



THE ORLAND TOWNSHIP FOCUS



MESSAGE FROM THE SUPERVISOR



Paul O'Grady
Orland Township Supervisor

Make a Splash for Orland Township!
The Summer season is in full force and so are Orland Township services. From our Food Pantry, Senior Services to Health Services, and other community contributing services, there is something for everyone in our community.

Back-to-School Health Fair
If you have children, help get them ready for fall classes by attending Orland Township's Back to School Health Fair on Sunday, July 28 from 9 a.m. to 1 p.m. at our office and community center, located at 14807 S. Ravinia Ave. Required immunizations, physicals, dental screenings, eye exams, and haircuts are among the services that will be available. Event admission is free and the first 50 children in the door will receive a free Andy's Frozen Custard Cone Card. Please see page 6 of this Focus for additional details.

Replace Your Transponder
We are happy to help the Orland Park Lions Club host a second Transponder Drop Off Event on Friday, Sept. 13 from 3 p.m. to 7 p.m., and Saturday, Sept. 14 from 8 a.m. to noon. This event will allow residents to properly dispose of what will soon be expired transponders. For more information on this event and why your transponder will be expiring, please see page 9.

Pet-Palooza
We will again host the popular Pet-Palooza festival for Township residents and their four-legged friends. The 12th Pet-Palooza will be from noon to 3 p.m. Saturday, Sept. 21 on the Township grounds and will feature pet contests, dozens of pet-friendly businesses, pet adoptions, food booths featuring local restaurants, games and prizes for kids, and so much more. Well-behaved pets are welcome, and costumes are encouraged! All proceeds benefit the Orland Township Pet Pantry, "Crashy's Closet". Please see the back page for more information.

Dancing with the Senior Stars
Partnering with Arthur Murray Dance Centers, Orland Township Senior Services is excited for the return of the dance competition, Dancing with the Senior Stars! Modeling the hit show, Senior dancing duos will perform rehearsed dances in front of a live audience to benefit the Orland Township Scholarship Foundation. Those who are interested in competing, call (708) 403-4222 for more information and to register.

Working for You
Orland Township's staff and our dedicated volunteers take pride in all the services we have to offer for the community. We look forward to continuing our community's social connections, health, and well-being this year. If you need assistance or have questions, please call us at (708) 403-4222. We're your Township, and we're working for you.

Sincerely,
Paul O'Grady

ECRWSS
PRSRT STD
U.S. Postage
PAID
Excel Mailing

UPCOMING
EVENTS

July 28:
Back-to-School Health Fair

August 29:
Motown Dinner Dance

September 21:
Pet-Palooza

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Follow us and receive updates and the most recent Township news:
facebook.com/OrlandTownshipIL | IG & X: @OrlandTownship



SUMMER NEWSLETTER

July - September

2024



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*****

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.

"Thanks A Latte!" to Our Volunteers!

Orland Township recently hosted a Volunteer Appreciation Dinner to express gratitude to its volunteers for their significant contributions to the community. The event was held on Wednesday, April 24, at OPA! Modern Greek in Orland Park, where over 70 volunteers from different departments gathered to celebrate their achievements.

Volunteers are vital to Orland Township, dedicating their free time throughout the year to assist in various departments. They help in the Township's Food Pantry, work with Health or Senior Services, and participate in several community events throughout the year. Each volunteer plays an essential role in the Township's goal to improve the lives of residents and make Orland Township a better place to live.

At the Volunteer Appreciation Dinner, Supervisor O'Grady expressed his appreciation for the many contributions of the volunteers, which contributed to the success of the Township's mission over the past year. He highlighted the hard work and dedication of each volunteer, which enabled the Township to run smoothly and effectively. Orland Township Clerk Cindy Murray, along with Village of Tinley Park Trustee and Senior Services Assistant Bill Brady, joined him in front of the crowd to offer their gratitude.

The event provided an opportunity for volunteers to socialize, share experiences, and celebrate their achievements. It was a memorable occasion, and Orland Township looks forward to continuing to work with its volunteers and further enriching the community.

The Township says "Thanks A Latte!" to the volunteers who contributed outstanding hours of service in 2023:

Bidya Agarwaz, Steve Benda, Ursula Bitterman, Andi Borucke, Kathy Brannigan, Gianna Castillo, Luca Castillo, Joann Cesario, Maurice Chikiar, Pat Ciarrocchi, Larry Conner, Donna Daughtry, Kelly DiPego, Samiha Dollah, Jean Egan, Marie Faltin, Talisha Fason, Dawn Friend, Diane Gallagher, Maria Garcia, Cosette Gobenciong, Nancy Gurak, Kay Hamann, Sharon Heft, Kathy Hunt, Kelly Kammerzell, George Kazin, Trish Kiwior, Janet Kohler, Ruth Korkus, Chris Krakowski, Marie Manzella, Carol Martin, Jane Martinek, Mary Lou Martinus, Sue Matusiak, Marilyn Miller, Denise Mitchel, Pat Mudd, Eleanor Needham, Michelle O'Malley, Bill O'Neill, Diane Pajkos, Rich Paplauski, Betty Rochowicz, Louise Schmidt, Nancy Shunt, Jeanne Smith, Barb Stube, Marilyn Teta, Joyce Thompson, Caryl Tietz, Donna Vanoni, Rich Vanoni, Maryam Varjavand, Grace Villarreal, Francisco Viramontes, Caryl Walsh, Bill Weir, and Sandi White.



Minds Matter: Orland Township Shines a Light on Mental Health

On Thursday, May 16, Orland Township hosted the first annual Minds Matter on township grounds at 14807 S. Ravinia Ave. The event drew over 120 attendees who engaged in browsing vendors, lighting tribute lanterns, sampling local cuisine, participating in an honor walk, and enjoying live music by The PonyBoys.

Local organizations such as Orland Township play a pivotal role in promoting awareness about mental health and combating associated stigmas. Minds Matter, overseen by Youth & Family Services Coordinator Gina Miceli-Chigaros, made a substantial contribution to this cause.

"Minds Matter was established to promote awareness and provide support for mental health. During the month of May, we commemorate Mental Health Awareness Month by offering valuable resources to help individuals prioritize their mental well-being and combat the stigma surrounding mental health challenges." said Miceli-Chigaros.

A portion of the event's proceeds will benefit NAMI (National Alliance on Mental Illness), the largest grassroots mental health organization in the nation, dedicated to enhancing the lives of millions of Americans affected by mental illness. Further information about NAMI's services can be found at www.nami.org.

"The event was an enriching experience, fostering unity in addressing internal struggles while endeavoring to dispel mental health misconceptions and taboos. Our collective objective was to raise awareness and advocate for the well-being of all individuals in our community, and we certainly achieved that," stated Supervisor Paul O'Grady.

Orland Township extends its gratitude to gold sponsors, The Thriving You PLLC and Orland Park Bank & Trust, for their valued support. The Township also expresses appreciation for the volunteers and staff, including Township Clerk Cindy Murray, her husband Tim, and daughter Ava.

Orland Township would like to thank Victress: A Wellness Center for Women, The Pointe, Pathlights, Crystal Healing Studio, Beyond Acceptance, The Thriving You PLLC, Orland Township, Linden Oaks, Sunkissed Greenz, Consolidated High School District 230, Nourish Herb & Acupuncture, Mosaic Counseling & Wellness, Orland Park Library, Cook County Sheriff Treatment Response Team, Children on a Mission, Personal Balance Counseling, Grace in Love, Inc., Shatterproof, AL - Anon, Compassionate Friends, Catholic Charities- LOSS: Loving Outreach to Survivors of Suicide, Timberline Knolls, Trinity Services: The Living Room, Mariposa Psychological Services, BJ's Restaurant & Brewhouse, Rock Bottom, Papa Joe's, Hillgrove Tap, Hienie's McCarthy's, and Sub City for their participation.



THANK YOU TO OUR SPONSORS!

GOLD	SILVER	BRONZE
<p>The Thriving You, PLLC Come Explore. Express. Evolve.</p> <p>ORLAND PARK BANK & TRUST A WINTRUST COMMUNITY BANK</p>		

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. To submit an application, 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.

Promote Your Business,

Support Local Youth Heading to College.

Orland Township encourages area businesses to consider advertising in the Focus, our quarterly newsletter to Township residents. All proceeds benefit the Orland Township Scholarship Foundation, which awards college scholarships to local high school seniors based on academic achievement and community service. Learn more at www.orlandtownship.org/advertise.



The Thriving You, PLLC

Come Explore. Express. Evolve.

7620 W 159th St., Orland Park, IL 60462 | (708) 232-3302

www.thethrivingyoupllc.com

Our mission is to provide compassionate care to clients of all ages using evidence-based practices that promote happier, healthier, and more quality filled lives. The vision is to empower people to explore their feelings and experiences, express their thoughts and emotional reactions, and make a space for clients to evolve into their thriving selves.

ORLAND PARK CROSSING

SPIRIT OF AMERICA

CAR SHOW & DRIVE IN

Proceeds support the

Orland Township Food Pantry

SATURDAY, SEPT. 7

Rain Date - Saturday, Sept 21st

Check in 12:00 - 3:00 PM | Open to Public 3:00 - 9:30 PM

143rd & LaGrange Road | Orland Park Crossing Behind Xfinity

\$25 REGISTRATION FEE

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

DAYS OF Thunder

On a big screen truck,
starting at 8:00 PM

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

EDWARDS

REALTY COMPANY

MIDAS

Spirit of America Car Show

ORLAND PARK CROSSING

ShopOrlandParkCrossing.com

@OrlandParkCrossing

@OrlandParkXing

@ShopOrlandParkCrossing

Exhibitor, vendor, & event information:

Please call Michele Cruse at (708) 923-6312 or email michele@edwardsrealtyco.com

ORLAND PARK

BANK & TRUST

A WINTRUST COMMUNITY BANK

15330 LaGrange Rd, Orland Park, IL 60462

(708) 460-1100

As a Wintrust Community Bank, we’re proud to invest in and give back to our local area.

Orland Park Bank & Trust is a branch of Old Plank Trail Community Bank, N.A.

MEMBER FDIC EQUAL LENDER

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 a reminder, upon receiving the Second Installment Property Tax Bill for 2023, all taxpayers in Orland Township should carefully review their tax bill to make sure that it reflects the property tax exemption(s) to which you are entitled. Depending on your circumstances, these exemptions may include:

- Homeowner Exemption
- Senior Exemption (born in 1958 or prior year)
- Low-Income Senior Citizens Assessment Freeze Exemption (senior citizen residing in their home Jan. 1, 2022 and Jan. 1, 2023, with a 2022 total gross household income, including gross social security, 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 a Certificate of Error Application for any missing exemptions for the 2023 property tax year, as well as four prior years, to receive refunds.

In 2023, all Orland Township properties were reassessed. These Reassessment notices were mailed 5/24/2023. Assessed values in Orland Township increased by an average of 38%, which reflects three years of real estate market changes. Our taxpayers were very concerned about the increase and looked for help in appealing their assessed values.

All properties in Cook County are reassessed every 3 years. As per the Cook County Assessor's website, "The job of the Cook County Assessor's Office is to calculate a fair market value for your property. For residential properties, your property's assessed value equals 10% of its fair market value, per Cook County ordinance." The Cook County Assessor's Office upgraded technology several years ago to track more extensive sales data in order to calculate fair market value.

Each year, a taxpayer can appeal their assessed value with the Cook County Assessor and/or the Cook County Board of Review. There is a 30 business-day time frame in which to submit these appeals. During these open dates, my staff can help Orland Township homeowners file appeals. We will do research to determine if your assessment is too high relative to other comparable properties. When Orland Township opens for appeals, taxpayers can schedule appointments with our office by phone.

Appointments are limited and may be made by calling (708) 403-4712.

The 2024 Appeal dates for Orland Township will be posted at:

- www.cookcountyassessor.com/assessment-calendar-and-deadlines
- www.cookcountyboardofreview.com/dates-and-deadlines

Our 2023 Cook County Assessor's Office Appeal filing period was 5/24/2023-6/29/2023. A total of 304 appeals were filed through our office with 17% resulting in a reduction:

253	Did not receive any assessed valuation reductions
0	Received reductions ranging from 1 – 999
6	Received reductions ranging from 1,000 – 1,999
20	Received reductions ranging from 2,000 – 2,999
11	Received reductions ranging from 3,000 – 3,999
7	Received reductions ranging from 4,000 – 4,999
4	Received reductions ranging from 5,000 – 5,999
2	Received reductions ranging from 6,000 – 6,999
0	Received reductions ranging from 7,000 – 7,999
1	Received reductions ranging from 8,000 – 8,999
0	Received reductions ranging from 9,000 – 9,999
0	Received reductions ranging from 10,000 +

Our 2023 Cook County Board of Review Appeal filing period was 10/5/2023-11/3/2023. A total of 236 appeals were filed through our office with 77% resulting in a reduction:

54	Did not receive any assessed valuation reductions
5	Received reductions ranging from 1 – 999
27	Received reductions ranging from 1,000 – 1,999
46	Received reductions ranging from 2,000 – 2,999
47	Received reductions ranging from 3,000 – 3,999
31	Received reductions ranging from 4,000 – 4,999
12	Received reductions ranging from 5,000 – 5,999
7	Received reductions ranging from 6,000 – 6,999
0	Received reductions ranging from 7,000 – 7,999
3	Received reductions ranging from 8,000 – 8,999
2	Received reductions ranging from 9,000 – 9,999
2	Received reductions ranging from 10,000 +

These assessed valuation reductions will be reflected on the 2023 Second Installment Property Tax Bills.

If you have any further questions regarding property taxes, you may contact me or one of my staff, Judy Vonderheide or Nancy Devlin, at (708) 403-4712. We will be happy to assist you. Enjoy the summer!



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

**dancing
with the
senior Stars
of Orland Township**

Come audition for Dancing with the Senior Stars of Orland Township! Hosted by Orland Township, this is your chance to meet and dance with local professional dancers as you prepare to compete for the coveted Mirror Ball Trophy on Thursday, Nov. 7, 2024.

We encourage you to bring your own music and prepare a dance routine of up to 3 minutes to showcase your skills on the dance floor. Whether you prefer ballroom, Latin, or contemporary dance styles, this event is your opportunity to shine.

Don't forget to bring your dancing shoes and get ready for an unforgettable evening of fun and friendly competition! Register today!

**AUDITIONS TO BE HELD IN AUGUST
CALL TO REGISTER OR FOR MORE INFORMATION:
(708) 403-4222**







NEWS FROM THE OFFICE OF THE CLERK

CINDY M. MURRAY

Are You Registered to Vote? The 2024 Presidential Election is Upon Us

Early Voting for the 2024 Presidential Election will begin October 21, 2024

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

Orland Township is happy to help Cook County residents each election season, whether providing voters with their upcoming ballot, voting dates and times, or registering people to vote. The 2024 Presidential Election will begin Oct. 21, 2024. We encourage all eligible people not already registered to do so at their earliest convenience. Please see below for more information.

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.

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.
- 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.

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



Not Registered to Vote? Do so on
National Voter Registration Day!

NATIONAL VOTER REGISTRATION
DAY WILL BE SEPTEMBER 17

www.nationalvoterregistrationday.org

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

S.H.I.P. (Senior Health Insurance Program) Office



FREE SEMINAR TO COVER
ALL ASPECTS OF MEDICARE
Wednesday, Oct. 2, 2024 from 1:00 to 3:00 pm.



Orland Township will present a free "Everything You Need to Know" Medicare seminar on Wednesday, Oct. 2 from 1:00-3:00 p.m. in the Orland Township Activity Center, located at 14807 S. Ravinia Ave.

This seminar will cover all aspects of Medicare, including enrollment periods; Medicare Part A and Part B benefits, deductibles and benefit periods; Part D prescription drug plans; assignment/non-assignment; home healthcare/hospice care; skilled nursing; supplemental/Medicare insurance policies; advantage plans; low-income programs and much more.

To register for this FREE seminar, please contact Orland Township at (708) 403-4222.



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 16 years of age or older and totally disabled before Jan. 1 of current year.
- Income Limits**
\$33,562 if filing an application for yourself only;
\$44,533 if filing an application for yourself and your spouse;
\$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 filled.

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

FOR MORE INFORMATION OR ASSISTANCE, CALL ORLAND TOWNSHIP AT (708) 403-4222.

SAVE THE DATE:
Medicare Part D
(Prescription Drug Coverage):
Open Enrollment Starts
Tuesday, Oct. 15, 2024!



Medicare Part D Drug Prescription Coverage:
Open Enrollment Starts Tuesday, Oct. 15, 2024

Medicare beneficiaries need to be aware of the upcoming Annual Coordinated Election Period for Medicare Part D drug coverage, which starts Tuesday, Oct. 15 and goes through Saturday, Dec. 7.

During this period, Medicare beneficiaries who do not have Part D plan can enroll in one and those who do have coverage can change plans. Beneficiaries who take no action will remain in their current plan.

However, since Part D plans may make changes to their benefit package for 2025, including changes in premiums, formularies (list of covered drugs), tiers, utilization management tools, exceptions, and the appeals process and other aspects of their plans, even beneficiaries who were satisfied with their plan in 2024 are strongly encouraged to review their options.

Orland Township S.H.I.P. counselors are available to assist you. Starting on Sept. 5, please call to schedule an appointment: (708) 403-4222.



ORLAND TOWNSHIP HEALTH SERVICES



Back-to-School Health Fair to be held July 28

Orland Township's Back-to-School Health Fair is quickly approaching! Supervisor Paul O'Grady and the Board of Trustees are excited to help local families prepare to send their children back to school. The fair, which will take place Sunday, July 28 between 9 a.m. and 1 p.m., will be held at Orland Township, located at 14807 S. Ravinia Ave.

The Back-to-School Health Fair will have plenty of free services, giveaways and fun activities. School physicals (sports and health) will be available for \$35 for Township residents (\$45 for non-residents) and proof of residency is required. Admission is FREE. Immunizations, police & fire safety demonstrations, and haircuts are among other services provided.

Call (708) 403-4222 for more information or to make an appointment for health services.

**ORLAND TOWNSHIP**

BACK TO SCHOOL

HEALTH FAIR

SUNDAY, JULY 28, 2024

ORLAND TOWNSHIP • 14807 S. RAVINIA AVE. • 9 AM - 1 PM

FREE ADMISSION

STUDENTS ENROLLING IN PRE-SCHOOL THROUGH HIGH SCHOOL (AGES 3-18 ONLY)

IMMUNIZATIONS

- APPOINTMENT ONLY

SPORTS & HEALTH PHYSICALS

- \$35 TOWNSHIP RESIDENTS
- \$45 NON-RESIDENTS

CALL (708) 403-4222 TO SCHEDULE

- HAIR CUTS
- POLICE & FIRE SAFETY
- SCHOOL SUPPLIES
- GAMES & PRIZES
- FACE PAINTING
- FOOD & BEVERAGES
- LOCAL VENDORS
- FREE GIVEAWAYS

...AND MORE!

ORLANDTOWNSHIP.ORG/BTSHF

Residents Benefit from Senior Health Fair

The Orland Township Senior Health Fair was a resounding success, drawing in over 300 guests who were warmly welcomed by Township Health Services Coordinator, Diane Goerg. The event took place from 9 a.m to noon and provided a multitude of valuable services.

Guests were able to partake in one-on-one meetings with various vendors and also availed themselves of complimentary health screenings offered by the Orland Township Health Services Nursing Staff, Lewis University Nursing Students, Orland Park Lions Club, and Orland Hearing Aid Center. Our generous top sponsor, Walmart (9265 159th St, Orland Hills), was also onsite administering vaccinations.

Furthermore, after exploring the diverse offerings at the fair, attendees were treated to a delectable lunch courtesy of JourneyCare. The lunch menu boasted an array of options including sweets, chips, deli sandwiches, pulled pork, pizza, and more, ensuring that guests left not only with valuable health insights but also satisfied appetites.



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)

Ridge Dental

14540 John Humphrey Dr.
Orland Park, IL 60462
(708) 349-5800
(new patients must purchase x-rays)

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)

Today's Family Dentistry

Dr. Daniel J. Nicorata
10720 W 143rd St Suite 27
Orland Park, IL 60462
(708) 460-1109

Dr. Richard Holba

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

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

Davis Eye Care

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

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

Eye Was Framed Eye Care

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

****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

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

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

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.

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

Sunday, July 28 8 a.m. to 12 p.m. (B2S Health Fair)
Tuesday, Aug. 27 5:30 to 7:30 p.m.
Tuesday, Sept. 24 5:30 to 7:30 p.m.

Wellness Wednesdays

Orland Township's registered nurse is available the second Wednesday of each month from 8:30 a.m. to 12:30 p.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 10
Aug. 14
Sept. 11

*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.

More Health Services Options

Newly acquired medical testing equipment will afford Orland Township 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.

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.

Call Orland Township at (708) 403-4222 for more information.

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 for information on available adult vaccines and applicable fees.

Put Your Feet First...

Podiatry Screenings

Podiatry Screenings will be offered at Orland Township by David G. Iaccino, DPM on select dates from 10 a.m. to 1 p.m.

Nail cuttings will be available for residents for a \$15 fee.

No insurance is accepted.

July 19th
Aug. 23rd
Sept. 20th



To schedule an appointment, please call (708) 403-4222.

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 the following Wednesdays:

Aug. 7
Sept. 4
Oct. 2

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 16
Aug. 20
Sept. 17

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 www.orlandtownship.org.

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 www.cyberdriveillinois.com.



1. Stay Cool

- Stay in air-conditioned locations. Find out if your community has a cooling center available during hot months.
- Don't stay in a hot car (and don't leave pets in a hot car).
- If you are outdoors, take breaks from the heat!

2. Stay Hydrated

- Drink plenty of fluids, even if you don't feel thirsty.

3. Stay Protected

- Avoid strenuous or high-energy activities.
- Wear loose and lightweight, light-colored clothing & sunscreen.

4. Watch for Signs of Heat Stress

- Signs of heat stress include muscle pains, cramps, or spasms heavy sweating, paleness, weakness, dizziness, headache, nausea or vomiting, confusion, fainting or unconsciousness, high body temperature (over 103 degrees) with dry skin (not sweating), and rapid pulse.
- If you feel sick and suspect it may be heat-related, get medical help **immediately**.

Lend a Hand in National Blood Shortage

Due to the ongoing national crisis, the blood supply at both the local and national levels has depleted significantly and is expected to continue declining.

In response to this concerning situation, the American Red Cross is urgently calling on healthy individuals to come forward and donate blood to help alleviate the shortage.

Orland Township Supervisor Paul O'Grady is proud to collaborate with the American Red Cross once again to host community blood drives. The upcoming blood drives are scheduled for **Aug. 11** and **Oct. 6**, and will be held from 9 a.m. to 2 p.m.

Donating blood is a simple yet incredibly impactful act of kindness that can save lives.

If you wish to make a difference and contribute to this lifesaving cause, please visit www.redcrossblood.org or call 1-800-RED CROSS to register or obtain more information about the process. Your generous donation can make all the difference in the world for someone in need.

Kindness
is in your blood.



Help save a life.

Schedule your
blood donation today:

1-800-RED CROSS
www.redcrossblood.org



American
Red Cross

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. Identification 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 services. 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. 19

from 1:30 to 3:30 p.m.

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

Drivers' Safety Class

The class is held in the Orland Township Board Room, 14807 S. Ravinia Ave. The two-day sessions are typically held from 9 a.m. to 1 p.m. each day and participants must attend both days. The fee is \$20 for AARP members (\$25 for non-members) and is payable to the instructor on the first day of class.

Monday, July 8, and Tuesday, July 9
Monday, Oct. 7, and Tuesday, Oct. 8

from 9:00 a.m. to 1:00 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.

*Cancellations will be posted on the Township website (orlandtownship.org/senior-activities) a week in advance.

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 not provided to/from work.

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 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.

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 LUNCHEONS

July Luncheon

Please join Orland Township and attend our summer luncheon. Enjoy a delicious catered menu catered Papa Joe's Italian Restaurant. The meal will include fried chicken, roast beef with French bread rolls, mashed potatoes with gravy, garden salad, and dessert. Celebrate at Orland Township with Mike and Traci, Good Clean Fun!

Place: Orland Township, 14807 S. Ravinia Ave.
Date: Tuesday, July 23
Time: 10 a.m. to 2 p.m.
Fee: \$15 / Residents Only - On Sale Now

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. 10
Time: 9 a.m. to 12 p.m.
Fee: \$15 / Residents Only - On Sale July 30

SENIOR DINNER DANCES

Grandparent and Grandchild Dinner Dance

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



The grandparent/grandchild 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 princess, like Cinderella and Rapunzel, and their friends!

Place: Orland Township, 14807 S. Ravinia Ave.
Date: Friday, Sept. 6
Time: 5 to 7 p.m.
Fee: \$15/ Residents - On Sale July 26
\$20 / Non-Residents - On Sale July 29
\$5 / Grandchild

Motown Dinner Dance

Orland Township is proud to present the music of Motown by The Michael Walters Band! You 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, the 50/50 raffle included.



Place: Orland Chateau, 14500 S. La Grange Road
Date: Thursday, Aug. 29
Time: 5 to 10 p.m.
Fee: \$30 / Residents - On Sale July 18
\$35 / Non-Residents - On Sale July 19

Halloween Dinner Dance

Join Orland township at the Halloween Dinner Dance. A magnificent four-piece Band with Dave Mateja will have everyone dancing all night long with many polkas and many fan favorite ballroom dances! The festive menu from Orland Chateau will be served as well! Prizes will be given out for the most original Costumes. Raffle Baskets and split pot drawings will also be a part of this fun-filled evening.

Place: Orland Chateau, 14500 S. La Grange Road.
Date: Thursday, Oct. 17
Time: 5 to 10 p.m.
Fee: \$30 / Residents - On Sale Sept. 5
\$35 / Non-Residents - On Sale Sept. 6



SENIOR TRIPS

Shipshewana

It's the perfect time to enjoy the experience of Amish Culture as well as the delicious foods and quality products they produce.

This trip includes 1 overnight stay, 1 breakfast, 2 dinners with an assortment of salads, main course items, and desserts to choose from! Enjoy shopping in Charming Downtown Shipshewana! Theatre tickets to the Holiday musical "Sounds of the Season", will take place in the Blue Gate Theater. Take advantage of recreational opportunities offered, including an indoor pool, a spa tub, and a 24-hour fitness center. Additional features at this hotel include complimentary wireless internet access, an arcade/game room, and tour/ticket assistance.

Place: Blue Gate Hospitality
Date: Tuesday, Nov. 12 to Wednesday, Nov. 13
Time: 7:30 a.m. Departure
Fee: \$261 Per Person / Double Occupancy
\$339 Per Person /Single Occupancy
Residents - On Sale July 9
(Non-Residents Add \$5, On Sale July 10)

Lake Geneva Lunch Cruise

Take in the sights of beautiful Lake Geneva! Step aboard the Grand Belle of Geneva for a unique Cruise dining experience. Experience a narrated tour of the entire lake while you enjoy a delicious plated meal. The menu for the day will include chicken piccata, served with rosemary roasted potatoes, and vegetable medley. Luncheon also includes a fresh fruit cup, bakery rolls, and butter, apple crumb pie for dessert, coffee and iced tea served as a beverage.

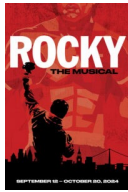


Relax while taking in the sites of the Lake Geneva narrated scenic tour. After departing the boat, participants will have time to browse the quaint shops located nearby. Ticket price includes transportation on a deluxe motor coach, lunch, and games for the road.

Place: Lake Geneva, Wisconsin
Date: Wednesday, Aug. 7
Time: 7:30 a.m. to 6:00 p.m.
Fee: \$125 Residents - On Sale Now
\$130 Non-Residents - On Sale Now

Rocky the Musical

Entering the ring is a hard-hitting yet tender musical adaptation! Rocky Balboa is a small-time Philadelphia boxer who is chosen to take on the reigning world heavyweight champion, Apollo Creed, when the undefeated fighter's scheduled opponent is injured.



As he diligently trains for the fight, Rocky begins a relationship with Adrian, a wallflower who is tired of being pushed around by her brother. As their love grows, they each find their inner strength and bring out the best in each other. With equal parts grit and heart, Rocky is about the triumph of spirit, strength, and love.

Place: Fireside Theatre Janesville, Fort Atkinson WI
Date: Friday, Sept. 13
Time: 7:30 a.m. Departure
Fee: \$125 Residents - On Sale July 12
\$130 Non-Residents - On Sale July 15

Featured Trip:

Ride the Rails, West Virginia

When steam was king! Take an all day excursion aboard a vintage steam locomotive. The Cass Scenic Railroad will have you climbing Back Allegheny Mountain to Bald Knob for a spectacular view of the valley below.



You will also enjoy a “King of the Road” hobo lunch while on board. An outstanding evening of entertainment, beautiful views of the cascading Blackwater Falls, and an expedition deep into the Smoke Hole Caverns complete this unique stay in the Appalachians!

Place: West Virginia
Date: Tuesday, July 30 to Saturday, August, 3,2024
Time: 7:30 a.m. Departure
Fee: \$1,212 Per Person / Double Occupancy
\$1,491 Per Person / Single Occupancy
(Non-Residents Add \$5.00) – On Sale Now



Orland Park Lions Club Transponder Drop Off Event

**Friday, Sept. 13, 2024, from 3 to 7 p.m.
& Saturday, Sept. 14 from 8 a.m. to noon**
at Orland Township
14807 S. Ravinia Ave., Orland Park

Collection containers and Orland Park Lions Club Volunteers will be available in the parking lot so drivers can stay in their vehicles while dropping of their transponders.

The Illinois Tollway is transitioning from using hard plastic transponders to a more efficient and cost-effective I-PASS window sticker. Only deactivated transponders will be accepted at this event.

To deactivate:
A.) Call Illinois Tollway at (800) 824 - 7277, or
B.) Create an account or log-in to your existing account at www.getipass.com.



For more information, email
orlandparklionsclub@gmail.com
(attn: Lion Deb)

Senior Spotlight

Billie Jean & Fred Rutz: 60 Years of Wedded Bliss



Billie and Fred's love story began in 1958 when they first met. Billie, a bright-eyed freshman at Bremen Community High School, crossed paths with Fred, who was a sophomore. However, it wasn't until 1962 when their relationship truly blossomed.

Billie's dad played a pivotal role in their story by driving her to the Lyric movie theater in Blue Island. It was there that Billie's sister, accompanied by a her and few friends, struck up a conversation with Fred and two of his friends. The group ended up watching a movie together, and afterward, the boys drove the girls safely back home. From that moment on, Billie and Fred's love story unfurled, leading them to marriage, three children, and eventually welcoming eight grandchildren into their lives—5 grandsons and 3 granddaughters.

As they built their family, both Fred and Billie worked tirelessly to provide for their loved ones. Fred dedicated 36 years of his life to Gilbert & Bennett in Blue Island as a wire mill machine worker, diligently starting his workday at 7:00 a.m. and wrapping up at 3:00 p.m. Meanwhile, as soon as Fred returned home, Billie embarked on her own work endeavors, showcasing her managerial skills at Bogarts Restaurant for a decade and accruing 30 years of experience in various other restaurants.

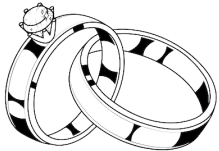
Despite their demanding schedules, Billie and Fred reveled in simple pleasures, particularly cherishing drives to their old neighborhood or visiting the Orland Township Drop-In, where they relished the company of friends and engaged in spirited rounds of Bingo.

Amidst the myriad of precious moments they shared, the highlight for Billie and Fred was undeniably their 26th anniversary trip to Hawaii, where they basked in the beauty of the ocean as they dined and marveled at the fireworks illuminating the night sky. Their close friends, Barb and Ron Stube, were an intricate part of their journey, having tied the knot on the same day as Billie and Fred. It's worth noting that Barb and Ron also played the role of God Parents to Billie and Fred's first-born son, further intertwining their lives.

After six decades of matrimony, Billie and Fred graciously extend their advice to young couples, emphasizing the importance of communication, nightly kisses, and marrying your best friend.

Billie's favorite saying beautifully encapsulates their enduring bond:

*"A ring is round, and has no end, and
that's how long I'll be your friend."*



Happy Anniversary!



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.

Finance Chairman John Lynch

Joins in Motion

The Arthritis Foundation exercise program, Joins in Motion, is an exercise program designed to help individuals living with arthritis enjoy a more active lifestyle while improving their health. Joins 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.

Joins in Motion Classes
Please 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

Zumba Classes
Wednesdays, Aug. 14 to Oct. 9 from 9:00 to 10:00 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, Aug. 28 to Oct. 16 from 3:45 to 4:30 p.m.

Registration Available Now

Tai Chi

Tai Chi Master & Chi Kuna Sam Johnson is back! Considered “meditation in motion,” this graceful class emphasizes deep breathing and mental focus while utilizing slow speed styles to create balance, calmness and flexibility.

Tai Chi Session Fee
8 weeks — \$30 (\$40 non-residents)

Tai Chi Classes
Mondays, July 8 to Aug. 26 from 9:00 to 10:00 a.m.

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, Aug. 27 to Oct. 15 from 3:45 to 4:30 p.m.

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.

All clinical services are supported by Orland Township tax dollars.



ORLAND TOWNSHIP YOUTH & FAMILY COUNSELING SERVICES

Youth & Family Counseling Services Chair Michael Maratea

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.



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.

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.

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.



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 first Thursday of every month from 11 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.***

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

ORLAND TOWNSHIP YOUTH COMMISSION

The Orland Township Youth Commission encourages Township youth to earn community service hours, as well as engage in the community by volunteering, fundraising, and participating in seasonal recreational activities.

Meetings are held the first Wednesday of every month from 5:00 – 6:15 pm.
Please call (708) 403-4222 for more information or to RSVP.

Upcoming Meetings:
July 10
Aug. 7
Sept. 4



Orland Township Scholarship Foundation Awards 2024 Recipients

Orland Township held a scholarship awards dinner in May Buca di Beppo in Orland Park. The students, all Township residents, collectively were awarded \$17,000 from the Orland Township Scholarship Foundation. Over recent years, the Scholarship Foundation has awarded more than \$235,000 dollars in scholarships, helping well over 300 students receive financial aid towards college.

The students and their families were invited to the honorary dinner. Supervisor Paul O’Grady, who also serves as president of the Scholarship Foundation, presented the awards to the students after dinner was served. He detailed the various initiatives necessary to raise private dollars for the scholarships.

O’Grady stated, "The generosity of donors in assisting these students with their financial burden is an excellent investment for the community and future generations. By prioritizing the future of our young people, we can strengthen their feelings of hope and possibility. We are grateful to have the opportunity to contribute to the next chapter in their academic careers."

Of the 16 award recipients, seven were students from Carl Sandburg High School (Jack Anthony Farrell, Keira Fitzgerald, Nadia Ghoulleh, Christine Jaeger, Gregory Kotsiviras, Maya Rihani, and Addison Torgerson), six students from Victor J. Andrew High School (Brenden Zielinski, Rex Staudacher, Liljana Mihalovich, Alexis Fornero, Jacqueline Duran, and Michelle Cordova), one from Benet Academy (Joshua Montalvo), one from St. Rita High School (Joseph Armbruster), and one from Mother McAuley Liberal Arts High School (Isabella Judeh).

The selected students demonstrated outstanding leadership in their schools, communities, and extracurricular activities. Supervisor O’Grady and the Board of Directors of the Orland Township Scholarship Foundation hope you join them in wishing these students the best in the next chapter of their academic careers.



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

Francisco Viramontes volunteers at the Orland Township Food Pantry and enjoys giving back to the community by donating his time and efforts.

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

Please check expiration dates before donating!





Putting Healthy Food Within Reach

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)



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 pet food!
Please consider donating.

Pack-A-Backpack


In preparation for the new school year, Orland Township is seeking NEW backpacks and NEW school supplies to help Orland Township children and teens prepare for school. Donations will be accepted from July 12 to Aug. 9.

High need for middle school / high school themed backpacks & supplies.
Please ensure donated items are NEW and good quality.




Kindergarten & 1st Grade | 1 BACKPACK, FILLED WITH:

- 2 - 24-count boxes of crayons
- 1 - 8-count classic wide Crayola Washable Markers
- 4 - Large glue sticks
- 1 - 5" blunt-point scissors
- 12 - #2 pencils sharpened
- 1 - Pencil case with zipper
- 1 - Pink eraser
- 1 - Two-pocket folder
- 1 - Pair of headphones
- 1 - Set of Crayola Washable Watercolors (paints in a tray)
- 1 - Box of 12-count colored pencils
- 1 - Pair of headphones
- 1 - Spiral Notebook
- 1 - Art smock



2nd Grade | 1 BACKPACK, FILLED WITH:


- 1 - 24-count Box of crayons
- 1 - 8-count classic wide Crayola Washable Markers
- 1 - 8-count classic thin Crayola Washable Markers
- 1 - 12-count colored pencils
- 1 - 8-pan watercolors with brush
- 5 - Large glue sticks
- 1 - Large school glue
- 1 - 5" pointed-tip scissors
- 1 - Pencil sharpener with lid
- 1 - 12" plastic ruler (standard and metric)
- 1 - Pink eraser
- 1 - Pads 3x3 Post-it Notes
- 1 - Highlighter (yellow)
- 1 - Plastic pencil box
- 2 - 2-pocket folders
- 3 - Wide-ruled composition books
- 1 - Wide-ruled one-subject spiral notebook
- 1 - Pair of headphones
- 1 - Pkg. EXPO Markers



3rd Grade | 1 BACKPACK, FILLED WITH:


Multiplication and Division flashcards

- 5 - Folders
- 1 - set of Colored Pencils
- 4 - Spiral notebooks Wide Rule
- 1 - Large Eraser
- 1 - Pads 3x3 Post-it Notes
- 1 - 5" pointed-tip scissors
- 3 - Pkg. of #2 Pencils
- 1 - 12" plastic ruler (standard and metric)
- 2 Red Pens
- 6 Large Glue Sticks
- 2 packs lined index cards
- 2 Highlighters
- 1 - 24 count Crayola Crayons
- 2 Washable Crayola Markers, wide & thin
- 1 Watercolor Paint Set
- 1 - Pkg. EXPO Markers




4th Grade | 1 BACKPACK, FILLED WITH:

- Handheld Pencil Sharpener
- 1 - Headphone/Earbuds with Microphone
- 1 - Sharp 5-inch Scissors
- 4 - Expo Markers
- 3 - Pkg. of #2 Pencils
- 2 - Large Eraser
- 1 - 24 count Crayola Crayons
- 1 - Hard Art Box (plastic shoe box size)
- 1 - 8-count classic wide Crayola Washable Markers
- 1 - Crayola Watercolor Paint Set
- 1 - pkg. Colored Pencils
- 3 - Pads 3x3 Post-it Notes (assorted colors)
- 8 - Glue Sticks
- 2 - packs lined index cards
- 1 - Stylus
- 4 - Regular Notebooks (Blue, Green, Yellow, Purple)
- 1 - 3 subject notebook (Red)
- 1 - 12" plastic ruler (standard and metric)
- 2 - Highlighters (different colors)
- 4 - Folders (Red, Blue, Green, Yellow)
- 1 - Pkg. EXPO Markers




5th Grade | 1 BACKPACK, FILLED WITH:

- 1 - Pair of headphones
- 1 - Pack Wide-Ruled Filler Paper
- 4 - Glue Sticks & 1 Liquid Glue
- 4 - Folders
- 1 - Scissors
- 4 - Single-subject Notebooks (wide rule)
- 1 - 12" plastic ruler (standard and metric)
- 1 - Three-subject Notebook (wide rule)
- 2 - Packs lined index cards
- 3 - Highlighters
- 3 - Pads 3x3 Post-it Notes
- 3 - Pkg. of #2 Pencils
- 3 - Red Pens (for correcting)
- 2 - Large Eraser
- 1 - Set of Colored Pencils
- 1 - 24 count Crayola Crayons
- 1 - 8-count classic wide Crayola Washable Markers
- 1 - Crayola Watercolor Paint Set
- 1 - Pencil Pouch
- 1 - Student Planner/Assignment Notebook
- 1 - Pkg. EXPO Markers




6th & 7th & 8th Grade | 1 BACKPACK, FILLED WITH:

- 1 - pack graph paper
- Coloring Supplies (Markers or Colored Pencils)
- 1 - Liquid Glue & Glue Stick
- 1 - Pair of Scissors
- 1 - Pkg. EXPO Markers
- 1 - 12" plastic ruler (standard and metric)
- 12 - #2 Pencils
- 1 - Small Plastic Pencil Sharpener
- 12 - Pens (Black or Blue)
- 2 - Red Pens
- 1 - Pack Highlighters, Multi-colored
- 2 - Dry Erase Markers
- 1 - Pencil Pouch & Box
- 2 - Packs Notebook Paper, Wide Rule
- 1 - Composition Notebook
- 1 - 3-Ring 1 inch Binder
- 1 - Set Dividers, 3-Ring, 5-Tab, 11"x 8.5"
- 1 - Pack Index Cards, 100/Pk, 3"x5", Ruled
- 5 - Pads 3x3 Post-it Notes
- 5 - Two pocket, plastic, 3-prong folders
- 1 - Pair of headphones
- 1 - Texas Instruments® TI-30XIIS Calculator*
- 1 Expandable /accordion file folder
- OR 7 Folders, 2-Pocket, Assorted Colors
- Coloring Supplies (Markers or Colored Pencils)



HIGH SCHOOL | 1 BACKPACK, FILLED WITH:

- 3 - Pkg. of #2 Pencils
- 1 - Supply/Pencil Pouch
- 2 - Pink or White Eraser
- 1 - Hand Held Pencil Sharpener
- 1 - Pkg. of Pens: Red, Blue, and Black
- 1 - Pkg. of Colored Pencils
- 1 - Pkg. of Highlighters (assorted)
- 1 - Pkg. of Markers
- 1 - Pkg. EXPO Markers
- 1 - 12" plastic ruler (standard and metric)
- 7 - Pocket Folders with Assorted Colors
- 7 - Single Subject Spiral Notebooks
- 1 - Pkg. of Sticky Notes Assorted Colors
- 3 - Pkg. of Loose-Leaf Paper, COLLEGE RULE
- 1 - Pkg. of Dividers
- 1 - 1 inch 3 Ring Binder
- 1 - Pair of Headphones
- 1 - Student Planner
- 1 - USB Flash Drive



Students in all grade levels will also benefit from Ziploc bags (all sizes), paper towels, hand sanitizer, baby wipes, Clorox wipes, disinfectant spray, and tissue.

The above school supply lists are a suggested supply list only. We select supplies, that are most common, from the local supply lists we review each year. Donated items must be **NEW, UNUSED, and UNOPENED**. Backpacks will be distributed to qualifying, low-income Orland Township families ONLY.

Learn more about donating or receiving supplies at www.orlandtownship.org/backpack.

Pet-pALOOZA

Hosted by Orland Township Supervisor Paul O'Grady & the Board of Trustees
Saturday, Sept. 21, 2024 • 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 12th 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!

2023 SuPETvisor Zeus!



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!



Think you have the next 'SuPETvisor'?

Orland Township residents can nominate their beloved pets to be Orland Township's 'SuPETvisor' of The Year! Learn more here:



Activities and vendors are added daily, so to keep up-to-date, visit: orlandtownship.org OR [facebook.com/orlandtownshippetpalooza](https://www.facebook.com/orlandtownshippetpalooza)

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 provides pet food and supplies to families in need.

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



THE ORLAND TOWNSHIP
FOCUS

SPRING NEWSLETTER
July - September 2024

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