

# THE RICH YEARS

NEWS OF RICH TOWNSHIP SENIOR CENTER

September/October 2020

## Special Points of Interest:

**ALL ACTIVITIES AND PROGRAMS  
ON HOLD UNTIL FURTHER NOTICE.**

Township Supervisor  
Monthly Movies  
Senior Activity Calendars  
AARP Update  
Health Stops  
Benefit Access Program  
Senior Café Menus



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Questions? Contact our center at  
708-748-5454  
Lunch: 708-228-5046



## **WEAR YOUR MASK!!!**

**DUE TO THE RECENT OUTBREAK OF COVID-19, OUR  
RICH TOWNSHIP SENIOR CENTER WILL BE CLOSED  
TO THE PUBLIC UNTIL FURTHER NOTICE.**

**OUR UPCOMING ACTIVITIES AND EVENTS WILL BE  
ON HOLD UNTIL IT IS SAFE TO OPEN.**

Goodness knows we've had a lot to be concerned about since the beginning of the year. One thing that we all should remember is that the General Assembly did pass a budget at the end of May of this year, which was signed by Governor Pritzker on June 10<sup>th</sup>. One of the programs that was part of the funding for the Department of Aging was an initiative called Engage2Change. The Engage2Change program is a three year initiative run by the Illinois Department of Aging's Office of Adult Protective Services. Part of the funding for this program came from a \$2.1 million grant from the Federal Administration for Community Living.

What the Engage2Change program endeavors to do is to create a public awareness campaign using broadcast media, email marketing and digital platforms. The program uses these means of contact to encourage residents of the state to assist in the prevention of the abuse of vulnerable populations. Other parts of the grant will go to funding caseworkers in the Department of Protective Services and to educate members of the judiciary and legal professions about the services provided by the Department. In 2019, APS responded to more than 21,000 reports of suspected abuse, neglect, and financial exploitations of adults with disabilities and adults over 60 years of age. The Department is also trying to raise awareness that elder abuse takes many forms. Many of those forms include financial exploitation, passive neglect, physical abuse, emotional abuse, confinement, and sexual abuse. Many of these types of abuse occur simultaneously. "Victims are often abused by family members or other relatives", the Director of the Illinois Department of Aging's Paula Bass has stated. "Abuse directly coincides with social isolation, and unfortunately with the ongoing COVID-19 pandemic, many people are forced to stay in possibly dangerous situations because they have nowhere else to go", stated Bass.

The Department of Aging says that if you are a victim of abuse, neglect or financial exploitation or suspect that someone you know is a victim, to call their statewide 24 hour abuse hotline at (866) 800-1409 or visit <https://www2.illinois.gov/aging/Engage/Pages/default.aspx>. Trained staff are available and prepared to take reports of suspected abuse and refer them to a local Adult Protective Services agency. All calls are strictly confidential. With the many services and programs that the Illinois Department of Aging administers, it's good to know that they had the foresight to develop a program such as this which will hopefully address this important.

Sincerely,  
Al Riley, AICP  
Rich Township Supervisor

**DRIVER EDUCATION UPDATE**

Rules of the Road Class

**\*DATE TO BE ANNOUNCED\***

Secretary of State, Jesse White's office, will come to our senior center to give you information to pass the written driver's exam.



**AARP SAFE DRIVING CLASS**

**\*DATE TO BE ANNOUNCED\***

This 2 day course is instructed by a certified AARP Safe Driving Volunteer, and will cover driver safety information.

The fee for this 2 day class: \$15 AARP members and \$20 for non-members. You must attend both days in order to receive a discount on your auto insurance.

**STEGER MEMORIAL CHAPEL**



Glenn Smits  
Tim Smits  
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### Prevent Falls and Fractures

(National Institute of Aging)

Many older adults fear falling. The fear is more common as we age. It may lead to avoiding walking, shopping or taking part in social activities. The good news is, there are simple ways to prevent most falls.

#### Causes and Risk Factors for Falls

Your eyesight, hearing and reflexes might not be as sharp as they were when you were younger.

Diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect balance. Some medications can increase the risk of side effects like dizziness or confusion.

#### Here are a few tips to help you avoid falls

- Stay physically active
- Have your eyes and ears tested
- Find out if your meds have side effects
- Limit the amount of alcohol you drink
- Stand up slowly
- Use an assistive device if you need help feeling steady when you walk
- Be careful when walking on wet/icy surfaces
- Wear non-skid rubber soled shoes
- Always tell your doctor if you have fallen, even if you are not hurt

#### What to do if you fall

Stay calm, take deep breaths and try to relax. Remain still on the floor for a few moments. This will help you get over the shock of falling.

Decide if you are hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.

If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.

Put your hands on the chair seat and slide one foot forward so that it is flat on the floor.

Keep the other leg bent so the knee is on the floor. From a kneeling position, slowly rise and turn your body to sit in the chair.

If you are hurt call **911**. Carry a cell phone with you as you move about in your house. Or, purchase a special necklace or bracelet to call for help.



- 1 ( 2lb.) head cauliflower,  
green leaves trimmed
- 1/4 cup plus 2 tbsp. virgin olive oil
- 1 tsp. salt
- 2 tbsp. fresh minced chives
- 2 tbsp. fresh grated parmesan

#### Preparation:

1. Put oven rack in middle position, preheat to 450 F, lightly oil a 9 in. pie plate or square dish.
2. Core cauliflower, leaving head intact, and put head in pan. Drizzle 2 tbsp. of olive oil and 1/2 tsp. salt over top . Bake until tender, about 1 hr.
3. In a small bowl whisk together 1/4 cup olive oil, minced chives, grated parmesan and black pepper.
4. Drizzle over cauliflower and serve.

ENJOY



AARP Chapter #4576

Monday, \*DATE TO BE ANNOUNCED\*

Guest Speaker:



Monday, \*DATE TO BE ANNOUNCED\*

Guest Speaker:

**Benefit Access Program**

The 2 yr program offers a Ride Free Transit and \$77 off Illinois Plate Sticker.

You may qualify! Illinois residents must be 65 yrs. old or older, as well as, residents that are 16 yrs to 64 yrs of age and determined permanently disabled. Applicants must use 2018 income.

A representative from South Suburban Senior Services Catholic Charities, will come to our senior center to help you apply.

**\*FUTURE DATES TO BE ANNOUNCED. NO APPOINTMENTS TAKEN AT THIS TIME\***

Spaces available on all times: 10am-2:30pm.

**YOU MUST** come to Senior Center to pick up the list of documents needed for your appointment.



**Mike J Jordan**

Agent

**708.748.8848**

*Living & working in Rich Township since 1986*

308 Forest Blvd., Park Forest, IL 60466

mike.jordan.alni@statefarm.com

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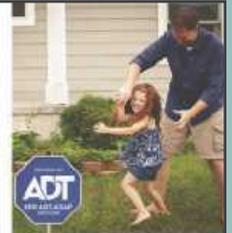


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## RICH TOWNSHIP SENIOR CAFÉ

COST OF MEAL: \$3.50 served at 12 noon

RESERVE 2 DAYS IN ADVANCE: CALL 228-5046

LEAVE A MESSAGE, GIVE YOUR NAME, LUNCH DATE, MEAL CHOICE AND PHONE NUMBER.

**Please arrive by 11:50.**

IF YOU NEED TO CANCEL call DIANE BY 11:00 the day of.

**\*Optional Garden Salad available every Monday, Wednesday and Friday\***



CAFÉ MENU		September 2020		
Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2	3 	4
7 <b>CLOSED</b> 	8	9	10	11
14	15 	16	17 	18
21	22	23	24	25
28	29	30		

CAFÉ MENU		October 2020		
Monday	Tuesday	Wednesday	Thursday	Friday
			1 	2
5	6	7	8	9
12 <b>CLOSED</b>  COLUMBUS DAY	13 	14	15 	16
19	20	21	22	23
26	27 	28	29 	30

**Please call Diane Klein at 708-228-5046 2 days in advance or come into our senior center for a menu to make your lunch reservations.**

12 NOON





**Cards Any Day**

**Any time**

**BINGO** 10am Wednesdays

Benefit Access

Subject to change

**BUNCO** players meet

Every Tuesday 1 pm

**FREE** Jewelry Class

**Rich Township Senior Center**

**297 Liberty Drive**

**Park Forest, IL 60466**

**708-748-5454**

**www.richtownship.org**

CENTER (ON HOLD)			SEPTEMBER ACTIVITIES	
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Haircuts 9 am  Needlework 1 pm Bunco 1 pm	2  Flexercise 10am Bingo 10am  Podiatrist 1pm	3  Blood Pressure 10 am  Line Dancing 1 pm	4 Flexercise 10 am  Yoga Class 1 pm \$4 per class
7  <b>Senior Center            Closed for            Labor Day</b>	8 Coloring 10 am  Needlework 1 pm Jewelry Class 1pm (FREE) Bunco 1 pm	9 Flexercise 10 Bingo 10 am  <b>Movie 1pm</b> Cards 1 pm Podiatrist 1 pm	10  Blood Pressure 10 am  Line Dancing 1 pm	11 Flexercise 10 am  Yoga Class 1 pm \$4 per class
14  Flexercise 10am	15 Haircuts 9 am  Needlework 1 pm Bunco 1 pm	16 Flexercise 10 am Bingo 10 am  Cards 1 pm Podiatrist 1 pm	17  Blood Pressure 10 am  Line Dancing 1 pm	18 Flexercise 10 am  Yoga Class 1 pm (FREE)
21  Flexercise 10 am  <b>AARP Mtg. 1 pm</b>	22 Coloring 10 am  Jewelry Class 1pm (FREE) Needlework 1 pm Bunco 1 pm	23 Flexercise 10 am Bingo 10 am  Cards 1 pm Podiatrist 1 pm	24  Blood Pressure 10 am <b>Health Stop 10-12</b> Line Dancing 1 pm	25 Flexercise 10 am  Yoga Class 1 pm \$4 per class
28  Flexercise 10am	29  Needlework 1 pm Bunco 1 pm	30 Flexercise 10 am Bingo 10 am  Cards 1 pm Podiatrist 1 pm		

**HEALTH STOPS**

**Park Forest Community Health**

**From 10 am to 12 Noon**

**DATES TO BE ANNOUNCED\***



**RESIDENTIAL BURGLARY PREVENTION**

**Resource: Park Forest Police Department**

Burglary victims often feel vulnerable and violated as their personal space has been invaded. Unfortunately, it is hard to catch burglars in the act, and harder to catch them after the fact.

Protect yourself and make your home a less likely target with the following ideas:

- \*Install lights by all exterior doors, and use lights at night.
- \*Close the garage door and cover windows so no one can see inside.
- \*Change the locks when moving into a new residence.
- \*Trim tree branches 7 feet off the ground.
- \*Keep valuables in a safe deposit box.
- \*Use a locking mailbox.
- \*Never let strangers into your home.
- \*While on vacation, hire a house sitter.



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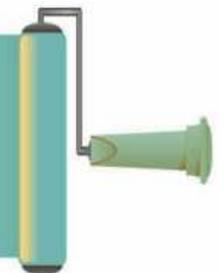
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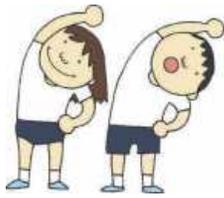


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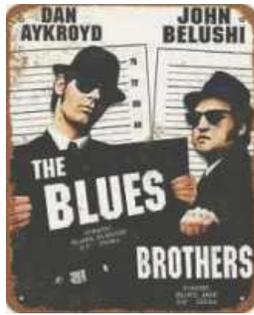
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CENTER (ON HOLD)		OCTOBER ACTIVITIES		
Monday	Tuesday	Wednesday	Thursday	Friday
<b>ON MOVIE DAY</b> 			<b>1</b> Blood Pressure 10 am  Line Dancing 1 pm	<b>2</b> Flexercise 10 am  Yoga Class 1 pm \$4 per class
<b>5</b> Flexercise 10 am	<b>6</b> Haircuts 9 am  Needlework 1 pm Bunco 1 pm	<b>7</b> Flexercise 10 am Bingo 10 am  Cards 1 pm Podiatrist 1 pm	<b>8</b> Blood Pressure 10 am  Line Dancing 1 pm	<b>9</b> Flexercise 10am  Yoga Class 1pm \$4 per class
<b>12</b> <b>Senior Center            Closed for            Columbus Day</b>	<b>13</b> Coloring 10 am  Bunco 1 pm Needlework 1 pm Jewelry 1 pm (FREE)	<b>14</b> Flexercise 10 am Bingo 10 am <b>Movie 1 pm</b> Cards 1 pm Podiatrist 1 pm	<b>15</b> Blood Pressure 10 am  Line Dancing 1 pm	<b>16</b> Flexercise 10 am  Yoga Class 1 pm FREE class
<b>19</b> Flexercise 10 am  <b>AARP Mtg. 1:00</b>	<b>20</b> Haircuts 9 am  Needlework 1 pm Bunco 1 pm	<b>21</b> Flexercise 10 am Bingo 10 am  Cards 1 pm Podiatrist 1 pm	<b>22</b> Blood Pressure 10 am <b>Health Stop 10-12</b> Line Dancing 1 pm	<b>23</b> Flexercise 10 am  Yoga Class 1 pm \$4 per class
<b>26</b> Flexercise 10am	<b>27</b> Coloring 10 am  Bunco 1 pm Jewelry 1 pm (FREE) Needlework 1 pm	<b>28</b> Flexercise 10am Bingo 10am  Cards 1 pm Podiatrist 1 pm	<b>29</b> Blood Pressure 10am  Line Dancing 1pm	<b>30</b> Flexercise 10am  Yoga class 1pm \$4 per class



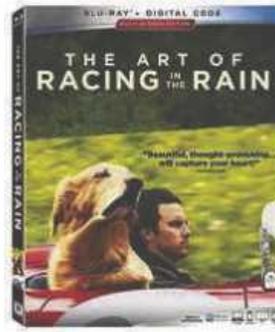
## Movie of the Month



**\*ON HOLD UNTIL FURTHER NOTICE\*** \*

**RATED PG, 2hr.20 min., Musical, Comedy**

Not only is the film full of soul, blues and rock and roll classics, but it also featured cameo appearances and performances by Aretha Franklin, Ray Charles, Cab Calloway and James Brown.



**\*ON HOLD UNTIL FURTHER NOTICE\***

**RATED PG 1hr.50 min., Comedy Drama**

This heartfelt tale narrated by a witty dog named Enzo (voice Kevin Costner). Through his bond with his owner, Denny Swift (Milo Ventimiglia) an aspiring Formula One race car driver, Enzo has gained insight into the human condition and understands what is needed on the racetrack to successfully navigate the journey of life.

# NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



**Rich Township Senior Ctr**

297 Liberty Drive  
Park Forest, IL 60466

**September/October 2020 Issue**

**Mailed:**

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**Senior Center Staff**

JoJo Martin, Senior Center Director  
Diane Klein, Editor/Café Manager  
Mary Pellegrini, In-Home Services Coord.  
Shiree Bush-Giblin, Receptionist



**Township Officials**

Al Riley, Supervisor  
Bobbie G. King, Clerk  
Sam Brown, Assessor  
Calvin Jordan, Highway Commissioner  
Nick Bobis, Trustee  
Therese H. Goodrich, Trustee  
Elliott H. Johnson, Trustee  
Jacquelyn Small, Trustee

