



Oak Park & River Forest Townships
Senior Services

130 S. Oak Park Avenue
Oak Park, IL 60302
(708) 383-8060

Senior Transportation
(708) 383-4806

Case Management
Senior Dining Programs
Home Delivered Meals
Information & Assistance
Senior Advocacy
Money Management
Caregiver Support Program
Benefit Access Applications
Adult Protective Services

Office Hours:
Monday-Friday
9am-5pm

seniors@oakparktownship.org
www.oakparktownship.org
www.riverforesttownship.org

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news&views

Enhancing the quality of life for seniors in our communities

Fall 2018

It's That Time of Year Again: Medicare Open Enrollment

Medicare Open Enrollment starts October 15th and runs through December 7th. During this time you can enroll in or make changes to your Medicare health or prescription drug plan. This is the **ONLY** time you can enroll or disenroll from either your current Part D drug plan or your Medicare Advantage plan with a drug component (Part C).

What can you do during the Open Enrollment Period?

- Anyone who has (or is signing up for) Medicare Parts A or B can join or drop a Part D prescription drug plan.
- Anyone with original Medicare (Parts A & B) can switch to a Medicare Advantage plan.
- Anyone with Medicare Advantage can drop it and switch back to just original Medicare (Parts A & B).
- Anyone with Medicare Advantage can switch to a new Medicare Advantage plan.
- Anyone with a Part D prescription drug plan can switch to a new Part D prescription drug plan.

If you are interested in re-evaluating and/or switching your current Medicare coverage, we recommend one of the two options below:

- Contact Oak Park Township Senior Services to schedule an appointment with a counselor. Through the Senior Health Insurance Program (SHIP), counselors are available to assist those trying to navigate the various options and provide recommendations on a drug plan for the upcoming year.
- Go to www.medicare.gov/find-a-plan for a personalized search for plans available to you, including cost estimates and coverage information.

To make an appointment with a SHIP counselor, please call (708) 383-8060.

River Forest Township and Library Events

All events below are jointly sponsored by River Forest Township and River Forest Library and are held at the library, 735 Lathrop Ave., River Forest at no charge. All communities are welcome!

Sunday, October 7th at 2:00pm:

Paranormal investigator Terry Fisk discusses haunted Illinois places with his book, "Ghosts and the Illinois Afterlife".

Sunday, October 21st at 2:00pm:

"Jane Austen speaks!" Actress Debra Ann Miller visits the library as author Jane Austen.

Sunday, November 4th at 2:00pm:

President FDR joins us for "A Fireside Chat", enacted by historical dramatist R.J. Lindsey.

Saturday, December 8th at 2:00pm:

Start the holiday season with historian Leslie Goddard and "It's A Wonderful Life: The Making of a Holiday Classic." (NOTE: The film will also be shown on November 16th at 12:00pm.)

Sunday, December 9th at 2:00pm:

Bingo comes to the RF Library, complete with prizes and refreshments.

Film Lovers Fridays at RF Library

Hosted every 3rd Friday of the month, Noon-2:30pm.

Light refreshments served, but feel free to bring a sack lunch to enjoy before the movie.

- **Friday, October 19th** - *Vertigo*
- **Friday, November 16th** - *It's a Wonderful Life*
- **Friday, December 21st** - *Movie TBA*

Connect with Tech - free consultations:

October 10th, November 14th, December 12th, 10:00-11:30am

Free Medicare insurance counseling through the SHIP program (Senior Health Insurance Program) is now available the first Friday of each month at the River Forest Community Center, 8020 Madison, River Forest. All other Friday appointments are held at Oak Park Township Senior Services. Call (708) 383-8060 for an appointment.

To learn more about services offered to River Forest older adults, call (708) 771-6159 or visit www.RiverForestTownship.org or on Facebook at www.facebook.com/RiverForestTownship. Call or email Carla Sloan at (708) 366-2029 or csloan.rftownship@gmail.com with questions.

Oak Park Township Upcoming Events

All events below are held at Oak Park Township Senior Services, 130 S. Oak Park Avenue, on the First Floor. For more information call Kristin Norman at 383-8060.

BINGO: Wednesdays at 10:20am

One of the most popular activities. Come win prizes! Guest Bingo Callers!

MOVIE & POPCORN: Mondays at 11:45am

October 15th: Practical Magic

October 29th: Sleepy Hollow

November 12th: Home for the Holidays

November 26th: Good Will Hunting

December 3rd: A Christmas Story

December 17th: National Lampoon's Christmas Vacation

KNITTING CLUB: Mondays, 11:45am-2:00pm

Bring your yarn, needles, and great conversation.

RULES OF THE ROAD: October 10th, 1:30pm-3:30pm

This class is a review of the written test to help you pass when you renew your license. Please call for reservations.

OAK PARK LIBRARY BOOK BIKE:

October 18th, 10:00am-12:00pm

Check out books and movies on fun and interesting topics.

YOGA: 2nd and 4th Fridays, 12:15pm-1:15pm

You set the pace in this fun and gentle chair yoga class.

COOKING DEMOS: Last Thursday of each month, 10:20am

October 25th: Halloween Bark

November 29th: Caramel Apple Slices

December 27th: Holly Jolly Jello-O Bites

OCTOBER PRESENTATIONS, 11:45am-12:30pm

October 1st: Eye Health

October 10th: Oral Health

October 25th: Oak Park Public Health Director, Michael Charley

Oak Park Township Senior Services will be closed in observance of the following federal holidays:

October 8th

November 12th

November 22nd and 23rd

December 24th and 25th

Utility Assistance Starts in October

Oak Park Township Senior Services will once again be an intake site for Low-Income Energy Assistance Programs (LIHEAP) starting October 1st for Oak Park and River Forest residents.

October 1st

Households with an older adult age 60 and older or households with a person receiving social security disability benefits

November 1st

Households with one or more disconnected utilities or under imminent threat of disconnection or households with children 5 and under

December 1st

Available program benefits open to ALL eligible low-income households

Documents Needed to Apply:

- Proof of current 30-day gross income from all household members
- Monthly gross income cannot exceed the following: **\$1,518** for one household member; **\$2,058** for two household members; **\$2,598** for three household members; **\$3,138** for four household members.
- Copy of most recent heat and electric bills (Must provide entire bill no more than 45 days old)
- Proof of Social Security Numbers of all household members (Must provide a hard-copy of SSN card, printout, or SSA 1099)
- Proof of disability, if applicable
- Applicants that have all their utilities included in the rent must bring proof of rental agreement that shows that utilities are included, along with the monthly rental amount and landlord contact information.

Please note that applicants arriving more than 10 minutes late for their appointment may be asked to reschedule.

Please call Oak Park Township Senior Services to make an appointment at (708) 383-8060.

Safe Disposal of Prescription Medication

You may safely dispose of medications (Rx and OTC) in secure collection boxes in Oak Park and River Forest. Bring pills or tablets only. No liquids, creams, needles or other medical waste are accepted. For your convenience, dispose of pills/tablets in bulk in re-closable plastic bags. The collection location in River Forest is in the basement of Village Hall, 400 Park Avenue. The collection location in Oak Park is in the lobby of the Oak Park Police Department, 123 Madison Street.

Medicare Medicaid Alignment Initiative

A Healthcare Option for People with Medicare and Medicaid

Through the Medicare Medicaid Alignment Initiative (MMAI), you can receive all health benefits through **one** plan and use just **one** card when you go to the doctor, hospital, or pharmacy.

To enroll in an MMAI health plan, you must:

- Have Medicare Part A and Medicare Part B
- Have full Medicaid benefits (no spenddown)
- Be age 21 or older and live in Illinois

What should I consider before choosing an MMAI plan?

- Are your health care providers in the plan's network?
- Does the plan cover your prescription drugs?
- Does the plan offer extra benefits that might be helpful?

If you have questions, need additional information, or would like help comparing MMAI plans, please call (708) 383-8060 to make an appointment with our benefits specialist.

To enroll in MMAI, participants must call Illinois Client Enrollment Services at (877) 912-8880.

If you are looking for assistance in navigating programs and resources available for adults age 60 and older, or those with disabilities age 18-59, please contact one of our Resource Specialists at:

(708) 383-8060

Township Transportation

Call to make a reservation

708-383-4806

Oak Park and River Forest Townships' Senior Transportation provides a curb-to-curb service within the communities of Oak Park and River Forest. The suggested donation is \$1.00 per ride. Special group trips outside of the service area are available throughout the year. (Some require an additional donation.)

Senior Building Trips

Mills Park Tower, 1025 Pleasant Place:

Pete's Fresh Market - Wednesdays, 12pm-2pm
Jewel River Forest - Thursdays, 12pm-1:30pm
Aldi's - 2nd Friday of the month, 1pm-2:30pm
Walmart - 3rd Friday of the month, 12pm-2pm

Heritage House, 201 Lake Street:

Walmart - 2nd Tuesday of the month, 1pm-3pm
Jewel River Forest - Thursdays, 12:30pm-2pm

The Oaks, 114 S. Humphrey:

Walmart - 1st Tuesday of the month, 12:30pm-2:30pm
Jewel Oak Park - Fridays, 12:30pm-2pm

Regular Shopping Trips

Jewel River Forest

Thursdays and Fridays, 9am-10:30am

Trader Joe's

2nd Monday of the month, 1pm-3pm

Walmart

3rd Monday of the month, 1pm-3:30pm



Special Excursion Trips

(limited seats; minimum number of passengers needed per trip; all pick-ups begin at 8:45am)
Suggested Donation: \$5 per trip

October 16th: **National Museum of Mexican Art**, 10:00am-1:30pm

November 20th: **DuSable Museum of African American History**, 10:00am-1:30pm

December 18th: **Museum of Science and Industry**, 10:00am-1:30pm

"Christmas Around the World"

October 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
TURKEY TETRAZZINI, NOODLES, SPRING VEGETABLES, BEAN SALAD, ROLL	MEATBALLS, SPAGHETTI, CARROTS, BREAD, PEACHES	HOTDOG, BAKED BEANS, DICED POTATOES, ORANGE	SMOKED PULLED PORK, BLACK BEANS, CORN CASSEROLE, FRUIT COCKTAIL, BISCUIT, OATMEAL BAR	LEMON PEPPER WHITEFISH ALT: CHICKEN PICCATA, GREEN BEANS, ROASTED POTATOES, ROLL, PEACHES, OATMEAL BAR
8	9	10	11	12
CLOSED IN OBSERVATION OF FEDERAL HOLIDAY	POLISH SAUSAGE W/ SAUTEED ONIONS, SCALLOPED POTATOES, PEAS, BUN, FRUIT TROPICAL FRUIT	BBQ BEEF, MASHED POTATOES, BAKED BEANS, BUN, FRUIT SALAD	WHITE FISH W/ CITRUS SAUCE, ALT: CHICKEN ALA KING, MIXED VEGETABLES, BROWN RICE, BEET SALAD, ROLL, FRUIT JUICE	PORK SCHNITZEL W/ GRAVY, SPATZLE DUMPLINGS, RED CABBAGE, APPLE, BREAD
15	16	17	18	19
HAM W/ PINEAPPLE GLAZE, CORN, MASHED POTATOES, BREAD, GRANOLA BAR, PEARS	TILAPIA W/ BUTTER SAUCE, ALT: CHICKEN W/ CAJUN CREAM SAUCE, POTATOES, NORTHERN BEANS W/ SPINACH, FRUIT SALAD, BUN	PRIME RIB W/ AU JUS, ROSEMARY POTATOES, MIXED VEGETABLES, ROLL, GRAHAM CRACKER, PEACHES	MEATBALLS W/ MUSHROOM SAUCE, PASTA, PEAS AND CARROTS, COLESLAW, ROLL, PEAR	ITALIAN CHICKEN W/ MARINARA, WILD RICE, GREEN BEANS, BROCCOLI SALAD, ROLL, PINEAPPLE
22	23	24	25	26
CABBAGE ROLLS, GARLIC POTATOES, CARROTS, ROLL, PEARS, MUFFIN	BBQ MEATBALLS, BROWN RICE, PEAS AND CARROTS, VEGETABLE SALAD, BREAD, FRUIT SALAD	TACO BEEF, SPANISH RICE, CORN, SALAD, TORTILLA, ORANGE	MEATLOAF, AUGRATIN POTATOES, GREEN BEANS, BREAD, SLICED APPLES, MUFFIN	MEDITERRANEAN WHITE FISH W/ LEMON SAUCE, ALT: LEMON CHICKEN, POTATOES, MIXED VEGETABLES, PINEAPPLE, BREAD
29	30	31		
BEEF STEW W/ VEGETABLES, MASHED POTATOES, ROLL, FRUIT SALAD, GRAHAM CRACKER	HAMBURGER, CHEESY POTATOES, BAKED BEANS, APPLESAUCE	CHEDDARWURST, BUN, POTATO SALAD, CARROTS, PEARS		

November and December lunch menus unavailable at time of publication

Lunchroom open 8:00 AM-2:00 PM., Mon.-Fri. Lunch service is 11:00 AM-1:00 PM. \$1.50/meal suggested donation.

Oak Park Township Senior Services 130 S. Oak Park Ave Oak Park, IL (708) 383-8060

Oak Park & River Forest Townships

Personnel Directory



Township Officials

Oak Park Township Supervisor:
Clarmarie I. Keenan

Trustees:

Eric Davis
Michelle Mbekeani-Wiley
Ade Onayemi
Margaret Trybus

Township Clerk:

Gregory P. White

Assessor:

Ali ElSaffar

River Forest Township Supervisor:

Carla Sloan

Trustees:

Helene Connolly
Holly Economos
Mark Kelty Karen Taubman

Township Clerk:

Abby Schmelling

Assessor:

Pamela Kende

Senior Committee Members:

Oak Park Township

Dr. Kenneth Blair
Vice Chairman

Joy Aaronson Barbara Bodner
Patricia Koko Lydia Manning
Michelle Thomas
Valerie Lester

Margaret Trybus
Trustee Liaison

River Forest Township

James Flanagan
Chairperson

Jean Buckley Sally Gibbs
Margaret Rudnik
Ann O'Connell
Ruth Reko

Karen Taubman
Trustee Liaison

Senior Services Staff Directory

Administrative Offices:

Director
Assistant to the Director
Case Management Support
Administrative Support/Reception
Caregiver Support /Money Management
Older Adult Benefit Specialist
Information and Assistance Specialist

Case Management:

Case Coordination Supervisor
Case Coordination Supervisor
Case Manager
Case Manager
Case Manager
Case Manager
Case Manager
Case Manager

Lunch Program:

Senior Lunch Program Manager
Food Service Staff Leader
Activity Assistant
Food Service Worker
Home Delivered Meals Driver
Home Delivered Meals Driver
Data Entry Clerk

Transportation Office:

Transportation Coordinator
Transportation Clerk/Bus Driver
Bus Driver
Bus Driver
Bus Driver
Bus Driver

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 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.