



ORLAND PARK SENIORS

A PUBLICATION FOR ORLAND PARK SENIORS

OCTOBER 2020



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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

John C. Mehalek
Village Clerk

Trustees

Kathleen Fenton

William Healy

James Dodge

Cynthia Katsenes

Daniel Calandriello

Michael Milani



**ORLAND
PARK**



A Message from the Office of the Mayor

Dear Orland Park Seniors,

We are happy to introduce the new Village of Orland Park Senior Newsletter, which Orland Park seniors can expect to receive regularly throughout the year. We intend to provide a comprehensive guide for seniors that includes services, programs and news that is specific to Orland Park's senior community.

Senior members of the community have always played an integral and vital role in Orland Park. We often look to you for guidance and knowledge. We hope you find useful and relevant information among the pages of this newsletter. In these uncertain times, we want to be sure area seniors are staying updated and informed of programming, facilities updates, safety alerts and other important information.

If you are looking for a great way to incorporate a bit of exercise into your routine, take a look at some of the great programs offered by the Village's Recreation and Parks Department.

From pickleball to watercolor classes, we offer something for everyone.

The safety of Orland Park residents, is and has always been, the paramount priority of the Village. Please take a moment to review the Senior Safety section of this newsletter for some of the most recent ways criminals are targeting victims in Orland Park. Many of the crimes are easily preventable if you know what to look for. Remember that the Police Department is here to help you, so if you suspect something is just not right, give them a call at (708) 349-4111 or dial 9-1-1 in the case of an emergency.

Finally, I want to thank you for all that you are already doing to help keep the community safe and for all that you contribute to Orland Park. Please let us know how we can help answer questions or give you programs you love by emailing publicinfooffice@orlandpark.org.

Keith Pekau, Mayor



Senior Safety Spotlight

The safety of residents and guests in Orland Park is first and foremost for the Orland Park Police Department. So far this year, the Village of Orland Park had the lowest number of Index Crimes since 1994, when the population was only 44,000 and had far less retail/commercial tenants.

Crime in Orland Park has decreased by 34% when comparing January through August of 2019 to the same time period in 2020 according to data provided by the Federal Bureau of Investigation (FBI) and the Illinois State Police (ISP). The Village of Orland Park has the lowest violent crime rate for municipalities over 50,000 residents in the entire State of Illinois.

We are happy to report that property crime in Orland Park is down significantly this year. Although some of this can be attributed to the temporary closure of area stores due to the pandemic, we continue to make strides against property crime offenders in the area given our large commercial footprint.

We actively promote the 9 p.m. Routine in Orland Park. This community messaging campaign for public awareness serves

to remind residents about the dangers of leaving vehicle and house doors unlocked. The department regularly reminds residents and business owners to lock their vehicles every evening at 9 p.m.

Theft of cars in Orland Park is mainly a result of keys left in unlocked vehicles. Please stay vigilant and remember to remove all keys from vehicles and lock your doors.

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.

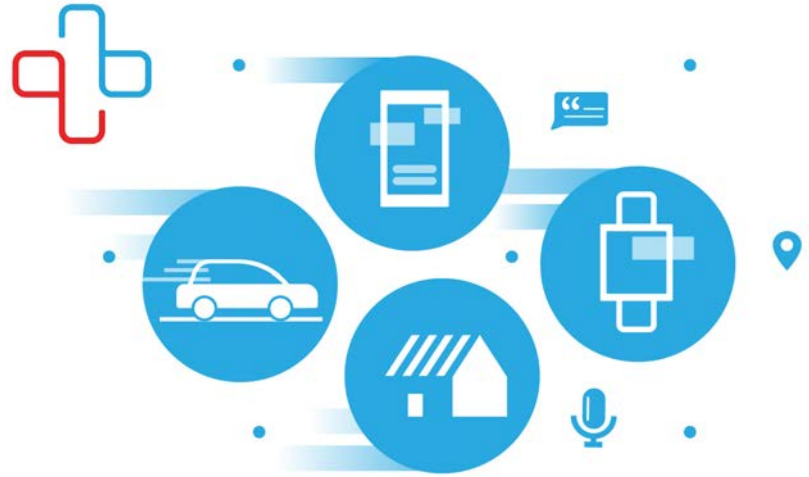
Thank you for your support of the men and women of the Orland Park Police Department as we do our absolute best to continue to provide safety and security services to the community.

Sincerely,
Joseph Mitchell, Chief of Police

RAPIDSOS

Technology that Protects Lives

Residents now have the ability to create a FREE Emergency Health Profile at emergencyprofile.org to share opt-in medical information in the case of an emergency. RapidSOS teamed up with The American Heart Association, The American Red Cross, and Direct Relief to launch this initiative in an effort to get first responders vital information in an emergency, particularly during the COVID-19 pandemic.



"Being able to receive a caller's opt-in health information will better inform our staff during emergency response. I urge my community to become RapidSOS Ready by creating their free Emergency Health Profile, ensuring they are able to share critical data with 911 to help protect lives"

– CHIEF JOSEPH MITCHELL

HOW IT WORKS



Sign up and create a free Emergency Health Profile at www.emergencyprofile.org



In the event of an emergency, call 911



Your Emergency Health Profile is automatically sent to 911 through RapidSOS

RapidSOS provides life-saving data from millions of connected devices directly to 9-1-1 and first responders in an emergency – providing faster, more effective response for over 150 million emergencies annually. To ensure data privacy, information is associated with an individual's phone number and is only made available to first responders when a 911 call is placed from the associated phone number. To learn more visit www.emergencyprofile.org.

PREVENTING RUSE BURGLARIES



Ruse burglaries continue to be a concern in the region. This type of crime is often being committed by career criminals specializing in ruse entries and home repair fraud.

Ruse ploys often begin with the offenders creating an excuse to enter the victim's home. After selecting a home by profiling it, the offenders may claim to be a utility worker, Village employee or a contractor. They will attempt to gain entry the home using the ruse of needing to check on something urgent, say a pipe, water leak, electrical fuse or other utility. While one offender keeps the homeowner occupied, one or more additional offenders enter the home undetected and commit a burglary.

Seniors are specifically targeted in this type of crime and many times crimes such as these go unreported. Offenders will target their victims by driving through neighborhoods looking for seniors doing yard work or by following them home from grocery stores or pharmacies.

The Orland Park Police Department urges residents to be observant of their surroundings and report suspicious persons or activities when they are occurring. As always, when you SEE SOMETHING, SAY SOMETHING! Dial 9-1-1 immediately if you suspect you are being followed home or if someone comes to your door unsolicited and attempts to gain entry.

Residents should also observe their neighbors' homes for suspicious activities. Be a good neighbor and remind others of this type of crime in the region. Writing down license plates and vehicle descriptions may also assist police in locating offenders.

If you are approached by someone purporting to be a worker needing to enter your house, DO NOT LET THEM IN without first contacting the utility, Village or the police. By requesting identification from the worker you may prevent yourself from becoming a victim by showing the offender that



you are aware of the possibility that they may not be who they claim to be.

The Village of Orland Park provides employees with identification cards which are required to be worn. Utility companies such as ComEd, Nicor, Comcast and AT&T also have identification cards. Utility workers will also have utility service vehicles, so be wary of “workers” without an official vehicle. Utility workers from those companies which provide services to your home will generally only be coming to your home at your request, so if someone shows up at your door, verify who they are. Additionally, avoid home repair scams by never allowing someone to perform driveway sealing or other repairs on the spot. Residents are advised not to let transient workers perform repair work without providing

a business card, allowing you to check on the reputation of the business.

If ever in doubt, or if the person is persistent in their attempts to enter your home, close and lock your door and call 9-1-1 immediately. The Police Department would rather investigate an innocent misunderstanding than have a resident fall victim of this type of crime.

1. Be observant of surroundings and reports suspicious activity.
2. If approached by someone purporting to be a worker- **DO NOT LET THEM IN YOUR HOUSE.**
3. If ever in doubt, or if person persists, call 9-1-1 immediately.

9PM ROUTINE

The Village of Orland Park Police Department has joined law enforcement agencies nationwide in reminding its residents via social media to lock it or lose it to prevent property crimes and burglaries.

Dubbed the 9 p.m. Routine, the campaign promotes safe practices to prevent and reduce on the number of easily preventable burglaries.

Residents are encouraged to set a nightly alarm on their phones, watches or other devices to remind them to:

1. Remove valuables (electronic devices, wallets, etc.) from your vehicle.
2. Ensure that vehicle doors and trunks are locked.
3. Check that all home doors and windows are locked.
4. Turn on exterior lights.

DRUG TAKE BACK PROGRAM

The Orland Park Police Department will properly dispose of old, expired or unwanted prescription drugs from Village of Orland Park residents. There is no fee to use the drop box but some restrictions do apply.

THE FOLLOWING ITEMS WILL NOT BE ACCEPTED:

- Any drug in liquid form
- Aerosol type medications
- Hypodermic needles and syringes
- Currently, residents are permitted to discard used syringes with the safety caps installed with their regular garbage using a rigid container (coffee container, or laundry bottle) sealed with duct tape.

DROPBOX LOCATION:

Orland Park Police Department
15100 S. Ravinia Ave., Orland Park

Residents may also use a bio-hazard container and pay for bio-hazard disposal service through several companies. Occasionally a doctor's office, hospital or other medical provider will offer disposal service to their clients. Instructions for how to safely dispose of sharps or syringes are available by calling Waste Management at 1-800-964-8988.



PHONE SCAMS

The Village of Orland Park has received reports of phone scams where callers impersonate the Social Security Administration to gain your trust and gain access to your money. Be very cautious if you receive an unsolicited call from the government and you don't recognize the problem or issue they're calling about. NEVER provide personally identifiable information over the phone.

The Social Security Administration will NEVER:

- Call to threaten you with arrest or legal action if you do not immediately pay a debt, fine or fee.
- Tell you that your Social Security number has been suspended, or offer to increase your benefits or resolve identity theft problems in exchange for payment.
- Require payment via retail gift cards, prepaid debit cards, wire transfers, or Internet currency like Bitcoin, or by mailing cash.
- Demand secrecy in handling a Social Security-related problem, or tell you to make up a story to tell your friends, family, or store/bank employees.
- Text you unsolicited to tell you about a problem with your Social Security number or benefits.
- Email you attached documents containing your personally identifiable information.

IF YOU RECEIVE A SUSPICIOUS CALL:

1. HANG UP!
2. DO NOT GIVE THEM PERSONAL INFORMATION!
3. REPORT SOCIAL SECURITY SCAMS AT OIG.SSA.GOV

ACTIVITIES

Do you want to introduce a host of stimulating activities to help improve your quality of life? Here in Orland Park we have a myriad of activities that cater to a range of physical abilities and mental capacities.



VIRTUAL BINGO

Virtual Bingo! Limited spots available, sign up early! Zoom link will be sent one week prior (must have valid email address). Prizes will be awarded to every round winner. Average four rounds per night.

6:00 PM - 7:00 PM | Thursday
Resident fee is \$5.00

PROGRAM#: 90648	Oct 8
PROGRAM#: 90649	Oct 15
PROGRAM#: 90650	Oct 22
PROGRAM#: 90651	Oct 29
PROGRAM#: 90541	Nov 5
PROGRAM#: 90652	Nov 12
PROGRAM#: 90653	Nov 19
PROGRAM#: 90542	Dec 3
PROGRAM#: 90654	Dec 10
PROGRAM#: 90655	Dec 17



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.

FRENCH LESSONS

Oct 27- Dec 8 | Tuesday

1:00 PM - 2:00 PM

Cultural Center – RM 203

Parlez-vous francais? Have you always wanted to learn a foreign language but never had the opportunity? Learning a foreign language is a great way to keep your mind active while broadening your horizons. In this relaxed, small class environment, you will learn conversational French along with grammar and phonetics.

No class November 24.

PROGRAM CODE 89396

Resident fee is \$83.00

Non-resident fee is \$125.00

ADULT TAP

Oct 29- Dec 10 | Thursday

5:45 PM - 6:30 PM

FLC–Dance Studio

This beginner class will introduce the fundamentals of basic tap and choreography while having fun. Learn basic steps, terminology and combinations in this introductory course. Please wear comfortable clothing. Tap shoes are required.

No class November 26.

PROGRAM CODE 89467

Resident fee is \$48.00

Non-resident fee is \$60.00

STATE OF THE VILLAGE

Oct 21 | Wednesday

10:00 AM - 12:00 PM

Orland Park Civic Center

** Event will be broadcast on YouTube Live*

Please join Mayor Keith Pekau as he presents the Village of Orland Park State of the Village. Attendees can expect a Year-in-Review which includes Village finances, public safety, economic development, a question and answer session, as well as a look at what to expect in 2021.

FALL PICKLEBALL TOURNAMENT

Oct 20 | Tuesday

9:00 AM - 12:00 PM

Sportsplex Courts 2 & 3

This tournament is open to the first 16 participants to enroll, ages 55 and up. It is an 8 round, doubles, round robin scramble. We will use non-rally scoring. You must win by 2 and games are up to 11. The player with the most wins will be declared the winner of the tournament. Prizes will be given to the top 2 place winners.

PROGRAM CODE 90459

Resident fee is \$12.00

Non-resident fee is \$15.00

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HOW DO I SIGN UP?

Access our up-to-date program information 24 hours a day, seven days a week at orlandpark.org. Click on the word Services, then select Recreation. On this page you will select the category you are interested in or select Recreation Registration and this will bring you to all listed 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.

GARAGE SALE

Nov 7 | Saturday

9:00 AM - 1:00 PM

Orland Park Civic Center

We will be hosting a huge indoor garage sale! This event is held to raise funds for the Special Recreation program. This sale is bound to be fun for everyone. Please come out and shop ‘til you drop or rent a table and sell your goods.

IF YOU ARE INTERESTED IN SELLING PLEASE VISIT ORLANDPARK.ORG/ACTIVITES GARAGE SALE FOR VENDOR INFO.

COMMUNITY CARDS

Bridge – Tuesday, Wednesday, & Friday

Mahjong – Thursday

10:00 AM *(starting times may vary)*

Cultural Center, Commons

Do you like to play cards? Looking for a game? Drop by the Cultural Center and join in a FREE game on any of the days listed below.

ADULT WATERCOLOR PAINTING

Oct 29- Dec 10 | Thursday

1:00 PM - 3:00 PM

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. Special attention will be made to color mixing, good composition and perspective.

Supply list available at registration.

No class November 26.

PROGRAM CODE 89404

Resident fee is \$75.00

Non-resident fee is \$113.00

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VETERANS APPRECIATION LUNCHEON

Oct 4 | Sunday
1:00 PM - 3:00 PM
Orland Park Civic Center

Veterans of all eras, and their families, are invited to a Veterans Appreciation Luncheon (formerly known as the Veterans Steak Fry.) Tickets will be available starting September 1, at the cashiers' office in Orland Park Village Hall. Seating is limited to the first 100 guests that purchase tickets. Lunch and Entertainment will be provided. Call Darryl Wertheim at (708) 403-6115 for more information.

Fee is \$15.00



NEED TO ADD A VETERAN'S NAME TO ORLAND PARK MEMORIAL WALL?

During the Memorial and Veterans Day Ceremonies the newly added veterans' names are announced publicly. This year's event will be held with limited attendance while simultaneously broadcast live on the Village's YouTube channel.

The last day to add a veteran's name to Orland Park's granite memorial for this year's Veterans Day Ceremony is **Thursday, October 15.**

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VETERANS DAY CEREMONY

Nov 11 | Wednesday
11:00 AM
Orland Park Veterans Memorial

The ceremony is held by the Orland Park Veterans Memorial located in front of Orland Park Village Hall. You may also choose to forever honor and remember your loved ones who have served in the US Military by adding their name to the Orland Park Veterans Memorial, "Ara Pace—Place of Peace." Applications are available online at orlandpark.org and at Orland Park Village Hall. Veterans may be living or deceased and need not live in Orland Park.

If you are in need of Veterans services please contact Veterans Assistant Darryl Wertheim at (708) 403-6155.

The cost to add a name is \$250 which covers the cost of engraving and maintenance of the memorial.

The form to add a veteran's name is available on the Village's website at www.orlandpark.org. Forms are also available at the Village Hall, 14700 South Ravinia. For more information regarding adding names to the wall, call Veterans Program Assistant Darryl Wertheim at (708) 403-6115.

THE DEVIL IN THE WHITE CITY

Oct 2 | Friday
6:30 PM - 8:00 PM
Orland Park History Museum

Join Clarence Goodman as he talks about the 1893 World's Fair in Chicago as well as the darker side...As people were enjoying the spectacle of the fair, others were being tortured and murdered in Dr. H.H. Holmes' murder castle... Wine will be available for purchase and refreshments will be served. Doors will open at 6PM and the presentation will start at 6:30PM.

PROGRAM CODE 89358
Member fee is \$10.00
Non-member fee is \$15.00

GHOST ROADS OF ILLINOIS

Oct 23 | Friday
6:30 PM - 8:00 PM
Orland Park History Museum

Throughout Illinois, there are legends of hauntings and eerie experiences. Hear the stories of unexplained phenomena people have experienced traveling along various roads AND learn about the weird roads constructed for short-term use or that were left behind as various towns were abandoned. Learn all about Bates Road, Lebanon Road, and more! Doors will open at 6PM and the presentation will start at 6:30PM.

PROGRAM CODE 89359
Member fee is \$10.00
Non-member fee is \$15.00

MUSEUM MEMBERSHIPS

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

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THE LIFE OF ALEXANDER HAMILTON

Dec 12 | Saturday
11:00 AM - 12:30 PM
Orland Park History Museum

After being out of the public eye for over 200 years, Hamilton has recently taken center stage after a very popular Broadway musical. But, who was he?! Join historian Jim Gibbons as he talks about the life of Hamilton, and the man he was.

PROGRAM CODE 89021
Member fee is \$10.00
Non-member fee is \$15.00



BEHIND THE SCENES TOUR

Nov 7 | Saturday
11:00 AM - 12:00 PM
Orland Park History Museum

Ever wonder what goes on behind-the-scenes at a museum? Did you miss out on this tour when we offered it before? The museum is having this tour again! Come to the museum to learn about how exhibits are prepared, what the museum has in its collection storage spaces, and the different types of preservation efforts done to preserve the community's history.

PROGRAM CODE 89023
Member fee is FREE
Non-member fee is \$10.00

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SENSORY ILLUSIONIST

Nov 13 | Friday
6:30 PM - 8:00 PM
Orland Park History Museum

Back again for the third year! Internationally acclaimed magician and artist Jeanette Andrews leads this evening of close-up illusions, weaving together science and folklore in her performance. Andrews has performed hundreds of shows across the United States, including performances at various galleries and museums, and her performances have been praised by PBS, The Daily Mail, and the Chicago Tribune. Join us for an evening of captivating illusions. Refreshments and wine will be served. Doors will open at 6:30PM. *This will be a DIFFERENT show from the previous two years!

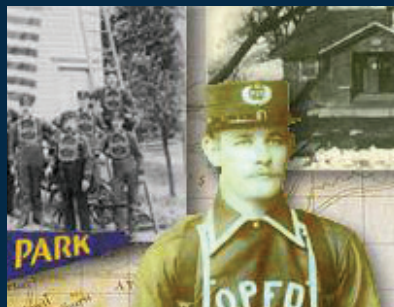
PROGRAM CODE 89024
Member fee is \$20.00
Non-member fee is \$25.00

BUILDING YOUR FAMILY'S HISTORY

Dec 3 | Thursday
6:00 PM - 8:00 PM
Peace Marketplace

'Tis the season for gifting! Join museum staff as they talk about how you can research and build upon your family's history. We are here to help you in your genealogy journey. Unique gift to give that special someone in your family! Websites and research tools will be discussed along with what you can do if you hit any "roadblocks." This will be a fun, educational event held at Peace Marketplace! Wine and beer will be available to purchase. Peace Marketplace is located at 9919 W. 143rd Place, Orland Park.

PROGRAM CODE 89020
Member fee is \$5.00
Non-member fee is \$10.00



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THE ORLAND PARK POLICE DEPARTMENT PRESENTS:

MOVIE IN THE PARK



Join us for a relaxing evening at Crescent Park with a Movie in the Park. Bring your favorite chair & blankets to sit on and enjoy the show!

NO PURCHASE NECESSARY. ONLY LAWN SEATING WILL BE AVAILABLE. PLEASE PRACTICE SOCIAL DISTANCING.

DATE:	October 6th
DAY:	Tuesday
TIME:	5:30 PM <small>*Movie will begin at dusk</small>
LOCATION:	Crescent Park
FEE:	FREE
MOVIE:	Moana

CRESCENT PARK IS LOCATED AT 9705 W. 142ND ST, ORLAND PARK, IL

THE VILLAGE OF ORLAND PARK
14700 RAVINIA AVE. | 708-403-6100

DUE TO COVID-19, EVENTS ARE SUBJECT TO CHANGE. PLEASE VISIT ORLANDPARK.ORG & OUR SOCIAL CHANNELS FOR THE MOST UP-TO-DATE INFORMATION.

MEMORY CAFE

Oct 14 | Wednesday
Nov 11 | Wednesday
Dec 9 | Wednesday
10:00 AM - 11:30 AM
Online Via Zoom or
Dial in by Phone

Join PLOWS Council on Aging and Community Nutrition Network from the comfort of your own home for our Memory Café, a social gathering for people living with dementia and other forms of cognitive impairment and their care partners.

**THERE IS NO FEE FOR THIS CLASS
BUT REGISTRATION IS REQUIRED**

Zoom link will be sent following registration

CONTACT: Catherine Stowers,
Program Manager, PLOWS Council
on Aging to sign up:
PHONE: 708.274.0052
EMAIL: c.stowers@plows.org

CAREGIVER STRESS BUSTING WORKSHOP

TBD
Online Via Zoom or
Dial in by Phone

Do you provide care for someone with Alzheimer's disease or dementia? Join us from the privacy of your home for 90 minutes every week for 9 consecutive weeks. This free program focuses on stress management techniques and relaxation and coping strategies for family caregivers.

**THERE IS NO FEE FOR THIS CLASS
BUT REGISTRATION IS REQUIRED**

Zoom link will be sent following registration

CONTACT: Catherine Stowers,
Program Manager, PLOWS Council
on Aging to sign up:
PHONE: 708.274.0052
EMAIL: c.stowers@plows.org



FAMILY EDUCATION CAREGIVER CLASS

Oct 7 | Wednesday
6:00 PM - 7:00 PM
Remote, Online

In partnership with Moraine Valley Community College, PLOWS Council on Aging is offering this Family Education Caregiver Class.

LEGAL AND FINANCIAL ISSUES

Caregivers will learn about the legal and financial issues that affect them and the loved one for whom they provide care. Topics include advanced directives, maximizing employee benefits for the caregiver, budgeting, and the Medicare/Medicaid programs.

Fee is \$10.00

REGISTRATION IS REQUIRED

Sign up through Moraine Valley Community College at www.morainevalley.edu or call to register at (708) 974-2110 .



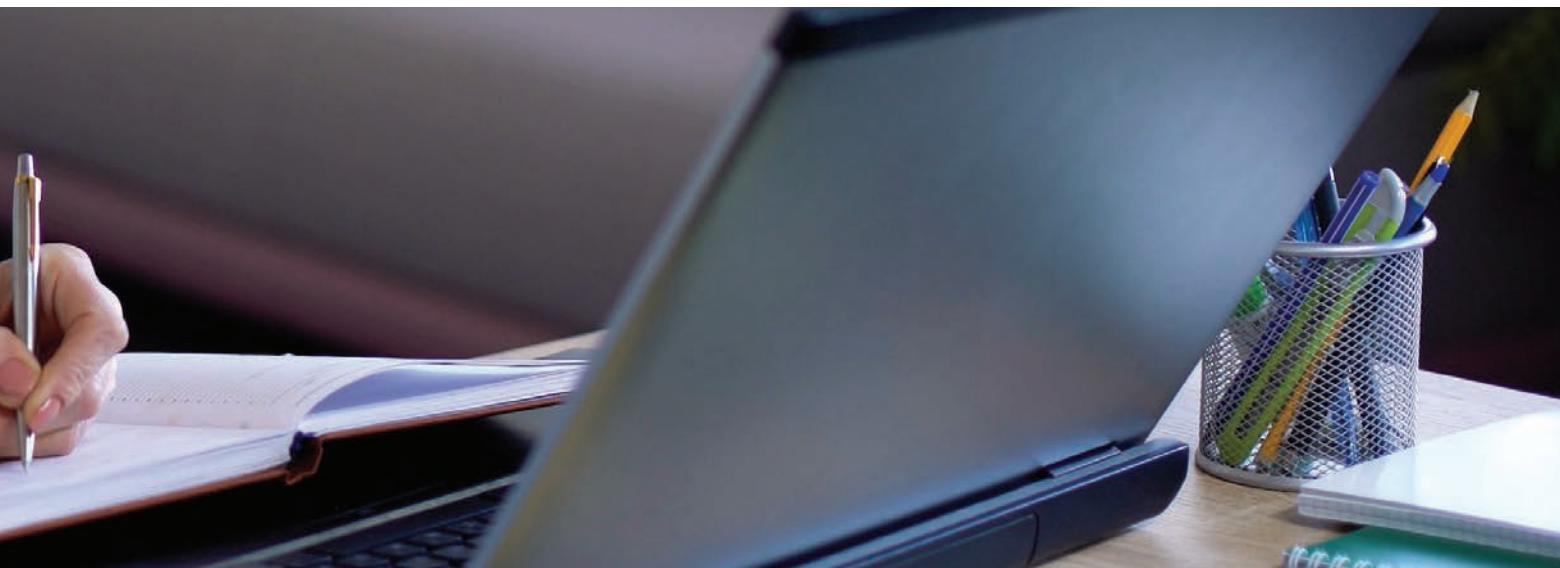
PLOWS
Council on Aging



Our programs and services help people aged 60+ who are navigating the life cycle and we also provide specific services to people with disabilities aged 18+ living at home. We bring integrated solutions that help individuals maintain their health, dignity and self-worth in the community, ensuring independence in their homes for as long as possible.

CONTACT US

Please visit www.plows.org or call us at (708) 361-0219. PLOWS Council on Aging continues to operate remotely. Please call us Monday – Friday 9 AM – 5 PM.



FITNESS

It's important to stay active and we wanted to share these resources available to you. Enjoy a wide range of classes specific for your needs while working on your strength, stamina and overall health.

**See pg 9 for details on how to sign up for classes.*



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.

AMENITIES INCLUDE:

- No initiation fees
- New Life Fitness strength equipment
- Free towel and locker service
- Free Friend Fridays!
- 1/10 mile indoor track
- Basketball courts and golf cages
- Free weekly group exercise classes
- Personal health assessment, equipment orientation, and exercise prescription
- Full access to over 130 pieces of equipment
- Wide variety of treadmills and ellipticals with TV viewing capabilities
- Men's, women's, and family locker rooms
- Discounts on a variety of Sportsplex programs

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.

12 MONTH RESIDENT MEMBERSHIPS

	SENIOR	TRACK ONLY
Yearly	\$250	Free
Monthly*	\$27	Free

3 MONTH RESIDENT MEMBERSHIPS

	SENIOR	TRACK ONLY
Resident	\$108	Free

*Members may prepay a 12-month membership (and save \$) or they may set-up monthly payments from their Discover, Visa, Mastercard, American Express or checking account. Payment schedules are only available for 12-month memberships. Three-month memberships must be paid in full, in advance. A \$25 service charge will be applied to all declined payments. All members will be issued a photo I.D. MEMBERSHIP DEFINITION SENIOR—Persons 55 & older.

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
Resident fee is \$95.00
Non-resident is \$145.00
Sportsplex member \$90.00

FALL MEMBERSHIP SPECIAL

PURCHASE A NEW OR UPGRADE TO A 1-YEAR MEMBERSHIP DURING THE MONTH OF:

- OCTOBER — RECEIVE 3 MONTHS FREE
- NOVEMBER — RECEIVE 2 MONTHS FREE
- DECEMBER — RECEIVE 1 MONTH FREE OR 1.5% OFF REGULAR ANNUAL MEMBERSHIP

SPORTSPLEX SENIOR WEEK

Mark your calendars now for the annual Sportsplex Senior Week October 19 - 23, 2020.

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.

SPORTSPLEX SENIOR CLUBS

Women's Club | Thursday
Men's Club | Friday
10:00 AM - 12:00 PM (weekly)

Senior Clubs are open to those age 55 & better. Groups will meet each week at the Sportsplex to utilize the fitness center, track, play volleyball, bocce ball, and finish with some camaraderie with fellow Senior Club members. This is a great way to meet friends, be active and stay fit. Club enrollment includes use of locker rooms and towel service during the club meeting time.

Resident fee is \$25.00
Non-resident fee is \$35.00
Sportsplex member FREE

SENIOR FITNESS BOOT CAMP

Oct 26- Dec 9 | Mon & Wed
10:00 AM - 11:15 AM
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. *No class November 23 & 25.*

PROGRAM CODE 89281
Resident fee is \$105.00
Non-resident fee is \$155.00
Sportsplex member \$155.00

GENTLE PILATES FOR ACTIVE AGING

Non-impact, full-body gentle exercise on Pilates equipment to help strengthen muscles and increase flexibility. These exercises will work to coordinate mind, body and breath. *No class November 26.*

Oct 29- Dec 10 | Thursday's
10:00 AM - 10:55 AM
Sportsplex – Fitness Center

PROGRAM CODE 89341
Resident fee is \$90.00
Non-resident fee is \$113.00
Sportsplex member \$85.00

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PARKINSON'S EXERCISE CLASS

Oct 26- Dec 9 | Mon & Wed
 11:30 AM - 12:30 PM
 Sportsplex – Gym 3

The focus of this exercise class is to improve mobility of individuals with Parkinson's and other neurodegenerative diseases. 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, prevent joint deformation and elevate overall strength and stamina. *No class November 23 & 25.*

PROGRAM CODE 89158
 Resident fee is \$105.00
 Non-resident fee is \$155.00
 Sportsplex member \$100.00

SENIOR BIKE, WALK & ROW

Let's get our cardio on as we work on balance, endurance and strength. We'll bike through some trails, walk some laps and row some meters in this fun moving class. *No class November 24.*

SENIOR SIT & FIT

Oct 26- Dec 9 | Mon & Wed
 6:30 PM - 7:25 PM
 Sportsplex – Dance Studio

Sit & Fit is a class where we work on strength training and coordination skills all from our seats. We are seated in chairs the whole time for those who may have limited mobility or for those who are simply more comfortable in a chair. Equipment such as weights, resistance bands and foam balls will be used. Come join in on a great workout with fun music and friends! No class November 23 & 25.

PROGRAM CODE 89335
 Resident fee is \$125.00
 Non-resident fee is \$175.00
 Sportsplex member \$120.00

Oct 27- Dec 8 | Tuesday
 9:00 AM - 9:50 AM
 Sportsplex – Fitness Center

PROGRAM CODE 89283
 Resident fee is \$60.00
 Non-resident fee is \$90.00
 Sportsplex member \$55.00

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.



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.

ENROLLMENT FEE-RESIDENTS

Pay NO ENROLLMENT FEE* when you commit to a 12 month membership!

Senior Individual	\$50
Senior Couple	\$75

*Orland Park residents only.

MONTHLY DUES-RESIDENTS

Receive one free month when you prepay a 12 month membership!

Senior Individual ^{††}	\$66
Senior Couple ^{††}	\$116

[†] \$20 per child, ages 6 weeks to 11 years, not to exceed \$161/\$188 dues

^{††} To qualify as a senior, must be age 62 or older

MEMBERSHIP INCLUDES:

- FREE fitness assessment and personalized exercise plan to help you achieve your goals
 - State-of-the-art fitness facility and equipment
 - 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
 - 25-yard lap pool, warm-water therapy pool
 - Massage services*
 - Indoor walking/running track
 - Basketball court
 - FREE Wifi
- *Additional fees apply*

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.

MS (MULTIPLE SCLEROSIS) AQUATICS

Wednesday & Friday
10:15 AM - 11:00 AM
OPHFC – Lap Pool

This class is designed for individuals with MS. Participants will achieve improvements in muscular strength, balance, coordination, and an increase in circulation. Water exercises help to reduce spasticity, maintain or improve joint flexibility and range of motion. Classes are held in the lap pool and led by instructors trained through the National Multiple Sclerosis Society.

OPHFC member FREE
Non-members can purchase daily pass or punch pass

SENIOR AQUA

Monday, Wednesday & Friday
9:15 AM - 10:00 AM
10:15 AM - 11:00 AM
OPHFC – Therapy Pool

This class will focus on light cardiovascular conditioning and basic toning exercises. Equipment will be used.

Resident fee is \$10.00
Non-resident fee is \$15.00
OPHFC member FREE

PARKINSON'S CLASS

12:05 PM - 12:50 PM | Mondays
11:45 AM - 12:30 PM | Fridays
OPHFC – Studio B

This class is designed for individuals with Parkinson's disease. Chair based exercises done to music that will incorporate strength, balance, coordination, range of motion and flexibility training. A variety of equipment will be used including light free weights, tubing, stretch bands and other props.

OPHFC member FREE
Non-members can purchase daily pass or punch pass

MS (MULTIPLE SCLEROSIS) YOGA

Monday
10:30 AM - 11:20 AM
OPHFC – Studio A

Participants learn how to relax, strengthen, and soothe their bodies and minds while increasing flexibility and strength through various postures and breathing techniques.

OPHFC member FREE
Non-members can purchase daily pass or punch pass

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.



Family Support and Community Engagement, otherwise known as FSACE, provides a range of services and case management to help stabilize and support individuals and families.



FAMILY SUPPORT AND COMMUNITY ENGAGEMENT

FSACE provides ongoing services empowering families to become self-sufficient through family support, health and nutrition, professional development programs and more.

COVID-19 CRISIS PROGRAM

In response to the Coronavirus (COVID-19), CEDA's FSACE programs has expanded in order to provide relief to Suburban Cook County communities with additional services.

- ✓ Water Bill Payment
- ✓ Telephone Bill Payment
- ✓ Child Care for Essential Workers
- ✓ Basic Essentials Assistance
- ✓ Medical Supply and Prescription Costs
- ✓ Emotional Counseling Services



Visit www.cedaorg.net to learn more or call us at (312) 795-8948.



PLOWS

Council on Aging



LEARN ABOUT NAVIGATING THE AGING LIFE CYCLE IN SOUTH SUBURBAN COOK COUNTY

ABOUT US

Our programs and services help people aged 60+ who are navigating the life cycle and we also provide specific services to people with disabilities aged 18+ living at home. We bring integrated solutions that help individuals maintain their health, dignity and self-worth in the community, ensuring independence in their homes for as long as possible.

CORE SERVICES

- Adult Protective Services
- Advocacy & Benefits
- Caregiver Support
- Care Planning
- Choices for Care Program
- Home-Delivered Meals
- Information & Assistance
- In-Home Services
- Shared Housing

PLOWS MISSION

To empower individuals navigating the aging life cycle with a focus on those 60 years of age and older

PLOWS VISION

PLOWS Council on Aging aims to be a premier leader in human services, supporting individuals regardless of demographics or circumstances by:

- maximizing potential across the life cycle
- providing innovative opportunities and solutions, and
- partnering with families and communities

PLOWS VALUES

- Client & Family Centered
- Compassion
- Respect
- Professional Excellence



CONTACT US

Visit www.plows.org or call us at (708) 361-0219. PLOWS Council on Aging continues to operate remotely. Please call us Monday – Friday 9 AM – 5 PM.

DO YOU NEED HELP WITH HEALTHCARE COSTS?

LEARN ABOUT MEDICAID ELIGIBILITY AND OPTIONS

WHAT IS MEDICAID?

Medicaid is a state and federal program that pays for medical assistance services for people with low-income. Medicaid and other programs assist members of various qualifying age/income groups, including some Medicare recipients, in paying for doctor visits, hospital care, and prescription drugs.



Visit www.plows.org to learn more or, to schedule a phone consultation, call us at (708) 361-0219.

SCHEDULE A VIRTUAL ONE-ON-ONE APPOINTMENT TO LEARN MORE.

We can explain eligibility, income, and asset rules, options for spend down process, the differences between Medicaid and Medicare, and assist with an application. Trained professionals at PLOWS Council on Aging have helped thousands of adults over 60 years of age and adults with disabilities understand and navigate the Medicaid process. There is no fee for this service.



HEALTHCARE FOR OLDER ADULTS

WHAT IS MMAI?

Medicare Medicaid Alignment Initiative (MMAI) is a program for people who have both Medicare & Medicaid. You are eligible if you are enrolled in Medicare Part A & Part B, and receive full Medicaid, without a spend down. As a member you will receive:

- All Medicare & Medicaid healthcare services through one health plan of your choice.
- Prescription drug coverage, nursing home services, certain services to help people stay in their homes through the Community Care Program, Home Services Program, or Supportive Living Facilities.
- Services such as dental, vision, transportation, over the counter and prescription medications, gym memberships, incentives for receiving preventive healthcare services and care coordination.



PLOWS
Council on Aging



Visit www.plows.org to learn more or call us at (708) 361-0219.

Most MMAI plans cover all services at no cost to you and will not cost more than your regular Medicare and Medicaid coverage.





RESOURCES AVAILABLE FOR CAREGIVERS

WHO?

For informal caregivers & family members of people diagnosed with Alzheimer's Disease & Related Disorders.

WHAT?

Our services include consultation and support about financial assistance, legal issues, self-care, and strategies to connect at every stage of the disease.



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Visit www.plows.org to learn more or call us at (708) 361-0219.

RESOURCES FOR GRANDPARENTS & OTHER RELATIVES RAISING CHILDREN

In Illinois, 100,000+ grandparents are responsible for their grandchildren. These relatives provide a vital safety net and often begin care with little to no warning or preparation. PLOWS Council on Aging is a community resource for these caregivers — providing free consultations, education, encouragement, and in some cases emergency funding.



Visit www.plows.org to learn more or call us at (708) 361-0219.

WHO?

For older adults who are the primary caregiver for a grandchild or other family member under 18.

WHAT?

Our services include consultation and support about financial assistance, legal issues, self-care, and more.



CARING FOR YOURSELF WHEN YOU ARE A CAREGIVER

LEARN ABOUT THE RESPITE PROGRAM

MILLIONS OF INFORMAL CAREGIVERS SUPPORT OLDER FRIENDS/FAMILY.

An AARP Illinois survey found that 70% of unpaid caregivers feel emotional stress whether trying to balance a job, family, exercise regularly, run their own errands, visit their own doctor, get away for a short vacation, or simply get enough rest.



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Visit www.plows.org to learn more
or call us at (708) 361-0219.



CALL ABOUT OUR RESPITE PROGRAM SO YOU CAN GET 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. Trained homemakers provide supervision, companionship, light meal preparation, and some personal care. No medical care or medications can be given. Respite can be provided in the home, at an adult day service facility, or in a long-term care facility. Client contributions are requested for this Federally-funded program, but not required.

Partial funding for the program is provided through an award from Age Options, the area agency on aging for suburban Cook County under Title III of the Older Americans Act as administered through the Illinois Department on Aging and the Federal Administration on Aging. PLOWS Council on Aging does not discriminate in admission to programs or treatment of employment in compliance with appropriate State and Federal statutes. If you feel you have been discriminated against, call (708) 361-0219.

ARE YOU LOOKING FOR ANSWERS ABOUT HEALTH INSURANCE?

LEARN MORE ABOUT OUR SENIOR HEALTH INSURANCE PROGRAM (SHIP)

WHAT IS SHIP?

SHIP is a free health insurance counseling service for Medicare beneficiaries and their caregivers and it is available to everyone.



WHAT CAN SHIP DO FOR ME?

We provide counseling for older adults & adults with disabilities to help them determine the best match to meet their needs and save on healthcare costs. We can help beneficiaries with information listed below:

- Medicare (Parts A and B)
- Medicare Supplement Insurance
- Medicare Advantage Plans (Part C)
- Prescription Drug Coverage (Part D)
- Low Income Subsidy (LIS) or extra help from Social Security for prescription drug costs
- Medicaid programs
- Medicare Medicaid Alignment Initiative (MMAI)
- Medicare Savings Program (MSP) to cover Medicare Part B premium
- Long-term Care Insurance
- Medicare Claims and Appeals
- Medicare Beneficiary Rights and Guarantees



PLOWS
Council on Aging



Visit www.plows.org to learn more or call us at (708) 361-0219.

HALLOWEEN 2020 GUIDANCE

Like so many activities and events that have changed this year because of the coronavirus pandemic, Orland Park families can expect Halloween 2020 to look a bit different as well. This year, the Village has approved a plan to accommodate a safe Halloween experience for both participants and non-participants.

Trick-or-treating in Orland Park is from 2-8 p.m. on Saturday, October 31 and those who ARE welcoming trick-or-treaters are asked to leave their porch lights on to indicate they are participating.

The following are the recommendations to be utilized during this year's celebration:

- Residents who choose NOT to participate should post the Village-created sign (on the next page) and place on their door and leave their porch lights off to signify that they are not welcoming Trick-or-Treaters. This sign can also be printed from the Village's website. We ask that Trick-or-Treaters respect the sign postings and the wishes of those homeowners by bypassing any residence where such a sign is posted.
- We ask that Trick-or-Treaters, as well as homeowners, consider wearing an appropriate COVID-19 mask when interacting with each other.
- Please do not leave bowls of candy outside for multiple people to touch.
- The Cook County Health Department is very concerned about large gatherings taking place. Please consider this when making your plans.
- For those seeking a non-contact activity, the Recreation and Parks Department is sponsoring a 1st Annual Halloween House decorating contest. All displays will be judged and photographed on Monday, Oct. 26 at dusk. Two prizes will be awarded - Best Overall and People's Choice (voted by the most "likes" on social media the week of Oct. 27-29). The winners will also be awarded a sign to proudly display in their front yard! Winners will be announced on Oct. 30. Registration deadline is Friday, Oct. 16.

PLEASE SEE CDC HOLIDAY RECOMMENDATIONS FOR MORE INFORMATION. PLEASE BE SAFE AND HAVE A HAPPY HALLOWEEN!



Please be safe
and have a
Happy Halloween!





ORLAND PARK

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

Prsrt Standard
U.S. Postage
PAID
Orland Park, IL
Permit Number 33

VILLAGE FACILITIES

FREDERICK T. OWENS VILLAGE HALL

14700 South Ravinia Avenue
(708) 403-6100

ORLAND PARK POLICE DEPARTMENT

15100 South Ravinia Avenue
(708) 349-4111 (non-emergency)
Dial 9-1-1 for police, fire or ambulance
service in the Village of Orland Park.

ORLAND PARK CIVIC CENTER

William R. Vogel Memorial
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

FRANK E. LOEBE RECREATION CENTER

14650 South Ravinia
Ave. (708) 403-6259

VILLAGE OF ORLAND PARK SPORTSPLEX

11351 West 159th Street.
(708) 645-5000

PUBLIC WORKS DEPARTMENT

15655 South Ravinia Ave.
(708) 403-6350

CENTENNIAL PARK AQUATIC CENTER

15600 West Avenue
at Fun Drive
(708) 403-5000

ORLAND PARK HISTORY MUSEUM

14415 Beacon Ave.
(708) 873-1622

CULTURAL CENTER

14760 Park Lane
(708) 403-5000