

Oak Park Township Senior Services

Case Management
Senior Dining Programs
Home Delivered Meals
Information & Assistance
Senior Advocacy
Special Support Services
Caregiver Support Program

general office hours:

9:00am-5:00pm
Monday - Friday

418 S. Oak Park Ave.
Oak Park, IL 60302
(708) 383-8060
Fax: (708) 383-5168

Senior Transportation

(708) 383-4806

Fax: (708) 445-8372

e-mail:

seniors@oakparktownship.org

website:

www.oakparktownship.org

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Editor: Dana Ferdinand

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Social Security Goes Electronic

The U.S. Department of the Treasury now requires all federal benefit and non-tax payments to be paid electronically. People applying for Social Security, Veterans Affairs or other federal benefits, will receive their payments electronically starting with their first payment. People currently receiving federal benefit checks through the mail, must make the switch to an electronic payment option by March 1, 2013.

Those who do not choose an electronic payment option at the time they apply for federal benefits or those who do not switch by the deadline will receive their benefit payments via the Direct Express® Debit MasterCard® card, so as not to experience any interruption in payment. Those who are already receiving benefit payments electronically do not need to take any action. These individuals will continue to receive their payment as usual.

Having federal benefits paid electronically by direct deposit into the bank or credit union account of one's choice or into a Direct Express® card account is safer, faster and more reliable than receiving paper benefit checks. In 2010, more than 540,000 Treasury-issued checks were reported lost or stolen, and had to be reissued.

With direct deposit, the Treasury Department sends an electronic message to the person's bank or credit union account on their usual payment day with the exact amount of the benefit payment from Social Security, VA or other federal agency. Those receiving such benefits don't have to worry about money being stolen out of their mailbox and no longer will there be a need to make a trip to cash or deposit a check. Additionally, this new system is environmentally friendly and saves taxpayer dollars.

Have a bank or credit union account? Sign up for direct deposit. Your money goes straight into your checking or savings account each month. Visit your local financial institution, sign up online at www.GoDirect.org, or call the U.S. Treasury Electronic Payment Solution Center at (800) 333-1795.

Prefer a prepaid debit card? The Direct Express® card is a Treasury-recommended prepaid debit card that provides another safe, low-cost way to get your federal benefit payments. Funds on the Direct Express® card are FDIC-insured. Your money will be posted to the card account monthly, for immediate access. There are no sign-up fees, monthly fees or overdraft charges. Some fees for optional services may apply. No bank account or credit check is required.

Premiums & Deductibles For Medicare in 2012

Medicare Part A

Medicare Part A premiums will be increasing by just \$1 per month, and the deductible will increase by just \$24. For Medicare Part A, which pays for inpatient hospital, skilled nursing facility, and some home health care, most Medicare beneficiaries do not pay a premium since they or their spouses have at least 40 quarters of Medicare-covered employment.

Medicare Part B

The standard Medicare Part B monthly premium will be \$99.90 in 2012, a \$15.50 decrease over the 2011 premium of \$115.40. However, most Medicare beneficiaries were held harmless in 2011 and paid \$96.40 monthly. The 2012 premium represents a \$3.50 increase for them.

In 2012, Social Security monthly payments to enrollees will increase by 3.6 percent. The dollar increase in benefit checks is expected to be large enough on average to cover the increase in the Part B premium of \$3.50. For those who were paying the standard premium of \$115.40, their benefits checks will only increase.

Medicare Part D

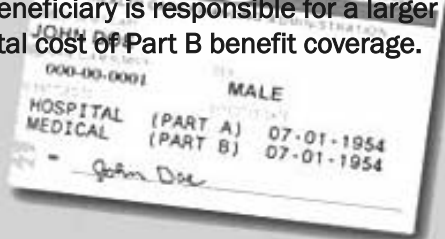
The estimate for the average 2012 Part D premium for basic coverage is \$30. The estimate for the average 2012 Part D premium for supplemental coverage is \$8. The estimate for the average 2012 total Part D premium is \$38.

Medicare Advantage Plans

On average, Medicare Advantage premiums will be 4 percent lower in 2012 than in 2011, and plans project enrollment to increase by 10 percent. Of people with Medicare, 99.7 percent continue to enjoy access to a Medicare Advantage plan, and benefits remain consistent with those offered in 2011.

Income Related Adjustment

If a beneficiary's "modified adjusted gross income" is greater than the legislated threshold amounts (\$85,000 in 2012 for a beneficiary filing an individual income tax return or married and filing a separate return, and \$170,000 if filing a joint tax return) the beneficiary is responsible for a larger portion of the estimated total cost of Part B benefit coverage.



Caregiver Corner



The Oak Park Township Senior Services' Caregiver Support Program will be offering the following events in the months to come:

Powerful Tools for Caregivers

This six week educational series is designed to help family caregivers take care of themselves while caring for an older relative or friend. Attendees will benefit from this class whether they are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. This two and a half hour workshop, taught by two trained class leaders, meets weekly for for six weeks. During this time, participants learn self-help techniques and gain confidence in themselves, through goal based activities, discussion, and group participation. Class size is limited, and registration is required.

Valentine's Day Poetry from the Heart

Presented in conjunction with Solutions for Care and the Stickney Township Office on Aging, this special poetry event is intended for all caregivers and care recipients. Participants are encouraged to recite their favorite poems or simply sit back and just listen. Complimentary snacks will be provided.

For days and times when these events will be conducted, please see the listing of events on Page Four of this newsletter. For more information or to register, contact Steven Smith, Caregiver Specialist at (708) 383-8060.

New To Senior Services

Oak Park Township Senior Services is pleased to announce the following addition to its staff:

Case Managers

John McKean

John received his Master's Degree in Social Work from Dominican University in May of 2011 with a certificate in Gerontology. In September, he then received his LSW and is currently working towards his LCSW. John has also interned in older adult services at such places as Elgin Mental Health Center, Age Options, Solutions for Care, and Hines VA Community Living Center.

Heidi Jasien

Heidi received her Bachelor's Degree in Psychology and Religion from Hope College in Holland, Michigan. She graduated with her Master's in Social Work from the Jane Addams College of Social Work in May 2010. Heidi enjoys spending her time at her home in Brookfield with her family and has a previous history of living and working in Oak Park. Heidi is happy to be joining the team at Oak Park Township Senior Services and is excited to work with clients of Oak Park Township.

Our Many Thanks Go To...

Cozy Corner Restaurant
and Robinson's Ribs
for their participation in the
Dine Out Program

Oak Park Bakery and
Elmwood Park Panera Bakery
for their weekly donations of
breads and pastries

SHIP Coordinator Honored by the State



SHIP coordinator Dana Ferdinand holds the award presented to him as the Chicago Area Coordinator of the Year.

At the annual Senior Health Insurance Program (SHIP) conference held in Lisle, Illinois last September, Oak Park Township Senior Services' program coordinator, Dana Ferdinand was honored with the Chicago Area's Coordinator of the Year award from the Illinois Department of Insurance. The award, presented annually by the department, is given to both a coordinator and volunteer in each of the four areas of the state (Southern, Central, Northern, and Chicago), in recognition of service to individuals seeking assistance and counselling in Medicare, Medicaid, State programs, and other related issues.

For those seeking help in trying to understand what benefits or entitlements might be available to them, or advise on their current coverage, Oak Park Township Senior Services' offers individualized SHIP counselling on Fridays by appointment. Phone (708) 383-8060 for more information or to schedule a day and time to see a counselor.

events & transportation schedules

Upcoming Events & Programs

All activities are conducted in the fifth floor lunch room unless otherwise noted. Scheduling subject to change. Additional programs might be added after the time of this publication.



AUTOMOTIVE SAFETY

Rules of the Road

Wed., Mar. 14; 1:30- 3:30 PM; Sixth Flr.



BINGO

Every Wed. in Jan., Feb., and Mar.; 10:30 AM



BIRTHDAY CELEBRATIONS

Last Thursday in Jan., Feb., and Mar.



CAREGIVER RESOURCE CENTER

Caregiver Support Group:

Second and fourth Fri. in Jan., Feb. & Mar.; Sixth Flr;
10:00 AM to Noon

Valentine's Day Poetry From The Heart:

Tues., Feb. 14; 10:00 AM -12:30 PM; Oak Park Arms
Formal Dining Room

Powerful Tools for Caregivers:

Begins Mon. Mar. 19; 10:00 AM -12:30 PM; Oak Park
Arms Formal Dining Room

For information contact Steven Smith at (708) 383-8060



DINE OUT PROGRAM

Coupons are sold on the days and times below:

Fifth Floor Lunch Room:

Tues. & Thurs.; 9:00-11:00 AM



HEALTH & WELLNESS PROGRAMS

Hearing Screening:

Second Wednesday of each month; 9:30-11:30 AM

Hearing screenings are arranged by appointment through Oak Park Township Senior Services but conducted at the Sound Care Hearing Group offices located at 610 S. Maple Ave., Suite 5300 in Oak Park.

Vision Screening:

Third Friday of each month; 9:30-11:30 AM

Vision screenings are by appointment and conducted at the sixth floor Oak Park Township Senior Services offices.

To arrange a screening appointment, phone (708) 383-8060.



SENIOR HEALTH INSURANCE PROGRAM

Counselor available on the sixth floor by appointment . Phone (708) 383-8060 to schedule a day and time.

Where do you



want to go?

Call: (708) 383-4806 for reservations.

Suggested donation is \$1.00 per ride.

Forest Park Wal-Mart:

Site originations:

Mills Park Tower:

Fri., Jan. 20, Feb., 17, & Mar. 16

10:30 AM- 1:00 PM

Heritage House:

Tues., Jan. 10, Feb. 14, & Mar. 8

10:00 AM- 12:30 PM

The Oaks:

Tues., Jan. 2, Feb. 7, & Mar. 6

10:00 AM- 12:30 PM

Additional trips:

Tues., Jan. 24 & Mar. 27

Pick-up: 10:00 AM; return: 1:30 PM

Alds:

Mills Pk Towers & The Oaks:

Fri., Jan. 13, Feb. 10, & Mar. 9

Pick-up: 10:30 AM; return: Noon

Melrose Park Target:

Wed., Jan. 18 & Mar. 21

Pick-up: 9:30- 10:00 AM; return: 2:00 PM

North Riverside:

Wed., Feb. 15

Pick-up: 9:30- 10:00 AM; return: 2:00 PM

Oak Park Trader Joe's:

Wed., Jan. 11, Feb. 8, & Mar. 14

9:30 to 11:00 AM

Special Excursions:

Pick-up time for all excursions begins at 9:30 AM; return at 1:00 PM. Round trip fare is \$5 unless otherwise noted.

Garfield Park Conservatory: Tues., Jan. 31

Mexican Museum: Tues., Feb. 28

Chicago Historical Society: Tues., Mar. 27

(\$12 Admission fee for the Historical Society)

january lunch menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Vegetable Lasagna, Broccoli & Raisin Salad, Caribbean Veggie Blend, French Bread, Oleo, Orange	3 Turkey & Gravy, Sweet Potatoes, Bread, Stuffing, Green Beans, Wheat Bread, Oleo, Pear	4 Beef tips w/ Mushrooms, Gravy, Noodles, Peas and Carrots, Beef and Onion Salad, Multi Grain Roll, Oleo, Orange	5 Grecian Chicken, Green Beans, Brown Rice, Tomato/Cucumber Salad, Wheat Roll, Oleo, Fruit Cocktail	6 Breaded Fish Patty, ALT: Hamburger, Lettuce and Tomato, Potato Salad, Baked Beans, Cole Slaw, Apple
9 Smoked Sausage, Carrots, German Potato Salad, Three Bean Salad, Rye Bread, Strawberries	10 Chili Ground Beef and Beans, Macaroni Noodles, Tossed Salad, Dressing, Corn Bread, Oleo, Apple	11 Pesto Chicken, California Vegetable Blend, Garlic, Mashed Potatoes, Carrot Raisin Salad, French Bread, Oleo, Oatmeal Cookie, Pear	12 Stuffed Cabbage Roll, Mashed Potatoe, Peas and Carrots, Orange, Multi Grain Roll, Oleo, Brownie	13 Creole Style White Fish ALT: Meat Lasagna, Caesar Salad, Green Beans, French Bread, Oleo, Orange
16 Closed M. L. King Birthday	17 Beef Stew w/ Potatoes and Vegetables, Tossed Salad w/ Dressing, Wheat Roll, Oleo, Poundcake	18 Polynesian Chicken with Peppers and Pineapple, Three Bean Salad, Brown Rice Pilaf, Multigrain Roll, Oleo, Peaches	19 Pulled Pork on Wheat Hamburger Roll, Garlic Mashed Potatoes, Mixed Veggies, Southwestern Bean/Corn Salad, Cinnamon Apple	20 Breaded Fish, ALT: Florentine Stuffed Shells, Meatballs, Tossed Salad w/ Dressing, Caribbean Veggie Blend, Wheat Bread, Oleo, Pineapple
23 Roast Pork, Mashed Potatoes, Carrots, Beet and Onion Salad, Rye Bread, Oleo, Baked Apple	24 Chicken Cacciatore, Mostaccioli with Sauce, Italian Green Beans, Wheat Roll, Oleo, Poundcake	25 Crispy Bake Pork Chop, Mashed Potato, Corn, Apple Sauce, Rye Bread, Oleo, Carrot Cake	26 Chicken Parmesan, Pasta, Italian Vegetables, Carrot Raisin Salad, French Bread, Oleo, Pineapple	27 White Fish, ALT: Sloppy Joes, Whole Wheat Bun, Garlic Mashed Potatoes, Broccoli & Raisin Salad, Chocolate Pudding, Orange
30 Meatloaf w/Mushroom & Onion Gravy, Mashed Potatoes, Peas/ Carrots, Tomato/ Onion Salad, Rye Swirl, Oleo, Poundcake	31 White Fish, Brown Rice, Caribbean Blend Veggies, Tossed Salad, Multigrain Bread, Oleo, Peaches			

February and March lunch menus unavailable at time of publication.

Lunch program open 8:00 AM- 2:00 PM Monday thru Friday. Lunch served at 11:00 AM. \$1.50/meal suggested donation.
Oak Park Township Senior Services 418 South Oak Park Avenue Oak Park, Illinois 708-383-8060

OAK PARK & RIVER FOREST TOWNSHIPS



Township Personnel Directory

Oak Park Township Officials

Township Supervisor:

F. David Boulanger

Trustees:

Eric Davis

James J. Taglia

Clarmarie I. Keenan

Dorothy M. Reid

Township Clerk:

Gregory P. White

Assessor:

Ali ElSaffar

Collector:

Sarah Arnett

Senior Committee Members:

Oak Park Township

Sarah Arnett

Dr. Kenneth Blair

Donald Kane

Patricia Koko

Mary Marling

Sharon Stolz

Clarmarie Keenan, Trustee Liaison

River Forest Township

Veronica Krawczyk, Township Supervisor

James Flanagan, Chairperson

Mary Therese Small, Vice Chairperson

Peggy Mizen, Secretary

Mary Bozzi

Linda Ryan

Dr. Katherine Walsh

Non-Discrimination: Oak Park Township Senior Services does not discriminate in admission to programs or activities in compliance with the Illinois Human Rights Act, Section 504 of the Rehabilitation Act; the Age Discrimination Act; the Americans with Disabilities Act; the Illinois and U.S. Constitutions. If you feel that you have been discriminated against, you have the right to file a complaint. For information, call (800) 252-8966 (voice and TDD) or contact Senior Services at (708) 383-8060.

Township Senior Services Staff Directory

Administrative Offices:

Desiree Scully-Simpkins	Director
Pamela Mahn	Administrative Associate
Christine Brooks	Information and Assistance
Leo Gorecki	Case Management Support
Barbara Heinrich	Administrative Support/Reception
Steven Smith	Caregiver Specialist/Money Mgt.
Dana Ferdinand	Special Programs/Community Outreach

Case Management:

Shawn Lewis	Care Coordination Supervisor
Bianca Moritz	Care Coordination Supervisor
Katie Bogucki	Case Manager
Jennifer Fryer	Case Manager
Nancy Hickey	Case Manager
Heidi Jasien	Case Manager
Ashley Jasinowski	Case Manager
John McKean	Case Manager
Kari Novak	Case Manager

Lunch Program:

Celeste Duignan	Lunch Program Manager
Deborah Denny	Food Service Staff Leader
Frazier Kelly	Food Service Worker
Vanessa McNeil	Food Service Worker
Sandra Shanks	Home Delivered Meals Driver
Bernadette Pittman	Home Delivered Meals Driver
Pat Riley	Data Entry Clerk

Transportation Office:

Jeremiah Mabon	Transportation Coordinator
Wendy Daniels	Bus Driver
Eric Dunbar	Bus Driver
William Fairchild	Bus Driver
Gilbert Garcia	Bus Driver
Ronald E. Ladin	Bus Driver
Richard Maas	Bus Driver
Lora Strong	Bus Driver
William Trimble	Bus Driver