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# MOUNT PROSPECT SENIOR SENTINEL NEWSLETTER

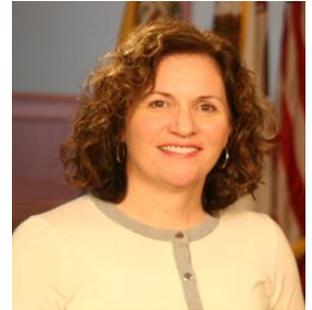
## September - October 2020

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### HUMAN SERVICES DEPARTMENT

#### **Message from Julie Kane, the Director of Human Services:**

I hope this message finds you enjoying the last bit of summer and finding opportunities to connect in safe and healthy ways. We hear, on a regular basis, the effects that isolation is having on seniors. We realize the importance of social connections and so badly want to return to our normal in person group programming and services. I am sure that everyone is looking forward to increased opportunities for engagement in the future. Until we are able to gather safely in larger groups, we will continue to look for ways to promote engagement in creative ways. If you have any ideas or suggestions for us, please let us know!



Because engagement has been on many people's minds, I wanted to take this opportunity to let you know about the Village's Community Engagement Committee. The committee is comprised of both community members and staff liaisons and has been in existence for a year and a half. The mission of the Community Engagement Committee is to bring people in the Village together to embrace and celebrate diversity, serve as a community voice, and provide opportunities to connect by empowering residents, businesses and all members of the community to come together. The committee was involved with last year's Celebration of Cultures event and recently hosted a virtual Community Conversation focused on social justice issues based on recent events in our country.

COVID-19 has forced the committee to re-think their 2020 work plan and they have risen to the challenge! We hope that the events planned will bring the community together during these trying times. The committee will be launching a yard sign campaign and will be giving the first fifty signs away to Mount Prospect residents who respond to the following:

*Mount Prospect strives to be the Best of Suburban Communities- Thriving, Proud, Diverse and Connected- having a Rich Heritage, Strong Values, Timeless Yet Contemporary Atmosphere. The Community Engagement Committee is collecting real life examples of how diversity and a connected community, that welcomes everyone, makes us "Better Together". Send us a picture or a written example that we can use in a future event to highlight the importance of diversity and connectedness in Mount Prospect.*

You can submit your answer electronically on the committee's webpage at:

<https://www.mountprospect.org/community/community-engagement-committee>

If you prefer, you can submit your answer by mail to the Human Services Department Att: Julie Kane 50 S. Emerson St. Mount Prospect, IL 60056. Don't wait, we expect the first 50 signs to go quickly!

Be sure to visit the committee's web page or call the Human Services Department for information on additional upcoming events that the Community Engagement will be sponsoring in 2020.



## ...a note from the Village Public Health Nurse

Never has getting a flu shot been more important than in the middle of the current pandemic! Please look at some of the reasons why:

- You can get the flu and COVID-19 at the same time.
- Getting the flu shot, even if it “fails,” will mean a less severe case and a shorter duration of illness, leaving you less compromised.
- If you don’t get vaccinated and catch the flu, you will be going to a doctor’s office, urgent care or hospital for diagnosis and treatment at the same time as those with COVID-19, thus increasing your risk of getting both diseases.
- Wearing masks and social distancing helps to stop the flu as well as COVID-19 but doing both is not a reason to skip the flu shot this year.
- People who do not vaccinate for the flu and become ill will over burden hospitals, clinics, testing sites, medical offices, and EMS responders who are all dealing with the pandemic
- The more people who have severe respiratory illness, the more PPE and equipment like ventilators will be needed to care for them.
- For most with Medicare, Medicaid or private insurances the flu shot is free.

Free drive up COVID-19 testing is available at Arlington Park Racetrack—no prescription required. You do not have to be symptomatic to be tested.  
Monday—Friday, 8:00 am – 4 pm



### There are 2 new high-dose flu vaccines for seniors this year

**Fluzone Hi-Dose Quadrivalent** - this protects against 4 different strains of the flu - last year all high-dose vaccines contained only 3 strains.

**Fluad Quadrivalent**—this one also protects against 4 different strains of the flu but has an additive to help seniors whose immune systems are not so robust to develop a better response to the vaccine, making it more effective.

**Join us for a FREE  
interactive virtual  
workshop!**



**Do you have Diabetes or an ongoing health condition? Then a “Take Charge” workshop is a good fit for you! Join us from the comforts of your home to build skills and gain confidence in managing your health and leading an active, fulfilling life. Workshops meet weekly for 2 ½ hours for six weeks.**

**Take Charge of Your Health**

Designed for people with ongoing health conditions and caregivers.

**Meets Wednesdays via Zoom**

**August 26 – September 22**

**9:00 a.m. – 11:30 a.m.**

**[Click here to register](#)**

**Topics covered:**

Healthy Eating  
Physical Activity  
Stress Management  
Action Planning  
and many more!

**Take Charge of Your Diabetes**

Designed for people with diabetes, pre-diabetes and caregivers.

**Meets Tuesdays via Zoom**

**September 15 – October 20**

**9:00 a.m. – 11:30 a.m.**

**[Click here to register](#)**

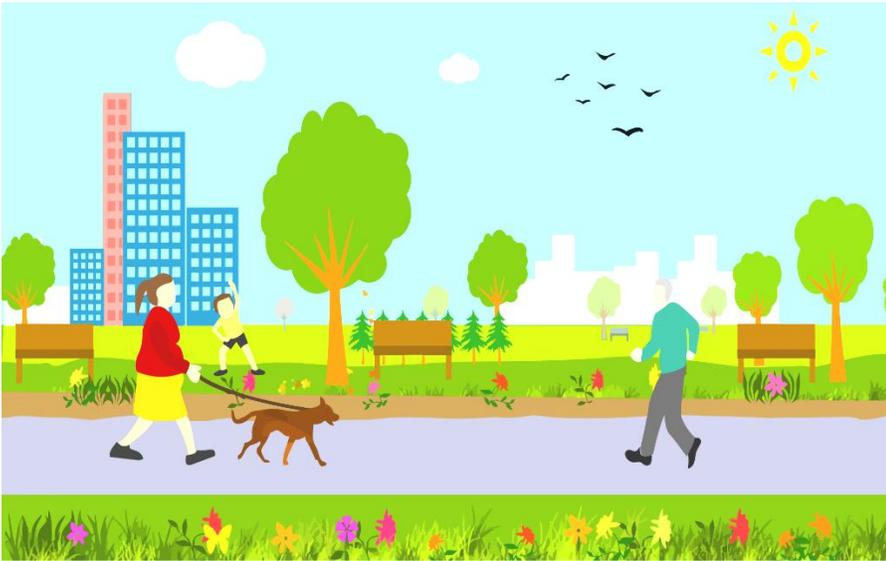
**Topics covered:**

Monitoring  
Healthy Eating  
Menu Planning  
Medication Management  
and many more!

**Space is limited, so register today to reserve your spot. “See” you soon!**

If you need help registering or have any questions about a virtual workshop, call the Health Promotion Team at AgeOptions at (800)699-9043 or email [TakeCharge@ageoptions.org](mailto:TakeCharge@ageoptions.org)

This project was supported in part by grant number 90FPG0030-01-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



ageless *Grace*<sup>®</sup>

## IN THE PARK

### **Welcome Back to** ageless *Grace!*

**Starting weekly Friday, September 4, 2020 at 1:30pm  
and continuing through Friday, October 30, 2020  
Ageless Grace will meet outside in the Busse Pocket Park  
across the street from Village Hall**

Chairs will be set up for class in the park.  
Participants must wear masks until class begins,  
but may remove them while seated for class.

All participants must respect social distancing guidelines  
established by the CDC—6 feet apart at all times.

Participants must bring water to drink to class.

Class will be held only when temperatures are below 90 degrees  
and above 60 degrees at 1:30pm and if no **precipitation is expected.**

## From the Desk of Ginny Thomas, Senior Services Social Worker

November is National Family Caregivers Awareness Month. Many times, there is so much focus on the person who is sick that people forget about the caregivers who take care of them. A caregiver could be a paid worker or a loved one. Taking care of caregivers is as important as ever, especially during COVID-19. According to the "[Caregiving in the U.S. 2020 report](#)" from AARP and the National Alliance for Caregiving (NAC), 36% of family caregivers characterize their situation as highly stressful. Caregivers sometime report an overall decrease in either physical and mental health or both. Caregiver burnout not only affects the caregiver but also the person that they are caring for who needs them. Burnout can cause mistakes that could endanger the care recipient. Please call the Human Service Department if you are a caregiver or know a caregiver looking for support and assistance.



The Center for Disease Control (CDC) has some tips for healthy ways to cope with stress which may be helpful to caregivers and others affected by stress:

- **Know what to do if you are sick and are concerned about COVID-19.** Contact a health professional before you start any self-treatment for COVID-19.
- **Know where and how to get** support services and resources, including counseling or therapy (in person or through telehealth services).
- **Take care of your emotional health.** Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
- **Take breaks from watching, reading, or listening to news stories**, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
  - Take deep breaths, stretch, or mediate
  - Try to eat healthy, well-balanced meals
  - Exercise regularly
  - Get plenty of sleep
  - Avoid excessive alcohol and drug use
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

## Memory Cafes

A Memory Cafe is a social gathering place for people living with memory loss, mild cognitive impairment, and dementia-related diseases. You do not need a medical diagnosis to attend. According to AARP, "Memory cafes are not a form of respite care. Instead, they offer a place where both caregiver and care recipient can socialize together and connect with others in similar situations." Each session includes social time, a group activity, and a nutrition snack.

Go to <https://www.memorycafedirectory.com/memory-cafes-in-illinois/> for a list of additional memory café locations in Illinois.

### The closest Memory Cafes to Mount Prospect are:

- Arlington Heights Senior Center  
847-253-5532
- Kenneth Young Center Older Adult Services, Elk Grove Village  
847-524-8800 ext: 168
- Xilin Memory Café, Arlington Heights  
847-514-5224
- Palatine Township Senior Center  
847-991-1112



# Virtual Memory Care Support Group

FOR CAREGIVERS

Leader: Terry Rasmussen, Bereavement Services, Heartland Hospice

**SECOND AND FOURTH TUESDAYS**  
**10 AM**

CALL-IN #: 206-858-8066

CONFERENCE CODE: 854118

For more information, please call 224-523-3751.

**Waverly**  
— INN —





# Stress-Busting Training Course

Catholic Charities Northwest Senior Services will be hosting the **Stress-Busting Program**. It is a free, 9-week training class for caregivers of persons with Alzheimer's and other forms of dementia. This course will help you:

- Understand the impact of dementia
- Recognize the effects of stress
- Discuss specifically stressful behavior of care recipients
- Take control and set realistic goals, for caregiver and recipient
- Learn the skills that you need to manage stress



**Location:** Online (Zoom link will be provided after registration)

**Time:** Fridays from 10-11:30am

**2020 Dates:** 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, & 11/13

**Space is limited; please RSVP by Wednesday, September 9th to Donna Newbold at 847-338-9750 or Jasmine Chorath at 847-338-7319**

Catholic Charities Northwest Senior Services is funded by AgeOptions, Barrington Township, Client and General Donations, Hanover Township Mental Health Board, Illinois Department on Aging, Northwest Community Healthcare, Palatine Township, Wheeling Township.



## HUMAN SERVICES PROGRAMS & SERVICES

The Village's public buildings are open for business. A mask or other face covering is required to enter, pursuant to State of Illinois guidelines. Staff is working and able to help! Contact the Human Services Department 847-870-5680 for assistance.

### FOOD PANTRY ASSISTANCE

Help is available for individuals and families with children living in Mount Prospect in need of assistance. A financial assessment is required once every six months. Residents who qualify are eligible to access the Food Pantry once a month. **Residents must first contact the Human Services Department at 847-870-5680 to schedule a financial assessment appointment.**

**PLEASE NOTE: We are unable to accept donations of packaged food until further notice.**

Monetary donations are welcome and can be made online through PayPal. See the Human Services Department page on the Village website for how to donate.

### MEDICAL EQUIPMENT LENDING CLOSET RETURN PROCEDURES

Returns of medical equipment borrowed from our lending closet will be accepted on Thursday, September 3, from 10:00 am to 12:00 pm and Thursday, September 17, from 2:00 pm to 4:00 pm. The medical equipment is to be brought to the old Fire Station at 112 E. Northwest Highway. Enter from Maple Street and follow the signs when you get to the bay entrance. October drop off days will be Thursday, October 1, from 10:00 am to 12:00 noon and Thursday, October 15, from 2:00 pm to 4:00 pm at the same location.

### RULES OF THE ROAD CLASS

This course is intended to give drivers the information and confidence they need to pass their license renewal examination. The class will be held on Wednesday, September 23, 2020 at 1:30 p.m. To register, call the Human Services Department at 847-870-5680. Due to social distancing, space is limited.



### DOMESTIC VIOLENCE AWARENESS MONTH

October is Domestic Violence awareness month. Each year in October, the Human Services Department works to raise awareness around this very important issue that affects people of all ages, including seniors. This year, WINGS will collaborate with us to provide a webinar on 10/14/20 at 6:30 pm. Information on registration will be available on the Human Services Department webpage in the near future.

<https://www.mountprospect.org/departments/human-services>.

In addition to raising awareness and educating the community, the Human Services Department works directly with victims of domestic violence, providing crisis support, court advocacy and counseling support. Many victims of domestic violence suffer in silence for a variety of reasons. They may be afraid to report the abuse and fear being alone with no support. Knowing the warning signs of abuse is the first step in identifying and getting help for victims of domestic violence. Abuse can occur in the form physical, sexual and emotional abuse. Perpetrators of domestic violence may be verbally and emotionally abusive, control access to finances, cut their victims off from contact with family and friends, threaten violence against the victim, or persons close to the victim, and blame the victim for causing the abuse. Perpetrators may also use pets and children to scare and manipulate victims. If you, or someone you know, is a victim of abuse, there is help available. Please contact the Village of Mount Prospect Human Services Department (847)870-5680 or the Domestic Violence hotline (847) 221-5680 for assistance. To report abuse, neglect, and exploitation of a person over 60 years old, please call the 24/7 Adult Protective Services hotline at 866-800-1409.





## community connections center

1711 West Algonquin Road, Mount Prospect, IL 60056

Phone: 847/506-4930 • Fax 847/357-1045 • [www.mountprospect.org](http://www.mountprospect.org)

Did you know that the Human Services Department has a satellite location in South Mount Prospect? In 2010, the Community Connections Center opened its doors as a resource center for local residents to access social services. This location is staffed by a social worker and caseworker. Some of the most frequented services by seniors are:

**Fresh Produce Distribution:** The Mount Prospect Lions Club generously donates fresh fruits and vegetables that do not sell at the weekly Farmer's Market to our department for residents to access healthy and nutritious food. The fresh produce is available for pick up every Monday while they last.

### Food Pantry

### Benefit Assistance Applications

**Ask the Nurse:** Due to COVID-19 precautions, residents must schedule an appointment.

The **Mount Prospect Police Department** is partner agency of the Community Connections Center. A Community Services Officer is available to assist residents with questions on civil matters and take reports for non-criminal matters such as thefts, lost property, found property and animal cases.

The **Mount Prospect Public Library** also a partner agency has a satellite location, the **South Branch**, at the Community Connections Center. You can access a full range of library services at this location that is more easily accessible to residents in South Mount Prospect. Come visit us to use computers with access to the Internet and Microsoft Office or to print, fax and scan documents. We have a popular materials collection that includes books, newspapers, music and DVD's. Our friendly, knowledgeable staff are available to answer all of your questions!

The Center's address is 1711 W. Algonquin Road, Mount Prospect, IL 60056, inside the Crystal Court Shopping Center just west of Busse Road on the south side of the street.

### Hours of Operation

Monday 11:00 a.m. until 7:30 p.m.  
Tuesday: 11:00 a.m. until 7:30 p.m.  
Wednesday: 11:00 a.m. until 7:30 p.m.  
Thursday: 11:00 a.m. until 7:30 p.m.  
Friday\*: 11:00 a.m. until 7:30 p.m. (\*Exception: The Friday before the 2<sup>nd</sup> Saturday of the month we are open from 11:00 a.m. until 3:00 p.m.)  
Saturday: The 2<sup>nd</sup> Saturday of the month we are open from 11:00 a.m. until 3:00 p.m.

## MOUNT PROSPECT POLICE DEPARTMENT

### Elderly Service Officer Program

In 1992, the Illinois Attorney General's office funded the development of a certified 28-hour curriculum for the training of Elderly Service Officers (ESO). The Mount Prospect Police Department currently has four ESOs, Detective Dirk Ollech, Officers Mark Bechtold, Margaret Evans and Greg Sill. Ginny Thomas, the Village's senior services social worker, has also completed the training. The Attorney General's website describes the training as an "intensive course designed to educate and sensitize police officers to issues that affect older adults." The training includes information regarding elder abuse, crime prevention against older adults, senior services resources and many other older adult related topics. The Attorney General also offers an Advanced Elderly Service Officer Training. Illinois has more than 1,800 law enforcement officers as well as senior advocates who have completed this specialized training. The police department plans on sending more officers to this certification training to continue to serve our older adult community at the highest level.



(Pictured Left to Right: Officer Margaret Evans, Officer Greg Sill, Detective Dirk Ollech, Officer Mark Bechtold)

### Calling 9-1-1 is Not Only for Emergencies in Mount Prospect?

Many questions arise about when to call 9-1-1. Dialing 9-1-1 is the best way to get a police officer to respond to your location no matter the reason. Whether you need to report a crime or a dog in the neighborhood is barking at 2 A.M. keeping you awake, 9-1-1 is the way to go. The police department encourages all residents to call 9-1-1 if any suspicious activity is seen in their neighborhood. And remember, when you call 9-1-1, you can tell the dispatcher that you would like to remain anonymous. The police department number of 847-870-5656 should be used for informational inquiries or to request overnight parking permission.

## COMMUNITY EVENTS & INFORMATION



### **Making the Most of Social Security**

Thursday, September 17, 7 p.m.

Mike Heatwole, Certified Financial Planner™ and Founder of The Dala Group, will provide social security benefits filing strategies available to single individuals, married couples, divorced individuals, and widows. These strategies can often provide higher monthly lifetime benefits compared to the standard filing options typically selected. He will also cover topics such as social security earned income limits and the taxation of social security benefits.

This program will be presented using [Zoom](#). Participants must register and provide a working email address to receive the login information. To register, call 847-253-5675 or visit [www.mppl.org](http://www.mppl.org).

### **Turning 65: Understanding Medicare**

Thursday, September 24, 6 p.m.

Signing up for Medicare can be a challenging prospect. Enza Haas, social worker at Kenneth Young Center will detail information about Medicare eligibility, enrollment, and costs and will outline the pros and cons of Medicare Supplemental and Medicare Advantage plans.

This program will be presented using [Zoom](#). Participants must register and provide a working email address to receive the login information. To register, call 847-253-5675 or visit [www.mppl.org](http://www.mppl.org).

### **Get Acquainted with Zoom**

Wednesday, September 30, 11 a.m.

Don't miss out on all the upcoming wonderful virtual library programs. Zoom is web-based video conferencing service that allows you to view and hear presentations using your computer, tablet, or phone. Expert library staff will share the basics along with tips and tricks during this get acquainted session. You will receive instructions to join after you register.

This program will be presented using [Zoom](#). Participants must register and provide a working email address to receive the login information. To register, call 847-253-5675 or visit [www.mppl.org](http://www.mppl.org).

## EARLY VOTING/GRACE PERIOD REGISTRATION RETURNS TO VILLAGE HALL

Cast your votes early for the November 3, 2020 Presidential General Election

Village Hall ~ Farley Community Room, 50 S. Emerson Street, Mount Prospect

### Beginning October 19, 2020

Monday - Friday	8:30 am - 7:00 pm
Saturdays and Sundays	9:00 am - 5:00 pm
Final Monday (November 2)	8:30 am - 7:00 pm

Those coming to Village Hall for early voting will be required to wear a mask or face covering and maintain a six-foot distance while waiting in line. Please note that if demand for early voting is high, the line may extend outside the building. Directory signage will be posted on site to help guide you.

\*Note regarding mail ballots - If you requested and received a mail ballot but choose to vote in-person instead, please bring the blank ballot with you so the election judge can destroy the mail ballot. This way, your vote will be counted on election day.

Dropping off a mail ballot? A secured ballot drop-off box will be located at Village Hall. Anyone with questions regarding early voting including mail ballot requests, voter registration or election day voting are encouraged to call Village Clerk Karen Agoranos, 847-818-5333, [kagoranos@mountprospect.org](mailto:kagoranos@mountprospect.org) or visit [cookcountyclerk.com](http://cookcountyclerk.com) for more information. Please note the last day to request a mail ballot is October 29, 2020. All mail ballots must be postmarked no later than November 3, 2020.

Village Clerk Karen Agoranos



## Seniors...you can help make Mount Prospect Count!

The 2020 Census will influence community funding and congressional representation for the next decade. More than **\$675 billion in federal funds** is allocated for states and communities each year based on census data. That includes money for things like:

- Emergency Services • Health Care • Libraries
- Social Services • Community Programs • and more!

### Complete the 2020 Census today!

- Online: <https://my2020census.gov/>
- By Phone: 844-330-2020
- Your information is anonymous and confidential

LEARN MORE AT [MOUNTPROSPECT.ORG/2020CENSUS](http://MOUNTPROSPECT.ORG/2020CENSUS)



# Contact tracing call?

## 5 things to know

A contact tracer from your state health department might call if you've been exposed to COVID-19. But scammers are pretending to be contact tracers, too. Here's how you can spot the scam.



### Real contact tracers won't ask you for money.

Only scammers insist on payment by gift card, money transfer, or cryptocurrency.



### Contact tracing doesn't require your bank account or credit card number.

Never share account information with anybody who contacts you asking for it.



### Legitimate contact tracers will never ask for your Social Security number.

Never give any part of your Social Security number to anyone who contacts you.



### Your immigration status doesn't matter for contact tracing, so real tracers won't ask.

If they do, you can bet it's a scam.



### Do not click on a link in a text or email.

Doing so can download malware onto your device.

Talking to a real contact tracer helps stop the spread of COVID-19. Reporting scammers helps stop them, too. Report fake contact tracers to your state and at [ftc.gov/complaint](https://ftc.gov/complaint).



FEDERAL TRADE  
COMMISSION

For more information about contact tracing visit your state health department's website and

[ftc.gov/coronavirus/scams](https://ftc.gov/coronavirus/scams)

**For Immediate Release:**  
August 25, 2020

**For More Information Contact:**  
Dave Druker: 312-814-1506  
[ddruker@ilsos.gov](mailto:ddruker@ilsos.gov)  
Beth Kaufman: 312-814-8301  
[ekaufman@ilsos.gov](mailto:ekaufman@ilsos.gov)

**Jesse White Announces One-Year Extension of Driver's License Expiration Dates for Seniors Age 75 and Older**

*New expiration date will be one year from current 2020 expiration date*

Illinois Secretary of State Jesse White announced that the expiration date for valid driver's licenses held by Illinois drivers who are 75 years of age or older has been extended for a period of one year past the licenses' current 2020 expiration date. As a result, drivers age 75 and older with a 2020 driver's license expiration date do not need to visit a facility to renew their driver's license until shortly before their birthday in 2021.

"I am mindful of the heightened risks associated with seniors contracting COVID-19, and that is why I have authorized this important change during this challenging and unique time," said White.

There are approximately 147,000 drivers age 75 and over with expired or expiring driver's licenses in 2020. Letters are being sent to drivers that qualify for this extension. The letter should be kept with the qualifying driver as further proof of the one-year extension. In addition, driving records on the Secretary of State's computer system have been updated to show the new 2021 expiration dates for qualified drivers, and law enforcement agencies both state and nationwide have been notified of the extended expiration dates.

In addition to being 75 of age or older, the driver must have a valid license; drivers who are suspended or revoked do not qualify for the one-year extension.

White is reminding all other drivers that expiration dates for driver's licenses/ID cards and license plate stickers have been extended until Nov. 1, 2020. As a result, expired documents will remain valid until Nov. 1 so customers under age 75 do not need to rush into Driver Services facilities, especially during hot weather.

For those customers who must visit a facility, face masks are required. In addition, these customers are asked to be patient due to heavy volume and to be prepared to wait outside in various types of weather. This is due to social distancing, which limits the number of people inside a facility at one time.

White continues to urge the public to consider using online services when possible instead of visiting a facility due to heavy customer volume. Customers who can conduct business online may go to [www.cyberdriveillinois.com](http://www.cyberdriveillinois.com) to take advantage of online services – such as renewing license plate stickers – from the comfort of their own home. People who conduct online transactions will avoid waiting in line at a facility.

Illinois law gives the Illinois Secretary of State the authority to extend driver's license expiration dates by up to one year.

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