



THE ORLAND TOWNSHIP FOCUS



MESSAGE FROM THE SUPERVISOR



Paul O'Grady
Orland Township Supervisor

Dear Orland Township Resident,

As we wash away the long winter's dirt and grime, open the windows, and welcome back the milder temperatures our long lost friend the sun brings, all of us at Orland Township wish you and yours the very best in this season of rebirth and renewal.

The optimism that spring brings with it for all the possibilities in the months ahead also finds me looking back with pride on everything the dedicated Township staff and volunteers have accomplished recently and all that we have to which we are looking forward.

This past year I kicked off the Supervisor's Supper Club, which allows older adult residents to enjoy dinner at a local restaurant, good conversation and the fellowship of their contemporaries. Beyond the social component, we also use our dinners to promote the Township Food Pantry and to collect food and monetary donations to support its work. Please sign up to join us if you have not already done so. More information can be found on page 4.

Since last April, the Orland Township Food Pantry has served an average of 278 households per month. A total of 617,840 pounds of food has been distributed thanks to contributions from the Greater Chicago Food Depository and Feeding America Partners, including local Aldi stores, Costco, GCFD Food Rescue, Jewel Foods, Target, Trader Joe's, Caputo's, Whole Foods, Bread Smith, Andy's, Orland Park Bakery, Panera, and McDonald's.

In addition, community members donate food, money and time generously throughout the year to ensure we have a healthy variety of fresh produce, meat, dairy, bakery goods, and shelf-stable foods to help our friends and neighbors in need. Thank you, thank you, thank you!

The existence of the Food Pantry makes it clear that even in a place like Orland Township that boasts a vibrant business community and enjoys many blessings, there are still citizens who hit a rough patch and need a little extra help to make it through. Orland Township is there for them and in the last fiscal year we processed more than two times the number of applications (424) for emergency assistance, help with utility bills, and senior and disabled support grants. We fielded more than 1,750 inquiries seeking assistance and referrals to other community resources. Thanks to the Township staff's hard work, we were recognized as a 2022 leader in the completion of Nicor Sharing applications, which resulted in more than \$40,000 in grant money from the utility to help residents pay for the cost of rising natural gas prices.

Volunteers are crucial to Orland Township's ability to deliver such extensive services and supports. Whether it is everyday donations, senior events or the annual Holiday Program, our volunteers are always there with a helping hand or...or two...or four as they often bring a friend along. People helping people is one of the reasons our community is such a great place to live, work and raise a family and it's why I am greatly looking forward to this year's Volunteer Appreciation Dinner. To find out about opportunities to get involved and give back, please visit orlandtownship.org/volunteer.


Looking ahead in the near term to all the graduation ceremonies for pre-K, elementary, middle, and high schools, and longer term to the better future we are striving to build for our children, I am proud to announce that once again the Orland Township Scholarship Foundation will be awarding college scholarships. Every year we are astounded by the talent, commitment and community engagement recipients demonstrate throughout their high school years. The generosity of private donors, local businesses and community members participating in special fundraising events throughout the year makes it all possible and is another reminder of the blessing it is to live in Orland Township.

No doubt you can tell that I take a lot of pride in how hard the Township staff and our dedicated volunteers work on behalf of residents. Another factor that contributes to our success is that everyone at the Township shares a commitment to never resting on our laurels. We're always looking for ways to serve you better and more efficiently. We're not afraid to try new things or change what is not working as well as it should. Most importantly, we're always glad to hear your thoughts and suggestions so please stay in touch!

We're *your* Township, we're working for *you* and we're looking forward to providing our community with a sensational spring filled with worthwhile events, activities, trips, classes and essential services.

Sincerely,
Paul O'Grady





**UPCOMING
EVENTS**

April 27:
Senior American Idol

May 18:
Salute the Troops Dinner Dance

May 31:
Senior Health Fair

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Follow us and receive updates and the most recent Township news:
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SPRING NEWSLETTER

April — June

2023



Elected Officials

Paul O'Grady
-Supervisor-

Cindy M. Murray
-Clerk-

Patrick Feldner
Maria Sanfilippo
John Lynch
Michael Maratea
-Trustees-

Rich E. Kelly
-Assessor-

Office Locations

Main Office
14807 S. Ravinia Avenue
Orland Park, IL 60462
Phone: (708) 403-4222
Fax: (708) 403-4260

•Administrative Office•

•Youth & Family Counseling Services•

•Assessor's Office•
(708) 403-4712

orlandtownship.org

**TOWNSHIP GOVERNMENT
WORKING FOR YOU**

Board Meetings

Orland Township board meetings are held at 7 p.m. on the third Monday of the month in the Orland Township Boardroom, 14807 S. Ravinia Ave.

Board meetings are open to the public and meeting agendas and minutes may be found on the Orland Township website, orlandtownship.org.

THE ORLAND TOWNSHIP

FOCUS

Orland Township
14807 S. Ravinia Avenue
Orland Park, IL 60462

*****ECRWSSDDM*****

Postal Customer

ORLAND TOWNSHIP AROUND TOWN



Orland Township offers a variety of services and events to improve and maintain residents' overall health and fitness while appealing to a wide range of interests.

While promoting community togetherness, they also raise money for both the Orland Township Scholarship Foundation and Food Pantry, providing for those who need it most.

Finance Chairman John Lynch

Medley of Comforting Soup, Support for Local Residents at Souper Bowl Challenge



Guests warmed up for Super Bowl LVII by joining Orland Township at the 4th annual Souper Bowl Challenge on Saturday, Feb. 11. After having the opportunity to sample 16 soups, guests and judges cast their votes for their favorite.

Nearly 200 guests took on the challenge and tasted soups from cooks divided into four categories, or quarters, for the competition. Participants competing as *Rookies* (foodies between the ages of 12 and 54 years of age), *Public Service Pro Bowlers* (emergency responders, teachers, elected officials, and other government employees), *Senior Hall of Famers* (senior citizens, 55 years of age and older), and *Culinary MVPs* (restaurants and professional chefs) all had the chance to take home a trophy at the end of the event.

Soup contenders prepared extra batches of soup for local soup kitchens. Proceeds from the event benefitted the Orland Township Food Pantry, which provides support to local residents in need of assistance.

“The Souper Bowl Challenge was back and better than ever,” said Supervisor Paul O’Grady. “We were glad to see a number of new cooks join us this time around. It was a great experience for everyone, and we look forward to doing it all again next year.”

Congratulations to the 2023 Souper Bowl Challenge Winners

Rookies:

- 1st Place: Maria Garcia – Chicken Tortilla Soup
- 2nd Place: Angela Greenfield & Tina Zekich – Leek, Potato & Spinach Stew
- 3rd Place: Gianna O’Malley – Chicken Noodle Soup

Senior Hall of Famers:

- 1st Place: Joe Torpy – Zuppa Toscana
- 2nd Place: Suzanne Law – Tomato Soup
- 3rd Place: Mary Lu Wasniewski – Vegetable Minestrone

Public Service Pro Bowlers:

- 1st Place: Marian Village – Potato Bacon Soup
- 2nd Place: Trustee Bill Brady, Village of Tinley Park – Beef Barley
- 3rd Place: Smith Crossing – Shrimp Etouffee

Culinary MVPs:

- 1st Place: Georgio’s – Cream of Chicken
- 2nd Place: North on Maple – Cream of Chicken
- 3rd Place: Rock Bottom – Southwest Corn Chowder

People’s Choice:

- Marian Village – Potato Bacon Soup

Best Decorated Table:

- Chuy’s – Chicken Tortilla Soup

Orland Township held the Souper Bowl Challenge on the afternoon of Saturday, Feb. 11 in support of the Orland Township Scholarship Foundation. Special thanks to Georgios Banquets, Quality Inn & Suites Conference Centre, North & Maple Kitchen + Bar, Elements by The Odyssey, ISAVE Audio Video



Bingo Fest: A Night Like Never ‘B4’



Orland Township hosted Bingo Fest on Friday, March 24, 2023. The event allowed participants to enjoy a night of bingo while spending quality time with their families, friends, and community.

A sold out crowd of 400 people joined and more than \$10,000 was raised for the Orland Township Scholarship Foundation. “We cannot thank all of those who participated in Bingo Fest once again to support the Orland Township Scholarship Foundation,” stated Supervisor Paul O’Grady, President of the foundation.

“The funds raised for this event will make a significant impact for the students involved in our community whom the Scholarship Foundation is so glad to support.” Before the games began, guests were entertained by musician Erik Donner while enjoying dinner and drinks.

With prizes like Chicago Cubs tickets, jewelry, and a number of certificates to local spas and restaurants, there were opportunities to win like never “B4” in each of the five rounds played. “We had a great time at Bingo Fest last year, and were excited to hear Orland Township was hosting it again!” said resident Deborah Garcia. “My friends and I knew we had to come back for a chance to win again. Whether you end up a winner or not, it’s still a great way to have fun with your friends over food and drinks.”

All proceeds from the event, beyond the cost of prizes and overhead, benefit the Orland Township Scholarship Foundation, which awards scholarship funds to local students based on academic achievement and community service. The Scholarship Foundation helps graduating Township high school seniors each year to have the resources they need to pay for the escalating cost of college.

The Orland Township Scholarship Foundation award scholarships based on a combination of the applicant's leadership skills, dedication to community service, academic focus, participation in extracurricular activities, recommendations from school representatives, volunteer supervisors or employers, an assigned essay question response and any other pertinent information requested within the application.

Students faced with hardships are given strong consideration. Applicants must be residents of Orland Township, high school seniors graduating in 2023 and enroll as a full-time student at a college, university, trade, or vocational school. For more news on upcoming events and services, visit the website at orlandtownship.org.

Special thanks to Bingo Fest sponsors:

- **Joe Rizza of Orland Park**
- **Lally Bros. Masonry Inc.**
- **Original Pancake House Orland Park**
- **GW & Associates PC**
- **Chuy's Orland Park**
- **Angela For Homes**

The mission of the Township Assessor is to provide information and services that are accessible, prompt and accurate. This is possible, in part, because township government is so close and responsive to the local property owner.

Assessor's Office Phone Number: (708) 403-4712



NEWS FROM THE ASSESSOR

RICH E. KELLY

NEWS FROM THE ASSESSOR

RICH E. KELLY

In 2022, **2,738** residents visited the Orland Township Assessor's Office for assistance with the following: analyzing their assessed valuations and filing assessment appeals, filing for the various types of exemptions which help to reduce their property tax bills, certificates of error for missing exemptions, name and address changes, property location corrections, various property tax bill questions, assessment information, actual and estimated (anticipated) property tax bill amounts, sales data, and property ownership information. The total number of phone calls received in 2022 from residents, attorneys, realtors, appraisers, banks, or other municipalities was 4,829 for a total of **7,567** client contacts for the year.

FORMS COMPLETED

- 309 Senior Assessment Freeze and Certificate of Error Applications
 - 404 Senior Citizen Applications, Certificates of Error, and Senior Affidavits
 - 96 Disabled Homeowner and Certificate of Error Applications
 - 31 Disabled Veteran and Certificate of Error Applications
 - 67 Name/Address Changes and Property Location Corrections
 - 152 Homeowner and Certificate of Error Applications
 - 2 Senior Tax Deferrals
 - 231 Assessor Appeals, Certificates of Error & Board of Review Appeals*
 - 5 Homeowner/Senior Exemption Waivers
- 1,297 Total Forms Completed****

*Orland Township's 2022 Appeal filing period through the Cook County Assessor's Office was 7-13-22 to 8-15-22. Our 2022 Appeal filing period through the Cook County Board of Review was 12-12-22 to 1-10-23.

**Due to the COVID-19 pandemic, a significant change to the tax code pertaining to property tax years 2020 and 2021 (calendar years 2021 and 2022) allowed for the automatic renewal of exemptions which were not ordinarily automatic — namely the senior freeze, persons with disabilities, and veterans with disabilities exemptions. The total number of forms which our office completed decreased significantly because the automatic renewal eliminated the necessity of completing a renewal exemption form. This was welcome relief to numerous taxpayers.

For 2021, Orland Township had a total of 40,887 parcels, and for 2022 there were 40,922 parcels. This includes all residential properties (single-family, condominiums, and townhomes), commercial and industrial properties, vacant land, and tax-exempt properties. Orland Township covers a 36-square mile area, servicing all or parts of Orland Park, Tinley Park and Orland Hills, as well as the unincorporated areas within our boundaries. The Orland Township borders are 135th Street to the

north, 183rd Street to the south, Harlem Avenue to the east, and Will-Cook Road to the west.

Twice per year our office schedules appointments — during our appeal filing periods through the Cook County Assessor's Office and the Cook County Board of Review. Taxpayers may view appeal dates at cookcountyassessor.com under "Assessment Calendar and Deadlines." When our Township is open for appeals through the Cook County Board of Review, those dates can also be viewed at cookcountyboardofreview.com under "Filing Dates and Deadlines."

Once our Township opens for appeals, taxpayers choosing to schedule appointments with our office may do so by phone. During the remainder of the year, appointments are not required. Calling ahead of time prior to an in-person visit to our office is highly recommended. Taxpayers visiting our office must sign our clipboard and provide their name, address, phone number, and email address (if applicable). We serve residents in the order in which they have signed in.

Orland Township's Triennial Reassessment will be sometime in 2023. Our taxpayers will receive Notices in the mail directly from the Cook County Assessor's Office. At this particular time, we do not know when these Reassessment Notices will be mailed.

Our daily hours are Monday through Friday from 8 a.m. to 4:30 p.m. However, during months of heavier volume (generally January, February and March), we service taxpayers until 2:30 p.m. After that time, we are completing our daily work by emailing forms and documentation to the downtown Cook County Assessor's Office.

In closing this article, I would like to take this opportunity to remind all taxpayers in our Township to review their Second Installment Property Tax Bills annually to make sure that the proper exemption (s) are being applied. One or more of the following exemptions may appear on the Second Installment Tax Bill:

- Homeowner Exemption
- Senior Exemption
- "Senior Freeze" Exemption
- Persons with Disabilities Exemption
- Veterans with Disabilities Exemption
- Returning Veterans Exemption

If you have any questions, you may contact me or one of my staff, Mary Ellen Colletti or Judy Vonderheide, at (708) 403-4712. We will be happy to assist you. Please stay well and safe, and enjoy your spring!

Orland Township Congratulates Lea Sullivan on Retirement

After 12 dedicated years in service of Orland Township residents, Lea Sullivan retired in April as the assistant to the assessor. Starting off in the General Assistance Office, Lea worked closely with a number of residents to provide needed emergency financial assistance and referral information to Orland Township individuals and families during severe economic crisis. She eventually became a part of the Orland Township Assessor's Office where she helped provide information and services that were accessible, prompt, and accurate.

Orland Township Assessor Rich E. Kelly sincerely writes:

"I would like to take this opportunity to thank Lea Sullivan, Assistant Assessor, for all of her hard work over many years at the Orland Township Assessor's Office. Lea has retired and is moving on to the next chapter of her life.

During the pandemic a lot of adjustments had to be made which made her work more difficult. Lea accepted the challenge and took the initiative to help taxpayers during the pandemic years. Lea is well liked by everyone at the Township Office.

She often went out of her way to be friendly and helpful to her colleagues.

I have received unsolicited praise from taxpayers commending Lea for her outstanding level of service, professionalism, and follow-through. Lea will be missed not only for her high work ethics, but also as a friend."

Her ability to help reach all members of our community in need of assistance throughout the years reveals Orland Township's commitment to the community, and showcases just how close and meaningful Township government to its residents. We wish Lea good health, delight, and success as she moves forward in life.

Assessor Rich E. Kelly, Orland Township Supervisor Paul O'Grady, the Board of Trustees, and Township staff and volunteers congratulate Lea on her retirement.





Orland Township Remains Among the Most Popular Suburban Early Voting Sites
If You Haven't Already Done So, Please Register to Vote

Orland Township Clerk's Office
Cindy M. Murray, Clerk

All of us at Orland Township are proud of the role we play in helping residents exercise their right to vote. The Township community center has consistently been among the most popular suburban early voting sites— as we were, once again, in advance of the April 4 consolidated general election.

You also may register in person at any of the Cook County clerk's locations, including in Markham at 16501 S. Kedzie Ave. Or register with a deputy registrar or at a village, city or township clerk's office, an Illinois Secretary of State's driver's license facility, or certain other state government offices.

We will include early voting statistics in the summer edition of *Focus*. In the meantime, with the next election now a year off, we encourage all eligible persons not already registered to do so at their earliest convenience. Please see below for more information.

If registering to vote in person, you must display two pieces of identification. Neither needs to be a photo ID, but one must include your current address. Acceptable forms of ID include:

Regardless of one's candidate preferences, everyone should agree that exercising our right to vote is critical. Call Orland Township at (708) 403-4222 or the Cook County clerk's office at (312) 603-0906 if you have questions about elections or voter registration.

Cindy M. Murray
Orland Township Clerk

Voter Registration Options

Registering to vote in Orland Township is easy and convenient. To be eligible, you must:

1. Be a U.S. citizen.
 2. Be at least 18 years old on or before the next general election.
 3. Be a resident of your precinct at least 30 days prior to Election Day.
 4. Not be serving a sentence of confinement in any penal institution as a result of a conviction.
- Not claim the right to vote anywhere else.

Ways to Register

If you have an Illinois driver's license or state ID, online registration is available via the State Board of Elections website (ova.elections.il.gov).

Or to register by mail, you may download an application from the State Board of Elections website, complete it, and then return it.

- Illinois driver's license
- Illinois state ID
- Employee or student ID
- Credit card
- Social Security card
- Birth certificate
- Utility bill
- Postmarked mail
- U.S. passport
- Public aid ID card
- Lease or rental contract



Automatic Voter Registration

Eligible adults in Illinois also may have their voter registration information updated automatically when they interact with the Illinois Secretary of State. If visiting an office of the Secretary of State to obtain or update a driver's license or state ID, individuals are encouraged to inquire as to whether they may be eligible for automatic voter registration.

Other Options for Voter Registration

In advance of the next election, Orland Township will share information on other ways to register to vote in the weeks prior to, or even on, Election Day.

Sources: Cook County Clerk; State Board of Elections

Food, Drinks, and Fun with Neighbors at The Supervisor's Supper Club



At the Supervisor's Supper Club, Orland Township Supervisor Paul O'Grady hosts a group of residents at a different local restaurant each quarter for food, beverages, and fun. Through the Township's many existing services and events, he has the privilege to meet and learn from so many residents and local seniors who have a lifetime of experiences to share. Supervisor O'Grady is delighted to have this new chance to get to know them better, share updates on Township initiatives, answer questions and listen to their suggestions for how we can make our community an even better place to live.

The most recent dinner was in mid-March and held at The White Sheep, located at 14335 South La Grange Road in Orland Park. While the restaurant is usually well known for their delicious breakfast and brunch, members had the opportunity to enjoy an extended dinner menu consisting of chef's salad, fruit bruschetta, lemon garlic roasted chicken, roasted pork loin, roasted seasonal vegetables, garlic mashed potatoes, dinner rolls, followed by cookies & cheesecake bites. Guests were also entertained by local talent, with the night's being the spectacular Blake Alexander: who covered musical legends like Frank Sinatra, Frankie Valli, Michael Buble, and Bruno Mars.

"We especially like the warm and friendly attention that Paul O'Grady and his staff give to each person who attends." Said resident Ceil, who attends meetings with her husband, Earl. "We, as seniors, truly look forward to it and enjoy meeting new people in our community."

Space is limited and registration is required. Call Orland Township at (708) 403-4222 or send an email to pogsupperclub@gmail.com if you would like to attend or learn more.

The Supervisor's Supper Club is funded through private donations. There is no cost to participate, but a non-perishable food donation from each dinner guest for the Orland Township Food Pantry is highly encouraged and greatly appreciated.



ORLAND TOWNSHIP HEALTH SERVICES



SENIOR HEALTH INSURANCE PROGRAM (S.H.I.P.)

Orland Township’s FREE Senior Health Insurance Program (SHIP) aids seniors in need of help with Medicare claims and statements, as well as help with Medicare Part D Prescription Drug Coverage.

Counselors are trained and certified with the Illinois Department of Insurance. SHIP, sponsored by the Illinois Department on Aging, is a free counseling service for people with Medicare and their caregivers. This statewide service is available to people of all ages with Medicare.

- SHIP is not affiliated with any insurance company.
- SHIP counselors do not sell or solicit any type of insurance.
- SHIP trains volunteer counselors throughout Illinois to provide one-on-one help with your insurance.

Senior Citizens and Persons with Disabilities Receive Reduced-Fee License Plate Stickers and Other Benefits with the Illinois Department on Aging’s Benefit Access Program

The state Department on Aging’s Benefit Access Program allows the Illinois Secretary of State’s office to provide reduced-fee license plate stickers for senior citizens and persons with disabilities who meet specific qualifications. Other benefits include the Seniors Free Transit Ride or the Persons with Disabilities Free Transit Ride.

An application must be submitted online. Paper applications are not available. Proof of income must be provided at the time of submission.

To qualify for the Benefit Access Program, the following requirements must be met:

Age
Must be 65 years of age or older by Dec. 31 of the current year; or
Must be 16 years of age or older and totally disabled before Jan. 1 of the current year.

Income Limits
\$33,562 if filing an application for yourself only;
\$44,533 if filing an application for yourself and your spouse; or
\$55,500 if filing an application for yourself, your spouse and at least one Qualified Additional Resident.

Residency
You must live in Illinois at the time an application is filed.

Expiration of Benefits
Benefits are good for two years. The two-year period starts at the time you are approved for benefits.

New Health Services Options for Local Residents

Orland Township Health Services is very excited to offer additional services this year. Newly acquired medical testing equipment will afford residents the opportunity to more closely evaluate their health.

The Cholestech LDX Analyzer will supply residents with a reliable and fast test result in minutes, providing a diagnostic tool to measure an individual’s total cholesterol (HDL), triglycerides, LDL and glucose. This test is \$50.

A second service is a diagnostic test to check a person’s hemoglobin A1C (HBA1C). This is a helpful tool for those with diabetes. The cost of this service is \$40.

These screenings are performed through a simple finger stick. Individuals preparing for testing should drink water prior to the test and complete a necessary consent form.

Orland Township Health Services offers a simple glucose test, too. This service is \$10.

Please note that these tests, performed by a registered nurse, may help illuminate an individual’s health status but are not intended to replace a medical doctor’s consultation. Results are immediate.

Testing is available by appointment only every second and fourth Wednesday of the month. Fees must be paid in cash; insurance is not accepted. A receipt is provided upon payment.

For more information, call Orland Township at (708) 403-4222

Wellness Program

Orland Township’s Wellness Program continues to provide quality services to our residents at the lowest cost. Our medical services are discounted as much as, if not more than, 50% per medical service. Please visit the Orland Township office located at 14807 S. Ravinia Ave. to purchase a voucher for services. Proof of residency is required at the time of voucher purchase. Residents must schedule appointments with the healthcare provider directly.

MEDICAL

Physical Exam - \$75

Silver Cross Medical Group
Dr. Farooq Hussain
Dr. Reshma Relwani

1890 Silver Cross Blvd.
Pavilion A, Suite 265
New Lenox, IL 60451
(815) 727-4292

Please note: physical examination vouchers may not be used in the case of illness.

Silver Cross Medical Group
Dr. Omar Akhtar
Dr. Tiffany Groen

1890 Silver Cross Blvd.
Pavilion D, Suite 120
New Lenox, IL 60451
(815) 462-3259

DENTAL

Dental Screening, Cleaning and Full Set of X-Rays-\$100
Routine Dental Exam & Cleaning - \$50
Dental Screening Only - \$15 (*does not include cleaning or x-rays*)

Dr. Stephen Heaney
64 Orland Square Dr.
Orland Park, IL 60462
(708) 403-3393
(*pediatric dentist*)

Dr. Richard Holba
15300 West Ave.
Orland Park, IL 60462
(708) 349-3637

Dr. David Rocco
14265 S. Wolf Rd.
Orland Park, IL 60462
(708) 403-5055
(*no x-rays*)

Silver Lake Family Dental
Dr. John Canning
Dr. Joseph Gradowski
9611 W. 165th St., Suite 14
Orland Park, IL 60467
(708) 403-0071
(*new patients must purchase x-rays*)

Dr. Dimitri Tsoukalas
14624 John Humphrey Dr.,
Orland Park, IL 60462
(708) 349-6606
(*no new patients*)

VISION

Pediatric/Adult Ophthalmology Exam - \$45 **OR** **\$55

The Eye Specialists
Dr. Benjamin Ticho
Dr. Birva Shah
Dr. Cassie Koutnik
Dr. Megan Allen
Dr. Yi Pang, O.D.

18210 S. LaGrange Rd., Suite 210
Tinley Park, IL 60487
(708) 873-0088

****Insight Family Vision Care, Inc.**
Dr. Mark A. Alles
Dr. Margaret Cullen-Regan
9501 W. 171st St., Suite C
Tinley Park, IL 60487
(708) 403-8300

10436 Southwest Hwy.
Chicago Ridge, IL 60415
(708) 423-4070

Davis Eye Care
Dr. James Sanderson
600 Ravinia Place
Orland Park, IL 60462
(708) 349-7571

Kirschner Vision Group
Dr. Ken Kirschner
Dr. Paul Kirschner
Dr. Genine Graff
Dr. Lisa Wilson
7026 W. 159th St.
Orland Park, IL 60462
(708) 687-0600

Eye Was Framed Eye Care
Dr. Dawn Tuminello
11319 W. 143rd St.
Orland Park, IL 60467
(708) 460-2020

Orland Eye
Dr. Gloria Docherty
15410 S. Harlem Ave.
Orland Park, IL. 60462
(708) 633-0011

PODIATRY

Routine Podiatry Screening - \$30
Senior Podiatry Screening - \$25

Dr. Mark Gagnon
8600 W. 159th St. #5
Orland Park, IL 60462
(708) 403-7250

Dr. Wayne Tillman
13011 S.104th Ave., Ste.201
Palos Park, IL 60464
(708) 923-0400
(*makes house calls*)
(*voucher not applicable*)

Dr. Cynthia Sink
10760 West 143rd St.
Orland Park, IL 60467
(708) 301-5600

HEARING

Audiological Evaluation - Free

Orland Hearing Aid Center
Kristen Connors,
Licensed Audiologist
12910 S. LaGrange Road
Palos Park, IL 60464
(708) 448-1234

SENIOR HEALTH FAIR

Wednesday, May 31 | 9 A.M. - Noon
Orland Township, 14807 S. Ravinia Ave.

Orland Township will host a FREE Senior Health Fair on Wednesday, May 31, from 9 a.m. until noon at Orland Township, 14807 S. Ravinia Ave. Several local organizations will be on site with giveaways, raffle prizes and senior related information. Several free health services will also be available.

More information:
(708) 403-4222
www.orlandtownship.org/OAM

The Orland Township Health Services department provides quality health services that meet the needs of our residents, focusing on wellness, prevention, education and safety.

For more information about all our services, please call (708) 403-4222.



Health Services Chair Patrick Feldner

ORLAND TOWNSHIP HEALTH SERVICES

Immunization Clinics

Health Services administers vaccines provided through the Vaccines for Children (VFC) program to Orland Township residents, age 18 and under, who are uninsured, underinsured (vaccines not covered under current medical plan), insured by Medicaid Title XIX (19), or are Native American (American Indian/Alaskan Native).

Township children meeting the above requirements are charged a \$10 administration fee per shot. Cash or charge only are accepted.

PLEASE NOTE: Orland Township's Health Services department can no longer accept Medicaid Title XXI (21). Visit [cdc.gov](https://www.cdc.gov) for information about the VFC program and guidelines for eligibility.

Upcoming Clinic Dates & Times:

Tuesday, June 27 at 5:30 p.m.

Wellness Wednesdays

Orland Township's registered nurse is available the second and fourth Wednesday of each month from 8:30 to 11 a.m., by appointment, to provide the following services:

- Free blood pressure screenings
- Total lipid profile cholesterol test* without glucose (\$40 for residents, \$50 for non-residents)
- Total lipid profile cholesterol test* with glucose (\$50 for residents, \$60 for non-residents)
- Glucose screenings for diabetes prevention (\$5 for residents, \$10 for non-residents)
- Adult vaccinations


In coming months, the nurse will be available the following Wednesdays:

April 12
May 10
June 14 & 28
July 12 & 26

***Note on Total Lipid Profile Testing**


This simple, 5-minute, finger stick test is a complete cholesterol analysis that measures total cholesterol, triglycerides, LDL (bad cholesterol) and HDL (good cholesterol) levels, and an overall ratio. A 9 to 12-hour fast is required and patients should drink water during their fasting period for optimum results.

Adult Immunizations

Vaccines and TB tests for adults are available at Orland Township, by appointment, on Wellness Wednesdays. 

To schedule an appointment please call the Township at (708) 403-4222 or visit [orlandtownship.org](https://www.orlandtownship.org) for information on available adult vaccines and applicable fees.

Hearing Screenings

Free hearing screenings (air and bone conduction testing) by South Suburban Hearing Health Center are available **at the Orland Township office** on the first Wednesday of every month from 1 to 3 p.m. 

In the coming months, South Suburban Hearing will have appointments available on Wednesdays.

May 3
June 7
July 5

Separately, Orland Hearing Aid Center provides free screenings **at the Orland Township office** on the third Tuesday of every month from 9 to 11 a.m. In the coming months, Orland Hearing Aid Center will have appointments available on the following Tuesdays:

April 18
May 16
June 20
July 18


To schedule an appointment, please call (708) 403-4222. Hearing screenings are open to non-residents for a \$10 fee.

Nurses' Closet

Residents needing medical equipment such as wheelchairs, crutches, walkers, shower chairs and canes can utilize the Nurses' Closet and borrow items at no cost for a 60-day period. The Nurses' Closet also provides disposable pads and adult incontinence products to residents in need.

To donate or borrow medical equipment or supplies, please call (708) 403-4222.

Medication Drop Box

Do you have old, expired or unwanted medications in your home and do not know how to dispose of them? Bring them to Orland Township and place them in a secure drop box for proper disposal by the Cook County Sheriff's Office. 

There is no fee to use the drop box but some restrictions do apply. Medications can be placed in the drop box, in or out of their original containers, but can only be in pill or dry form. Liquids and syringes will not be accepted. Please use Orland Township sharps containers to dispose of used syringes.

Please visit the U.S. Food and Drug Administration's website, [fda.gov](https://www.fda.gov), for information on proper disposal of liquid medications.

Homebound residents can call the Cook County Sheriff's Office at 1-84-GOT USD RX (1-844-688-7379) to request a free, pre-paid, pre-labeled envelope to mail their unwanted pill and dry medications directly to the Sheriff's Office for disposal.

Sharps Containers

Five-quart sharps containers are available at Orland Township for \$15 each (the price includes disposal fee). In order to use Orland Township's sharps disposal service, you may purchase a container from the Township and return it when full for proper disposal. For a \$10 fee, the Township will dispose of a sharps container purchased elsewhere.

For more information on proper sharps disposal, please visit [orlandtownship.org](https://www.orlandtownship.org)

Coast2Coast Rx Card

The Coast2Coast Rx Card is a free discount prescription card provided to residents of Orland Township. The program includes U.S. pharmacies and provides annual overall savings of up to 55%. Savings on a single prescription can range from 1% up to 95% off the retail price of the drug.

The card is FREE to use and can be used immediately by any family member. There is no age, income or other exclusion, and there are no forms to fill out. Cardholders save on both brand name and generic drugs — and may save as much as **60% on their dental needs, an average of 10% to 50% on their vision needs, and 35% on their hearing needs, diabetes supplies and lab and imaging tests.**

Simply take the card to one of the 59,000-plus participating pharmacies, including Walgreens, CVS, Costco, Sam's Club, and Target, and the savings start immediately.

Visit coast2coastrx.com to print your card.

Simply take the card to one of the 59,000-plus participating pharmacies, including Walgreens, CVS, Costco, Sam's Club, and Target, and the savings start immediately.

Visit coast2coastrx.com to print your card.

State of Illinois Temporary Disability Parking Placard

Temporary disability parking placards (valid for three months) may be obtained at the Orland Township office. You must bring in a copy of your completed **Persons with Disabilities Certification for Parking Placard/ License Plates form** from the Illinois Secretary of State's office and proof of residency to receive a temporary parking placard while waiting for your permanent one to arrive from the state.

Those needing a temporary parking placard (valid for up to six months) for a temporary disability **must** obtain those placards from the Secretary of State's office.

For more information on disability parking placards, visit cyberdriveillinois.com.

Access to Care

FILLING THE GAP FOR THE UNINSURED

Access to Care is a non-profit primary healthcare program for low-income, uninsured and underinsured individuals living in suburban Cook County and northwest Chicago (north of North Avenue and west of Pulaski Road). The Access to Care program is administered by the Suburban Primary Health Care Council.

Access to Care serves those individuals who are not eligible for public health programs (i.e., CountyCare, All Kids, FamilyCare, Medicaid and Medicare). This includes individuals who do not meet the immigration status requirement of being a legal resident for five years or more. It serves individuals with family incomes under 300% of the federal poverty guidelines. It may be used as a supplement to high-deductible insurance plans.

Access to Care contracts with local providers throughout Cook County and pays them a discounted rate to provide services. Participating physicians choose the number of patients they will add to their practice. They are nominally compensated.

For more information on Access to Care visit [accesstocare.org](https://www.accesstocare.org) or call (708) 531-0680.

To be eligible for Access to Care, you must:

- Live in suburban Cook County or northwest Chicago (north of North Ave. and west of Pulaski Rd.).
- Have family income of less than 300% of the federal poverty guidelines (\$79,500 for a family of four).
- Have no health insurance (or a deductible of \$500 or more per person) and be ineligible for Medicare, Medicaid, All Kids or FamilyCare.
- Not be enrolled in CountyCare.

Access to Care provides enrollees with:

- Visits to your assigned Access to Care doctor for \$5.
- Basic lab and X-ray services for \$5 per draw or procedure.
- Prescription medication for \$15 (generic), \$30 (preferred brand) and \$40 (non-preferred brand). Brand name medications are available only at Walgreens.

Those who meet the eligibility requirements and wish to enroll should call the Orland Township office at (708) 403-4222 to schedule an appointment with the Health Services Coordinator.



Give blood and keep the world-beating

American Red Cross Blood Drive at Orland Township:

Sunday, April 23

Register online:

www.redcrossblood.org

Donate your blood and make a difference.



The Orland Township Senior Services department produces supportive services and programs to help the seniors of our community remain active and healthy, improve their overall health and well-being and stay independent.



Senior Services Chair Maria Sanfilippo

ORLAND TOWNSHIP SENIOR SERVICES

SENIOR PROGRAMS

Senior Program Registration Information

Senior residents are encouraged to register with Orland Township to receive a permanent identification number. These ID numbers are used to purchase event tickets, utilize senior transportation services, and maintain updated emergency contact information on file with the Township. There is no cost to register. Proof of residency is required.



HOME REPAIR PROGRAM

Are you unsure of how to find someone to hire to handle your minor home improvement project or repair? Orland Township has compiled a list of local, professional handymen and their specialties to aid in your search. The individuals and companies on the Home Repair program are not affiliated with or endorsed by Orland Township, but they are all licensed, bonded and insured. To view the list, visit orlandtownship.org/senior-programs.



SENIOR PHONE PROGRAMS

Free Amplified Phone Program

The Illinois Telecommunications Access Corporation (ITAC), as part of a mandated program, provides free amplified telephones to those who qualify. To be eligible, you must be a resident of Illinois, have active phone service (home, cellular, pre-paid) and have a physician certification stating you are unable to use standard phone service. There are no age or income requirements.



Cell Phones for Seniors Program

Orland Township, in partnership with Cook County Sheriff Tom Dart's office, sponsors the Cell Phones for Seniors program. This program provides seniors with free cell phones that are programmed for emergency use only. There is no service plan with the phones; they can only be used to dial 911. Applications for both phone programs are available at the Township office.



“Rules of the Road”

This is a review test for seniors required to take the written or driving test to renew their driver's licenses. This **FREE** class is offered five times a year.

Upcoming Sessions

Monday, August 21 from 1:30 to 3:30 p.m.



Registration is required; call Orland Township at (708) 403-4222 for additional information.

AARP Drivers' Safety Class

This two-day class is designed to help older drivers improve their skills and safety behind the wheel. Course completion may qualify participants for a discount on the liability portion of their automobile insurance. The class is held in the Orland Township Board Room, 14807 S. Ravinia Ave. **Participants must attend both classes.**

The fee is \$20 for AARP members (\$25 for non-members) and is payable to the instructor on the first day of class

Registration is required; call Orland Township at (708) 403-4222 for additional information.

Upcoming Sessions

Mon., Sept. 25 and Tues., Sept. 26 from 9 a.m. to 1 p.m.

SENIOR ACTIVITIES

Please note: Orland Township services will continue to follow the State of Illinois & Cook County COVID-19 guidelines for all public events and trips.

Senior Drop-In Center

Orland Township opens its Activity Center twice a week for seniors to “drop-in” and make new friends, socialize, and play cards and bingo. During Drop-In, seniors are treated to refreshments (and the occasional light lunch) courtesy of the Township. Senior Drop-In occurs on Thursdays and Fridays from 9:30 a.m. to 2 p.m. in the Orland Township Activity Center, 14807 S. Ravinia Ave.

Curb-to-Curb Senior Transportation

Orland Township provides curb-to-curb transportation service for Township seniors, 55 and older. Rides to shopping areas, senior centers, restaurants, nursing homes, libraries and service providers, or for home-to-home visits, are available within Orland Township boundaries. Transportation to doctor appointments may extend beyond Township boundaries.

Rides are available from 8:15 a.m. to 4 p.m. Monday through Friday. A one-way ride within the Township is \$3 and a one-way ride outside of the Township is \$5. Due to current economic conditions, Orland Township is able to make special financial accommodations for seniors in need.



To schedule a ride, please call (708) 403-4222 between 9 a.m. and 3 p.m. Monday through Friday.

Need a reason to pick up and read a good book? Studies have shown that regular reading can help preserve mental faculties, enabling people to live independently longer. To help seniors get into or maintain a good reading habit, Orland Township has partnered with the Orland Park Library. On one Thursday during each of the next two months — April 13 and May 11 — library personnel will be at Senior Drop-In at 10 a.m. to provide seniors with the opportunity to sign up for library cards and borrow books and DVDs.

SENIOR LUNCHEONS & DINNER DANCES

Throughout the year, Orland Township hosts luncheons and dinner dances for seniors. Luncheons consist of a hot catered meal from a local restaurant while dinners are served family-style. Both feature fantastic live performances with the opportunity to meet and socialize with new and old friends.

Tickets for events go on sale at 8 a.m. on the date specified and are sold on a first-come, first-served basis. Luncheon tickets are limited to two per person; dinner dance tickets are limited to 10 per person. All tickets are non-transferable.

In the event of a cancellation, a full refund will be given prior to the refund deadline on the ticket. After the deadline, refunds will be given only if the ticket can be resold to an individual on the waiting list.

May Luncheon

Join Orland Township for a Senior Luncheon catered by Hillgrove Tap. This delicious menu includes mostaccioli with marinara, garlic bread, sausage and peppers, and house salad with Italian dressing. The ByGone Gals perform music from your favorite artists by singin' the songs of the Bygone Era.

Place: Orland Township, 14807 S. Ravinia Ave., Orland Park
Date: Tuesday, May 2
Time: 10 a.m. to 2 p.m.
Fee: \$15 / Residents Only (On Sale Now)

Salute the Troops Dinner Dance

Attend the annual “Salute to the Troops” dinner dance and display American pride at this sell-out event! The night is dedicated to the veterans who have sacrificed their lives for the U.S.A.



The Sundance will play patriotic music to honor the veterans along with many songs from the past and present. The evening also will include door prizes and split-the-pot.

Place: Orland Chateau, 14500 S. LaGrange Road, Orland Park
Date: Thursday, May 18
Time: 5 to 10 p.m.
Fee: \$27 / Residents (On Sale April 6)
\$32 / Non-Residents (On Sale April 10)

HIGHLIGHTED OLDER AMERICANS MONTH EVENTS

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). Drop by the Drop-In Center and see what it's all about! Each May Drop-In Center date is loaded with fun...in honor of Orland Township seniors!

Kentucky Derby Celebration

Trot on over for Kentucky Derby Week at Orland Township Downs! Wear a derby hat and join the festivities. There are plenty of fun games planned, plus a Derby Hat contest and a special snack just for participants. “Riders up,” see you soon!



Place: Orland Township
Dates: Thursday, May 4 and Friday, May 5
Time: 9 a.m. to 2 p.m.
Fee: Free for Residents

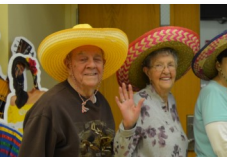
Free Trial: Arthritis Foundation “Joints in Motion” (“J.I.M.”)

Try out a free Arthritis Foundation “Joints in Motion” (“J.I.M.”) class, designed to help those who have joint and/or muscle problems achieve improved joint mobility, muscle strength and endurance.



Place: Orland Township
Date: Tuesday, May 9
Time: 9:30 to 10:30 a.m.
Fee: Free for Residents

Cinco de Mayo Celebration



Plan on attending a Mexican fiesta as Orland Township celebrates Cinco de Mayo at the Drop-In Center. Mexican fare, including Pepe's tacos and salsa, will be served.

Place: Orland Township
Dates: Thursday, May 11 and Friday, May 12
Time: 9 a.m. to 2 p.m.
Fee: Free for Residents

Mother's Day Celebration

Ladies, prepare to be treated like a queen for the day because the Orland Township Drop-In Center is celebrating Mother's Day this week! Stop by for a tasty snack from Winston's. (Dads can join in the fun, too.)



Place: Orland Township
Dates: Thursday, May 18 and Friday, May 19
Time: 9 a.m. to 2 p.m.
Fee: Free for Residents

Armed Forces Celebration

Join us in honoring all of our current and former American heroes! Classic American are will be served as we hear from local veterans. We'll have bingo and cards and plenty of socializing, too!



Place: Orland Township
Dates: Thursday, May 25 and Friday, May 26
Time: 9 a.m. to 2 p.m.
Fee: Free for Residents

Pizza/Bingo Bash

This event is back again by popular demand, don't miss this intergenerational event as Orland Township serves dinner, calls bingo, and presents the winners with awesome prizes!

Call (708) 403-4222 to register.

Place: Orland Township
Date: Friday, May 5
Time: 5 to 7:30 p.m.
Fee: Free for Residents



SENIOR TRIPS

“Grumpy Old Men” at the Fireside Theatre

Join Orland Township and travel to the Fireside Theatre on a deluxe motor coach to the Fireside Theatre for “Grumpy Old Men”! This is the story of Max and John, neighbors who have been feuding for most of their lives. Invigorated by their shared affection for their beautiful new neighbor across the street, they face off as romantic rivals until their hilarious shenanigans finally bring about a resolution to their longstanding differences.

Place: Fireside Theatre Janesville, Fort Atkinson, Wis.

Date: Thursday, April 13
Time: 7:30 a.m. to 7:30 p.m.
Fee: \$110 / Residents (On Sale Now)
\$115 / Non-Residents (On Sale Now)



Legends in Concert at the Fireside Theatre

Join Orland Township and travel to the Fireside Theatre on a deluxe motor coach to the Fireside Theatre for “Legends in Concert”!

What makes a performer a legend? It's that certain something that makes them shine brighter than all the rest — that enduring talent that makes their popularity live on around the world. Join us for an exclusive Midwest engagement of a brand new “Legends In Concert” direct from London!



Featuring tributes to legendary British superstars of yesterday and today – Freddie Mercury, Adele, Rod Stewart, Elton John and Dusty Springfield – with a four-piece band and gifted performers, you'll swear the real thing is right before your very eyes.

Place: Fireside Theatre Janesville, Fort Atkinson, Wis.
Date: Thursday, June 1
Time: 7:30 a.m. to 7:30 p.m.
Fee: \$110 / Residents (On Sale Now)
\$115 / Non-Residents (On Sale Now)

Mary Poppins at the Fireside Theatre

The world's favorite “practically perfect” nanny comes alive on the Fireside stage serving up more than a spoonful of delightful music, dancing and laughter that will transport and enchant audiences of all ages.



A beloved Tony Award-winning musical, the Fireside's production of “Mary Poppins” features all the well-known popular songs, high-stepping dancing, and a treasure chest full of magic and mirth! The whole family will enjoy this dazzling and beautiful musical fable.

There is only one word to best describe this unforgettable production: Supercalifragilisticexpialidocious!

Place: Fireside Theatre Janesville, Fort Atkinson, Wis.
Date: Thursday, July 20
Time: 7:30 a.m. to 7:30 p.m.
Fee: \$110 / Residents (On Sale April 20)
\$115 / Non-Residents (On Sale April 21)

Luck of the Irish Milwaukee Trip

Enjoy three days and two nights in Milwaukee highlighting the city's Irish culture. We'll attend Irish Fest at the Henry Maier Festival Park on the lakefront.



Irish Fest began in 1981 and has become known as one of the world's largest celebrations of Irish and Celtic music and culture with non-stop entertainment. It features bands, Irish dancers, sports and cultural exhibits, plus plenty of food and drink. Overnight accommodations will be provided at Potawatomi Hotel & Casino. The hotel has great views of downtown Milwaukee and offers a variety of gaming entertainment plus cocktails and dining.

Our focus on Irish heritage will include a fun pub tour around the city. We'll also enjoy a sightseeing boat cruise through downtown Milwaukee and into Lake Michigan for beautiful skyline views.

This package includes motorcoach transportation, two nights of hotel accommodations, Irish Fest admissions, two breakfasts, three lunches, one dinner, sightseeing boat tour, local tour guide, and tour amenities.

Place: Potawatomi Hotel, Milwaukee, Wis.
Dates: Friday, Aug. 18 to Sunday, Aug. 20
Time: 8 a.m. Departure
Fee: \$815 Per Person / Single Occupancy
\$570 Per Person / Double Occupancy
\$520 Per Person / Triple Occupancy
On Sale TBD

Kentucky Bourbon Trail & the Kentucky Derby Museum

Visit the birthplace of bourbon! Visit several bourbon distilleries and experience everything from barreling to bottling and of course sampling!



Enjoy a dinner cruise aboard the Belle of Louisville and visit the Old Kentucky Home State Park, best known for Stephen Foster's anti-slavery ballad “My Old Kentucky Home.” There's something for everyone on the Kentucky Bourbon Trail — tours, tastings, activities, big-city nightlife, and quaint country towns.

Place: Kentucky Destinations
Dates: Tuesday, June 13 to Saturday, June 17
(5 days / 4 nights)
Time: 7 a.m. Departure
Fee: \$950 Per Person / Double Occupancy
\$1,250 Per Person / Single Occupancy
On Sale Now

ORLAND TOWNSHIP

CLASS SCHEDULE

Orland Township offers a variety of classes to improve and maintain residents' overall health and fitness while appealing to a wide range of interests.

Classes are held in a safe environment with certified instructors trained to recognize the needs of each individual. These instructors are available, through the Township office, to answer any questions or concerns.

Joints in Motion

The Arthritis Foundation exercise program, Joints in Motion, is an exercise program designed to help individuals living with arthritis enjoy a more active lifestyle while improving their health. Joints in Motion is intended to assist individuals who have joint and/or muscle problems achieve improved joint mobility, muscle strength and endurance. Exercises are done while sitting in a chair or standing and classes are led by an instructor certified by the Arthritis Foundation.

Joints in Motion Session Fee
6 weeks: – \$15 residents (\$20 non-residents)

Joints in Motion Classes
May 9 (Free Trial), 23, 30 & June 6, 20, 27
from 9:30 to 10:30 a.m.

Registration Available Now

Tai Chi

Tai Chi is a great form of exercise that reduces stress while strengthening your muscles. The graceful, slow speed of the class, coupled with an emphasis on deep breathing and mental focus, creates balance, flexibility and calmness. This “meditation in motion” relieves stress and allows for the integration of mind and body. This class has many mental and physical health benefits.

Tai Chi Session Fee
TBD. Call (708) 403-4222 for information.

Tai Chi Classes
Dates TBD. Call (708) 403-4222 for information.

Zumba

Zumba is a fitness program that combines Latin and international music with dance moves. Routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness and boost your mood. If you enjoy Zumba, you're also more likely to do it regularly and experience its benefits as an aerobic exercise. All classes are led by certified instructor Ginny King.

Zumba Session Fee
8 weeks - \$48 (\$53 non-residents)

Zumba Classes
Wednesdays, April 5 to May 24 from 9 to 10 a.m.

Registration Available Now

Yoga

A number of studies show that yoga may help reduce stress, anxiety, and the risk of chronic conditions such as heart disease and high blood pressure. This class will accommodate all levels of experience while practicing from a mat or a chair. The class will focus on gentle movement to bring the body through all ranges of motion to help improve mobility and strength. No experience or flexibility is required for this gentle but effective yoga class. All classes are led by certified instructor Barbara Cachey.

Yoga Session Fee
8 weeks – \$48 (\$53 non-residents)

Yoga Classes
Wednesdays, May 3 to June 28 from 3:45-4:30
(No class June 21)

Registration Available Now

Strong & Fit

This class of simple movements and light weight lifting will increase your strength, improve bone density, and enhance your mood – the three components to slowing down the aging process and living a healthier life. Participants should bring a mat. Weights will be provided. Class will be led by certified instructor Barbara Cachey.

Strong & Fit Session Fee
8 weeks – \$40 (\$45 non-residents)

Strong & Fit Classes
Tuesdays, May 2 to June 27 from 3:45 to 4:30 p.m.
(No class June 20)

Registration Available Now

Both registration and fitness classes are held at the Orland Township Activity Center, 14807 S. Ravinia Ave.

Exercise Refund Policy:
Refunds will be provided only with presentation of a doctor's note, which must be received before the session ends.



Orland Township Youth & Family Counseling Services provides programs and services to support the social-emotional health of residents.



ORLAND TOWNSHIP YOUTH & FAMILY COUNSELING SERVICES

Youth & Family Counseling Services Chair Michael Maratea

Orland Township Youth & Family Counseling Services strives to empower local youth and families to communicate more effectively, make good decisions and choose positive behavior by offering educational programs and services, guidance, and support. Our programs help teach and build social and problem-solving skills, lend assistance during difficult times, and provide information on additional resources available in the community.

All clinical services are supported by Orland Township tax dollars. Services included are listed below.

COUNSELING SERVICES

Counseling services are by appointment only and are offered with sliding scale fees. Sessions are tailored for individuals (adult and youth), couples, families, or groups. Please call (708) 403-4222 for more information or to schedule an appointment.



ANGER MANAGEMENT WORKSHOPS

Anger is a normal and unavoidable feeling that can adversely affect many different aspects of life, including friendships, family, school, and employment. Orland Township Youth & Family Counseling Services offers an anger management workshop to help navigate this strong emotion. The anger management workshop is offered the last Thursday of every month from 10 a.m. to 1 p.m. Please contact Gina Chigaros at (708) 403-4222 to register.

PREVENTION / AWARENESS WORKSHOPS

Orland Township Youth & Family Counseling Services offers workshops for teens to discuss the consequences of potentially harmful behaviors. Workshop topics include drug/substance use and abuse, responsible risk taking and conscientious social media use.

Get It Straight-Drug Facts 101*

Have you noticed any recent changes in your child's behavior or choice of friends? Do you suspect or know that your child has experimented with alcohol or drugs? This informative workshop encourages parents and adolescents — ages 12 to 18 — to collaboratively confront the world of substance use and abuse.

**An individual screening is needed PRIOR TO the start date.
This screening is included in the workshop fee.*

Responsible Risk Taking

This program encourages participants, ages 13 to 17, to make responsible choices through thoughtful discussion. Attendees learn the difference between healthy and unhealthy risk-taking, how to understand the consequences of poor choices, and find positive means of distinguishing themselves from others.

CHARACTER BUILDING / LIFE SKILLS WORKSHOPS

Workshops are available to help individuals become better community and family members. Whether looking to communicate more constructively with peers, or develop more effective parenting skills, workshops produced by Orland Township Youth & Family Counseling Services are designed to help individuals develop the foundation and skill set to manage personal relationships.



COPING SKILLS / SUPPORT GROUPS

Major life changes such as the death of a loved one, divorce or moving can create feelings of grief, fear and anger that may influence behavior. Orland Township Youth & Family Counseling Services offers programs to help residents navigate such challenging circumstances. Sessions are tailored to meet the specific needs of the group or individual and meet as needed.

“Forever In My Heart”

This open forum focuses on coping with grief and provides a supportive and accepting environment, paving the way for hope during a time of confusion and crisis. Curriculum may be adjusted to group or individual needs. The group meets as needed. Please call (708) 403-4222 for more information.

S.T.E.P. Parenting Classes (*Systematic Training for Effective Parenting*)

This four-week class is designed for parents of school-age children. It provides valuable training with the goals of improving communication among family members and fostering the skills to diffuse conflict.

For more information on any of the listed programs, including applicable fees, please call Orland Township Youth & Family Counseling Services at (708) 403-4222.

PAID CONTENT: Advertising funds benefit the Orland Township Scholarship Foundation.

**MENTION THIS AD AND 5 % OF
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....& MORE!

YOUR PERSONAL REAL ESTATE CONSULTANT FOR LIFE!

The Orland Township General Assistance office provides financial assistance and referral information to Orland Township individuals and families during severe economic crisis.

Orland Township Supervisor Paul O’Grady manages and controls the General Assistance program.



GENERAL AND EMERGENCY ASSISTANCE

SUPERVISOR

PAUL O’GRADY

General & Emergency Financial Assistance Available to Qualifying Residents

Are you experiencing financial hardship? Orland Township’s General Assistance Office may be able to help. “We understand that there are moments in life that are financially challenging due to loss of income or family crisis,” says Supervisor Paul O’Grady. The mission of the General Assistance Office is to provide financial support, information, and referrals to Orland Township residents experiencing financial hardship by addressing their critical needs and helping them to achieve self-sufficiency through these two programs:

GENERAL ASSISTANCE

The General Assistance Program is a state-mandated, locally administered welfare program. General Assistance offers financial support for Orland Township residents to meet basic monthly needs such as shelter, utilities, and food until a resident obtains employment or begins receiving income from Social Security, disability, unemployment or other public aid programs. Primarily, the program is available to adults who are not eligible for any other state or federal program and do not have adequate income or resources to provide for their own needs.



EMERGENCY ASSISTANCE

Emergency Assistance, available once within a 24-month period, alleviates a life-threatening circumstance or covers a work related expense necessary to obtain or maintain employment.

This provides one-time financial support through a documented crisis circumstance (such as eviction or utility disconnection) who meet the requirements. Applicants must meet income guidelines, provide proof of residency, and furnish application and documentation to support the need for Emergency Assistance. Emergency must be alleviated and resident must be able to show their income allows them to sustain moving forward.

Applications to determine eligibility for General Assistance or Emergency Assistance are available at the Orland Township office. Applicants must be a resident of Orland Township, a US citizen or qualified immigrant, and must meet all state-administered eligibility requirements.

Please contact Orland Township at (708) 403-4222 to schedule an appointment. For more information, visit orlandtownship.org (under the “Departments” menu choose “General Assistance”) or call our office.



Monetary Relief from NICOR Natural Gas Bills

The Nicor Gas Sharing Program provides qualifying households with monetary relief for their natural gas bills. Eligibility is based on several factors, including household size and income. Any residential customer can apply for a one-time annual Sharing Grant, which does not need to be paid back. The Salvation Army administers the grant program, which is funded through direct contributions from Nicor Gas customers and employees.

For more information on income requirements for a Sharing Grant, and other assistance programs available to residents, please contact Alexis at (708) 403-4222. Each individual household is eligible for just one Sharing Grant per year.

Orland Township, a valued supporter of the Salvation Army in North and Central Illinois region, is a top Nicor Gas energy grant administrator and 2022 leader!

Orland Township Summer Job Fair Scheduled for June

Orland Township will host its Summer Job Fair on Tuesday, June 13 from 10 a.m. to 1 p.m. in the Orland Township Activity Center, 14807 S. Ravinia Avenue, Orland Park.

The fair is open to all members of the public, and attendance is highly encouraged. Nearly 30 companies will be attending, representing a variety of industries, including healthcare, financial, manufacturing, transportation, and retail.

Attendees will be able to network with local companies and talk to their representatives. There will be plenty of opportunities to learn about both long-term careers and simple summer jobs. Additionally, the first 100 job seekers will receive a \$50 gas gift card.

“I encourage everyone to stop by and take advantage of the opportunity to talk to a variety of potential employers,” said Supervisor Paul O’Grady. “Not only will this benefit those high school and college students looking for some work this summer, but also candidates ready for a new career.”



Supervisor Paul O’Grady meeting with employers at a previous Orland Township job fair.

The job fair is free, and no registration is required. Those seeking employment are asked to bring several copies of their resume to distribute to potential employers and to dress in business casual attire.

Attendees will be able to utilize the Township’s computer lab, if needed, to complete online applications for the companies at the fair.

For more information on upcoming job fairs or other events, visit the website at www.orlandtownship.org, or call Orland Township at (708) 403-4222.

Orland Township Supervisor Paul O’Grady & the Board of Trustees present...

SUMMER JOB FAIR

Tuesday, June 13, 2023
10:00 a.m. - 1:00 p.m.

ORLAND TOWNSHIP
14807 Ravinia Ave
Orland Park, IL 60462



Orland Township is offering this **FREE** job fair opportunity to meet with potential future employers.

Over 30 employers in the areas of banking, transportation, driving, medical/healthcare, manufacturing, retail, and clerical work will be in attendance.

First 100 job seekers will receive a \$50 gas gift card!!

ALL JOBSEEKERS WELCOME!!
*SUMMER JOB
*NEW CAREER
*PERMANENT JOB

For more information on this upcoming job fair and to see the latest list of participating employers, visit us online at www.orlandtownship.org or call Alexis at (708) 403-4222.



Working For You
ORLAND TOWNSHIP

Need help and don’t know where to turn?

211 Metro Chicago connects you to the help you need.

FREE • FAST • LOCAL • CONFIDENTIAL • 24/7



- Call **2-1-1** to talk to a local navigator*
- Text your zip code to **898211**
- Visit **211MetroChicago.org** to search or chat

*Residents may dial 2-1-1 or (773) 362-4401 to get connected to a local Resource Navigator.



The Orland Township Food Pantry, located at 14807 S. Ravinia Ave., provides emergency food supplies to residents in need of immediate assistance. After completing a brief application, recipients leave with bags of non-perishable items, frozen and refrigerated food, and bakery goods.

Hours of Operation: Monday through Friday 9 a.m. to 4 p.m.



ORLAND TOWNSHIP FOOD PANTRY

Jane Martinek is one of many volunteers who dedicate their time to helping out in the Orland Township Food Pantry. Our work would not be possible without such wonderful individuals like Jane.

Support the Orland Township Pet Pantry

Please help keep the Pet Pantry shelves filled!

The Orland Township Pet Pantry provides food and supplies for pets whose families are in financial crisis and it relies on the generosity of the community. The Pet Pantry, in conjunction with the Orland Township Food Pantry, is available Monday through Friday from 9 a.m. to 4 p.m.

Your contribution will help ensure that a family pet does not go hungry. For more information, please call Orland Township at (708) 403-4222.



**In high need of
dog food!
Please consider
donating.**



Putting Healthy Food
Within Reach

**USDA
Supplemental
Nutrition
Assistance
Program**



SNAP/Link recipients have the following options to inquire about available benefits:

- ♦ Visit ABE.Illinois.gov
- ♦ Call (800) 843-6154 (Dept. of Human Services Helpline)
- ♦ Call (773) 843-5416 (Greater Chicago Food Depository Benefits Hotline)
- ♦ Visit orlandtownship.org/food-pantry for assistance tips.

Non-perishable food items can be donated
**Monday - Friday
9 a.m.-4 p.m.**

*Please check
expiration dates
before donating!*



LITTER FOR GOOD

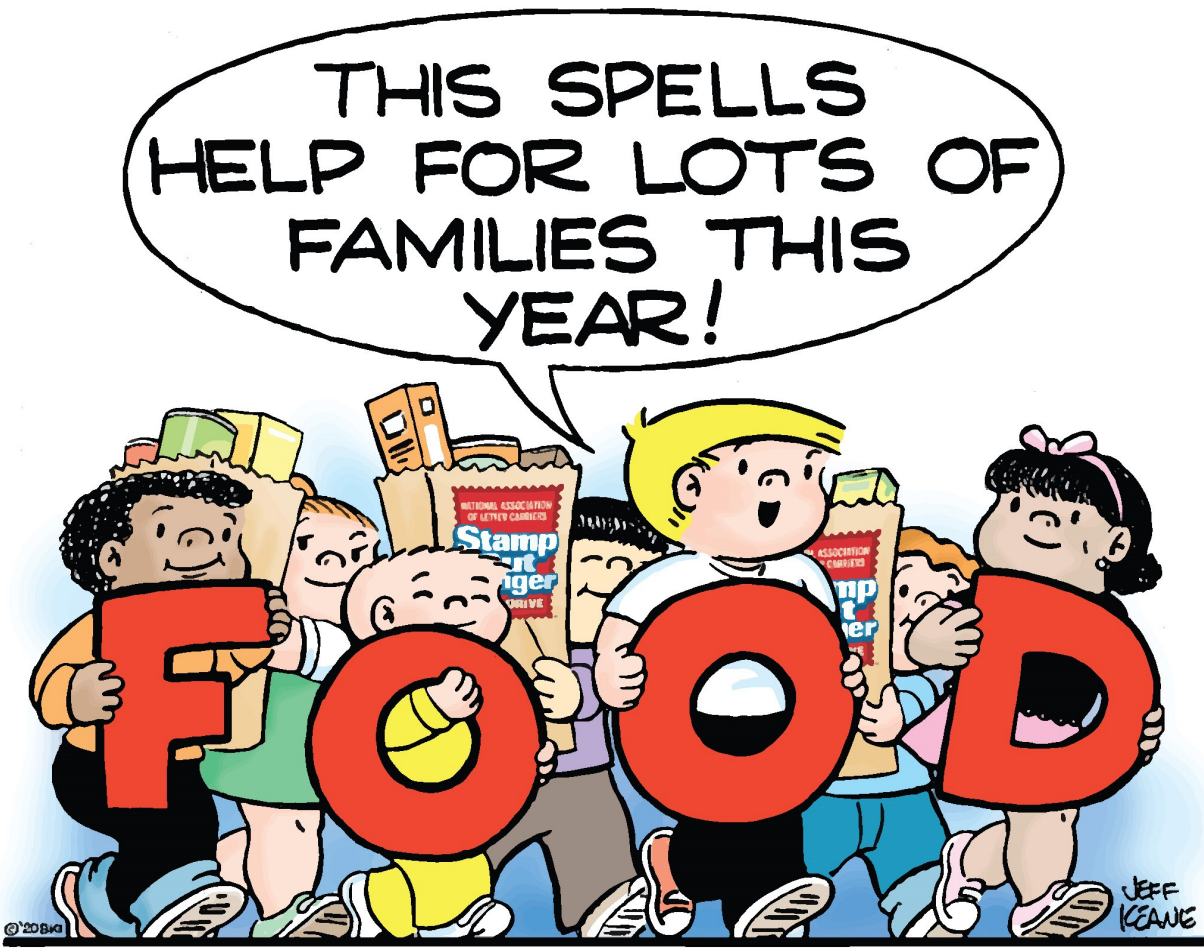
Join the Cat's Pride Club to nominate Orland Township's Pet Pantry. Every nomination will help Orland Township's Pet Pantry receive cat litter for the cats in the Township.

1. Go to catspride.com
2. Click "Litter for Good"
3. Click "Join the Club"
4. Sign up with your name and email
5. After you register, click "Nominate"
6. Enter "60462" in zip code search bar
7. Choose "Orland Township Pet Pantry" to nominate



You can also participate by purchasing a green jug of litter and entering the promo code from the jug on the website.

Thank you for your support!



LETTER CARRIERS' FOOD DRIVE

**PUT YOUR NON-PERISHABLE DONATION IN A BAG BY YOUR MAILBOX.
WE'LL DELIVER IT TO A LOCAL FOOD BANK.**

National Partners



Mark Your Calendar for 'Stamp Out Hunger'

Every second Saturday in May, letter carriers in more than 10,000 cities and towns across America participate in the largest one-day food drive in the nation: Stamp Out Hunger.



Orland Township is a proud participant in the National Association of Letter Carriers' "Stamp Out Hunger" Food Drive.

The Township is seeking volunteers to help with a variety of tasks related to the food drive including, unloading mail trucks, sorting donations and checking expiration dates. Student volunteers will receive community service hours for school if needed.

The National Association of Letter Carriers, along with the Orland Park Post Office, will be collecting non-perishable food items on Saturday, May 13.

Residents can help by placing food donations near their mailbox. A letter carrier will retrieve the food items and deliver them to the Orland Township Food Pantry.

Suggested donations include:

- Jelly/Jam
- Soups
- Cereal
- Peanut butter
- Tuna
- Apple Sauce
- Ramen soup
- Cake Mix
- Box Potatoes
- Side dishes
- Cooking oil
- Canned tomatoes
- Canned beans
- Spaghetti sauce
- Pasta
- Salt and pepper
- Mayonnaise
- Ketchup/Mustard
- Coffee/Tea
- Personal care items
- Paper products
- Canned vegetables
- Canned fruits

For more information, or to register to volunteer, visit www.orlandtownship.org/volunteer.



Orland Township's

Senior American Idol

**BENEFITING THE
ORLAND TOWNSHIP SCHOLARSHIP FOUNDATION**

THURSDAY, APRIL 27, 2023

GEORGIOS BANQUETS

8800 W 159TH STREET, ORLAND PARK
DOORS OPEN 4:30 PM • DINNER AT 5:30 PM
ENTERTAINMENT TO FOLLOW

Join us for a fun-filled evening benefiting the Orland Township Scholarship Foundation. YOU, along with celebrity judges, decide who is Orland Township's Next Senior American Idol.


You'll enjoy a delicious plated dinner along with a cash bar.

TICKETS \$30 PER PERSON

On sale at Orland Township
14807 S. Ravinia Ave., Orland Park



*Presented by
Orland Township
Supervisor Paul Q Grady
& the Board of Trustees*



THE ORLAND TOWNSHIP

FOCUS

SPRING NEWSLETTER
April – June 2023

Additional copies are available
at the Township office,
14807 S. Ravinia Ave.

Call (708) 403-4222 or visit
www.orlandtownship.org for more information
about Township programs and events