



THE ORLAND TOWNSHIP FOCUS



MESSAGE FROM THE SUPERVISOR



Paul O'Grady
Orland Township Supervisor

Dear Orland Township Resident,

The Orland Township General Assistance department offers financial support options to help seniors and local families feeling the pinch from the tax increases recently enacted by the Village of Orland Park, which is a completely separate entity from the Township, where we pride ourselves on living within our means and not adding to the burden on taxpayers.

Even a modest rise in household costs can create serious financial stress for individuals living on a fixed income. Community members already face higher prices on food and other groceries, water, energy and housing. Those residing in Orland Park must now also find a way to pay for the village's higher sales tax and its higher taxes on ComEd and Nicor bills.

While we wish the Village of Orland Park had decided not to raise taxes, we at Orland Township stand ready to help by offering a range of assistance for seniors and other residents no matter where in the Township they live. 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. General Assistance provides temporary support to pay for basic necessities like rent, utilities, food and cleaning supplies until a resident obtains employment or begins receiving income from Social Security, disability, unemployment or other public aid programs.

Contact the Township's General Assistance office at (708) 403-4222 if you'd like to learn more. We understand it can be difficult to seek financial assistance, but please don't let pride get in the way of asking for help. Rest assured that Orland Township will keep your identity and other personal information confidential. If you know someone who might need a hand, please let them know about these options and urge them to call us.

Return of Orland Township Youth Commission: Orland Township is dedicated to helping young men and women become motivated and responsible young adults. We are excited to revive the Orland Township Youth Commission, a service group that encourages local youth to help others while teaching them essential life skills.

Participants may earn service hours while volunteering with community projects, fundraising, or participating in seasonal recreational activities. The OTYC was actively involved in helping ensure the success of the Township's Holiday Program last December. In June, we brought the group together for a fun summer picnic including food trucks, games and prizes.

Planning for future OTYC meetings and events is underway. To learn more about the OTYC, and how your child might earn community service hours, contact Gina Chigaros at (708) 403-4222 or ginac@orlandtownship.org.

Working for You: We hope that you and your family and friends are enjoying this summer. We invite you to peruse this edition of *Focus* or visit orlandtownship.org to learn more about programs, services and events aimed at enriching the quality of life for local residents. If you have questions or suggestions for how we may better serve you, please call us at (708) 403-4222.

We're *your* Township, and we're working for *you*.

Sincerely,
Paul O'Grady



UPCOMING
Events

Aug. 31:
Motown Dinner Dance

Sept. 9:
Spirit of America Car Show

Sept. 16:
Pet-Palooza

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Orland Township is on Facebook, Twitter, and Instagram!

Follow us and receive updates and the most recent Township news:
[facebook.com/OrlandTownshipIL](https://www.facebook.com/OrlandTownshipIL) | IG & Twitter: @OrlandTownship



SUMMER NEWSLETTER

July - September

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**•
•**Assessor's Office**•
(708) 403-4712
•**Youth & Family Counseling Services**•

•**Highway Department**•
16125 S. Wolf Road
Orland Park, IL 60467

Phone: (708) 403-5148
Fax: (708) 403-5165

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

Postal Customer

*****ECRWSSDDM*****



Twelve talented seniors showcased their vocal skills before a live audience as they competed for the title of 2023 Orland Township Senior American Idol. The event, sponsored by Right at Home of Orland Park, took place on Thursday, April 27, at Georgios Banquets in Orland Hills. Over 550 guests flocked into the dazzlingly decorated ballroom for dinner and a night of friendly competition between this year's contestants.

After three rounds of singing their favorite tunes, Mark Bateman, took home the trophy and title of 2023 Orland Township Senior American Idol. As a former member of the church choir at St. Christopher Parish in Midlothian, he's had a love for music and performing for almost his entire life. Mark notes that his Uncle George played the accordion and was a big inspiration as he was growing up.

After years of being a music lover and an avid viewer of America's Got Talent and The Voice, Bateman decided it was time to enter a competition himself. This year he graced the stage for the second time in a row with hopes of winning the title of Senior American Idol.

Mark started off the night with "My Way" a song made popular in 1969 by Frank Sinatra, continuing in the second round with "Keeper of the Stars" by Tracy Byrd. In the final round, Mark impressed the audience and judges with "Mac the Knife"; which ended up securing his first-place win.

Before the competition began, local student JJ Purpura, 6, started the night off with a rendition of the National Anthem. Amongst the crowd was the celebrity judge panel, which included musician Blake Alexander and esteemed Fashion Director Carol Tardi, along with former Senior American Idol winner Laura Alberts, a dedicated theatre arts and music professional, who took home the trophy in 2016. Comedian, author, and Tinley Park Trustee Bill Brady served as emcee for the event.

"We're incredibly fortunate to have so many talented seniors who are willing to come out, showcase their talents, and compete to benefit the Orland Township Scholarship Foundation," said Supervisor Paul O'Grady. "Offering opportunities like this to our seniors is just one of the many ways we keep the members of our community involved. We're incredibly glad to have also found a way to help benefit local youth in the process. I want to thank everyone who came out and supported their favorite singer, and of course, our Scholarship Foundation."

For more information on programs, services, and events being held at Orland Township, visit the website, orlandtownship.org, or call (708) 403-4222. Be sure to like the Orland Township Facebook page for more updates.

Hats Off to Orland Township Volunteers!

In honor of Volunteer Appreciation Day, Orland Township hosted a "Hats Off" volunteer appreciation dinner in April at Petey's II in Orland Park to celebrate the contributions of the many volunteers that dedicate their time and service to the Township.

Volunteers are vital to the successful operations of Orland Township. More than 70 individuals annually devote their free time to assisting in several different departments. Whether they choose to help in the Township's Food Pantry, or as a member of Health or Senior Services, all volunteers contribute to the enrichment of our community and help make Orland Township a better place to live.

Supervisor Paul O'Grady thanked the volunteers for their contributions of advancing the mission of Orland Township over the past year. "Volunteers are the heart and soul of the Township," Supervisor O'Grady said. "If it wasn't all of our gracious volunteers, we would never be able to accomplish everything we do at the Township. On behalf of a very appreciative community, thank you."

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

As of the writing of this *Focus* article, the Tax Year 2022 Second Installment Property Tax due date has yet to be determined. This forthcoming Second Installment bill will reflect the assessed value, state equalization factor, exemption(s), local tax rate, and total payment due. It also will show a Taxing District Breakdown indicating the amount being paid to each taxing district within that particular suburban municipality.

As a reminder, upon receipt of the Second Installment bill, all taxpayers in Orland Township should carefully review the document to make sure it reflects the property tax exemption(s) to which one may be entitled. Depending upon each taxpayer's particular circumstances, exemptions may include:

- Homeowner Exemption
- Senior Exemption (born in 1957 or prior year)
- Low-Income Senior Citizens Assessment Freeze Exemption "Senior Freeze" (senior citizen residing in home as of Jan. 1, 2021 and Jan. 1, 2022, with a total gross household income including gross social security for income tax year 2021 of no more than \$65,000)
- Persons With Disabilities Exemption
- Veterans With Disabilities Exemption
- Returning Veterans Exemption

Our office will be happy to assist you with filing application(s) for missing exemptions for the current 2022 property tax year, as well as three prior years, if applicable, in order to receive refunds.

A total of **89** 2022 Board of Review Appeals were filed through our office during the Cook County Board of Review filing period of 12/12/2022 through 1/10/2023. The Cook County Board of Review mailed appeal result letters on approximately 3/10/23. Of these 89 appeals, 57 or approximately 64% resulted in reductions. These assessed valuation reductions will be reflected on the 2022 Second Installment Property Tax bills. Thirty-two of the appeals, or approximately 36%, did not result in reductions.

- The following is a breakdown of the number of appeals which resulted in assessed valuation reductions in the various range categories:
- 32 Did not receive any assessed valuation reductions
 - 2 Received reductions ranging from 1 – 999
 - 21 Received reductions ranging from 1,000 – 1,999
 - 17 Received reductions ranging from 2,000 – 2,999
 - 13 Received reductions ranging from 3,000 – 3,999
 - 2 Received reductions ranging from 4,000 – 4,999
 - 1 Received a reduction ranging from 5,000 – 5,999
 - 1 Received a reduction ranging from 7,000 – 7,999

The **approximate** dollar amount of savings per every 1,000 reduction in assessed valuation would be \$300. This **approximate** figure was calculated by multiplying 1,000 times the 2021 state multiplier of 3.0027 times a sample tax rate of 10% (2022 final state multiplier and 2022 actual tax rates not available as of the writing of this article). The total assessed valuation reductions of the 57 appeals in which our office assisted with the appeal process equaled 140,061. Based on the above formula: 140,061 x 3.0027 x 10% = \$42,056. This figure represents the **approximate** total savings to these 57 taxpayers.

2023 is a Triennial Reassessment Year. Reassessment Notices were mailed directly from the Cook County Assessor's Office to our Orland Township taxpayers. The specific appeal filing dates were 5-24-2023 to 6-29-2023. Our taxpayers will also be given a second opportunity to file 2023 Appeals through the Cook County Board of Review. For detailed information regarding appeal filing dates, taxpayers may visit cookcountyassessor.com or cookcountyboardofreview.com.

Once Orland Township opens for appeals through the Cook County Board of Review, taxpayers choosing to schedule appointments with our office may do so by phone or in person. Appointments are limited and may be made by calling (708) 403-4712.

If you have any further questions regarding property taxes, 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 the summer!



Spirit of America Car Show Benefits The Orland Township Food Pantry

ORLAND PARK CROSSING
SPIRIT OF AMERICA
CAR SHOW & DRIVE IN

Proceeds support the
Orland Township Food Pantry

SATURDAY, SEPT 9

Check in 2:00 - 5:00 PM | Open to Public 4:00 - 10:00 PM

143rd & LaGrange Road | Orland Park Crossing Behind Xfinity

\$25 REGISTRATION FEE

First 100 cars will receive a
FREE T-shirt and dash plaque

Food, Wine & Beer Vendors, BYOL (Bring your own lawn chair/blanket) and enjoy!

TALLADEGA NIGHTS
THE BALLAD OF RICKY BOBBY

On a mega-sized inflatable
screen, starting at dusk

TEEN BAND PERFORMANCES
by House of Music
4 - 6 P.M.

RAMZI & THE LOAFERS
6 - 7 P.M.

ECHO FIVE
7-9 P.M.

ORLAND PARK CROSSING

ShopOrlandParkCrossing.com

@OrlandParkCrossing

@OrlandParkXing

@ShopOrlandParkCrossing

Exhibitor, vendor & event information, please call Michele Cruse at (708) 473-0556 or email michele@edwardsrealtyco.com.

Wrap up your summer with a night of hot rods and a movie!

The Orland Park Crossing Spirit of America Car Show & Drive-In will be at 143rd & LaGrange Road (Orland Park Crossing behind Xfinity), on Saturday, Sept. 9, with show car check-in from 2 to 5 p.m. Stay and enjoy popcorn as "Talladega Nights: The Ballad of Ricky Bobby" is featured on the mega-sized screen at dusk. Food, wine, and beer vendors will be on site. Bring your own lawn chair and blanket, and enjoy!

Musical performances by House of Music (4 to 6 p.m.), Ramzi & The Loafers (6 to 7 p.m.), and Echo Five (7 to 9 p.m.) Don't forget the best part: ALL proceeds go directly to the Orland Township Food Pantry.

The show car registration fee is \$25 but the event is FREE to the public. Donations to the food pantry will be accepted. Additional sponsors include Midas of Orland Park and Edwards Realty Co.

The first 100 cars will receive a FREE T-shirt and dash plaque. For exhibitor, vendor & event information, please call Michele Cruse at (708) 473-0556 or email michele@edwardsrealtyco.com.



Orland Township Tops Suburban Early Voting Sites in Spring Election Voter Turnout
If You Haven't Already Done So, Please Register to Vote

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

Orland Township continues to lead the region when it comes to civic participation. In the weeks prior to the April 4 consolidated general election, 3,840 local citizens cast their ballots at the Orland Township building — making ours the most popular early voting site in suburban Cook County.

We're glad to see so many area residents taking seriously their duty to help choose the elected officials representing our community. The next election will occur in March 2024. We encourage all eligible persons not already registered to vote to do so at their earliest convenience. Please see below for more information.

Regardless of one's candidate preferences, everyone should agree that exercising our right to vote is critical and a way to honor those who have sacrificed to defend and preserve America's democracy. 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 (Tuesday, Nov. 5, 2024).
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.
5. 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.

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.

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:

- 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

Upcoming Marathon Supports Orland Township Food Pantry

RUNNIN' WITH THE KNIGHTS

26.2 YARD MARATHON

Run our unique 26.2 yard (78ft) course!

JOIN US!

Saturday, September 16, 2023

Paddy B's

in Orland Park

11969 West 143 St., Orland Park

11am to 4pm

\$30/person

Register Online

runningwiththeknights.eventbrite.com

COME FOR THE RUN AND STAY FOR THE FUN!

LIVE MUSIC

SPLIT-THE-POT

STRIP CARDS

PROCEEDS TO BENEFIT

Orland Township Food & Pet Pantry

REGISTRATION EARNS YOU:

- **One 22oz Beer** (proper ID required)
- **Hot Dog & Chips**

**Register before August 27th and receive a commemorative t-shirt & beer stein!*

The St. Francis of Assisi Knights of Columbus Council #16369 has partnered with a the Orland Township Food & Pet Pantry! The Knights recognize the need to serve our community through organizations like Orland Township that provide food to those in need.

Proceeds from this event will benefit Orland Township Food & Pet Pantry. If you are unable to be a sponsor of the event, please consider attending the event and supporting the Knights. Orland Township and the Knights of Columbus greatly appreciates your consideration and look forward to receiving your sponsorship donation. Whether you become a sponsor or simply attend our event, thank you for your support.

The event will take place with in the parking lot of Lone Pine Plaza, home of Paddy B's, located approximately at the intersection of 143rd St & Will-Cook Rd in Orland Park. Parking for the event will be in the immediate parking area along with surrounding public parking. Please do not park in any private residential parking spaces.

All paid participants are guaranteed to receive the following items:

- An opportunity to run the unique course distance of 26.2 yards, approximately 78 feet.
- 22oz domestic beer upon completion of the race (with proper ID)
- Hotdog upon completion of the race
- Satisfaction knowing you are helping to raise money for a great cause!

In addition to the above, all paid participants who register on or before August 30th are guaranteed to receive the following items included with their race package:

- Commemorative T-Shirt
- Commemorative 22oz Beer Stein

After the race, everyone is invited to sit back and enjoy the live music and entertainment. If you are feeling lucky, Split the Pot and Strip Cards will be available for sale.

Learn more and find the link to register at orlandtownship.org/upcoming-events.



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.

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

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

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

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

Ticho Eye Associates
Dr. Benjamin Ticho
Dr. Darin Strako
Dr. Aida Haddad
Dr. Sawliha Seedat
Dr. Cassie Koutnik

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

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

****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

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



Life Line Screening goes beyond regular checkups to look inside your arteries for signs of plaque build-up



All 4 Screenings for \$149

Carotid Artery Disease:
An ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke.

Peripheral Arterial Disease (PAD):
An Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It is important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke.¹

Abdominal Aortic Aneurysm (AAA):
An ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a life-threatening medical emergency.

Atrial Fibrillation :
A 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications.²

We will be in your neighborhood soon Wednesday August 2, 2023

Where: Orland Park, IL- Orland Township Activity

Get your special Community Circle pricing!

Three ways to register and receive the special discount:

Call toll-free: 1-800-679-5191

Online: [LLSA.SOCIAL/HC](#)

Text: the word **circle** to 216-279-1607



Getting Screened is Simple!
Painless, non-invasive, keep your clothes on.



Join the 10 million people who have been screened.
We are coming to your neighborhood.

Wednesday August 2, 2023

Orland Township Activity Center

14807 S Ravinia Ave Orland Park, IL 60462-3168

To register for your appointment and to receive the special discount, please call toll-free **877-792-8479** or visit [LLSA.SOCIAL/HC](#)

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:

Saturday, July 15 8 a.m. to 12 p.m.
Tuesday, Aug. 8 5 to 8 p.m.
Saturday, Aug. 26 8:30 a.m. to 12 p.m.
Saturday, Sept. 9 8:30 a.m. to 12 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:

July 26
Aug. 9 & 23
Sept. 13 & 27

*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.

Aug. 2
Sept. 6

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:

July 18
Sept. 19

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 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.

CHOOSING A FLAVOR CAN BE HARD

selecting a PCP shouldn't have to be!

DID YOU KNOW YOU CAN CHANGE YOUR DOCTOR THROUGHOUT THE YEAR?

It's HOT out there! Bring your friends in to cool off with **JenCare** at our Orland Township Ice Cream Social. There will be flavors for everyone.

We will also have professionals on hand to answer any questions regarding your health insurance, which can be tricky to manage. Let us help!

**Where: Orland Township
14807 S Ravinia Ave.
Orland Park, IL**

**Date: Thursday & Friday
July 27 & 28, 2023**

Time: 11AM-12PM

**RSVP TO DIANE
(708) 403-4222**

Working For You
ORLAND TOWNSHIP

ORLAND TOWNSHIP

JenCare Senior Medical Center
A CHENMED COMPANY

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, Aug. 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

Monday, Sept. 25 and Tuesday, Sept. 26
9 a.m. to 1 p.m.

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.

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.

Need a reason to pick up and read a good book? 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 — July 13 and Aug. 17 — 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.

Breakfast with the King

Join Orland Township for breakfast! This delicious Winston's catered meal includes scrambled eggs, French toast, bacon, sausage, diced breakfast potatoes, and homemade Irish soda bread. After breakfast, Erik Donner as “Elvis” will bring you back in time and have you “All Shook Up” singing and dancing in your seats!



Place: Orland Township, 14807 S. Ravinia Ave.
Date: Tuesday, Sept. 12
Time: 9 a.m. to 12 p.m.
Fee: \$15 / Residents Only (On Sale Aug. 1)

Halloween Luncheon

Celebrate Halloween at Orland Township! In keeping with the spooky spirit, the magician Greg Boudini will astound you with his mystical, magical and hypnotic powers.



Enjoy a delicious meal from Rocco Vito's — salad, Italian sausage and peppers, mostaccioli and Italian bread — that will make your mouth water. Costumes are optional but prizes will be awarded for creativity.

Place: Orland Township, 14807 S. Ravinia Ave.
Date: Tuesday, Oct. 24
Time: 10 a.m. to 2 p.m.
Fee: \$15 / Residents Only (On Sale Sept. 12)

Grandparent and Grandchild Disney-Themed Dinner Dance



Make memories with your little angels at Orland Township's Grandparent/Grandchild Dance. Spend the evening dancing to Disney music and other favorites, including the Hokey Pokey and Chicken Dance.

The grandparent/grandchild pizza party menu will include pizza, salad and dessert from Papa Joe's. A photographer will be on hand to capture these unforgettable moments with your favorite Disney princess!

Place: Orland Township, 14807 S. Ravinia Ave.
Date: Friday, Sept. 22
Time: 5 to 7:30 p.m.
Fee: \$15 / Residents (+\$5 Grandchild) (On Sale Aug. 11)
\$20 / Non-Residents (+\$5 Grandchild) (On Sale Aug 14)

Motown Dinner Dance

Orland Township is proud to present the music of Motown by The Michael Walters Band!



The Seniors will enjoy a delicious meal from the Orland Chateau. After dinner has been served, it will be time to get a groove on, dancing to all the Motown favorites including hits by James Brown, Al Green, Smokey Robinson, Aretha Franklin, Diana Ross and others. There will be gift baskets as door prizes.

Place: Orland Chateau, 14500 S. LaGrange Road, Orland Park
Date: Thursday, Aug. 31
Time: 5 to 10 p.m.
Fee: \$27 / Residents (On Sale July 20)
\$32 / Non-Residents (On Sale July 21)

Oktoberfest Dinner Dance

Join Orland Township at Oktoberfest dinner dance. Polka Plus, a magnificent four-piece band with Dave Mateja, will have everyone dancing all night long with polkas and fan favorite ballroom dances!



The festive menu from Orland Chateau will be served as well! Raffle baskets and split the pot drawings will also be a part of this fun filled evening.

Place: Orland Chateau, 14500 S. LaGrange Road, Orland Park
Date: Thursday, Oct. 5
Time: 5 to 10 p.m.
Fee: \$27 / Residents (On Sale Aug. 24)
\$32 / Non-Residents (On Sale Aug. 25)

50's Sock Hop Dinner Dance

It's time to rock and roll back to the 1950's, when men greased their hair back and put on their best white t-shirt, and the women wore poodle skirts, bobby socks and saddle shoes.



The Sundance Band will have everyone dancing all night long and Orland Chateau will serve a delicious meal not to be missed! There will be a 50's costume contest with prizes, split the pot, and raffle prizes.

Place: Orland Chateau, 14500 S. LaGrange Road, Orland Park
Date: Thursday, Nov. 9
Time: 5 to 10 p.m.
Fee: \$27 / Residents (On Sale Sept. 28)
\$32 / Non-Residents (On Sale Sept. 29)

CASINO — DAY —

Join us for a fun day of casino style games and learn how JenCare Medical Center provides top-notch medical care for seniors.

OUR SERVICES INCLUDE:

- Respectful doctors who listen
- Dedicated specialists
- Medications provided on-site
- On-site tests and screenings
- Door-to-door transportation available

JenCareMed.com

Some services are not covered under all plans. Check your plan documents for details and service availability at each individual center.
Due to space and time limitations, some services are not available at all centers. Limitations, copayments and restrictions may apply. Offer good while supplies last. Promotional value is nominal.

Where: Orland Township
14807 S Ravinia Ave.
Orland Park, IL

Date: **Weds., Aug. 23**

Time: **1 - 4 p.m.**

RSVP TO DIANE
(708) 403-4222

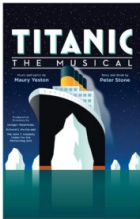
AFFORDABLE CARE. SUPERIOR EXPERIENCE.

SENIOR TRIPS

Titanic at the Fireside Theatre

Titanic is the 1997 Broadway Musical that captured five Tony Awards including Best Musical. Soaring songs, grand staging, and a set awash in glorious costumes makes this historic musical a must-see event. It traces the lives of all the varied strata of people uniquely united on that fateful journey, with the central character being the Titanic herself. Titanic is human drama that explores and reveals individual strength, love, faith, and especially the triumph of human dignity. Don't miss this musical as unforgettable as the historic event itself. Entrée choices include chicken Waterford, sliced pork tenderloin, and shrimp tempura.

Place: Fireside Theatre Janesville, Fort Atkinson, Wis.
Date: Friday, Sept. 8
Time: 7:30 a.m. to 7:30 p.m.
Fee: \$110 / Residents (On Sale Now)
\$115 / Non-Residents (On Sale Now)



Upper Peninsula Island Resort & Casino

Enjoy three days and two nights at the Island & Casino located near Escanaba in the Upper Peninsula of Michigan. The hotel features two towers of rooms with an indoor pool and sauna. Michigan allows craps, let it ride, table poker, slots, blackjack and, of course, bingo.

Passengers are on their own to enjoy this beautiful complex. Promo cash can now be carried over each day but does expire on the last day of your visit upon departure; promo cash credits MUST be used before you leave the casino or you will lose them. We hope you have a "lucky" time at the Island Resort & Casino.

Place: Island Resort & Casino, Harris, Mich.
Date: Thursday, Sept. 13 to Saturday, Sept. 15
Time: Departure 8 a.m.
Fee: Single Occupancy Per Person: \$341
Double Occupancy Per Person: \$260
Triple Occupancy Per Person: \$255



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. 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: Renaissance Milwaukee West Hotel, Wauwatosa, 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 Now)

Shipshewana

Shipshewana & LaGrange County are known as a one-of-a-kind destination for visitors to experience the simplicity of Amish culture as well as the delicious foods and quality products they produce. But there's so much more to explore around town and in the area including a wide variety of shopping opportunities from quaint downtown shops to locally produced meat and cheese, exciting outdoor recreation, world-class entertainment and the Midwest's largest flea market.

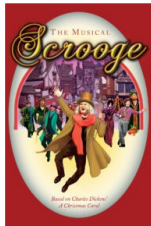


This trip includes one overnight stay, one breakfast, two dinners, and the opportunity to shop in charming downtown Shipshewana! Guests also will enjoy a visit to the Blue Gate Theatre for "Salute to the Stars" — a Las Vegas-style tribute show showcasing the artistry of George Strait, Dolly Parton and Elvis Presley.

Place: Shipshewana, Ind.
Date: Tuesday, Oct. 10 to Wednesday, Oct. 11
Time: 7:30 a.m. to 7:30 p.m.
Fee: \$180 Residents
\$185 Non-Residents (On Sale Now)

"Scrooge" at the Fireside Theatre

Travel to the Fireside Theatre on a deluxe motor coach for this merry, sparkling, tuneful, boisterous Broadway musical version of Dickens' "A Christmas Carol." Based on the popular musical movie starring Albert Finney, "Scrooge the Musical" tells this time-honored tale of redemption and love as only the Fireside can — with a beautiful and rousing musical score (including the well-known "Thank You Very Much"), breath-taking dancing, beautiful period costumes, uproarious comedy, and heart-warming drama. If you must choose only one Christmas show this season, see "Scrooge the Musical" at the Fireside. Entrée choices include supreme cut chicken, sliced beef tenderloin, and salmon.



Place: Fireside Theatre Janesville, Fort Atkinson, Wis.
Date: Thursday, Nov. 2
Time: 7:30 a.m. to 7:30 p.m.
Fee: \$105 / Residents (On Sale Aug. 2)
\$110 / Non-Residents (On Sale Aug. 3)

Visit & Tour Washington, D.C.

Join Orland Township for a tour of the nation's capital. This trip includes motorcoach transportation; six nights lodging (with four consecutive nights in the Washington, D.C. area); 10 meals (six breakfasts and four dinners); two guided tours of Washington (including the WWII Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the Martin Luther King, Jr. National Memorial, the Lincoln Memorial, and more); evening guided memorial and monuments tour; admission to the Museum of the Bible; tram ride through Arlington National Cemetery; and admission to George Washington's Mount Vernon Estate & Garden.



Place: Washington, D.C.
Date: Thursday, Oct. 19 to Monday, Oct. 23
Depart: 7 a.m. Thursday, Oct. 19
Fee: \$989 Per Person / Single Occupancy
\$789 Per Person / Double 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. Registration and classes are held at the Orland Township Activity Center.

Trustee John Lynch

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
Tuesdays, July 25 - Aug 22 from 9:30 a.m. to 10:30 a.m.

Registration Available Now

Line Dancing

"There are shortcuts to happiness, and dancing is one of them." Orland Township begins line dancing lessons on Wednesday, Sept. 6. Instructor Meridel Wesely has been dancing for most of her life —ballet and tap lessons, ballroom dancing, swing and rock and roll, and now line dancing. She will teach some of the most popular line dances and you'll learn the moves to join in the line dancing at weddings and parties! The class will learn new dances each week (some couples line dances too) while reviewing the ones already learned.

Line Dancing Fee (Per Session):
\$10 / Residents (On Sale Now)
\$15 / Non-Residents (On Sale Now)

Classes: 1st Session : Sept. 6 - Oct. 4
2nd Session: Oct. 18 - Nov 29
Time: 1 to 2 p.m.

Registration Available Now

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 (\$47 non-residents)

Zumba Classes
Wednesdays, August - Oct. from 9 to 10 a.m.
Call for dates

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, Aug. 23 to Oct. 11 from 3:45-4:30

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 – \$35 (\$40 non-residents)

Strong & Fit Classes
Tuesdays, Aug. 22 to Oct. 10 from 3:45 to 4:30 p.m.

Registration Available Now

Meditation

Introducing Meditation with Renee Lenore! Meditation is the practice of intentionally spending time with our mind. We take time out of our busy days to sit, breathe, and try to remain focused on our breath. Doing this helps us become more aware of our thoughts, act more compassionately toward ourselves and others, and connect with the present moment. Relax, rejuvenate, release in this class

Meditation Session Fee
8 weeks – \$45 (\$50 non-residents)

Meditation Classes
Wednesdays, Aug. 16 to Oct. 4, 10:15 a.m. to 11:15 a.m.

Registration begins Wednesday, July 26

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.

Students Invited to Join Youth Commission

Are you in 6th grade or higher? Earn community service hours while having fun by joining the Orland Township Youth Commission!

The Orland Township Youth Commission (O.T.Y.C.) is a “community service group” that encourages local youth to help others while teaching them essential life skills. O.T.Y.C. provides opportunities to earn community service hours, as well as engage in the community by volunteering, fundraising, and participating in seasonal recreational activities.



In June, Orland Township kicked off the revival of O.T.Y.C. with a summer picnic to gather students between the 6th and 12th grades for an evening of fun with fellow peers and to learn about the amazing opportunities of OTYC. Students were able to enjoy hot dogs and hamburgers from Joey's Food Truck after socializing, followed by fun games and great music.

Want to learn more or register to join?
Contact Gina at ginac@orlandtownship.org.



Orland Township Scholarship Foundation Awards 16 Local Students

Orland Township held a scholarship awards dinner on Thursday, May 11th at OPA! Modern Greek Cuisine, located at 8801 W 143rd St, in Orland Park. The students, who reside in the Township, were awarded an overall total of \$17,000 from the Orland Township Scholarship Foundation.

Over the past several years, Supervisor Paul O'Grady - who also serves as the President of the Foundation - and the Board of Directors have awarded over \$218,400 dollars in scholarships, helping well over 290 students receive financial aid towards college.

The students and their families were invited to the honorary dinner. Supervisor Paul O'Grady presented the awards to the students after dinner was served, where he also discussed the various events that aided the success of their fundraising efforts.

“The generosity of the donors to help these students with such a heavy financial burden is a great investment for the community and the generations to come.” O'Grady said. “Strengthening feelings of hope and possibility among our young people is possible by prioritizing their futures. We're glad to have the opportunity to contribute to the next chapter in their academic careers.”

Of the 16 award recipients, five were from Carl Sandburg High School (Demetra Feradourous, Kate Ferguson, Armando Gutierrez, Matthew Hurley, Michael Tortorici), two were from Providence Catholic High School (Elizabeth Kulpinski, Erica Winjum), six from Victor J. Andrew High School (Alexander Day, Daniella Duran, Patrick Keating, Tyler Roney, Kaylee Schifferl, Adriana Scumaci), one from St. Laurence High School (Noah Swerhun), one from St. Rita High School (Charles Armbruster), and one from Mother McAuley Liberal Arts High School (Isabella Hughes).

The selected students have demonstrated outstanding leadership in their schools, communities, and extracurricular activities, proving abilities that stretch far beyond their academic excellence. The Orland Township Scholarship Foundation hopes that you join them in wishing these students the best in the next chapter of their academic careers.

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

WALTER MILLER ANTIQUES

(EST. 1986)

WANTED TO BUY YOUR MOTHER'S, GRANDMOTHER'S, AUNT'S OR YOUR OWN...

- Old costume jewelry
- Anything old or unusual
- Antiques or collectibles
- Black and white photos or albums
- Cufflinks, vintage clothing
- Toys, primitives, crocks
- Wind up wristwatches
- Advertising items
- WWII items
- AND MORE!



**FOR MORE INFORMATION
CALL, TEXT, OR EMAIL:**


**WALLY OR MARYANN MILLER
WMILLERANTIQUES@GMAIL.COM**

708-460-9237



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. 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 (GA): 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. 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. General Assistance provides temporary support to pay for basic necessities like rent, utilities, food and cleaning supplies until a resident obtains employment or begins receiving income from Social Security, disability, unemployment or other public aid programs.

Emergency Assistance (EA): 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.

Applicants must be a resident of Orland Township, a US citizen or qualified immigrant, and must meet all state-administered eligibility requirements

Applications to determine eligibility for General Assistance or Emergency Assistance are available at the Orland Township office. Once submitted with verification of household size and proof of residency and income, 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.



Orland Hills Residents May Qualify for Financial Assistance with Water Bills

Illinois American Water, which serves Orland Hills residents, provides qualifying customers with financial assistance through the H2O Help to Others Program to help them manage water bills. This customer assistance program, created by Illinois American Water and Illinois Salvation Army agencies, helps provide supplemental funding to residents who would otherwise have trouble paying their bills.

H2O Help to Others is supported by contributions from Illinois American Water and voluntary contributions from customers. Any residential customer with a delinquent account and demonstrated financial need due to an emergency state (not chronic or intentional delinquency) may be eligible to apply.

Individuals applying for assistance must be Illinois American Water residential customers and may apply for assistance one time per calendar year. For more information on this and other assistance programs available to area residents, please contact Alexis at (708) 403-4222.

Orland Township Job Fair Draws A Crowd

Orland Township hosted its annual Summer Job Fair in June and the first 100 jobseekers received a \$50 gas card after speaking with a few of the employers on site.

The fair was open to all members of the public, and attracted nearly 200 guests. Thirty companies were in attendance, representing a variety of industries, including healthcare, financial, manufacturing, transportation and retail. Attendees networked with local companies and spoke with their representatives about current job openings. There were plenty of opportunities to learn about both long-term careers and simple summer jobs.

"It's was a great opportunity for many of our residents," said Supervisor Paul O'Grady. "I hope those who took the time to come out and meet with our employers had success in obtaining a job from our fair."

For more information on programs, services and events being held at Orland Township, visit orlandtownship.org or call (708) 403-4222. Please also be sure to like the Orland Township Facebook page for more updates.



Need help and don't know where to turn?

211 211MetroChicago.org



FREE • FAST • LOCAL • CONFIDENTIAL • 24/7

211 Metro Chicago connects you to the help you need:

✓ Childcare

✓ Employment

✓ Food Assistance

✓ Health Care

✓ Housing

✓ Legal and Immigration

✓ Substance Use

✓ Transportation

✓ Utilities Assistance

AND MUCH MORE!







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

Honoring the late Anita Morgan, a beloved volunteer of the Orland Township Food Pantry. She was dedicated to serving the pantry for more than a decade. When asked to volunteer and food drives and other events, she would always say: "You know, I wouldn't miss it for the world."

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.





USDA
Supplemental
Nutrition
Assistance
Program

Putting Healthy Food
Within Reach



GREATER CHICAGO FOOD DEPOSITORY

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)

Non-perishable food items can be donated
Monday - Friday 9 a.m.-4 p.m.
Please check expiration dates before donating!



The Orland Township Food Pantry is in need of the following food items:

- Apple sauce
 - Beef stew
 - Box potatoes
 - Broth
 - Cake mix
 - Canned Salmon
 - Canned Tuna
 - Canned chicken
 - Chili
 - Cooking oil
 - Crackers
- Gravy
 - Jelly
 - Ketchup
 - Mayonnaise
 - Mustard
 - Peanut butter
 - Ramen soup
 - Rice
 - Side dishes
 - Soup
 - Stuffing



Thank you for your support!

ORLAND TOWNSHIP OFFERING SCHOOL SUPPLIES

TO QUALIFYING LOW INCOME ORLAND TOWNSHIP FAMILIES

August 4 -12

Friday	August 4 th , 11 th	9:00am – 6:00pm
Saturday	August 5 th , 12 th	9:00am – 1:00pm
Monday	August 7 th	9:00am – 6:00pm
Tuesday	August 8 th	9:00am – 6:00pm
Wednesday	August 9 th	9:00am – 6:00pm
Thursday	August 10 th	9:00am – 6:00pm

MUST SHOW DOCUMENTS FROM EACH LINE

7/1/2022- 6/30/2023
GROSS INCOME GUIDELINES

- **Orland Township residency - Parent's Picture ID with Correct Address**
- **Last 30 Days Household Income - Pay Stubs or Bank Statement**
- **School District Letter, Bus Route, or Birth Certificate for Children**

School Supplies and Backpacks Available For Kindergarten – High School

*BACKPACKS AND SCHOOL SUPPLIES AVAILABLE WHILE SUPPLIES LAST

HOUSEHOLD SIZE	MONTHLY GROSS INCOME	YEARLY GROSS INCOME
1	\$2,096	\$25,152
2	\$2,823	\$33,876
3	\$3,551	\$42,612
4	\$4,279	\$51,348
5	\$5,006	\$60,072
6	\$5,734	\$68,808
7	\$6,462	\$77,544
8	\$7,189	\$86,268
9	\$7,917	\$95,004
10	\$8,649	\$103,788

For households with more than 10 persons, add \$728 for each additional

PACK-A-BACKPACK



Orland Township is currently seeking NEW backpacks and NEW school supplies to help Orland Township children and teens prepare for school. A full list of suggested school supplies and a commitment link are available online at orlandtownship.org/backpack

High need for middle school / high school themed backpacks & supplies.

Please ensure donated items are NEW and good quality.

Suggested items:

- Art Supplies: glue stick, scissors, crayons, colored pencils, markers.
- No. 2 Pencils, Pencil Sharpener, Erasers.
- Blue & Black ball-point pens
- Highlighters
- Notebooks (spiral and/or composition).
- Packaged Loose Leaf Paper. (College & Wide Ruled)
- Packaged Graph Paper.
- Folders and 3 Ring Binders
- Index cards
- Graphing calculator (TI-84 Plus CE)
- Pencil cases, book covers/socks,

Mark your calendar for the return of Orland Township's Pet Fair & Fundraiser

PET-pALOOZA 2023

Hosted by Orland Township Supervisor Paul O'Grady & the Board of Trustees

Saturday, Sept. 16, 2023 • Noon to 3 p.m.

Township Grounds at 14807 S. Ravinia Ave., Orland Park • Benefiting the Orland Township Pet Pantry
Orland Township residents, along with their furry, four-legged family members, are invited for a day of family fun at the 11th annual Pet-Palooza. Rain or shine, come "paw-ty" at our pet-friendly festival.

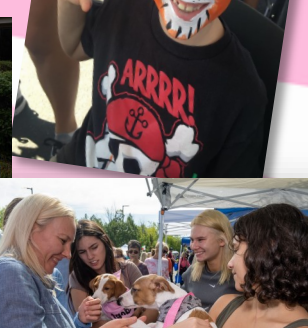
Pet-Palooza will include:

- 🐾 More than 75 pet-friendly/pet-centered businesses and organizations!
- 🐾 Pet Adoptions
- 🐾 Pet products and information
- 🐾 Free samples from local restaurants - many of which have pet-friendly patio areas



The Kids' Zone:

- 🐾 Games & prizes!
- 🐾 Face painting!
- 🐾 Inflatable bounce-houses!
- 🐾 Trackless train rides!
- 🐾 Princesses, superheroes & other characters!



Pet contests with prizes!

2022 SuPETvisor Copper!



Rover's Rest Zone:

- 🐾 Water bowls
- 🐾 Shade
- 🐾 Cooling mist
- 🐾 Cooling pools for hot paws

PET-PALOOZA RULES

- All participating pets should have up-to-date vaccinations.
- Owners are responsible for cleaning up after their pets.
- All pets must be on leashes of six feet or less.
- All animals must wear proper tags.
- Costumes for pets (and their owners!) are encouraged but not required.

🐾 "Ask the Vet" booth

🐾 Live entertainment!



Think you have the next 'SuPETvisor' of the year?
Orland Township residents can nominate their beloved pets to be Orland Township's 'SuPETvisor' of The Year!
Learn more here by scanning the QR code or visiting orlandtownship.org/supetvisor



Admission is FREE, however a donation of a five-pound bag of pet food or a cash donation to the Orland Township Pet Pantry is strongly encouraged and greatly appreciated. All proceeds benefit the Orland Township Pet Pantry, "Crashy's Closet," which was founded by Supervisor O'Grady and his wife and provides pet food and supplies to families in need.

Activities and vendors are added daily, so to keep up-to-date, visit: orlandtownship.org OR facebook.com/orlandtownshippetpalooza

For additional information, including how to become a participating vendor, please call Orland Township at (708) 403-4222.



THE ORLAND TOWNSHIP
FOCUS

SUMMER NEWSLETTER JULY – SEPT. 2023

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

For more information on Township programs and
events, please call (708) 403-4222 or visit
www.orlandtownship.org