

APRIL 2021

SENIORS

A PUBLICATION FOR ORLAND PARK SENIORS

SAFEST CITY

Orland Park is the safest city in Illinois – read more
PG. 16

CREDIT REPORT

More info on how to get your FREE credit report
PG. 10



LETTER FROM THE MAYOR



We are proud to present the next edition of the Village of Orland Park Senior Newsletter, which you can count on for relevant and useful information for Orland Park's

senior community. I know everyone is looking forward

to spring, especially after the snowfall we've experienced this year.

It is difficult to maintain clear walks and driveways when it snows. That is why the Village implemented the Snow Angels Volunteer Snow Shoveling Program. This program pairs area seniors who need assistance shoveling snow with those who are able to provide assistance with snow shoveling. I'd like to thank those who stepped up to help and encourage those who have not signed up for assistance to do so before next winter so that you have the information for volunteers available when you need them. Visit orlandpark.org to sign up or call (708) 403-5000 for assistance.

We know that area seniors are having issues when trying to register for COVID-19 vaccines. Although Cook County has a limited COVID-19 vaccine supply, those residents that wish to receive the vaccine should register with Cook County. Residents can register at vaccine.cookcountyil.gov or by calling Cook County's Vaccine Sign-Up Hotline at (833) 308-1988. However, if you are an Orland Park senior and you need assistance

registering, please call the Village of Orland Park at (708) 403-5000 (then press 2 to speak to staff) and we will be happy to help you register. For the latest updates regarding Coronavirus information, vaccine availability and news, please visit orlandpark.org/coronavirusinfo or see page 8 in this newsletter for the latest as of the printing of this edition.

Making sure Orland Park is a safe community has always been a priority for me. We have proactively implemented several programs over the last few years to ensure that our businesses, residents, and guests are kept safe. Orland Park was recently named the Safest City in Illinois for 2021 by Safety.com, a leading home security and safety advocacy website. This is the first time in the Village's history to receive this distinction. Thank you to the men and women of the Orland Park Police Department for their dedication to the safety of residents and guests of Orland Park.

We know that financial strain on seniors is an issue. That is why we chose to reduce property taxes at a recent board meeting and why we continue to look for ways to reduce costs for seniors in our community. Please see page 4 in this publication for more money-saving ideas for seniors in Orland Park.

Finally, I want to thank you for all that you contribute to Orland Park as our most cherished residents. Please let us know how we can help answer questions or provide assistance by emailing publicinfooffice@orlandpark.org or by calling my office directly at (708) 403-6160.

Keith Pekau | Mayor

Senior Newsletter

You can now find the digital interactive versions of the Senior Newsletters online for your convenience.



Visit orlandpark.org to view now!

Got Questions?

- Water Billing..... (708) 403-6175
- Register for Programs..... (708) 403-5000
- Non-Emergency Police (708) 349-4111
- Mayor's Office..... (708) 403-6160
- General Information..... (708) 403-6100

VILLAGE BOARD



Pictured (L to R) front: Trustee Michael Milani, Trustee Cynthia Katsenes, Mayor Keith Pekau, Trustee Kathleen Fenton. Back: Trustee James Dodge, Village Clerk John Mehalek, Trustee William Healy, Trustee Daniel Calandriello.

Keith Pekau
Mayor

TRUSTEES

Kathleen Fenton

James Dodge

Daniel Calandriello

William Healy

Cynthia Katsenes

Michael Milani

VILLAGE CLERK

John C. Mehalek

Let's Connect!

We want to hear from you! There are many ways to communicate with Village staff and your local representatives. From stopping by any Village buildings, giving us a call, interacting on social media, or sending us an email, we appreciate and encourage community input.

WEBSITE | orlandpark.org

The Village website has a wealth of information available to residents in just a few clicks. Looking for meeting dates and times? Want to know what events are happening around town? Check our website for this up-to-date information.

YouTube | [VillageofOrlandPark](https://www.youtube.com/VillageofOrlandPark)

Check out the many videos featuring local events, our cable shows and updates from the Mayor. Catch our board meetings and events LIVE and be sure to subscribe to be notified on when to tune in.

facebook | [VillageofOrlandPark](https://www.facebook.com/VillageofOrlandPark)

Events, important information and highlights of people in our community are featured on our page. Give us a “like” to stay up-to-date on all that’s happening.

Instagram | [villageoforlandpark](https://www.instagram.com/villageoforlandpark)

Capturing fun and light hearted sights around Orland Park, as well as keeping the community up-to-date on Village happenings is what you’ll find on our feed.

TikTok | [VillageofOrlandPark](https://www.tiktok.com/@VillageofOrlandPark)

Short, fun and joyful videos from events to community information is what you’ll find on our profile. Give us a “follow” to stay up-to-date on all that’s happening.

twitter | [VillageofOrlandPK](https://twitter.com/VillageofOrlandPK)

Receive timely tweets about events, traffic, public announcements and more.

Letter from the Chief of Police



The safety of residents and guests in Orland Park is the first and foremost priority for the Orland Park Police Department. We are proud of the fact that the Village of Orland Park

currently has the lowest number of Index Crimes since 1994 and crime in Orland Park has continued to decrease. The Village of Orland Park has the lowest violent crime rate for municipalities over 50,000 residents in the entire state of Illinois. As a result of these statistics as well as other features within the Village, the Village of Orland Park was recently named the Safest City in Illinois for 2021 by Safety.com. You can read more about this designation on page 16 of this publication.

With that being said, we must remain actively aware of those who make a habit of targeting our senior population. Within the pages of this publication, you will find information regarding vehicular hijacking as well as tips on how you can protect yourself from being victimized. Please take a moment to review the pages of this edition of the senior newsletter to prepare yourself with information so that you know what to do in this situation should it present itself.

To help make your shopping experience more enjoyable and family-friendly, Orland Square Mall has recently announced the implementation of a youth supervision program that began on March 12.

Under the new policy, all visitors under the age of 18 must be accompanied at all times by a parent or adult, age 21 or older, after 3 p.m. on Fridays and Saturdays. This new program is in direct response to resident feedback we have provided to Orland Square Mall. The community will surely benefit from this enhanced family-friendly initiative made possible by the strong partnership that has been established between the Village and Simon Properties. Proof of age will be required for the youth or adult supervisor. Individuals who lack acceptable identification, or do not abide by Orland Square's Youth Supervision Policy, will be asked to leave the property. Those without acceptable identification during the designated days and times will be denied entry. The program is in response to feedback from the community and business leaders, as the center reinforces its commitment to the community to provide a pleasant, family-friendly shopping environment. Read the full policy at orlandsquareyouthsupervision.splashthat.com.

We ask that you, as residents and pillars of the community, do your part to let us know if you see anything that may seem odd or give you concern. As always, we ask that if you SEE SOMETHING, SAY SOMETHING and give us a call at (708) 349-4111 for non-emergencies or 9-1-1 in the event of an emergency. Thank you for your support of the men and women of the Orland Park Police Department as we do our absolute best to continue to provide safety and security services to the community.

Joseph Mitchell | **Chief of Police**

Tips to Prevent Being a Victim of Vehicular Hijacking

With the sharp rise in vehicular hijackings throughout Cook County, Orland Park Police Chief Joe Mitchell offers the following safety tips:

1

When stopped in traffic, don't pull too close to the car in front of you. Leave at least a car length so you won't be boxed in and can quickly go around if you need to.

If you feel like you are being followed, call 911 and drive to the nearest police station or flag down a police car.

6

2

If you are involved in a minor fender-bender and more than one person from the other car gets out, don't get out of your vehicle. Drive to the nearest police station and explain what happened. If it's a legitimate crash, the other party and the police will understand.



When shopping, don't walk to your vehicle, put your packages away and go back inside the store. If you feel uneasy, most stores will provide security to accompany you to your car.

7

3

When you are stopped in traffic, stay aware. Do not pick up your phone to talk, text or look at social media. Criminals prey on people who are distracted.

When parking your car at a store or in a parking facility, avoid bushes or other blocking objects. Remember this especially if you are parking for a long time that extends into darkness.

8

4

Minimize the amount of time you spend in a car while parked. Avoid taking time to check the internet before you leave your car to enter a home or store.

Attach your seat belt only when you are ready to drive away. Those extra seconds can be an advantage if a problem arises.

9

5

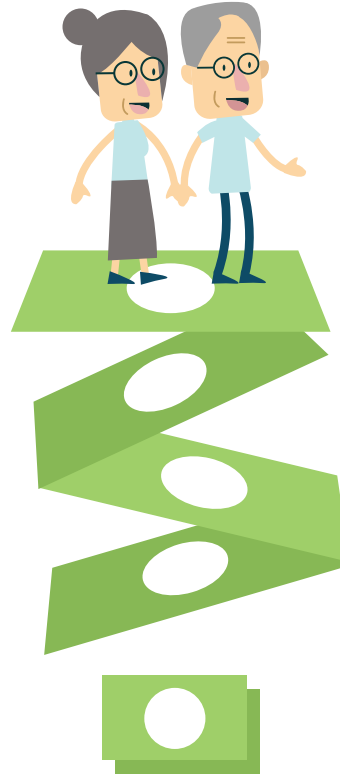
Don't ever leave your car running. And never, ever leave children or pets inside a car.

Most of all: If you are ever confronted by a carjacker, armed or not, do not resist. Vehicles are recovered a majority of the time.

10

Property Tax Reduction

A senior's household finances can be burdensome for many. The Village of Orland Park is continuously looking for ways to ease the strain. In addition to discounts for Village services and programs, we are happy to announce that at the December 7, 2020 meeting of the Village Board, the board unanimously approved an ordinance to reduce the Village's portion of the property tax levy. A 2.92% tax levy decrease was approved and the 2020 tax rate has now decreased by 6.92% (based on a 1.05% EAV increase) from the Village's 2019 tax rate.



PROPERTY TAXES
REDUCED BY

6.92%

FROM PREVIOUS LEVY

FILE TAXES FOR FREE

IRS tax tip: In times like these, every penny counts. This is especially true for taxpayers on a fixed income. Seniors and retirees can file their taxes for free at [irs.gov/newsroom/free-file-can-make-taxes-easier-for-seniors-and-retirees](https://www.irs.gov/newsroom/free-file-can-make-taxes-easier-for-seniors-and-retirees).

DISCOUNTED VEHICLE STICKERS

Any resident who is currently 65 years of age or older, or will be 65 years of age during the two-year license period, shall be issued one vehicle sticker for \$10.00. Two senior citizen vehicle stickers per household may be purchased if there are two household drivers age 65 or older starting mid-May.

S&P AA+ CREDIT RATING

Standard & Poor's Global Ratings (S&P), one of the nation's premier credit rating services, announced an affirmation of the Village of Orland Park's high-grade AA+ credit rating. This AA+ rating, the second highest long-term credit rating an institution can receive from S&P, will keep the Village among an elite group of aspirant communities.



The Village of Orland Park has been named a Tree City USA by the National Arbor Day Foundation for its commitment to community forest management. This is the 33rd year that Orland Park has been honored with this national recognition.

Orland Park Nature Center

13951 S. LaGrange Rd.
Orland Park, IL 60462

Orland Park Nature Center is a two-acre site for visitors to escape the suburban roadways to meet the sounds of local wildlife. Ornithophiles can enjoy a dedicated bird watching station, complete with binoculars overlooking the adjacent wetlands. Spiraling around the center, a crushed limestone trail guides visitors through native gardens featuring savannah shade trees, prairie grasses, and wetland plants. The shaded picnic areas casts shadows from custom leaf patterns cut in the canopies. Nestled in the middle of the rehabilitated land are a central plaza, amphitheater, and outdoor classroom space.

Plant Your Own Patch of Prairie at Home

Apr 24 | 11:00 AM - 12:00 PM

This program will be essential to anyone wanting to start or expand their prairie plantings at home. Program to include strategy & design ideas from Midewin National Tallgrass Prairie staff, Landscape Architect, Horticulturist, Botanist, and Public Affairs Officer and Public Services Team Leader Veronica Hinke.

PROGRAM 90586
Resident Fee: \$10

Do I need to sign up for these classes?

Yes, registration is required. Please visit page 31 in this publication for more info on how to sign up.

Bison, People and the Prairie

May 28 | 6:00 PM - 7:00 PM

We tend to think of the northeastern Illinois prairie as a rich landscape where Native Americans settled and bison roamed freely. Once Euro-American settlers arrived, bringing with them a variety of tools, practices, and beliefs, what was once untrammled land changed. Join Midewin Archaeologist, Heritage Program Manager, and Tribal Liason Joe Wheeler as he talks about what science and recent research has taught us about the narrative we have grown to know, ourselves, and the land where we live.

PROGRAM 90587
Resident Fee: \$10

COVID-19 Vaccine Scams





The COVID-19 vaccine is being administered all across the country. It's been a busy time for Homeland Security as they work to stop foreign agents, as well as local scammers, from targeting victims with a COVID-19 vaccine scam.

The Better Business Bureau (BBB) said it has received reports of scammers impersonating officials from the Centers for Disease Control and Prevention and the World Health Organization in phishing emails that claim to have news about the disease. There has also been an increase in scams using robocalls to impersonate government officials, the bureau said. Additionally, there have been some reports of scam calls offering people a chance to avoid long lines and receive an early dose of the Pfizer vaccine for a fee. This vaccine is funded by taxpayer dollars, so it will be administered free of charge.

In Illinois, health care workers are first in line for the initial vaccines, followed by residents and employees at long-term care facilities and people over the age of 65. Gov. J.B. Pritzker has said widespread vaccine distribution to the general public might not occur until April 2021. Those who believe they may be eligible for a vaccine early should contact their health care providers. But the BBB said residents should be wary of telemarketing calls and texts, social media posts and even door-to-door visits — all methods used by scammers. The bureau also says people should ignore calls for immediate action and not buy any kind of COVID-19 vaccine or treatment online.

Those who've found a scam or have been scammed themselves can report it to the bureau at: [BBB.org/ScamTracker](https://www.bbb.org/ScamTracker). Suspicious activity may also be reported to the Department of Homeland Security at: covid19investigations@dhs.gov.

Help prevent scams by informing yourself

-  Someone is reaching out to you in regards to getting the vaccine; especially if they're reaching out by text, email, or via the Internet.
-  Payment is requested in exchange for an early/or any COVID-19 vaccine.
-  Someone comes to your home in regards to a vaccine. Contact the Orland Park Police Department immediately at (708) 349-4111 or 9-1-1.
-  Someone attempts to gain your personal information in exchange for a vaccine.





Why are only some people eligible?

The CDC is recommending states prioritize people with the highest risk of exposure to the new coronavirus that causes COVID-19 and greatest risk of severe illness from the disease. Illinois is allowing people who are 65 years old and older to get vaccinated. The first in line are health care workers and people who live or work in long-term care facilities, such as nursing homes.

How much will it cost?

There is no cost for the vaccine, but providers can charge an administration fee for giving the shot to someone, according to the CDC. That fee can be reimbursed by private insurance or, for uninsured patients, by the Health Resources and Services Administration's Provider Relief Fund, CDC states on its website.

Do I have to get a COVID-19 vaccine?

There is no federal or state mandate to receive the COVID-19 vaccine. The CDC recommends the vaccine to all Americans 16 and over.

Where can I get a vaccine?

The federal government has begun shipping 1 million doses of Covid vaccines directly to retail pharmacies across the country as part of the Federal Retail Pharmacy Program.

In addition to the possible availability from the Cook County Community Vaccination Program, eligible individuals should be able to make an appointment to get the vaccination at many area medical institutions and pharmacy locations, some of which are listed below:

Walgreens | (800) 925-4733
 Jewel-Osco | (877) 505-4040
 CVS | (800) 746-7287
 Meijer | (877) 363-4537
 Walmart | (800) 925-6278
 Loyola | (888) 584-7888

Individuals with MyLoyola accounts can register here: myloyola.luhs.org or call (888) 584-7888 for information on scheduling an appointment.

Residents are advised to call their health care professionals with any further questions or concerns about the vaccine.

*Information presented is based on availability at print date.

COVID-19 Vaccine Help for Seniors

Some area seniors are experiencing difficulties and/or delays in getting registered for the COVID-19 vaccine through Cook County. Although Cook County has a limited COVID-19 vaccine supply, those residents that wish to receive the vaccine should register with Cook County as vaccine supplies are expected to continually increase in the weeks and months ahead. Residents can register at vaccine.cookcountyil.gov or by calling Cook County's Vaccine Sign-Up Hotline at (833) 308-1988 (Monday through Friday from 7am-7pm). However, if you are an Orland Park senior and you need assistance registering, please call the Village of Orland Park at (708) 403-5000 (then press 2 to speak to staff) and we will be happy to help you.



EDWARD HINES, JR VA HOSPITAL

Hines-enrolled Veterans 65 years old & over can now schedule their COVID Vaccine starting Jan 16. by calling (708) 202-7000.

Are you a Veteran?

Edward Hines, Jr VA Hospital is offering COVID-19 vaccines to Hines-enrolled Veterans 65 years old and over. Call to schedule an appointment at (708) 202-2707 or (708) 202-7000. They will be open 7 days a week for appointments that began on Jan 16. Visit the VA's COVID-19 vaccine website for more info hines.va.gov/emergency/index.asp



**PHASE 1
VACCINATION
PLAN**

PHASE 1A

Healthcare Personnel/Critical Population

- A.1 LTCF STAFF
- A.2 EMERGENCY MEDICAL SERVICES
- A.3 HOSPITAL-BASED STAFF
- A.4 LHD STAFF
- A.5 CLINIC FACILITY STAFF
- A.6 HOME-HEALTH PERSONNEL
- A.7 PHARMACY STAFF
- A.8 OTHER MEDICAL STAFF (DENTAL, OPT, ETC)
- A.9 OTHER HEALTHCARE WORKERS

PHASE 1B

Critical Workforce & Residents 65+

- B.1 FIREFIGHTERS
- B.2 LAW ENFORCEMENT
- B.3 OTHER FIRST-RESPONDERS
- B.4 NATIONAL GUARD FOR COVID-19 RESPONSE
- B.5 CHILDCARE PROVIDERS
- B.6 CONGREGATE CARE FACILITY STAFF
- B.7 TEACHERS/EDUCATION STAFF
- B.8 STATE & COUNTY OFFICIALS
- B.9 CORRECTIONAL STAFF
- B.10 POSTAL SERVICE WORKERS
- B.11 FOOD PRODUCTION/DELIVERY/PROCESSING
- B.12 TRANSPORTATION

PHASE 1B – PLUS

Plus Population

- PERSON WITH SPECIFIC HEALTH-COMPLICATING CONDITIONS OR STATUS
- OBESITY
 - DIABETES
 - PULMONARY DISEASES
 - SMOKING
 - HEART CONDITIONS
 - CHRONIC KIDNEY DISEASE
 - CANCER
 - SOLID ORGAN TRANSPLANT
 - SICKLE CELL DISEASE
 - PREGNACY
 - PERSON WITH A DISABILITY
(NOT OTHERWISE COVERED IN PREVIOUS CATEGORIES)

Want more COVID-19 info?

Please visit orlandpark.org/coronavirusinfo for the most up-to-date information from the Village.

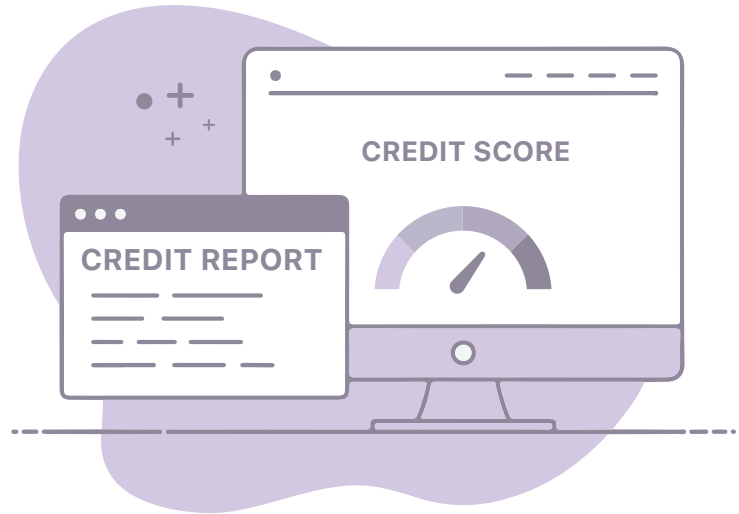
CDC
cdc.gov
(800) 232-4636

IDPH
dph.illinois.gov
(312) 814-2793

COOK COUNTY DEPT. OF PUBLIC HEALTH
cookcountypublichealth.org
(708) 633-4000

Get Your FREE Annual Credit Report

The Fair Credit Reporting Act (FCRA) requires each of the nationwide credit reporting companies — Equifax, Experian, and TransUnion — to provide you with a free copy of your credit report, at your request, once every 12 months.



1

ORDER YOUR CREDIT REPORT

ORDER ONLINE | Get instant access when you visit annualcreditreport.com.

ORDER VIA MAIL | Complete the Annual Credit Report Request Form (on opposite page) and mail it to: *Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348.*

Do not contact the three nationwide credit reporting companies individually. They are providing free annual credit reports only through annualcreditreport.com, for any questions contact (877) 322-8228.

2

VIEW YOUR CREDIT REPORT

If you request your report online at annualcreditreport.com, you should be able to access it immediately. If you order your report via mail your report will be processed and mailed to you within 15 days. For any questions contact (877) 322-8228.

3

CORRECT IF ERRORS FOUND

Under the FCRA, both the credit reporting company and the information provider are responsible for correcting inaccurate or incomplete information in your report.

STEP 1 | Tell the credit reporting company, in writing, what information you think is inaccurate.

STEP 2 | Tell the creditor in writing that you dispute an item. And if you are correct, the information provider may not report it again.

Our Water: Where Does it Come From?

The Oak Lawn Regional Water System (Regional Water System) was formed in 1973 and the Village of Orland Park joined the Regional Water System soon thereafter. The Regional Water System stores and distributes treated Lake Michigan water, purchased from the City of Chicago, and redistributed through the Regional Water System, to 12 municipal customer communities including the Village of Orland Park.

In 2010, the Regional Water System began major upgrades. The first step was to develop a Master Plan and Hydrologically Modeling the system. In 2012, based on the findings of the Master Plan results of the modelling, the Regional Water System began updating infrastructure, installing back-up power supply, construction of additional pump stations, as well as a number of other modernization improvements.

In 2014, the Regional Water System began the design and construction of a 16-mile, 60-inch diameter looped water main to supplement the existing 48-inch diameter water main. When

these improvements are complete, the system's current capacity of 55 million gallons per day will be increased to 111 million gallons per day. In addition to meeting the redundancy, reliability and capacity needs for customer communities through and beyond the 2030 planning horizon, these improvements will also reduce by 15% the amount of energy used to pump water through the system.

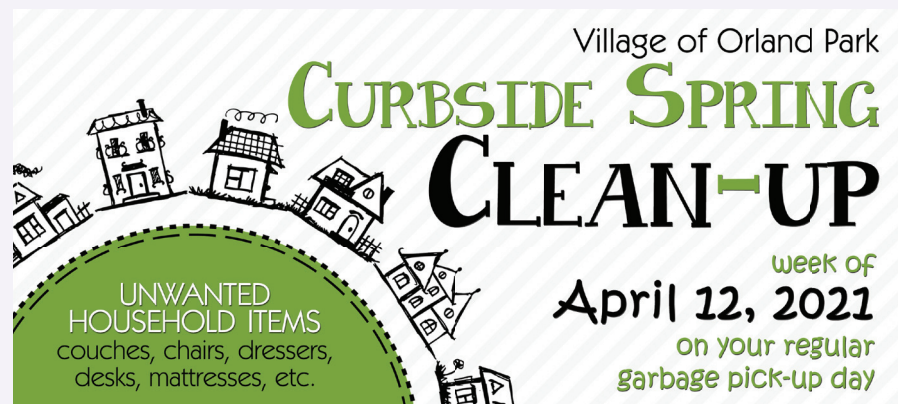
While a number of cities across the region are running out of water and face an increasingly urgent deadline to solve their water problems, the Village of Orland Park has made, and continues to make, critical investments to ensure availability of safe and clean drinking water for decades to come.

TIERED PRICING STRUCTURED FOR SENIOR CITIZENS

The Village implemented a tiered pricing structure to better reflect the needs and demands of our residents. The lowest rate applies to those who use the least amount, especially senior citizens. This rate is considered the conservation rate but more effectively applies to seniors who generally are a 1 or 2-person household and, therefore, most likely use less water than younger families with more occupants in a household.

CURBSIDE CLEAN-UP

During the week of April 12, 2021 get rid of unwanted household items and appliances on your regular garbage pick-up day. Visit orlandpark.org or wmatyourdoor.com for more information.



**Spring clean-up does not accept electronics i.e. televisions, computers, monitors, and printers.*



LIVE ENTERTAINMENT



FOOD TRUCKS



VARIETY OF VENDORS

MARKET AT THE PARK

Starting June 3rd | Thursdays

Market at the Park returns to Crescent Park again this summer and has been extended to 10 weeks! Each market features a unique variety of vendors including food (ready to eat, specialty, food trucks), gardening, handmade arts, crafts, vintage, décor and more! Market highlights include free weekly live entertainment, cruise night and our Market Roamers kid's program featuring free weekly activities. The market offers something for everyone. Join us at the market, grab dinner, shop, listen to live music and spend time with family and friends in the great outdoors. The market is your weekly destination for shopping, family and fun. Cruise night returns to the market. Surprises are in store! Visit us on Facebook, Instagram, Twitter and orlandpark.org for updates.

The Orland Park Public Library serves the residents of the Village of Orland Park. The library moved into its award-winning 93,000 square foot building in September 2004. Patrons of all ages have access to a well-rounded collection of both print and non-print materials, educational and recreational programs, computers and instructional computer classes, excellent reference service, outreach programs for seniors and homebound patrons, and storytimes for children.

orlandparklibrary.org

(708) 428-5100



Wills, Trusts, and Estate Planning

Apr 5 | 12:00 PM | Monday

Attorney at Law Eileen Kerlin Walsh will be giving necessary information related to wills, trusts, and estate planning. Q&A will be at the end of the presentation. Join the webinar by using link down below.

LINK TO FREE CLASS

<https://us02web.zoom.us/j/82613567357?pwd=MWsxZHJtM2Nlc0U5rdzBIREt6VFJhQT09>

Downsizing & Reverse Mortgages

Apr 6 | 12:00 PM | Tuesday

Real estate broker Helen Morgan will explain where to begin when it comes to downsizing and the intricacies of reverse mortgages. Q&A will be at the end of the presentation. Join the webinar by using link below.

LINK TO FREE CLASS

<https://us02web.zoom.us/j/88129820272?pwd=bTI2TnNsajR5cEM3TThuNHZRRWhhZz09>

Veteran's Affairs & Benefit Application

Apr 9 | 12:00 PM | Friday

Veteran Service Officer Amy Georgakopoulos will offer insight into veteran's affairs and guidance on filling out benefit applications. Q&A will be at the end of the presentation. Join webinar by using link below.

LINK TO FREE CLASS

<https://us02web.zoom.us/j/84866663456?pwd=eVA0YlZsK3dsMy8vSFRZUitHWWl6UT09>



PRECAUTIONS DURING COVID-19

Installation of UV-C (Ultraviolet Germicidal Irradiation) lighting is expected early 2021. Social distancing measures are in place to ensure safety. Visit orlandparklibrary.org/your-library-the-coronavirus/ for more info.

GET YOUR FREE LIBRARY CARD!

Free to residents living within the limits of the Village of Orland Park. Visit orlandparklibrary.org/about-us/getting-a-library-card/ for more info.



Communication & Dementia



May 14 | 7:00 PM | Friday

Learn how to read the needs of a person with Dementia. We are committed to providing a welcoming, encouraging, environment, along with social engagements, educational events, and ongoing support to our residents.

Ten Signs of Alzheimer's



June 29 | 7:00 PM | Tuesday

Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about ten common warning signs and what to watch for in yourself and others.



In-Person Event



Online Zoom Event

Interested in a full list of classes?

Please visit orlandparklibrary.org/calendar/ for more a full calendar of events including book clubs, computer classes and educational sessions. Contact outreach@orlandparklibrary.org, Attn: Duke for any class related questions.

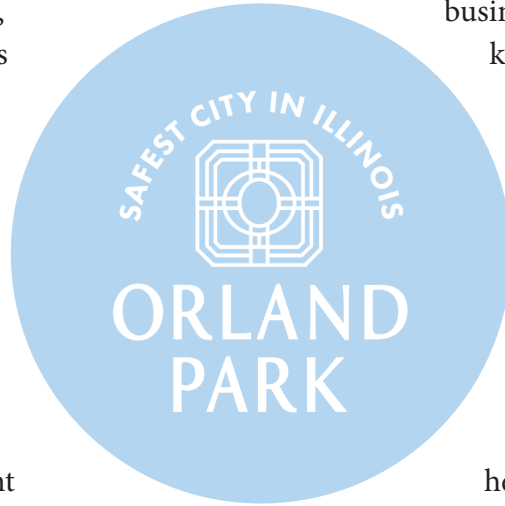
SAFEST CITY IN ILLINOIS

Orland Park was named the Safest City in Illinois for 2021 by [Safety.com](https://www.safety.com), a leading home security and safety advocacy website. This is the first time in the Village's history to receive this distinction. Analysts from Safety.com assessed data provided by the FBI Crime Report, Gun Violence Archive, U.S. Census Bureau, Insurance Journal and America Health Rankings to create its list of safest cities in Illinois.

"We are proud to hear of the latest recognition bestowed upon the Village by Safety.com," said Mayor Keith Pekau. "I am not surprised by the announcement as we already know that Orland Park provides the utmost level of safety and security to residents and businesses as well as providing assistance to neighboring suburbs."

"Our Police Department does a phenomenal job of keeping us safe," said Pekau. "We have proactively implemented several programs over the last few years to ensure that our businesses, residents, and guests are kept safe. Additionally, our Police Department's performance during the riots and looting that occurred regionally and nationwide was exemplary," explained Pekau.

Cities were analyzed on public safety, financial safety, state-level natural disaster and health metrics. "The men and women of the Orland Park Police Department are hardworking and dedicated to the safety of Orland Park," said former Chief of Police Tim McCarthy who led the department



Property Crime Down

15%



Index Crime Down

29%



Mental Health Program Established

2020



Community Support

171
Letters of Appreciation



Orland Square Mall

Safest mall in region



Sworn Officers

101

for the past 26 years until his retirement in August, 2020.”

“This new recognition only confirms what I have always known, Orland Park was and continues to be a safe and secure place in which to live, work and play.”

“Thank you to Safety.com for recognizing Orland Park,” said Police Chief Joe Mitchell. “In 2019, the index crimes in the Village were the lowest they have been in 25 years. In 2020, they dropped another 29%.”

“We have the lowest number of violent crimes per capita for towns with over 50,000 residents in Illinois,” said Mitchell. “Property crimes dropped substantially from 2019 to 2020 and are less than half of what they were in 2016.”

The criteria for public safety include: property

crime, violent crime, aggravated assaults, hate crime and mass shootings. Criteria for financial and socioeconomic factors include: unemployment rate, cost of living, poverty rate, uninsured residents and internet access.

“Our team diligently identified the safest cities beyond just looking at crime rates. We wanted to get the full picture and have our data extend beyond what people would originally look at for the safety of a city, especially in these tough economic times. We took a step further by looking at factors that measure socioeconomic, health and natural disaster safety in addition to public safety in this study,” says Antonio Lopez Jr, analyst for Safety.com

State-level natural disaster and health safety scoring factors involve calculating the state’s natural disaster risk and health score based on access to health insurance, air pollution ratings, number of drug deaths and number of mental health providers.

INTERESTED IN LEARNING MORE?

Safety.com’s experience providing detailed information, recommendations and insights on multiple safety industries puts the site in a unique position to create this comprehensive safest cities data report. Safety.com offers reviews, recommendations and insights across multiple safety industries. Their goal is to make safety simple with trustworthy and accurate information, unique data and easy-to-use tools. They want to empower people to feel peace of mind about their personal, home, financial and family safety. Visit [safety.com/public/places/safest-cities-in-illinois/](https://www.safety.com/public/places/safest-cities-in-illinois/) for more info.



Do you have a question about how to dispose of an old TV? Not sure how to register for a COVID-19 vaccine? You aren't alone.

Here are some of the most frequently asked topics and answers:

I have a large television that I no longer need. How do I dispose of it?

Village of Orland Park residents who are Waste Management customers can utilize the At Your Door service for this type of request. Visit wmatyourdoor.com to complete a request form. Requests for pick up can also be made via telephone at (800) 449-7587 between 7 a.m. and 7 p.m., CST Monday through Friday. This program is limited to Village residents only and is not available for businesses.

I need assistance in registering for a COVID-19 vaccine. I keep calling the Cook County number and no one answers.

Some area seniors are experiencing difficulties and/or delays in getting registered for the COVID-19 vaccine through Cook County. Although Cook County has a limited COVID-19 vaccine supply, those residents that wish to receive the vaccine should register with Cook County as vaccine supplies are expected to continually increase in the weeks and months ahead. Residents can register at vaccine.cookcountyil.gov or by calling Cook County's Vaccine Sign-Up Hotline at (833) 308-1988 (Monday through Friday from 7am-7pm). However, if you are an Orland Park senior and you need assistance registering, please call the Village of Orland Park at (708) 403-5000 (then press 2 to speak to staff) and we will be happy to help you.

I wanted to purchase a Hometown Hero banner, but I read that they were sold out.

Although we have reached our maximum amount of banners for the 2021 season, we are accepting banner orders for the 2022 season's waitlist. Please contact Darryl Wertheim at (708) 403-6115 for more information and to reserve your spot on the waitlist.

It's too cold to walk outside. Where can I walk indoors within the Village?

Indoor walking tracks are available at the Village of Orland Park Sportsplex, the Franklin Loebe Center and the Orland Park Health and Fitness Center. Call (708) 403-5000 for hours, rates and more information.



WALKING TRACKS



Sportsplex

11351 W. 159th St.

The indoor track here is FREE with resident ID. Ten revolutions equal one mile.



Orland Park Health & Fitness Center

15430 West Ave.

The indoor track here requires a membership to use. Ten revolutions equal one mile.



Franklin E. Loebe Center

14650 S Ravinia Ave.

The indoor track here is FREE. Sixteen revolutions equal one mile.

Centennial Park Aquatic Center

Pool memberships are now available online at orlandpark.org. To ensure residents receive the resident rate on their membership, a Resident ID must be issued to all Orland Park residents 3 years of age and older. NOTE: Non-resident rates will be charged to all participants without a valid Village of Orland Park Resident ID.

Cost of Membership

- Resident rates thru April 30 – Resident Senior (55+) | \$58
- Crossover membership special – Sportsplex members and Orland Park Health & Fitness Center members receive 20% off regular priced pool membership to Centennial Park Aquatic Center membership.





ORLAND PARK
HEALTH & FITNESS CENTER

As a proud member of the Medical Fitness Association (MFA), we focus on health benefits and preventative care along with transformational exercise. We believe that both a healthy mind and body are essential to healthy living. That's why we approach health and wellness from a medically integrated perspective. It's all here for you at Orland Park Health & Fitness Center.

ophfc.com
(708) 226-0555

What Does Your Membership Include?

- Indoor walking/running track
- 25-yard lap pool, warm-water therapy pool
- Massage services *Additional Fee
- FREE fitness assessment and personalized exercise plan to help you achieve your goals
- 90+ group exercise classes, FREE to members. View our full list of classes at ophfc.com.
- Access to personal training and specialty programs led by our degreed and certified fitness specialists
- Locker rooms: towels, locker service, sauna, whirlpool, and steam room

Senior Membership Dues

Individual	\$66/ per month
Couple	\$116/ per month
\$0 Zero Enrollment Fee - If you pay for a full year - receive a free month	

Guest/ Punch Pass

Daily Pass	\$10
3 Visits	\$25
5 Visits	\$40
10 Visits	\$75

*To qualify as a Senior, must be 62 or older. Prices shown are for residents - additional fees may incur for non-residents.

*Please call the center to confirm if they are taking guests at this time and if all amenities are available.

RESPONDING TO COVID-19

Our Orland Park Health & Fitness Center team has implemented additional cleaning and safety protocols to keep us all healthy and safe. During your visit to the center you'll notice the following mitigation efforts:

- Member screening upon entry
- Social distance markings
- Continuous disinfection schedule for center
- Additional signage and markers to reinforce hand washing and cleaning of equipment after use
- Readily available hand sanitizing stations and equipment
- Classes sizes have been reduced to maintain social distancing

NEW MEMBER PROMOTIONS

APRIL | Join for \$1
(Enrollment Fee Applies)

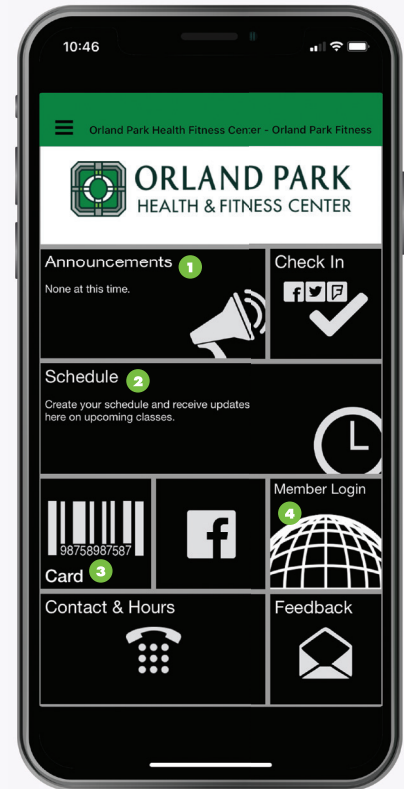
MAY | \$0 Enrollment, plus FitFunds (Fit Funds are center dollars, to be used towards ancillary services and the pro-shop. Cannot be applied towards dues or gift cards, they expire after 90 days.)



DOWNLOAD OUR OPHFC MOBILE APP

Gain easy access to the people and programs that keep you healthy with our mobile app.

- 1 Receive notifications and announcements
- 2 Access the latest group exercise schedule and enroll in upcoming classes
- 3 Check in with a virtual membership card
- 4 Manage your account



Make the most of your membership by getting center updates quickly, use touchless check-in, and more.

SEARCH "ORLAND PARK FITNESS" TO FIND OUR MOBILE APP ON THE APP STORE OR GOOGLE PLAY."



DUE TO COVID-19, SOME ASPECTS OF PROGRAMS MAY BE ALTERED TO ENSURE A SAFE EXPERIENCE FOR ALL PARTICIPANTS. FOR THE LATEST UPDATES PLEASE FOLLOW US AT VILLAGE OF ORLAND PARK ON FACEBOOK, TWITTER, INSTAGRAM AND ORLANDPARK.ORG OR CALL US 708-403-6100.

Aquatic Schedule

Reservations are required for lap lanes and therapy pool. View a full aquatic schedule online at ophfc.com.

Senior Aqua

Therapy Pool

This class will focus on light cardiovascular conditioning, long with basic aquatic toning exercises, equipment will be used. The 45-minute program is a great option for those who are ready for a more challenging workout.

WET Program Water Exercise Therapy

Therapy Pool

Taught by a Certified Aquatic Instructor, this class is deal for those withh arthritis, joint replacement, fibromyalgia, chronic pain, etc. Participants engage in a variety of exercises that will improve range of motion and strength muscles and joints.

Arthritis Aqua

Therapy Pool

This program is geared for individuals with mobility challenges such as arthritis, joint injuries, or surgery. Class will consist of low intensity exercises emphasizing range of motion with the aid of the waters bouyancy and resistance. Exercise designed by the NAF and are led by the Certifiend Instructors.

MONDAY

Senior Aqua

9:15 AM –10:00 AM

Gentle Yoga

9:30 AM –10:15 AM

Sit & Fit

10:30 AM –11:15 AM

WET Program

10:45 AM –11:30 AM

Tai Chi

11:00 AM –11:45 AM

WET Program

12:00 PM –12:45 PM

TUESDAY

Stretch & Mobility

10:10 AM –10:40 AM

WET Program

12:30 PM –1:15 PM

Arthritis Aqua

7:00 PM – 7:45 PM

WEDNESDAY

Senior Aqua

9:15 AM –10:00 AM

Gentle Yoga

10:30 AM –11:15 AM

WET Program

10:45 AM –11:30 AM

WET Program

12:00 PM –12:45 PM

Land Schedule

Social distancing capacity limits are 10 participants per class. View a full land schedule online at ophfc.com.

Gentle Yoga

Gym

A beginner yoga class designed to meet the needs of seniors and other participants with special needs. Chairs will be used.

Sit & Fit

Gym

Designed with the older adult population in mind. A variety of equipment will be used. Chairs are incorporated for standing and seated support.

Stretch & Mobility

Gym

This 30 min. static stretching class works through a series of standing and seated stretches to improve the flexibility and help alleviate muscle soreness.

Tai Chi

Studio A

A flowing combination of stretching, breathing, and low-impact movements that is known to improve circulation, mobility, and sense of wellbeing.

Interested in a full list of classes?

Visit ophfc.com to see the full list of group exercise classes. You can also call (708) 226-0555 to confirm class schedule. Use of the OPHFC Mobile App will help you stay the most up-to-date.

THURSDAY

Arthritis Aqua

10:15 AM – 11:00 AM

Stretch & Mobility

10:10 AM – 10:40 AM

WET Program

12:30 PM – 1:15 PM

WET Program

7:00 PM – 7:45 PM

FRIDAY

Gentle Yoga

10:30 AM – 11:15 AM

WET Program

12:00 PM – 12:45 PM

Do I need to sign up for classes?

Yes, registration is required on or the day before the class date. Please call (708) 226-0555 to sign up. Call center to confirm class schedule and if they are taking guests at this time.



FREE — OPEN TO ALL AGES

facebook OrlandParkRecreation
 twitter OrlandParkRec
 Instagram OrlandParkRec

EVERYONE IS INVITED TO OUR TENTH ANNUAL HEALTH FAIR. This event is sure to be a hit again! Activities include: blood pressure screenings, cholesterol testing, nutrition counseling, free aerobics classes, injury screenings, flexibility testing, and more. Children can enjoy face painting, healthy snacks, balloons and the Dino Jump. Look for Sportsplex T-Rex to make an appearance as well. Masks are required for all participants, tables and chairs will be distanced properly to keep participants safe. Capacity limits will take place in all activity areas, there is one entrance and two exits, sanitizers will be placed throughout the facility and all activity areas.

- SAMPLE GROUP EXERCISE CLASSES** — Wear workout clothes
- POSTURE SCREENING** — **BMI SCREENING** — **HOME HEALTH** — **RAFFLE PRIZES**
- SKIN CANCER SCREENINGS** — By Skin MD

Sportsplex | 11351 W. 159th Street, Orland Park, IL 60467 | 708.403.5000 | orlandpark.org



YIELD: 4 Servings
PREP TIME: 30 MIN
COOK TIME: 30 MIN



Jennifer Koman

—
 Registered
 Dietitian, LDN



The recipe was submitted by Jennifer Koman, RD, LDN, is a clinical dietitian at Palos Health, now part of Northwestern Medicine. Undergoing several heart surgeries at a young age helped Jennifer develop a special love of the cardiovascular system and all things related to heart health. To schedule an appointment with Jennifer or a colleague, call (708) 226-2626.

**Recipe adapted from eatwell101.com*

Chicken Pasta Salad

SALAD

INGREDIENTS:

- 2** large chicken breasts cooked, cooled, and shredded
- 2** ripe avocados diced
- 1** lb of cooked pasta
- ½** cup of chopped red onion
- 1** cup of cherry tomatoes cut in half
- ½** cup of fresh basil chopped

DRESSING

INGREDIENTS:

- ¼** cup white wine vinegar
- ¼** cup of lemon juice
- 1** cup of olive oil
- ½** tablespoon of oregano
- ¼** tablespoon of rosemary
- ½** tablespoon of dried parsley
- ½** tablespoon of garlic powder
- ¼** teaspoon of salt
- A pinch of red pepper flakes & pepper to taste

DIRECTIONS:

- 1.** In a large bowl, add the salad ingredients, the shredded chicken, avocado, onion, avocado, cherry tomatoes, and basil.
- 2.** In a jar, combine the ingredients for the dressing: vinegar, italian seasoning, olive oil, salt and pepper.
- 3.** Drizzle your chicken pasta salad with the dressing. Toss gently until all the ingredients are combined. Serve the chicken pasta salad immediately, or chill for later. Enjoy!



Pathlights

**Enriched by experience.
Empowered in life.**

Pathlights, formerly known as PLOWS Council on Aging helps navigate and celebrate aging in the Southwest Suburbs of Cook County.

For more than 45 years, we have guided individuals, caregivers, families, and friends along the best path to aging – providing resources, advocacy programs, and services needed to live with independence and dignity in the community.

CONTACT US

Visit pathlights.org or call us at **(708) 361-0219**. Pathlights continues to operate remotely. Please call us Monday – Friday 9 AM – 5 PM.

Are you an informal caregiver who could use a break?

Respite is available seven days a week and can be used for as little as three hours, an entire day, or possibly even several days when you care for an older adult who requires 24-hour care and cannot be left alone. Learn more by calling Pathlights at **(708) 361-0219**.

Are you a grandparent or other relative raising children?

We provide consultation and support about financial assistance, legal issues, self-care, and more. Learn more by calling Pathlights at **(708) 361-0219**.

Do you know about all the benefits that you may qualify for as an older adult?

Your budget is part of the foundation on which you make your plans to age well. If you are living on a limited income, Pathlights can guide you and maximize your budget by helping you apply for benefits, which may lower your monthly expenses in areas such as utility bills, property taxes, prescriptions, transportation, and other necessities. Learn more by calling Pathlights at **(708) 361-0219**.



A Legal Map for Aging Well

Apr 7 | 11:00 AM | Wednesday



We all hope to age well with excellent physical, cognitive, and mental health. Have you thought about your financial and legal health, too? Our presenter is Helen Mesoloras, JD, Elder Law Attorney and Partner at Dutton Casey & Mesoloras. 1.0 CE Credit for Illinois nurses, social workers, and counselors. Dial in by phone or Zoom in on the computer.

For pre-registration please contact: Catherine Stowers, Program Manager, Pathlights (708) 274-0052 or email cstowers@pathlights.org.

**Zoom link will be sent following registration.*

Art Memory Café



Apr 14 | 10:00 AM | Wednesday

Join us from the comfort of your own home for Memory Café, a social gathering for people living with dementia and other forms of cognitive impairment and their care partners. Dial in by phone or Zoom in on the computer.

For pre-registration please contact: Catherine Stowers, Program Manager, Pathlights (708) 274-0052 or email cstowers@pathlights.org.

**Zoom link will be sent following registration.*





Caring for a Loved One with Alzheimer's or other Related Disorders

Apr 14 | 11:00 AM | Wednesday 

This course helps caregivers learn how to care for a person with Alzheimer's disease or dementia, as well as to handle common behaviors associated with the disease. Topics include managing hoarding/rummaging behaviors, safe personal care, and dealing with depression among caregivers of loved ones with dementia.

Fee: \$10

Registration Required please contact: Moraine Valley Community College (708) 974-2110 or visit morainevalley.edu.

**Zoom link will be sent following registration.*



This event is FREE



This event is offered via Zoom

Caregivers Connecting Support Group



Apr 21 | 10:00 AM | Wednesday

Are you caring for an older relative, friend, or neighbor? Join our monthly support group and talk with others in similar situations, share experiences, advice, and words of encouragement. Dial in by phone or Zoom in on the computer.

For pre-registration please contact: Catherine Stowers, Program Manager, Pathlights (708) 274-0052 or email cstowers@pathlights.org.

**Zoom link will be sent following registration.*



Navigating Legal & Financial Issues in Caregiving

Apr 21 | 11:00 AM | Wednesday 

This course informs caregivers about the legal and financial issues that affect them and the loved one for whom they care. Covers advanced directives, maximizing employee benefits for the caregiver, budgeting, and the Medicare/Medicaid programs.

Fee: \$10

Registration Required please contact: Moraine Valley Community College (708) 974-2110 or visit morainevalley.edu.

**Zoom link will be sent following registration.*



Caring for the Caregiver

Apr 28 | 11:00 AM | Wednesday 

This course prepares individuals who are family caregivers to care for their own health while caring for a loved one. Learn to recognize the signs of caregiver stress, identify ways to make time for themselves, and discover ways to access community resources for themselves and their loved one.

Fee: \$10

Registration Required please contact: Moraine Valley Community College (708) 974-2110 or visit morainevalley.edu.

**Zoom link will be sent following registration.*



Pickleball

9:00 AM - 2:00 PM | Monday - Friday
Sportsplex – Pickleball Court

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a whiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications.

Pickleball is available at the Sportsplex with Monday, Wednesday and Friday geared toward beginner/open play, and Tuesday and Thursday for the Intermediate/Advanced players.



SPORTSPLEX DROP IN FEE:

- Resident \$4
- Non-resident \$15
- Senior Non-resident 55 & up \$6
- Sportsplex Member FREE

* *For court reservations & availability, call Kurt at (708) 403-6284. Sportsplex hourly rates apply.*



Virtual Bingo

6:00 PM - 7:00 PM | Thursday

Our popular Virtual Bingo program continues! Pencil us in your calendar for an hour of fun and chances to win some fabulous prizes. Your Zoom link and Bingo card will be sent to your listed email address. What a great way to break the winter blues!

PROGRAM 90663 | Apr 1
Resident fee is \$5.00

Want to see a full list of classes?

—

Visit Services > Recreation section on orlandpark.org to see the view a full program guide and list available classes.

Do I need to sign up for these classes?

—

Yes, registration is required. You can sign up online (*see instructions listed below*) or in-person at the Village Hall.

Online Sign Up Instructions

—

Access our up-to-date program information at orlandpark.org. Click on Services, then select Recreation. On this page you will select the category you are interested in and this will bring you to all available activities.

- Click the “Activities” tab to browse our programs and register for your class.
- If you would like to register, select to ‘Add to Cart’ button. Verify your selections, review all fees, then ‘Proceed to Checkout’
- Note: A \$2.50 non-refundable online convenience fee will be added. Enter your payment information, agree to the liability waiver, and select Pay & Finish.
- Your receipt will then appear on screen.

Parking Lot Bingo

1:00 PM - 2:00 PM | Wednesday

Grab your dobbers and your good luck charms! We are bringing BINGO to the Cultural Center Parking Lot! No need to even get out of your car! Come out for an hour of fun and you may even win some prizes!

PROGRAM 90659 | May 5
Resident fee is \$5.00

Senior Painting

10:30 AM - 12:00 PM | Wednesday
Cultural Center – Room 203

Never painted before? This is the class for you! Create a VanGogh theme masterpiece on a 9 x 12 canvas. All supplies are included and templates will be provided.

PROGRAM 90345 | Apr 7
Resident fee is \$15

Adult Watercolor Painting

1:00 PM - 3:00 PM | Thursday
Cultural Center – Art Studio

Learn watercolor techniques such as wet-in-wet, negative painting, use of masking fluid, spattering or color sponging, salt scraping, and more. Geared for beginning to intermediate students, this class will enable you to produce exciting paintings in this very popular medium with various subject matters. Supply list available at registration.

PROGRAM 90310 | Apr 8 - May 13
Resident fee is \$77



VILLAGE OF ORLAND PARK SNOW ANGELS

Thank you to those who have signed up to help shovel snow for the community! Your time and efforts are greatly appreciated. The driveways and sidewalks of your neighbors are cleared, but more importantly, your community is a better place because of your selflessness. Visit orlandpark.org/services/snow_removal/snow_angels to learn how you can volunteer to help!



Hydrant Helpers

In addition to the Village's Snow Angels shoveling Program, Orland Park officials will be asking residents for their assistance in clearing away snow and ice blocking fire hydrants around the Village.

Students who help with the cleanup efforts can earn community service hours for their time and hard work. Snow and ice should be removed around 3 feet away from hydrants in order for emergency personnel to access a hydrant in case of a fire.

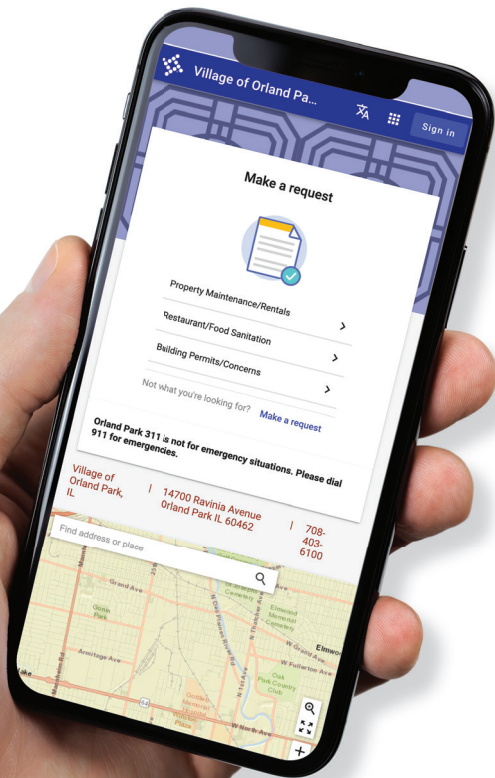


In order to earn the credit, students should send before and after photos of the hydrant that was cleared and send them along with the address of the hydrant location, their name and student ID and the school they attend and email them to snowangels@orlandpark.org.

Students wishing to participate in this effort should first contact their school's community service representative.

OP311: Village Services

OP311 is a non-emergency system used to report Village concerns such as pot holes to noise violations to broken streetlights, residents often don't know which department to call. OP311 helps eliminate that confusion. Simply submit a request on orlandpark.org through the OP311 Portal. You may enter code enforcement related requests anonymously. All other request types require registration. Registering allows a resident to view all of their submitted requests and receive updates about their requests via email. To register, open the OP311 Portal and click on the Login button. Within the Login screen, click on the Register button and fill out the requested information.



HAVE ANY QUESTIONS?

VILLAGE HALL

(708) 403-6100

PUBLIC WORKS (UTILITIES & STREETS)

(708) 403-6350

POLICE (NON-EMERGENCY)

(708) 349-4111

DEVELOPMENT SERVICES (PERMITS, LICENSES, CODE ENFORCEMENT)

(708) 403-5300



**ORLAND PARK
VETERANS
GOLF CLASSIC
2021**

**TUESDAY, AUGUST 31
SILVER LAKE COUNTRY CLUB
14700 S. 82ND AVENUE, ORLAND PARK, IL
TIME: 8:30 AM CHECK-IN FOR GOLF
HORS D'OEUVRES 3:00 PM
REGISTRATION DEADLINE: AUGUST 25**

The Orland Park Veterans Golf Classic will benefit the Orland Park Veterans Commission and area Veterans and military groups.

The Orland Park Veterans Golf Classic is limited to 144 golfers. Foursomes fill-up fast, so register early! For additional information, please contact: Darryl Wertheim 708.403.6115, dwertheim@orlandpark.org

REGISTRATION IS OPEN!

HOMETOWN HEROES BANNER PROGRAM 2021 SOLD OUT!

Although we have reached our maximum amount of banners for the 2021 season, we are accepting banner orders for the 2022 season's waitlist. Please contact Darryl Wertheim at (708) 403-6115 for more information and to reserve your spot on the waitlist.



2022 BANNER DISPLAY

Applications will be accepted for the through March 31st, 2022. All banners will be displayed on Ravinia Ave from 143rd to 159th from Memorial Day through Veterans Day in 2022. If requested, banners that are removed at the end display period will be provided to the applicant.

ELIGIBILITY

First preference goes to applicants who are residents of Orland Park, members of the American Legion Orland-Memorial Post 111 or the Orland-Palos Rebber-Tesmond VFW Memorial Post 2604.

Applicants must have served in the following branches of service:

- Army
- Air Force
- Marines
- Navy
- Coast Guard

COST

The fee for sponsoring your Hometown Hero's banner is \$150. This fee includes the cost of the banner as well as the placement and removal. ** Fee is only \$100 in conjunction with engraved name on memorial wall.*

ORDERING A BANNER

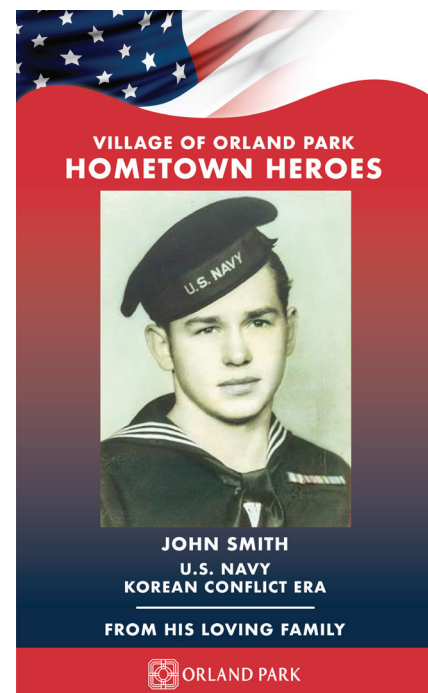
To apply for a banner, fill out the application available in person at Village Hall or on the Village's website at orlandpark.org

PHOTO REQUIREMENTS

Submitted photos must be clear and in good condition. Digital photos will also be accepted. It is preferred that the applicant in the photo be in uniform, but is not required. The original photo will be returned.

Hometown Heroes Military Banner Program

The Village of Orland Park, Mayor Pekau and the Village Board of Trustees are proud to offer this military banner program to honor the current and former residents of the community who have served or are currently serving our country in any branch of the military.



SAMPLE BANNER

Banner Size: 24" W x 48" H

DON'T MISS –

The 2021 Hometown Heroes Banners with will line Ravinia Ave & 159th starting in April!



ORLAND PARK

HISTORY MUSEUM

The Orland Park History Museum invites you to contribute to history by signing up for an individual or family membership! Your membership will support museum exhibits, programs, and the preservation of artifacts. A membership also provides discounted prices on special events or programs and discounts on some items the museum may sell from time to time. Memberships may be purchased at the Sportsplex Office, Village Hall cashier's office, at the museum, or online. Membership benefits both you and your museum.

\$10.00 Individual / \$20.00 Family



It's all Fun & Games FAVORITE PAST TIMES IN ORLAND PARK

Learn all about the favorite pastimes of Orland Park's children and adults, going as far back as the 1890s! Read about Orland's hidden bowling alley, the mischief of teens during the Halloween season, the gambling inside early saloons, and much more! Exhibit is free.

Exhibit will run thru June 5, 2021.



The Death of Our President

**Apr 10 | Saturday
11:00 AM - 12:30 PM
Orland Park History Museum**

The tragic death of Abe Lincoln, just days after the Union won the Civil War, changed America. Learn all about the tragedy in detail and the impact on the nation in this new program.

**PROGRAM 90362
Member Fee \$10/ Non-member \$15**

The War in the South Pacific

**Apr 24 | Saturday
11:00 AM - 12:30 PM
Orland Park History Museum**

Learn about the battles that took place in the South Pacific, including Iwo Jima and Okinawa, during WWII in this detailed and engaging presentation.

**PROGRAM 90363
Member Fee \$10/ Non-member \$15**

Visit www.orlandpark.org/services/museum to see the full list of program of events. Registration is required for these events see page 31 for online sign up information or call (708) 873-1622 for any questions.



ORLAND PARK
HISTORY MUSEUM

DON'T MISS OUT – SIGN UP FOR THE NEWSLETTER
Sign up to receive your own copy of the Historic Front Newsletter by calling (708) 873-1622 or email sstasukewicz@orlandpark.org.

**Public Enemy: John Dillinger
IN CHICAGO**

May 7 | Friday

6:30 PM - 8:00 PM

Orland Park History Museum

During the 1930s, Public Enemy Number One, John Dillinger, lived, played and died in Chicago. His 18 months of infamy has loomed for decades in the city. Learn all about his life of crime in this informative presentation

PROGRAM 90365

Member Fee \$10/ Non-member \$15

**Woman of Orland
CEMETERY TOUR**

May 8 | Saturday

1:00 PM - 2:30 PM

Orland Park History Museum

Hear about the lives of various women of Orland Park in this new cemetery tour at Orland Memorial Park Cemetery. We will meet at the cemetery, located at 15300 West Ave. Please dress for the weather.

PROGRAM 90365

Member Fee \$10/ Non-member \$15

STELLWAGEN FARM

17730 W. 108TH AVENUE

Afternoon Tea on the Farm

May 22 | Saturday

1:00 PM - 3:00 PM

Have you ever wanted to tour the historic Stellwagen Farm in Orland Park? Here's a wonderful opportunity to have a guided tour of the farm and spend an afternoon relaxing outdoors while partaking in light appetizers and tea. A presentation will be given during refreshments.

Blacksmithing 101

May 29 | Saturday

1:00 PM - 3:00 PM

Come to Orland's historic Stellwagen Farm to walk the grounds and learn all about the life of a 19th-century blacksmith. Topics discussed will be about the changes in technology and society and how they affected the blacksmith trade. A live demonstration & refreshments will also be included.



Sportsplex

VILLAGE OF ORLAND PARK

The Village of Orland Park Sportsplex is not a typical health club. As a municipal recreation facility, our mission is to serve and support you in the pursuit of a healthy lifestyle. Sportsplex offers an array of equipment and employs knowledgeable, certified staff whose focus is to help you achieve your wellness goals.



orlandpark.org/sportsplex
(708) 645-7529

What Does Your Membership Include?

- No initiation fees
- New Life Fitness strength equipment
- 1/10 mile indoor track
- 90+ weekly group exercise classes, Discounted for members. *View our full list of classes at orlandpark.org/sportsplex*
- Personal health assessment, equipment orientation, and exercise prescription
- Locker rooms and towel services



Senior Membership Dues

12 Month	\$250
3 Month	\$108
*Additional fees may incur if you are not an Orland Park resident.	

Day Pass

Day Pass	\$10
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Senior Drop In Pass

Senior Drop In	\$3
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*To qualify as a Senior, must be 55 or older. Prices shown are for residents - additional fees may incur for non-residents.

*Please call the center to confirm if they are taking guests at this time and if all amenities are available.

FITNESS CENTER DURING COVID-19

- Hand Sanitizer is readily available at entrance to group fitness classes and fitness center.
- Over 20 cleaning stations are available throughout fitness center and group exercise. Class participants will be asked to wipe all equipment before and after usage.
- In fitness classes, instructors will wear masks and stay socially distant where appropriate.
- Class limits are 15 per class and socially distant markers are used where needed.
- There are no hands-on spotting in classes.
- Large fitness equipment is 6-8 feet apart.
- Cardiovascular equipment is spaced to use every other day in fitness center depending on day of the week.

RX for Health

Participant will receive a pre and post assessment for this 8-week program. Exercises will be prescribed by a certified personal trainer geared toward client's needs. Workouts will focus attention to several health needs including:

- Post Cardiac Rehab
- Arthritis Management
- Diabetes Management
- Weight Management
- Post Orthopedic Care Rehab

Supervised group workouts will be done twice a week with days and times announced after initial assessment. Session begins from the first day of the assessment. Free membership during the 8-week program.

Schedule Day/Time with personal trainer
Sportsplex member \$90.00
Resident fee is \$95.00

Gentle Yoga

Mar 1 - Apr 26
11:30 AM - 12:25 PM | Monday
Sportsplex – Aerobics/ Dance Studio

Less rigorous stretches with easy yoga poses will be stressed to increase flexibility.

PROGRAM 89989
Sportsplex member \$75.00
Resident fee is \$80.00

DUE TO COVID-19, SOME ASPECTS OF PROGRAMS MAY BE ALTERED TO ENSURE A SAFE EXPERIENCE FOR ALL PARTICIPANTS. FOR THE LATEST UPDATES PLEASE FOLLOW US AT VILLAGE OF ORLAND PARK ON FACEBOOK, TWITTER, INSTAGRAM AND ORLANDPARK.ORG OR CALL US 708-403-6100.

Senior Fitness Boot Camp

Apr 6 - May 13

10:00 AM - 10:55 AM | Tuesday

10:30 AM - 11:25 AM | Thursday

Sportsplex – Fitness Center

Do you lose your balance or have a fear of falling? This class will help improve balance, strength, and cardio vascular endurance. Participants will work at their own pace and modifications will be made for those with an injury.

PROGRAM 89826

Sportsplex member \$100.00

Resident fee is \$105.00

Weight Training for Men & Women Over 50

Apr 5 - May 13

6:00 PM - 6:55 PM | Men | Mondays

6:00 PM - 6:55 PM | Women | Thursdays

Sportsplex – Fitness Center

Don't be intimidated by free weights. A personal trainer will set up a program with your needs in mind that will help you build, tone, and streamline your muscles. These exercises can help prevent osteoporosis, build strength & stamina, tone and firm muscles while improving your daily living.

PROGRAM

Men | 89969

Women | 89972

Sportsplex member \$55.00

Resident fee is \$60.00

Parkinson's Exercise Class

Apr 5 - May 12

10:30 AM - 11:25 AM | Monday & Wednesday

Sportsplex – Gym 3

The focus of this exercise class is to improve mobility. When you've been diagnosed with a neurodegenerative disease, it is very important to stay moving and keep active. Exercise has been shown to be helpful in maintaining mobility throughout the lifespan. This class provides safe strengthening exercises with an emphasis on postural awareness, breathing, balance, and rhythmical movement. These exercises aim to increase joint mobility, range of motion, improve balance recovery, gait mechanics, and prevent joint deformation.

PROGRAM 90585

Sportsplex member \$100.00

Resident fee is \$105.00

Want to see a full list of classes?

Visit orlandpark.org/services/recreation/sportsplex to see the full list of group exercise classes.

Do I need to sign up for these classes?

Yes, registration is required. You can sign up online (*see instructionson on pg 31*) or in-person at the Village Hall.

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REI Co-op will open a new store in Orland Park, Illinois in fall 2021, bringing a wide assortment of quality gear, experiences, and expertise for the region's most popular outdoor activities.

"We welcome REI Co-op to Orland Park and eagerly anticipate their positive presence and contribution to the area in many ways," said Orland Park Mayor Keith Pekau. "REI's history as an outstanding corporate-community partner is impressive, and we look forward to working with them."

"As a member myself, I am very excited to welcome REI to Orland Park," said Pekau.



REI



Clean Eatz



Clean Eatz, a healthy lifestyle restaurant concept that provides customers with multiple options to pursue their healthy lifestyle goals, is coming to Orland Park! The restaurant will offer meal plan meals, kid's meals, catering, smoothies, spices, snacks, supplements and more at the previous Firehouse Subs location at 15892 LaGrange Road. The project is set to open mid-May in 2021 and will bring an additional 10 jobs to the area. Please join us in welcoming business owners Mickey and Jane Smith and Clean Eatz to Orland Park!



ORLAND PARK

FREDERICK T. OWENS VILLAGE HALL
14700 SOUTH RAVINIA AVENUE
ORLAND PARK, IL 60462
orlandpark.org

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Permit Number 33

VILLAGE FACILITIES

CULTURAL CENTER

14760 Park Lane
(708) 403-5000

ORLAND PARK HISTORY MUSEUM

14415 Beacon Ave.
(708) 873-1622

ORLAND PARK CIVIC CENTER

14750 South Ravinia Avenue
(708) 403-6200

ORLAND PARK HEALTH AND FITNESS CENTER

15430 West Avenue
(708) 226-0555

RECREATION AND PARKS DEPARTMENT

14600 South Ravinia Avenue
(708) 403-5000

PUBLIC WORKS DEPARTMENT

15655 South Ravinia Avenue
(708) 403-6350

ORLAND PARK POLICE DEPARTMENT

15100 South Ravinia Avenue
(708) 349-4111(non-emergency)
Dial 9-1-1 for emergency

FREDERICK T. OWENS VILLAGE HALL

14700 South Ravinia Avenue
(708) 403-6100

VILLAGE OF ORLAND PARK SPORTSPLEX

11351 West 159th Street.
(708) 645-7529

FRANKLIN E. LOEBE RECREATION CENTER

14650 South Ravinia Ave.
(708) 403-6259