advance for your help and generosity in this project.

Vending Machine

The Senior Committee is looking for one or two volunteers to help with managing the vending machine and soda machine. If interested or for more information about this volunteer opportunity, please contact Volunteer & Program Coordinator, Devora Murillo (630) 483-5667 or dmurillo@hanover-township.org.

SENIOR CENTER UPDATE

In accordance with the guidelines set by the Illinois Department of Public Health, the Senior Center building will be open for appointments only. Please call ahead, (630) 483-5600. Clubs, Card Games and Drop-in programs are still on hold until further notice. We are, however, offering virtual programs. Please check our website, www.hanover-township.org, for up to date information. We miss everyone and look forward to seeing you soon!

VIRTUAL PROGRAMS

The department has been working diligently to continue offering engaging virtual programs. We look forward to offering in-person programs once we have further guidance from the Illinois Department on Aging and the Illinois Department of Public Health. Updates on in-person programs will be provided to you as the department receives direction. We miss seeing everyone's smiling faces and we encourage you to stay engaged through our virtual opportunities. Is there something that you would like us to offer? Call the Senior Center at (630) 483-5600 or email agingservices@hanover-township.org to share your ideas!

REGISTRATION AND PAYMENT

Donations for virtual programs are currently being collected. Please register for your program of interest. You must provide an email address with your registration. Once you are confirmed for the program, you will be emailed a link to access the program. The department will not be accepting any in-person payment transactions. Payments can be dropped off in the Drop Box in the front of the Senior Center or you can call us as we are now accepting credit card payments over the phone.

NEW WAYS TO STAY CONNECTED VIA TEXT MESSAGE!

MySeniorCenter has a new "Connect" feature that enables us to "TEXT" message participants for reminder calls or for general updates. Please make a note that the phone number displayed when receiving a text message for our Center will be: (855)953-1407

This new feature will be coming soon!

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Kristy Malone
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HOW TO JOIN AN ONLINE MEETING FROM YOUR PERSONAL COMPUTER

HOW TO JOIN AN ONLINE MEETING FROM YOUR PERSONAL COMPUTER USING "FREECONFERENCECALL.COM"

Please make sure your screen name includes your first and last name, so we can track participation.

From your computer, click the online meeting link as posted on the Hanover Township website.

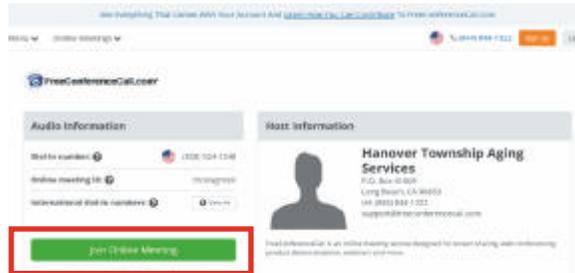
Online meeting ID: tncolagrossi

Join the online meeting:

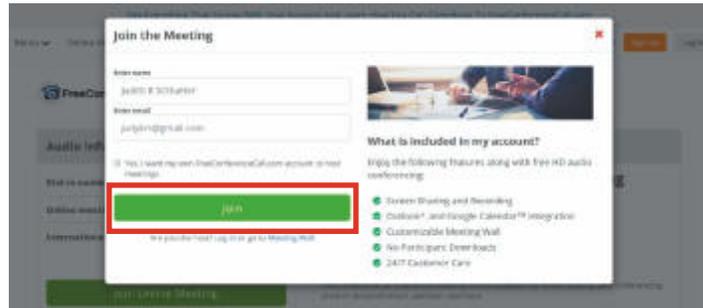
<https://join.freeconferencecall.com/tncolagrossi>

If this is your first time connecting to an online meeting, the following screen will appear.

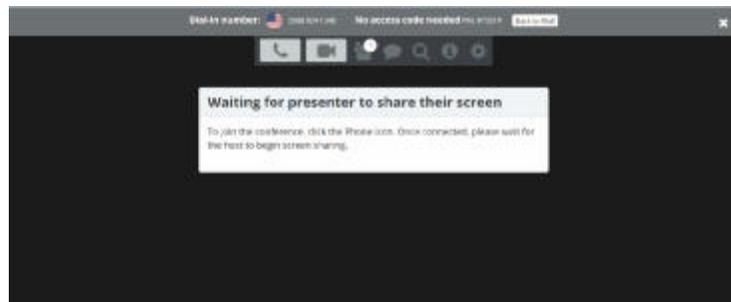
Click the green "Join Online Meeting" button.



When "Join the Meeting" screen appears, click the green Join button. On first time joining a meeting, you may be asked to give your name and email address when the meeting screen appears. These fields are usually filled in on subsequent joins.

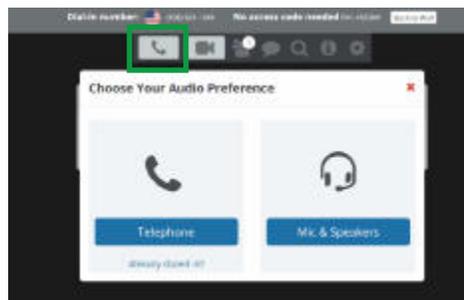


The following screen appears if you connect before the presenter of the meeting.



Set your preferences using the icons at the top of the screen.

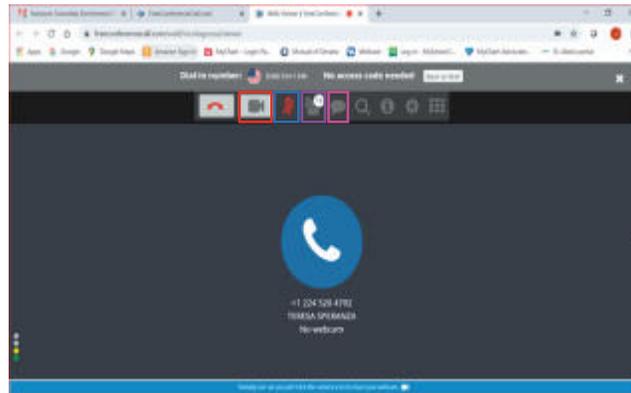
Click the **Phone** icon to select audio method: Telephone or Mic & Speakers (through your computer).



HOW TO JOIN AN ONLINE MEETING FROM YOUR PERSONAL COMPUTER

Click the **Video** icon to disable your computer's camera (if you have one on your computer). You'll see a note at the bottom of the screen indicating that your webcam is off.

Click the **Microphone** icon to mute your computer's speaker. Often the meeting presenter will mute all attendees.



Additional options:

Click the **Bubble** icon to send a Chat message to the Host.

Click the **People** icon to see who is attending the meeting.

<p>Reach the Senior Market ADVERTISE HERE</p> <p>CONTACT</p>	<p>Maid Brigade YOUR HOME CLEANER</p> <p>Licensed, Bonded, and Insured Free Estimate 630-830-1550</p> <p>http://westsuburbs.maidbrigade.com</p>	<p>Michael E. Kelly <i>Attorney At Law</i> Real Estate Closings Wills, Trusts and Estates</p> <p>118 W. Bartlett Ave.; Bartlett Ph.: 630.837.6600 E: mikekellylawoffice@gmail.com</p>
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HOW TO JOIN AN ONLINE MEETING FROM YOUR SMART DEVICE

HOW TO JOIN AN ONLINE MEETING FROM YOUR SMART DEVICE

Click the online meeting link as posted on the Hanover Township website.

These screen shots were taken from an Android smart phone.

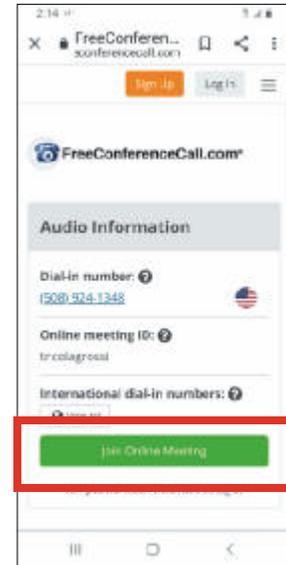
iPad and tablets have similar screens.

Online meeting ID: tncolagrossi

Join the online meeting:

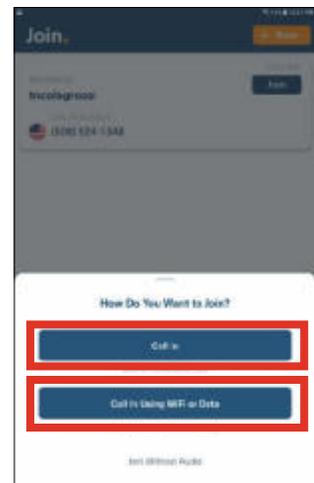
<https://join.freeconferencecall.com/tncolagrossi>

Click the green "Join Online Meeting" button



First time users of "Free Conference Call" will be prompted to install it.

After it is installed and you click the Join button referenced above, click either the "Call In" button or the "Call In Using Wifi or Data" button.

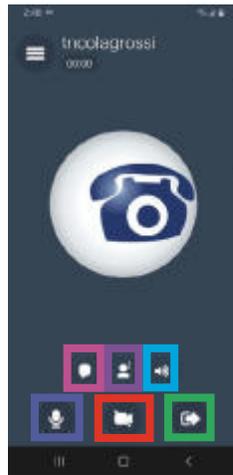


Enter your name, then click the "Let's go" button.



HOW TO JOIN AN ONLINE MEETING FROM YOUR SMART DEVICE

This meeting screen shows available meeting options. Click the **Microphone** icon to mute your computer's speaker. Often the meeting presenter will mute all attendees. Click the **Video** icon to disable your camera. Click the right **Arrow** icon to leave the meeting (you'll be asked to confirm you want to leave).



Additional options:

Click the **Bubble** icon to send a Chat message to the Host.

Click the **People** icon to see who is attending the meeting.

Put your phone on speaker mode by clicking the **Speaker** icon.

DEMENTIA SHOULD NOT DEFINE HER.

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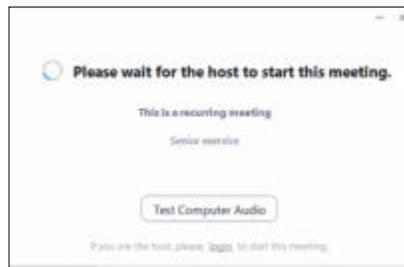
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Artis Senior Living of Bartlett: 1035 S IL Route 59, Bartlett, IL 60103

Check out our other nearby communities in Elmhurst and Lakeview.

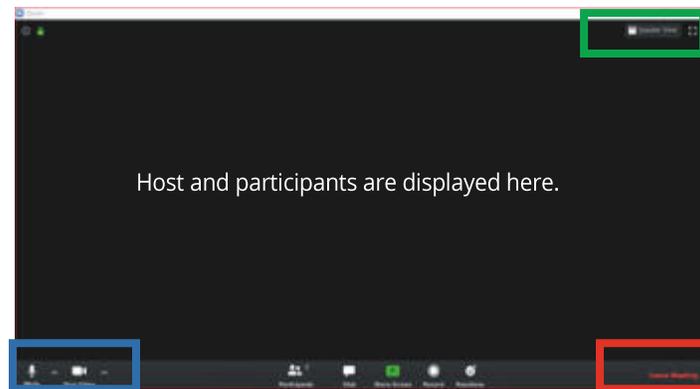


After Zoom is successfully launched, you will have to wait for the host to let you into the meeting.

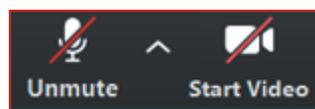


After Host admits you, the following screen displays with Host and other participants are displayed (blocked out here).

Top of screen: Click the **Speaker View** icon on the far right to see an enlarged view of the speaker (usually just the Host, after all participants are muted). Click Speaker View again and it becomes **Gallery View** (not shown). In Gallery View, the participants appear along with the speaker.



Bottom of screen: Click the **Microphone** icon to Mute or Unmute your voice. Click the **Video** icon to turn on or turn off your live camera. When you are muted, a red line displays through the Microphone. When you have your video off, a red line displays through your microphone.



Click the red **Leave Meeting** note on the far right to close out of the meeting. The remaining icons are self-explanatory.

Click on Participants to see the list of attendees, click again to close list. Click Chat to send a message to Participants, click again to close the Chat screen. The remaining icons can be ignored.

HOW TO ENABLE SOUND

HOW TO ENABLE SOUND ON YOUR PERSONAL COMPUTER

The following options will help you access Microsoft Windows volume controls. Computers vary by brand and operating system (e.g. Apple iOS, Microsoft Windows). Reference your computers User Guide or search the internet for your specific computer.

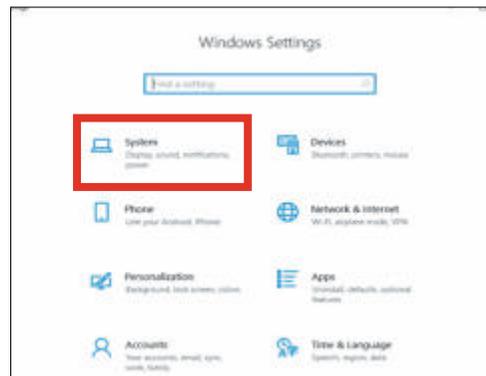
Option 1. Taskbar

Click the **Speakers** icon in the bottom-right corner of the desktop as shown. Make sure the appropriate audio source is selected (such as 'Speakers – High Definition Audio Device'). To turn the volume up, move the **slider** to the right. To lower the volume, move the slider to the left.

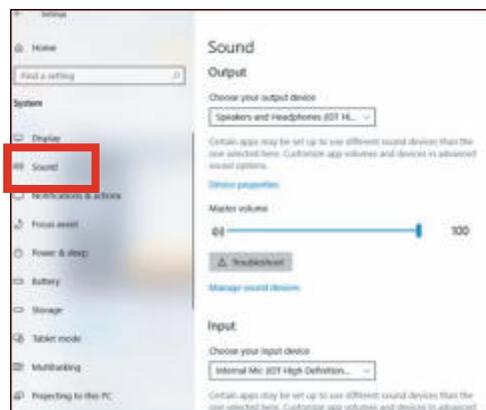


Option 2. System Settings

Locate your system settings. Example screen: select **System**.



On the System screen, select **Sound** to adjust the volume controls.



SEPTEMBER / OCTOBER 2020 REGISTRATION

Name (please print) Phone Date of Birth

Address City Zip Code Email Address - Required for Zoom Classes

Emergency Contact Name & Relationship Emergency Contact Phone Number

Sign Up	Office Use	Program Name	Day	Date	Start Time	Cost	Office Use
		Life Enrichment - September					
	Confirm	Total Cholesterol Screening	Mon-Fri	By Appt	9:00 AM	Free	Wait List #
	Confirm	Entering the Blue Zone	Tues	Sept 1	2:30 PM	\$5	Wait List #
	Confirm	Virtual Entertainment-Fun Facts about Costa Rica	Thurs	Sept 3	2:00 PM	Free	Wait List #
	Confirm	Wits Workout	Thurs	Begins Sept 3	2:00 PM	Free	Wait List #
	Confirm	Virtual Bingo	Fri	Sept 4	11:00 AM	Free	Wait List #
	Confirm	Senior Medicare Patrol Basics	Fri	Sept 4	1:30 PM	Free	Wait List #
	Confirm	Beginner Yoga - Gratitude Journaling	Wed	Sept 7	2:00 PM	\$10	Wait List #
	Confirm	Virtual Entertainment-Giants in the Park	Thurs	Sept 10	1:00 PM	\$5	Wait List #
	Confirm	Medicare by Gurpreet	Thurs	Sept 10	1:00 PM	Free	Wait List #
	Confirm	Spanish Language: Beginner	Thurs	Begins Sept 10	5:00 PM	\$15	Wait List #
	Confirm	Senior Medicare Patrol-Medicare Summary Notice	Fri	Sept 11	1:30 PM	Free	Wait List #
	Confirm	Spanish Language: Intermediate	Fri	Begins Sept 11	5:00 PM	\$15/\$12	Wait List #
	Confirm	French Language: Beginner	Sat	Begins Sept 12	9:30 AM	\$15	Wait List #
	Confirm	French Language: Intermediate	Sat	Begins Sept 12	10:30 AM	\$15/\$12	Wait List #
	Confirm	Virtual Wood Carving	Mon	Begins Sept 14	1:00 PM	\$10	Wait List #
	Confirm	Movie Trivia Talk	Mon	Sept 14	2:30 PM	\$5	Wait List #
	Confirm	Travel Presentation 2021 Trips with Mayflower: Danube River Cruise & Greece	Tues	Sept 15	2:30 PM	Free	Wait List #
	Confirm	Music with Bob Kalal	Thurs	Sept 17	2:30 PM	\$5	Wait List #
	Confirm	Improve-isationWorkshop: Virtual Brain Games	Fri	Sept 18	10:00 AM	\$5	Wait List #
	Confirm	Caring for Our Memory Support Group	Fri	Sept 18	10:30 AM	Free	Wait List #
	Confirm	Memory Café	Fri	Sept 18	12:00 PM	Free	Wait List #
	Confirm	Senior Medicare Patrol-Types of Medicare Fraud	Fri	Sept 18	1:30 PM	Free	Wait List #
	Confirm	Caregiver Support Group	Wed	Sept 23	1:00 PM	Free	Wait List #
	Confirm	Virtual Dessert with Devora - Flan	Thurs	Sept 24	2:00 PM	Free	Wait List #
	Confirm	Senior Medicare Patrol-Prevent Medicare Fraud	Fri	Sept 25	1:30 PM	Free	Wait List #
	Confirm	Dean Martin: The King of Cool	Tues	Sept 29	2:30 PM	\$5	Wait List #
		Arts & Crafts - September					
	Confirm	Mingle with Mimi Virtual Chat	Tues/Wed	Begins Sept 1	10:30 AM	Free	Wait List #
	Confirm	Ceramics to Go	Tues/Wed	Begins Sept 1	11:30 AM	\$5+	Wait List #
	Confirm	Art Talk - History of Collage	Fri	Sept 4	11:00 AM	Free	Wait List #
	Confirm	Drawing Class with Denise Laurin-Donatelle	Tues	Begins Sept 8	1:00 PM	\$35	Wait List #
	Confirm	Painted Kitchen Spoon	Wed	Sept 9	2:00 PM	\$5	Wait List #
	Confirm	Acrylic Painting: Pointillism	Thurs	Begins Sept 10	10:00 AM	\$21	Wait List #
	Confirm	Mixed Media: Magical Molding Paste	Fri	Begins Sept 11	2:00 PM	\$21	Wait List #
	Confirm	Watercolor Painting: Landscapes in Layers	Mon	Begins Sept 14	10:00 AM	\$21	Wait List #
	Confirm	Chakra Bead Necklace	Wed	Sept 16	2:00 PM	\$5	Wait List #
	Confirm	Quick and Easy Watercolor Bookmarks	Wed	Sept 23	2:00 PM	\$5	Wait List #
	Confirm	Book Pages Wreath	Wed	Sept 30	2:00 PM	\$5	Wait List #

Registration Forms received by August 8th are processed in Lottery Number order.

SEPTEMBER / OCTOBER 2020 REGISTRATION

Sign Up	Office Use	Program Name	Day	Date	Start Time		Office Use	
		Life Enrichment - October						
	Confirm	History of Fashion in Art 	Mon	Oct 5	2:30 PM	\$5	Wait List #	
	Confirm	Peace, Love and 1969: Remembering the Woodstock Music Festival 	Tues	Oct 6	2:30 PM	\$5	Wait List #	
	Confirm	Medicare Open Enrollment & Updates 2020 	Wed	Oct 7	10:00 AM	Free	Wait List #	
	Confirm	Virtual Dessert with Devora - Pumpkin Pie 	Thurs	Oct 8	2:00 PM	Free	Wait List #	
	Confirm	Virtual Bingo 	Fri	Oct 9	11:00 AM	Free	Wait List #	
	Confirm	Outrageous Women in History 	Mon	Oct 12	2:30 PM	\$5	Wait List #	
	Confirm	Book Club: Little Fires Everywhere by Celeste Ng 	Tues	Oct 13	10:00 AM	\$2	Wait List #	
	Confirm	Beginner Yoga - Gratitude Journaling 	Wed	Oct 14	2:00 PM	\$10	Wait List #	
	Confirm	Virtual Entertainment-Signposts on Prairie Part 2 	Thurs	Oct 15	1:00 PM	\$5	Wait List #	
	Confirm	Caring for Our Memory Support Group 	Fri	Oct 16	10:30 AM	Free	Wait List #	
	Confirm	Memory Café 	Fri	Oct 16	12:00 PM	Free	Wait List #	
	Confirm	Contagion in the Rye: A Possible Cause of the Salem Witch Trials 	Tues	Oct 20	2:30 PM	\$5	Wait List #	
	Confirm	Virtual Java with Jamie 	Mon	Oct 26	2:30 PM	Free	Wait List #	
	Confirm	Classic Monster Mash 	Tues	Oct 27	2:30 PM	\$5	Wait List #	
	Confirm	Caregiver Support Group 	Wed	Oct 28	1:00 PM	Free	Wait List #	
	Confirm	Virtual Entertainment-Fun Facts about Mexico 	Thurs	Oct 29	2:00 PM	Free	Wait List #	
		Arts & Crafts - October						
	Confirm	Acrylic Painting: Impressionistic Landscapes 	Thurs	Begins Oct 1	10:00 AM	\$25	Wait List #	
	Confirm	Art Talk - The Intuitive Art Movement 	Fri	Oct 2	11:00 AM	Free	Wait List #	
	Confirm	Mixed Media: Embellished Portraits 	Fri	Begins Oct 2	2:00 PM	\$25	Wait List #	
	Confirm	Watercolor Painting: Geometric Designs 	Mon	Begins Oct 5	10:00 AM	\$21	Wait List #	
	Confirm	Ceramics to Go	Tues/Wed	Begins Oct 6	11:30 AM	\$5+	Wait List #	
	Confirm	Drawing: Botanical Series-Denise Lauren Donatelle 	Tues	Begins Oct 6	1:00 PM	\$35	Wait List #	
	Confirm	No Sew Fabric Pumpkin 	Wed	Oct 7	2:00 PM	\$5	Wait List #	
	Confirm	Acrylic Painted Cactus Rocks 	Wed	Oct 14	2:00 PM	\$5	Wait List #	
	Confirm	Rainbow Pride Braided Bracelet 	Wed	Oct 21	2:00 PM	\$5	Wait List #	

ZOOM - PROGRAMS: By registering for a program, I agree that if I record a program on Zoom, it is for personal use to view at a later time and I will not share or replicate the program.



GUIDELINES

Completed forms returned by the listed due date are assigned a random lottery number for each month. One form per client, but registration forms can be stapled together in order to receive the same lottery number so clients can attend programs together. In Township and Out of Township cannot be stapled together. To register with another person, via our website, indicate this request in the "Comment" section.

An annual Non-Resident fee of \$25.00 is required for "Out of Township" clients to attend paid programs, including exercise classes.

After processing, your form is mailed back to you. All confirmed events requiring a donation can be made in one payment; make checks payable to Hanover Township. Do not send payment for Wait List events.

Payments must be received 10 days prior to the programs / classes.

Anyone, who is experiencing financial difficulty and has a desire to attend an off-site party, can request assistance from the Senior Committee funds. Anyone 55+ years of age can take advantage of our programs. Hanover Township residents have priority in registration over non-residents.

The following services are available. Please call (630) 483-5660 with questions about any of the following services or to schedule an appointment. Appointments are required.

Aging and Disability Resource Network (ADRN) Services from Catholic Charities

Donation: Free

A staff member from Catholic Charities Northwest can provide *Options Counseling*, which can help you with long-term support options. Information and Referrals are also available. Please call Catholic Charities at (847) 253-5500 for more information or to make a phone appointment. Appointments required.

C-HOPE - Communities Helping Others Persevere Everyday (Senior Therapy Program)

Donation: Free

A therapist is available four days per week for individual counseling services and assessment for referral to psychiatric services. There is no charge to participants of this program for either counseling or psychiatric services. If you are interested, please contact (630) 483-5660 for more information. Appointments required.

MEDICARE COUNSELING

Tuesdays: September 8 & 22

Tuesdays: October 6 & 20

Donation: Free

Terry Gavin is a community volunteer onsite every other Tuesday for those new to Medicare or with general questions. If you have questions about supplemental insurance, Terry can help explain the different options, costs, and benefits. For help with prescription costs or choosing a Part D plan, please see your Social Services Caseworker. Appointments required.

HANOVER TOWNSHIP VETERANS SPECIALIST

Donation: Free

Hanover Township Veterans Specialist, Cyndi Wollack, can assist with accessing medical care, providing information and referrals and obtaining DD214's or other medals earned but not received. Please contact Cyndi for more information or to schedule an appointment at (847) 888-8329.

SENIOR CITIZENS WILL PROGRAM

Wednesday, September 16

Wednesday, October 21

Donation: Free (Consultation)

A licensed attorney provides one free consultation regarding the preparation of a will. If the client wishes, the lawyer can also prepare a low-cost simple will and/or durable power of attorney for property and health care. Other legal services may be available for a fee. Please make an appointment at (630) 483-5660. Appointments required.

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SOCIAL SERVICES

MEDICARE PART C AND D OPEN ENROLLMENT

October 15 – December 7

Attention Medicare Beneficiaries! The Annual Enrollment Period for Medicare Part C (Medicare Advantage Plans) and Medicare Part D (Medicare Prescription Drug Plans) will take place from **October 15 through December 7, 2020**. During this time, Medicare beneficiaries can review, enroll, disenroll, or switch plans. Any change in coverage will be effective January 1, 2021. We have a team of Social Services Caseworkers who are available to review your plan options and assist with enrollment. Caseworkers can also help find cost-savings options for medications. Please be sure to bring a list of all current prescriptions, along with the dosage and frequency, as well as your new Medicare Card. We highly recommend reviewing your prescription coverage every year as the plan may change pricing and coverage. Please call (630) 483-5660 for more information or to schedule an appointment.

MEDICARE MEDICAID ALIGNMENT INITIATIVE (MMAI)

The Medicare Medicaid Alignment Initiative Program is available to adults who have full Medicaid AND Medicare. Through MMAI, enrollees receive their Medicare and Medicaid services through one plan. MMAI will cover their prescriptions, nursing home services and other services to remain at home such as Community Care Program. Most MMAI plans are available at no cost to the enrollee and some even offer \$0 copays for prescriptions. In addition, they also offer transportation, gym memberships, and over the counter medications. If you need assistance understanding your MMAI plan, have concerns, or would like to enroll in an MMAI plan, please schedule an appointment with Social Services at (630) 483-5660.

HOLIDAY HAPPENINGS AT HANOVER TOWNSHIP SENIOR SERVICES: ADOPT-A-SENIOR PROGRAM

The Adopt-A-Senior program provides care packages of household necessities and a few gift items to qualified individuals. If a person would like to apply for the program, he or she will need to complete an application with a caseworker or trained volunteer. Interested individuals will need to bring proof of monthly income as well as proof of residency. Appointments will be available between October 1 and October 31. To qualify for the program, gross monthly income must be less than \$1,561 for a single person and \$2,114 for a couple. There is no asset requirement and special circumstances will be considered in addition to the income requirement. **Please note that everyone who meets the eligibility criteria is welcome to apply, but preference will be given to individuals who have not previously participated in the Adopt-A-Senior program. We cannot guarantee that all applicants will be accepted.** Please call the Social Services reception desk at (630) 483-5660 to schedule an appointment.

VULNERABLE ADULT LIST

Hanover Township Aging Services maintains a list of individuals to contact in case of emergency or extreme weather. We are happy to add you or a loved one to our list. In the event of an urgent or extreme weather situation, staff and volunteers will reach out by phone to check in on these individuals. If services are needed, Social Services will work with other departments and agencies to assist. Please contact (630) 483-5660 if you would like to be added to our list.

LIHEAP (LOW INCOME HOME ENERGY ASSISTANCE PROGRAM)

It was just announced that the LIHEAP program will begin Monday, July 27, 2020. The LIHEAP program provides assistance with gas and electric bills to income eligible households. This year, to be eligible for the program, the gross monthly income for a 1-person household is \$2,127 and for a 2-person household is \$2,873. Please note that the net income is considered for Social Security benefits and Supplemental Security Income.

As of the printing date of Club 59, we are unsure of all the program details. In prior years, applicants have had to provide their current gas and electric bills, proof of monthly income, and social security cards for all household members. Social Services will conduct a robo-call to all participants who have applied for the program in the last year informing them of additional details and of a date and time of when appointments will begin to be scheduled. Please call the Social Services division for questions or further details at (630) 483-5660.

SERVICIOS SOCIALES

MEDICARE

Atención a los beneficiarios de Medicare! Ya es tiempo otra vez de Inscripción Abierta de Medicare. Esto quiere decir que uno puede revisar, inscribir, o cancelar la inscripción de cobertura. La Inscripción Abierta es del 15 de octubre al 7 de diciembre y cualquier cambio tendrá efecto el 1 de enero del 2021. Se sugiere que uno cheque su cobertura cada año para evitar problemas porque los planes pueden cambiar de año a año. Tenemos un equipo de tres trabajadoras sociales que están disponibles para revisar las opciones de planes y ayudar con cualquier pregunta sobre Medicare. Por favor asegúrese de llevar una lista de todos sus medicamentos con nombres completos, junto con la cantidad y la dosis, así como su tarjeta de Medicare. Llame con anticipación para asegurar una cita al (630) 483-5660.

PROGRAMA NAVIDEÑO:

El programa Adopta-A-Un-Mayor está diseñado para hogares necesitados para que las personas calificadas reciban algunos artículos de regalo. Este año, si una persona está interesada en el programa Adopta-A-Un-Mayor, él o ella deberá hacer cita con un trabajador social para completar una solicitud del 1 de octubre al 30 de octubre. Para calificar para el programa Adopta-A-Un-Mayor, el ingreso mensual debe ser menos de \$ 1,561 para una persona y menos de \$ 2,114 para una pareja. Circunstancias especiales serán consideradas además de los requisitos de ingresos. Tenga en cuenta que todos aquellos que cumplan con los requisitos de elegibilidad son bienvenidos a aplicar, pero se dará prioridad a las personas que no hayan participado anteriormente en el programa. No podemos garantizar que todos los solicitantes serán aceptados en el programa Adopta-A-Un-Mayor. Para hacer una cita para el programa Navideño, debe llamar al (630) 483-5660.

LIHEAP- NUEVA FECHA DE INICIO

Se acaba de anunciar que el programa LIHEAP comenzara lunes 27 de julio. El programa LIHEAP ayuda con las facturas de gas y electricidad. Para calificar para el programa, un hogar de 1 persona debe ganar menos de \$2,127 mensualmente y un hogar de 2 personas debe ganar menos de \$2,873 mensualmente.

En este tiempo todavía no sabemos todos los detalles del programa. En años anteriores, el programa ha requerido sus facturas reciente de gas y electricidad, pruebas de ingresos mensuales, y tarjetas de seguro social de todos en la casa. Servicios Sociales llevara a cabo una llamada automática a todas las personas que aplicaron el año pasado para proporcionar información adicional. Si tiene alguna pregunta, puede llamar a Servicios Sociales a (630) 483-5660.

LIFE ENRICHMENT - VIRTUAL PROGRAMS

OUTDOOR WALKING GROUP AT THE IZAAK WALTON CENTER

Tuesdays: July 7 - November 24

Weather permitting

10:30 - 11:30 A.M.

Donation: Free

Join the Community Health Nurse every Tuesday for a group walk through the neighborhood streets of the Izaak Walton Center. Participants can choose to do either a 1 or 2 mile loop.

TOTAL CHOLESTEROL SCREENING

Daily during the month of September

9:00 A.M.-4:00 P.M.

Donation: Free

In lieu of the annual "Just For the Health of It" health and wellness expo, the Office of Community Health will be offering free total cholesterol, non-fasting screenings during the month of September. Registration required.

Entering the Blue Zone: How to Increase Your Chances of Living Vibrantly Into Your 90s and Beyond

Tuesday, September 1

2:30 - 3:30 P.M.

Donation: \$5

This program, developed by Joan Davis, RN, MS, introduces the latest evidence-based research on nutrition and longevity. Practical tips for incorporating health-

promoting longevity strategies are reviewed with many references to helpful resources, including books, websites, and interactive programs. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

VIRTUAL ENTERTAINMENT

Fun Facts about Costa Rica

Thursday, September 3

2:00 - 3:00 P.M.

Donation: Free

Join us virtually to learn some FUN facts about Costa Rica. Have the opportunity to learn and get familiar with the culture. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

WITS WORKOUT

Thursdays: September 3 -

October 22 (Series)

2:00 - 3:00 P.M.

Donation: Free

Wits Workout is a brain health resource tool developed to provide purposeful opportunities for older adults to engage intellectually and increase socialization through group participation. Each class, participants will have fun completing various brain puzzles with a focus on a different component including memory, brain health,

trivia, and aging. Participants may sign up for one class or multiple classes. Registration required.

VIRTUAL BINGO

Friday, September 4

Friday, October 9

11:00 A.M. - 1:00 P.M.

Donation: Free

We're playing bingo virtually! To participate, you must provide an email address upon registration. Once you are registered, a link with your bingo card will be sent to you from "myfreebingocards.com". You can either print your bingo card or mark your card directly from your computer. There will be no monetary exchanges or prizes included in the scheduled virtual bingo games; games are for entertainment purposes only. The bingo caller will be broadcasted via Zoom. Registration required.



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LIFE ENRICHMENT - VIRTUAL PROGRAMS

SENIOR MEDICARE PATROL

NEW SERIES!

Fridays:

September 4-Senior Medicare
Patrol Basics

September 11-How to Read Medicare
Summary Notice

September 18-Types of Medicare Fraud

September 25-Tips to Prevent Medicare
Fraud

1:30 – 2:30 P.M.

Donation: Free

Jesus Enriquez, Outreach and Information Specialist at AgeOptions, will be discussing Medicare fraud and the recent Medicare scams. The Senior Medicare Patrol helps people with Medicare and Medicaid to protect, detect, and report fraud. Registration required. How do I join?

Phone Number to call: (312) 626-6799

ID Number for phone call: 989 5747 5667#

Zoom link: <https://zoom.us/j/98957475667>

BEGINNER YOGA SPECIAL SESSION WITH GRATITUDE

JOURNALING

Wednesday, September 9

Wednesday, October 14

2:00 - 3:00 PM

Donation: \$5

Join certified yoga instructor Teresa Speranza as she guides you through a virtual Zoom session of beginner yoga (seated in chair or floor) that will end with reflective gratitude journaling. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration is required for each date.

VIRTUAL ENTERTAINMENT

Giants in the Park Presentation

Thursday, September 10

1:00 – 2:00 P.M.

Donation: \$5

Join us virtually to learn how Chicago's largest and historically most important park, Lincoln Park, is decorated with GIANTS of history and literature, and is celebrated in enduring bronze. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

MEDICARE BY GURPREET

Thursday, September 10

1:00 – 2:00 P.M.

Donation: Free

Do you have questions on Medicare and would like to know the basics of Part A, Part B, Part C, and Part D? Are the different Medicare costs confusing to you? Then this presentation is for you. Gurpreet Singh, Retirement and Insurance Advisor, is conducting the presentation via Zoom. There is time for questions and answers at the end of the presentation. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

SPANISH LANGUAGE: BEGINNER

Thursdays: September 10, 17, 24 &
October 1, 8, 15 (Series)

5:00 – 6:00 P.M.

Donation: \$15

Spanish is the most common second language of English speakers. This beginner class will cover pronunciation as well as basic words and phrases. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required. Instructor: Cesar Grimaldo

SPANISH LANGUAGE: INTERMEDIATE

Fridays: September 11, 18, 25 &

October 2, 9, 16 (Series)

5:00 – 6:00 P.M.

Donation: \$15/\$12

(if also signed up for beginner)

This intermediate class is for those who have taken a Spanish Language course in the past and are comfortable with pronunciation and basic words and phrases. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required. Instructor: Cesar Grimaldo

FRENCH LANGUAGE: BEGINNER

Saturdays: September 12, 19, 26 &

October 3, 10, 17 (Series)

9:30 – 10:30 A.M.

Donation: \$15

Learn this Romance language in a fun and relaxed atmosphere. This course will cover pronunciation as well as basic words and phrases. Learn how to order a meal on your next trip to Paris (or the closest French restaurant!). Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required. Instructor: Cesar Grimaldo

FRENCH LANGUAGE: INTERMEDIATE

Saturdays: September 12, 19, 26 &

October 3, 10, 17 (Series)

10:30 – 11:30 A.M.

Donation: \$15/\$12

(if also signed up for beginner)

This intermediate class is for those who have taken a French Language course in the past and are comfortable with pronunciation and basic words and phrases. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required. Instructor: Cesar Grimaldo

VIRTUAL WOOD CARVING

Mondays: September 14 & 21

October 5 - 12 (Series)

1:00 – 3:00 P.M.

Donation: \$10

Enjoy wood carving virtually. This class will familiarize you with the basic techniques of woodcarving and allow you to carve your own piece. Each participant will pick up woodcarving supplies at the Senior Center. Upon registration, please provide us with your email address. A link to join this event via Zoom will be sent to your email. Registration required. Instructor: Jerry Shorey

MOVIE TRIVIA TALK

Monday, September 14

2:30 – 3:30 P.M.

Donation: \$5

Jeanne Roppolo, best known for her *Grandma Goes To...* series, facilitates this fun and interactive movie trivia talk. Guess the movie title based upon the known actors, director, release date, and synopsis. Upon registration, please provide us with your email address. Information to join this event virtually via Zoom, using audio only, will be sent to your email. Registration required.

TRAVEL PRESENTATION

2021 TRIPS WITH

MAYFLOWER: Danube River Cruise & Greece

Tuesday, September 15

2:30 – 3:30 P.M.

Donation: Free

Mayflower Tours presents, via Zoom, the 2021 Township trips: Danube River Cruise (Aug. 21-31), and Greece (Oct. 17-25). Special savings will be offered! Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

MUSIC WITH BOB KALAL

Thursday, September 17

2:30 – 3:30 P.M.

Donation: \$5

Bob Kalal returns to entertain us with a variety of songs ranging from Rock, Pop, Jazz, Blues, and Dixieland! Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

IMPROVE-ISATION WORKSHOP: VIRTUAL BRAIN GAMES

Friday, September 18

10:00 – 11:00 A.M.

Donation: \$5

Improve-isation Workshops incorporate interactive games along with ideas and prompts that you play over the phone or computer with friends and family. Teri McEvoy, Second-City trained comedian and actor, uses humor to improve mental health in this virtual video. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

LIFE ENRICHMENT - VIRTUAL PROGRAMS

CARING FOR OUR MEMORY SUPPORT GROUP

Friday, September 18 - Dial in 
 Friday, October 16 - Zoom 

10:30 A.M. – 11:30 A.M. **Donation: Free**
 We welcome those concerned about brain health, newly diagnosed with a memory concern, or suffering from early stage memory loss. Our monthly virtual meetings are an opportunity to ask general questions or share concerns about memory loss. You are able to connect with others in similar situations. Open discussion is welcome during meetings. Social Services staff facilitates the monthly meetings. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

MEMORY CAFÉ

Friday, September 18 - Dial in 
 Friday, October 16 - Zoom 

12:00 – 1:30 P.M. **Donation: Free**
 Hanover Township welcomes anyone in the community who is experiencing mild memory loss or cognitive impairment and their caregiver to the monthly virtual Memory Café program. For the month of September, we exercise our brains by participating in some fall trivia! In October, Jaci McCarty, a mindfulness, meditation, and yoga instructor

of 15 years, teaches you meditation techniques that will help light up your brain and manage stress. At this time, we are not able to provide lunch until further notice. For additional questions, please contact Thalia Robles at (630) 483-5660. Registration required.

CAREGIVER SUPPORT GROUP

Wednesday, September 23
 Wednesday, October 28
 1:00 – 2:00 P.M.

Donation: Free
 Please join us for a monthly support group (virtual program) for unpaid caregivers. This is a great opportunity to share with those facing similar challenges as well as offer support to others. Newcomers welcome! Debra Bohli-Mitchell, MS, Caregiver Specialist from Catholic Charities Northwest Senior Services, and Frances Domingo, Social Services Specialist from Hanover Township Senior Services, facilitate the monthly meetings. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

VIRTUAL DESSERT WITH DEVORA – FLAN

Thursday, September 24
 2:00 – 3:00 P.M. **Donation: Free**
 Dessert with Devora is a great opportunity to

learn some delicious recipes. During the conference call, we review the recipe. If you are ready to explore the dessert world, please join us at this wonderful virtual event! Upon registration, please provide us with your email address. A phone number to join this event will be sent to your email. Registration required.

DEAN MARTIN: THE KING OF COOL

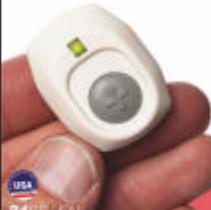
Tuesday, September 29
 2:30 – 3:30 P.M. **Donation: \$5**
 Dean Martin was the life of the party and his audience was thrilled to be invited to the celebration. He made entertaining appear effortless, as if we could just share in his relaxed enjoyment. This program describes how Dino Crocetti created the aura of Dean Martin and how his personal life was sometimes at odds with his professional appearance. This program is presented by historian Susan Benjamin. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.



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LIFE ENRICHMENT - VIRTUAL PROGRAMS

HISTORY OF FASHION IN ART

Monday, October 5

2:30 - 3:30 P.M.

Donation: \$5

Art can provide insight into the daily life of cultures that are long past. What we know about how they dressed is documented in the paintings, tapestries, jewelry, and sculptures that remain. Join Art History Instructor/Artist, Denise Laurin-Donatelle for a one-hour Zoom discussion of fashion through time as documented in key works of art. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

PEACE, LOVE AND 1969: Remembering the Woodstock Music Festival

Tuesday, October 6

2:30 - 3:30 P.M.

Donation: \$5

It was a time when the wild child, flower child, and the dreamers of The 1960's could come together to dance, sing, and express themselves during three days of ongoing live music and famous artists. Historian Jim Gibbons discusses Woodstock and its place in the 1960's and will explain the festival's role in the counterculture movement, its place in history, and why it is recognized as one of the most profound moments that changed Rock and Roll. (from <http://jimgibbonshistorian.com/>) Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

MEDICARE OPEN ENROLLMENT & UPDATES 2020

Wednesday, October 7

10:00 - 11:00 A.M.

Donation: Free

As a Medicare beneficiary, you can review your prescription drug coverage annually from October 15 - December 7. During this period, you are able to switch, drop, or add drug coverage. Social Services staff presents information about Medicare Parts A, B, C and D, updates for 2020, and answer questions. Join us for unbiased information on how to choose the plan that is right for you! Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

VIRTUAL DESSERT WITH DEVORA - PUMPKIN PIE

Thursday, October 8

2:00 - 3:00 P.M.

Donation: Free

Dessert with Devora is a great opportunity to learn some delicious recipes. During the conference call, we review the recipe. If you are ready to explore the dessert world, please join us at this wonderful virtual event! Upon registration, please provide us with your email address. A phone number to join this event

will be sent to your email. Registration required.

OUTRAGEOUS WOMEN IN HISTORY

Monday, October 12

2:30 - 3:30 P.M.

Donation: \$5

This program is about warriors, queens, and intellectuals who were lost, forgotten or just overlooked in history. Let's celebrate these courageous women who went against tradition and proudly showed the world what they were capable of. Jeanne Roppolo, best known for her *Grandma Goes To...* series, facilitates this fascinating audio only presentation. Upon registration, please provide us with your email address. Information to join this event virtually via Zoom, using audio only, will be sent to your email. Registration required.

BOOK CLUB: LITTLE FIRES EVERYWHERE BY CELESTE NG

Tuesday, October 13

10:00 - 11:00 A.M.

Donation: \$2

From the bestselling author of *Everything I Never Told You*, a riveting story that traces the intertwined fates of the picture-perfect Richardson family and the enigmatic mother and daughter who upend their lives. Contact your local library for special hours, curbside pickup or digital/audio options through websites such as <https://www.hoopladigital.com/>. Also, Hulu is currently streaming the first (and only) series of this drama. Check www.hulu.com for a free 30-day trial! Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required. Facilitated by: Sarah Adelphia

VIRTUAL ENTERTAINMENT - SIGNPOSTS ON THE PRAIRIE, PART 2

Thursday, October 15

1:00 - 2:00 P.M.

Donation: \$5

Join us virtually to learn and explore Northern Illinois, scouting out "signposts" that direct our attention back to significant turning points in Illinois history. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

CONTAGION IN THE RYE: A POSSIBLE CAUSE OF THE SALEM WITCH TRIALS

Tuesday, October 20

2:30 - 3:30 P.M.

Donation: \$5

Girls began convulsing and seeing visions of taunting witches. Local officials began arresting and trying residents who appeared in the girls' apparitions. Within the year, 19 people and two dogs were executed for witchcraft. Scholars have long theorized what

motivated their accusations. In the 1970s, a behavioral scientist suggested the convulsions were due to convulsive ergotism -- caused by a grain fungus. Modern medicine now supports the theory, but it remains unpopular. Why? Communication scholar and author Dr. Emilie Lucchesi explores the history, the theory, and why it never dominated. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

VIRTUAL JAVA WITH JAMIE

Monday, October 26

2:30 - 3:30 P.M.

Donation: Free

This program gives you an opportunity to talk with the Program Manager and learn about the virtual program opportunities being offered to you. You can also call in to share your feedback and ideas or simply to just chat. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

HALLOWEEN COSTUME CONTEST

Monday, October 26 - Friday, October 30

Live Face Book Drawing on Friday,
October 30 at 2:30 P.M. Donation: Free

Dress up in your favorite Halloween costume and submit a photo of yourself to agingservices@hanover-township.org. Photos will be displayed virtually on the Hanover Township Aging Services webpage and on Face Book. Winners will be announced Friday, October 30 on a live Face Book watch party.

CLASSIC MONSTER MASH

Tuesday, October 27

2:30 - 3:30 P.M.

Donation: \$5

The Universal monster movies of the 1930's and 40's are some of the most influential and beautiful movies ever made. Was Jack Pierce the greatest makeup artist in film history? Is *The Bride of Frankenstein* even greater than *Frankenstein*? How did director James Whale use lighting and set design to help tell his stories of doom? We also see how children celebrated Halloween a century ago, and who knows? Abbott and Costello just might stop by (from *Chicago-speaker.com*). Presented by Steven Frenzel from Marquee Movies. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

VIRTUAL ENTERTAINMENT

Fun Facts about Mexico

Thursday, October 29

2:00 - 3:00 P.M.

Donation: Free

Join us virtually to learn some FUN facts about Mexico. Have the opportunity to learn and get familiar with their culture. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required.

DID YOU KNOW THAT THE STARS-N-STRIPES CAFÉ OFFERS CURBSIDE MEAL PICK-UP?

The Stars-N-Stripes Café offers three freshly cooked meals (one that is a salad option) Monday - Friday. Different meals are served every day. The cost is \$6 for aged 59 or younger and \$4 for 60 or better! Just call (630) 483-5600 between the hours of 8:30 A.M. - 12:00 P.M. to place your order. Arrive anytime between 11:00 A.M. - 4:15 P.M. to pick up your meal. When you arrive, call (630) 483-5600 again. We will bring your meal outside the Senior Center's main entrance. Your meal will be placed on the "Curbside Meal Pick-up" cart that is placed by the curb. Donations for meals can be dropped off in the outside Drop Box in front of the Center, at the time of pick-up or we can now take credit card payments when ordering over the phone.

Request a monthly menu when ordering for the first time, or simply visit our website, www.hanover-township.org, to view the current month's menu.

Hope to "see" you soon!

Check out the Stars-N-Stripes Café page on our website for the Illinois Department on Aging (IDoA) monthly Aging Healthfully Newsletters and recipes!

www.hanover-township.org



REFUNDS

Persons who have registered, but not paid 10 days prior to program/class, will receive a reminder call with the payment due date. If the donation has not been received by the due date, the participant's name will be removed from the program/class. For trips, once registration is complete, any participant confirmed for a trip will receive a voice-connect call stating that registration confirmations have been sent out and the payment for the trip is due by the date listed. Refunds will not be issued unless the space can be filled. The only exception is in the event of hospitalization. All refunds can be applied to your account or you can receive cash for refunds under \$25 or a check for refunds over \$25. Checks will be mailed to your address on record.

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ARTS & CRAFTS

MINGLE WITH MIMI VIRTUAL CHAT

Tuesdays: Sept 1 – Oct 27

Wednesdays: Sept 2 – Oct 28

10:30 - 11:30 A.M.

Donation: Free

Join Art Instructor Mimi Krall for a virtual chat about virtually ANYTHING! We never know where our chat will take us. Share art ideas or projects that you have done, recipes or just how you happen to be feeling that day. It's just people connecting with people. It's so easy to join! Dial (508) 924-1348 at the time of the chat OR if you prefer, connect with us on your computer with optional video at: <https://join.freeconferencecall.com/tncolagrossi>

CERAMICS TO GO SEPTEMBER-OCTOBER

Tuesdays: 11:30 A.M. - 3:00 P.M.

Wednesday 11:30 A.M. - 3:00 P.M.

Donation: \$5 monthly instructor fee plus materials

Interested in a new hobby or maybe you are already part of our ceramic family? Either way, in an effort to continue our ceramic program, we are offering "Ceramics to Go". If you have projects that you are currently working on, you may come to the Senior Center where your supplies will be delivered curbside so you may work on them at home. If you need glaze, we can supply you with the glazes needed to finish your item. Paint them at home and bring them back to be fired. If you are using acrylic paints and already have them at home, you may finish your project at home. If you do not have acrylic paints or brushes at home, supplies may be purchased online at Amazon, Michaels, or Joann's. If you are unable to make an online purchase, we may be able to order them for you depending on availability. Instructor: Mimi Krall

If additional help is needed to finish your item, the instructor can provide that service. The instructor is available on Tuesdays and Wednesdays for a phone or FaceTime consultation, curbside pick-up, drop off or new purchases. If you have a computer or smart phone, video chat may also be available. Contact Mimi at (630) 483-5600 to set up an appointment.

VIRTUAL ART TALK - FIRST FRIDAYS

Friday, September 4

Friday, October 2

11:00 A.M. – 12:00 P.M. Donation: Free

Come join Linda Kay for some interesting and insightful topics in art on the First Friday of the month. A different topic is offered each time; September 4 - The History of Collage; October 2 - The Intuitive Art Movement. Upon registration, please provide us with your email address. A phone number to join this event will be sent to your email. Registration required. Instructor: Linda Kay

DRAWING: Precious Objects Series with Denise Laurin-Donatelle

Tuesdays: September 8 - 29 (Series)

1:00 – 2:00 P.M.

Donation: \$35

For this online drawing class, choose an heirloom-type of object that has sentimental value for you. Some suggestions are: a piece of jewelry, lace, silver spoon, shells. You'll be

guided on techniques to achieve realism in your drawing using pencils or color pencils. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required. Instructor: Denise Laurin-Donatelle 

VIRTUAL ARTS AND CRAFTING WITH LINDA KAY

2:00 – 4:00 P.M. Donation: \$5 per class

Wednesdays:

September 9 – Painted Kitchen Spoon

September 16 – Chakra Bead Necklace

September 23 – Quick & Easy Watercolor Bookmarks

September 30 – Book Pages Wreath

October 7 – No-Sew Fabric Pumpkin

October 14 – Acrylic Painted Cactus Rocks

October 21 – Rainbow Pride Braided Bracelet

Each weekly class is a different Arts and Crafting Zoom session. Register for each individual class; multiple classes can be chosen. Classes are a variety of simple and easy to follow arts and crafting projects. Pick up an Arts and Crafting Kit(s) for each registered class by appointment after registration is confirmed and payment has been made. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required. Instructor: Linda Kay 

VIRTUAL ACRYLIC PAINTING: Pointillism

Thursdays: September 10 - 24 (Series)

10:00 A.M. – 12:00 P.M. Donation: \$21

In this great Beginner's Acrylic Class, we learn how to create a Pointillism Still Life painting by means of this Zoom class. An Acrylic Art Kit is included, with Curbside Pick-up by appointment after registration and payment is made. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required. Instructor: Linda Kay 

VIRTUAL MIXED MEDIA: Magical Molding Paste

Fridays: September 11, 18 & 25 (Series)

2:00 – 4:00 P.M.

Donation: \$21

Molding Paste is a useful medium used to create texture in Mixed Media. We learn techniques to magically transform it into beautiful artwork in this Zoom class. Pick up a Mixed Media Art Kit by appointment after registration is confirmed and payment has been made. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required. Instructor: Linda Kay 

VIRTUAL WATERCOLOR PAINTING: Landscapes in Layers

Mondays: September 14, - 28 (Series)

10:00 A.M. – 12:00 P.M. Donation: \$21

Learn to use variations of watercolors to create stunning Landscapes in Layers in this Zoom class. We create two landscapes together, step-by-step. A Watercolor Art Kit is included, with Curbside Pick-up by appointment after registration and payment is made. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required. Instructor: Linda Kay 

VIRTUAL ACRYLIC PAINTING: Impressionistic Landscapes

Thursdays: October 1 - 22 (Series)

10:00 A.M. – 12:00 P.M. Donation: \$25

Using new techniques of blending color on the canvas, we create two dreamy Impressionistic Landscapes in this Zoom class. An Acrylic Art Kit is included, with Curbside Pick-up by appointment after registration and payment is made. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required. Instructor: Linda Kay 

VIRTUAL MIXED MEDIA: Embellished Portraits

Fridays: October 2 - 23 (Series)

2:00 – 4:00 P.M.

Donation: \$25

We learn to alter and embellish black and white portraits with flowers, foliage, wings and patterned papers in this Zoom class. Pick up a Mixed Media Art Kit by appointment after registration is confirmed and payment has been made. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required. Instructor: Linda Kay 

WATERCOLOR PAINTING: Geometric Designs

Mondays: October 5, 12 & 19 (Series)

10:00 A.M. – 12:00 P.M. Donation: \$21

We create three stunning paintings using Geometric Designs and layers of watercolor in this Zoom class. A Watercolor Art Kit is included, with Curbside Pick-up by appointment after registration and payment is made. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required. Instructor: Linda Kay 

DRAWING: Botanical Series with Denise Laurin-Donatelle

Tuesdays: October 6 - 27 (Series)

1:00 – 2:00 P.M.

Donation: \$35

For this online drawing class, you are guided on techniques to achieve realism with botanicals in your drawing using color pencils. Upon registration, please provide us with your email address. A link to join this event virtually via Zoom will be sent to your email. Registration required. Instructor: Denise Laurin-Donatelle

HANOVER TOWNSHIP DIAL-A-BUS

Dial-A-Bus service is operational.

At the time of this publication, only two clients can ride at a time.

ALL clients are required to wear a mask and gloves.

For updates on schedules or reservations, please contact our Dial-A-Bus at (630) 483-5656.

Hanover Township residents age 55+ or 18+ with disability

Monday - Friday 8:00 AM - 3:00 PM

Suggested donation is \$1 one way, \$2 round trip

\$20 bus cards are available for 20 one-way rides

Call: (630) 483-5656



DIAL-A-BUS-SERVICE

The Dial-A-Bus service provides transportation to Hanover Township residents who are 55 and older, or individuals 18 and older, with a disability. The service provides a means of transportation anywhere within Hanover Township and up to five miles outside the Township boundaries. Residents can call and schedule rides up to two weeks in advance for grocery shopping. The bus can be used to go anywhere in the Township boundaries including shopping, to the bank, the library, the park district, as well as to medical appointments. The Dial-A-Bus service goes to Sherman Hospital, St Joseph Hospital, and St Alexius Hospital. Medical appointments can be made up to six weeks in advance. There are three different times that buses drop-off and pick-up at the Hanover Township Senior Center located on Route 59 in Bartlett. This allows residents to participate in a variety of programs offered at the Center. It is a suggested donation of a \$1.00 one way, or \$2.00 round trip, and residents are able to purchase a bus pass in advance. To take advantage of the Dial-A-Bus service, just call (630) 483-5656.

Did you know that aside from the regular Dial-A-Bus service that you can schedule medical appointments to take a bus beyond Hanover Township boundaries via the T.R.I.P. program?

T.R.I.P. PROGRAM

Are you familiar with the T.R.I.P. (Township Riders Initiative Program)? This program is offered to residents age 60 and over, or to individuals 18 and over, with a disability. This program is for medical purposes only. The hours of operation are Monday-Friday from 5:00 A.M. - 9:00 P.M., and on Saturday from 7:00 A.M. - 4:00 P.M. This program offers rides to medical appointments as well as to the following hospitals:

- Good Shepherd
- Loyola
- Rush Presbyterian
- University of Illinois Medical Center
- Hines
- Northwestern
- Stroger

They go to the afore mentioned hospitals on Tuesdays, Thursdays, and Fridays. The cost is \$5.00 per township line crossed, with a maximum of \$10.00 one way. A separate registration form is required. To register or schedule a ride call, (630) 483-5656.

ADDITIONAL TRANSPORTATION OPTIONS

A1 Cab

848 Villa Street, Elgin, IL
(847) 888-3990

GoGo Grandparents:

This is an independent service that uses Uber/Lyft Drivers (Rates are similar to Uber/Lyft) (855) 464-6872 - you can register over the phone (smartphone not necessary)

A major credit card must be on file for payment.

<https://gogograndparent.com>

Uber:

Rideshare Program

<https://www.uber.com>

Lyft:

Rideshare Program

<https://www.lyft.com>

PLEASE READ THE FOLLOWING INFORMATION PRIOR TO PARTICIPATING IN ANY YOGA CLASS HOSTED IN OUR SCHEDULE.

I am participating in a home yoga class offered remotely by Hanover Township Senior Center & Teresa Speranza.

I recognize that I must be in adequate physical and mental health to participate in yoga. I understand that yoga may require physical exertion and I represent and warrant that I am physically fit enough to participate. I have no medical condition which would prevent my full participation in yoga.

I am aware that my participation in yoga could result in physical injury and may aggravate pre-existing injuries. I understand that I could experience muscle, back, neck and other injuries as a result of my participation in yoga. I understand my physical limitations and I am sufficiently self-aware to stop or modify my participation in any activity before I become injured or aggravate a pre-existing injury.

In consideration of being permitted to participate in yoga, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in yoga.

In further consideration of being permitted to participate in the yoga, I knowingly, voluntarily and expressly, waive any "Claim" I may have against Hanover Township Senior Center and Teresa Speranza.

I acknowledge that I have carefully read this agreement and fully understand its contents. I voluntarily and knowingly agree to the terms and conditions stated herein.

Mondays



10:00 A.M. \$4.50 per class

Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Tuesdays



9:30 A.M. \$1.50 per class

Senior Exercise with instructor, Marti Spenk



5:00 P.M. \$4.50 per class

Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Wednesdays



10:00 A.M. \$4.50 per class

Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor



2:00 P.M. \$1.00 per class

Line Dancing with Janet Kruse

Thursdays



9:30 A.M. \$1.50 per class

Senior Exercise with instructor, Marti Spenk

Fridays



10:00 A.M. \$4.50 per class

Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

Saturdays



10:00 A.M. \$4.50 per class

Yoga, Breathwork, Meditation, and Guided Relaxation with Teresa Speranza, Yoga Instructor

VIRTUAL DROP-IN EXERCISE CLASS PAYMENTS

Attendance for drop in exercise classes will be monitored and participants will receive a monthly invoice for classes attended. Donations can be made by dropping off payments in the outside drop box located in front of the Senior Center. You can also make your payment over the phone by calling (630) 483-5600 as we are now accepting credit card payments over the phone.

Café Cruisin'

Café Cruisin' is temporarily on hold (due to the economic changes). The Senior Committee continues to reach out to restaurants and build partnerships. Please check back for future dates.

GIFT SHOPPE

Due to COVID 19 we are not able to accept any donations or have any sales at this time. In light of this difficult time, we wanted to share some good news with all of you. Each year we develop a budget for income and expenses from our fundraising efforts. Last fiscal year we raised a little over \$12,000 in the Gift Shoppe. These funds have been used for: Purchasing gift cards that are distributed at our parties, buying a new popcorn machine, assisting with payment of some of the large buses for our trips, setting up a scholarship program for residents to apply for monies to help attend events, buying new computers and tables, purchasing new tables for the Art Room, etc. Your generous donations have helped all of the residents who are using our facilities on a regular basis. Thanks and stay safe. See you all soon!

FOR ADDITIONAL VIRTUAL SOCIAL OPTIONS VISIT THE SITES BELOW

[Armchair Travel - Videos by Google Arts & Culture](#)

[Virtual Musical Programs - Broadway, rock concerts, classical symphonies and more!](#)

[Aging in the Age of the Pandemic - Zoom presentation - Every Wednesday at 3:00 PM](#)

[Resources from educational institutions, museums and more!](#)

[Ted Talks, online games, free library ebooks](#)

[Calming and meditative programs](#)



AGING SERVICES IS ON FACEBOOK!

The Hanover Township Department of Aging Services now has their very own Facebook page! You can search us on Facebook by typing Hanover Township Aging Services. Don't forget to tell your friends about our page and you can help promote our page by 'liking' or 'following' us.

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Beattie



TRUSTEE
Craig Essick



TRUSTEE
Eugene N.
Martinez



TRUSTEE
Khaja Moinuddin

HOW TO REACH US

AGING SERVICES

(630) 483-5600

FAX

(630) 483-5690

Hours

Monday - Friday
8:30 A.M. - 4:30 P.M.

DIAL-A-BUS

(630) 483-5656

Hours

Monday - Friday:
7:30 A.M. - 3:00 P.M.

Director of Aging Services: Megan Conway

Nutrition Manager: Marilyn Perri

Program Manager: Jamie Zbrzezny

Social Services Manager: Diana Gomez

Transportation Manager: Linda Steininger

Hanover Township does not discriminate in admission to programs or activities or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; the U.S. Civil Discrimination Act; the Aged Discrimination in Employment Act; the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint. For information, contact Aging Services at (630) 483-5600.



www.hanover-township.org