



Patricia Jones, M. Ed
Waukegan Township
Supervisor

Waukegan Township

Park Place Preview

July & August, 2017



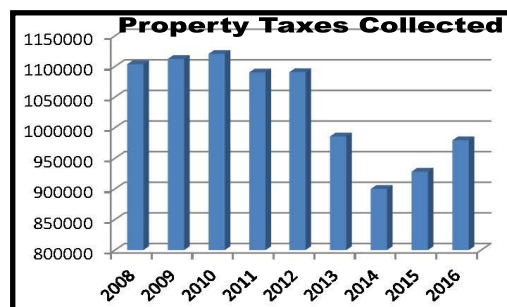
Please join us: A 5K For Labor Day Run/Walk For Seniors
Saturday, September 2, 2017
Independence Grove in Libertyville, IL. Race Starts - 9am

Dear Friends,

Summer is a perfect time to improve your health and prepare for the 5K For Labor Day. Did you know that you don't have to cut back on healthy foods as you're trimming your food budget? With the economy suffering and food prices rising, your grocery bill might be in need of a few budget cuts. Unfortunately, because of the misconception that healthy foods always cost more, nutritious foods like fresh produce are often the first to get bumped from grocery

carts. But there are plenty of ways to save money without sacrificing the quality of your diet. Here are some picks for healthy foods that won't break the bank: 1) Oats are one of the cheapest healthy breakfast options around. 2) Bagged frozen vegetables are one of the greatest values in the grocery store, 3) Make affordable fruits like bananas, apples, and oranges your weekly staples, and save more costly options like pineapple, pomegranates, melons, and papayas for special treats. 4) Eggs are another low-cost, high-quality protein source. When stored properly in the fridge, raw eggs last about three weeks in the shell, so stock up when they're on sale. 5) Our list of cheap eats would not be complete without the humble potato. For an added boost of nutrition, try replacing your regular old white potatoes with sweet potatoes.

We are only a few weeks away from our Annual 5K event! There's still time to register to support this family fundraising event. This year will be our 18th year! A huge thank you goes to the community for your continued support. This chart shows the decline of property taxes collected from the last 8 years. A percentage of Property Taxes are collected to help fund the services and programs for the seniors of Waukegan Township. Remember, another way to show support is by making a donation by mail or on-line at www.waukegantownship.com. Donations are tax deductible and go directly toward providing services to adults 55 and better. Call 847-244-9242 or email cpwhite@waukegantownship.com for info.



A 5K For Labor Day September 2, 2017

Independence Grove - 16400 W Buckley Rd, Libertyville, IL

The excitement is building for the 18th Annual 5K For Labor Day Run/Walk for Seniors. Bring the family to enjoy a fun event for all ages. Awards will be given to the fastest woman/man to complete the course and the oldest and youngest runners/walkers. Proceeds from the 5K For Labor Day go directly toward providing services to adults 55 and better. For information or sponsorship opportunity call 847-244-9242 or email lpable@waukegantownship.com.

Register online:

www.waukegantownship.com



**US Track &
Field Certified!!**

**Professional
Timing Service!**



Register in Person:
5K for Labor Day Headquarters,
Park Place 414 S. Lewis Ave., Waukegan, IL
Registration day of event at race site:
7:00 a.m. - 8:45 a.m. / 9:00 a.m. - Race



Register early \$25 before July 1st * Fee will increase to \$35. Fee includes T-shirt



Newsletters are available online. Please visit our website at www.waukegantownship.com

Or email kwoods@waukegantownship.com to be added to our email list.

Waukegan Township also provides complimentary transportation to Waukegan Township residents.

Call: (847) 599-2936 or email lnava@waukegantownship.com 3 days in advance.

Travel & Entertainment

Brookfield Zoo

Friday, July 14, 2017

Explore fabulous Brookfield Zoo, also known as the Chicago Zoological Park. Located in the Chicago suburb of Brookfield, IL, the zoo houses around 450 species of animals on 216 acres. The fee includes admission to the zoo plus any three of the following attractions: Dolphins in Action, Butterflies, Motor Safari, The Carousel, Hamill Family Wild Encounters, Dinos and Dragons, and Hamill Family Play Zoo. Lunch is not included. Fees are \$39 adults 65 plus & children age 3 – 11; \$46 for those 12 – 64. Shuttle will depart Park Place at 9:00 a.m. and depart from the zoo at 3:00 p.m. For information, call: (847) 244-9242 or email lpable@waukegantownship.com

Cruising Lake Geneva

Tuesday, August 1, 2017

Sail around the entire 20 mile shoreline of Lake Geneva and hear all of the history that made the area famous. The two hour cruise includes all of the well known sites that gave the area the name "Newport of the West." The day will include lunch. Fee is \$77 per person. Shuttle departs from Park Place at 9:00 a.m. For information, call: (847) 244-9242 or email lpable@waukegantownship.com

Four Winds Casino in New Buffalo, Michigan -

Saturday, September 16, 2017

Climb on a comfy coach bus and enjoy the ride to Four Winds Casino, New Buffalo MI! All payers will receive a \$10 food credit and \$15 instant slot credit when we arrive. Bus Departs Park Place at 9:00 a.m. \$39 fee per person. Register in person at Park Place or via credit card at 847-244-9242.

RAVINIA

The Ravinia Season is here! Enjoy easy access to the park as we relax in lawn seats and see some of the season's most highly demanded performers. Gourmet box meals are available for an additional \$12. Hop on our air conditioned bus with your picnic gear for a no hassle round trip ride to Ravinia! For more information regarding show times/dates and information call 847-244-9242 or email lpable@waukegantownship.com.

Sunday, July 2, 2017

The Beach Boys and The Temptations - \$57 (Lawn)

Shuttle will depart Park Place at **2:00 p.m.** to arrive when the gates open at 3:00 p.m. The concert begins at 6:00 p.m.



Friday, August 11, 2017

Carlos Santana - \$68 (Lawn)

Shuttle will depart Park Place at **4:00 p.m.** to arrive when the gates open at 5:00 p.m. The concert begins at 7:30 p.m.



Friday, September 8, 2017

Frankie Vallie & The Four Seasons

\$15 (Lawn) *Special price. Must ride shuttle to arrive with group.

Shuttle will depart Park Place at **4:00 p.m.** to arrive when the gates open at 5:00 p.m. The concert begins at 7:00 p.m.



Friday, September 15, 2017

Smokey Robinson

\$15 (Lawn) *Special price. Must ride shuttle to arrive with group.

Shuttle will depart Park Place at **4:00 p.m.** to arrive when the gates open at 5:00 p.m. The concert begins at 8:00 p.m.



**Save The Date
A 5K For Labor Day
at Independence Grove in
Libertyville, IL
September 2, 2017!**

**A VARIETY OF
ICE CREAM
SUNDAE TOPPINGS**



ENTERTAINMENT!

**Saturday, August 12th
1:00pm - 3:00pm!
For Adults 55 or Better**

Waukegan Township Residents

**At Park Place -
414 S. Lewis
847-244-9242**

Ice Cream Social!

Visit New Orleans and Cruise to Mexico!



New Orleans



Trip Date: October 11-20, 2017!

Highlights...

- Free home or local pickup and return
- 21 Meals (8 dinners, 4 lunches and 9 breakfasts)
- Spend 2 nights in the heart of New Orleans
- Narrated city tour of the "Big Easy" with a local guide
- Visit the National WWII Museum
- Enjoy dinner and fun at the New Orleans School of Cooking featuring traditional cuisine
- Tour Mardi Gras World for a behind the scenes look at the famed Mardi Gras floats
- Cruise 5 nights on Carnival Cruise Lines' Carnival Triumph cruise ship
- Enjoy 2 full days at sea with a variety of cruise ship amenities including excellent restaurants and dining, a full casino, two pools, Vegas-style entertainment and dozens of fun activities
- Call at Cozumel, Mexico, famous the world over for its shopping, coral reefs and beautiful beaches.

Per Person Rates:

Inside: \$1,699;

Outside: \$1,779

Balcony: \$1,979

***Additional fee for single room**



**Mexico & New Orleans Trip Information Meeting:
Monday, July 10, 2017 - 5:00pm at Park Place.**

Make Time For Yourself...Please Join Us On These Upcoming Trips & Great Getaways!

South Africa - 2018, Jerusalem - 2019, Italy - 2020, Turks - 2021, & Greece - 2023



The fun and excitement of Noche Bohemia was held on Saturday, May 20th at Park Place. Thank you to our co sponsors: Puerto Rican Society, Heritage Woods of Gurnee, GlenLake Terrace & Nursing Home Centre. Thank you for your Raffle Prize Donations: American Home Care Express, Fifth Third Bank and Catholic Charities.



Homecoming Celebration - October 6, 2017 - 5pm - 7pm

Join us for a Homecoming Celebration at Waukegan Township Park Place! Calling all graduating classes from any high school. We invite those 55 and better to bring your school memorabilia like pennants, letter jackets and yearbooks to display. Come and enjoy celebrating your life and accomplishments with appetizers, beverages and dancing. We will crown a King & Queen for the evening. Also, special award recognition for the oldest yearbook and graduate.

Tickets available for \$5 resident and \$7 nonresident. Transportation provided to and from Senior Buildings (10 or more registered attendees). To RSVP or for more information call 847-244-9242 or email lpable@waukegantownship.com.

Health & Wellness

Wednesday, July 12 - 11:00 am - 12:00 pm - Calories, Weight Gain, Body Fat & Staying Fit

This workshop will teach you about excessive calories and learning to eat healthier. Learn why exercise is important and how to take charge of your health.

Wednesday, July 12 – 1:00 pm – 2:00 pm - Life Insurance & Financial Matters

Speakers: Financial Analyst, John Starczynski / Insurance Agent, Eugenia Dulay, will present on Life Insurance along with Cheryl Williams, Insurance Agent, from Banker's Life Insurance.

Have you protected what's important? Is an annuity right for you? This workshop will answer questions you may have regarding insurance and financial matters.

Tuesday, July 18 – 11:00 am – 12:00 pm - Making Choices

Speaker: Carolyn Bowes, Music Therapist from Heartland Enriching Life Hospice Care.

This workshop will address the importance of Advance Directives. The workshop will feature an educational presentation which will provide guidance on the necessary conversation and documentation related to end-of-life Healthcare.

Wednesday, July 19 – 9:00 am – 1:00 pm - Complimentary Hearing & Vision Screenings:

The Lions of Illinois Foundation & Lions of Illinois are proud to offer screenings to detect hearing/vision loss & the following programs for individuals in Illinois who are hearing impaired. To schedule your appointment, please call: (847) 244-9242.

Tuesday, July 25 – 11:00 am – 12:00 pm - What is a Specialty Pharmacy?

Speaker: Jennifer Eramia, PharmD, Registered Manager Local Specialty Pharmacy Community, A Walgreens Pharmacy.

We're here to help you with your specialty medication and provide ongoing, individualized support. Ongoing support from the care team: We offer customized programs to help you manage your condition. Our experienced, specially trained pharmacists, nurses and care coordinators understand the complexities of your condition and are available to offer one-on-one support including: Injection training coordination, medication side effect management, monitoring your symptoms and response to your medication, working closely with your doctor to monitor your progress, and assisting when you need a new prescription or refill.

Wednesday, July 26 – 1:00 pm – 2:00 pm - Counting Sheep and Other Tips for Sleep:

Speaker: Katie Salyer, PsyD, Clinical Psychologist from Cancer Wellness Center.

Sleep is an important part of good health. Learn basic tips on how you can create a good sleep environment, practice good bedtime habits, and get better sleep.

Wednesday, August 9 - 11:00 am - 12:00 pm - Sciatic Nerve - Symptoms, Causes & Treatment

The sciatic nerve is the largest single nerve in the human body; it runs from each side of the lower spine through deep in the buttock into the back of the thigh and all the way down to the foot. It serves a vital role in connecting the spinal cord with the leg and foot muscles. Any type of pain and/or neurological symptoms that are felt along the sciatic nerve is referred to as sciatica.

Tuesday, August 15 – 11:00 am – 12:00 pm: Topic: Senior Scams and How to Avoid Them

Speaker: Scott Turk, Assistant State's Attorney, Cyber Division of the Lake County State's Attorney's Office.

Join us and learn more about the scams that target seniors and ways to protect themselves from these common scams.

Wednesday, August 16 – 12:00 pm – 1:00 pm: Your Kidneys and You

Speaker: Dr. Leon Sujata, MD - Nephrologist, The Grove at the Lake.

Your kidneys are the two most important organs in your body. The main purpose of the kidney is to separate, urea, mineral salts, toxins, and other waste products from the blood. They also do the job of conserving water, salts, and electrolytes. At least one kidney must function properly for life to be maintained. Join us and learn the basics of kidney disease, symptoms, causes, treatment, dialysis and prevention.

Wednesday, August 16 – 10 am – 11 am: Meet Your Leader:

Theresa Plascencia, Superintendent Waukegan Public Schools District 60.

Wednesday, August 30 – 12:00 pm – 1:00 pm: Topic: Strategies to Boost Your Credit Score

Speaker: Terrie Rosenberg, Vice President - Membership Advantage Officer from Fifth Third Bank.

Learn factors that influence your Credit Score and simple ways to Boost your Credit.

Upcoming Health & Wellness Fairs For 2017!

- ♦ Saturday, August 5, 2017 - At the Sign of Dove, 424 10th St, Waukegan, IL - (10 am - 1 pm)
- ♦ Saturday, September 23, 2017 - Vista Health System at Park Place, 414 S Lewis, Waukegan, IL (10 am - 1 pm).
- ♦ Saturday, October 21, 2017 - At Nuestra Senora de Guadalupe, 2415 N Butrick St. Waukegan, IL (10 am - 1 pm)

The Illinois Department on Aging Senior Health Insurance Program (SHIP) @ Park Place

Provides assistance with any questions pertaining to Medicare Parts A, B, C, & D. Appointments will be scheduled in advance. The benefit access program hours are M-F 9:00 a.m. - 12:00 p.m. Call 847-244-9242 for more information and appointment.

SENIORS IN AIRLINE TRAVEL

The array of airport security regulations and the general discomfort that comes with airline travel can be especially trying for senior citizens. Below is a list of information you should know:

- 1) Senior citizens are able to request assistance in the airport.
- 2) The TSA has made several changes to its security policies to make the process easier for senior citizens.
- 3) Seniors traveling with medications will have no trouble transporting them through security as long as they bring a valid prescription for anything not sold over the counter.
- 4) Seniors and those travelers requiring special assistance can board before other travelers through priority boarding.
- 5) Though increasingly rare, discounted airfare is occasionally available to senior travelers.

For Health & Wellness information call 847-244-9242 or email jnieves@waukegantownship.com.



Phony Phone Numbers

The Illinois Senior Medicare Patrol (SMP) and several SMPs in other states have received reports from people who have tried to call a legitimate government or social service agency only to end up talking to a potential scammer, who may ask for bank information or your Medicare card number. How does this scam work? Scammers use phone numbers similar to 1-800-MEDICARE (1-800-633-4227) to trick people misdialing that number. If you are calling Medicare or VA, they will not ask you for money or bank information. If this happens to you, report the call to the *FTC* at www.ftccomplaintassistant.gov or call the *Illinois SMP* at *AgeOptions*.

New Medicare Cards Are Coming - Scammers Are Coming Too

Your Medicare card number is a social security number, usually your own, and it is important to safeguard this number against identity theft and never give it to strangers over the phone.

Well, Medicare is changing the number. In April 2018, the Centers for Medicare and Medicaid Services (CMS) will start mailing out new cards to beneficiaries with an 11-digit combination of letters and numbers that has nothing to do with your social security number. By April 2019, all Medicare beneficiaries will have their new cards.

You will not need to do anything to receive your new card. It will be sent via mail.

Anytime there is a major change like this, scams will follow. Remember that Medicare will never call you to gather personal information and will never ask you to pay for this new card.

Any call that asks for this information is a scam and can be reported to the Illinois SMP at AgeOptions at (800)699-9043.

Warning



Inspector General Updates Public About OIG Impersonation Scheme

Gale Stallworth Stone, the Acting Inspector General of Social Security, is urging citizens to remain vigilant of a nationwide telephone impersonation scheme. Since alerting the public in early March about suspicious calls from people posing as Office of the Inspector General (OIG) investigators, the Social Security Administration (SSA) and the OIG have received additional reports and information about the phone scheme from citizens across the country. According to reports, the calls include a recorded message from an "officer with the Inspector General of Social Security." The recording states the person's Social Security account, Social Security

number (SSN), and/or benefits are suspended, and the person should call a non-SSA number to resolve the issue. If a person receives a suspicious call from someone alleging to be from the OIG, citizens may report that information to the OIG at 1-800-269-0271. To read the full article visit: <http://blog.socialsecurity.gov/inspector-general-updates-public-about-oig-impersonation-scheme/>

SCAM

Smart Phone 101: Understanding and Using your Device: Tuesday, Monday, July 17 - 9:30 a.m. \$10 fee

iPhone 101:
Tuesday, August 22 - 9:30 – 11:00 a.m.
\$10 fee

Tablets 101: Basics of Tablet Use and Operation: Tuesday, August 8 - 9:30 – 11:00 a.m. \$10 fee

Technology Classes at Park Place - 414 S. Lewis Ave
To Register Call 847-244-9242 or Email
lpable@waukegantownship.com

*Register with a credit card or stop in to Park Place to pay in person.

Trouble Shooting & More: Help Desk at the Tech Center!
Every Monday from 1:30 – 3:00 p.m.
Complimentary

Open Lab at the Tech Center

Park Place has six computers for use by those 55 and better during open hours when classes are not in session. Complimentary

Volunteer of The Month



Lupe Hernandez has been volunteer with Park Place for a year. He assists with our monthly distribution to over 2000 homes and assist with ensuring monthly taxi tickets distribution is completed. Lupe is the father of seven children.



The Waukegan Township administrative office located at 149 S. Genesee Street is a certified Passport & Picture site.

Couch to 5K - M,W,F at 6:30 a.m.

Please join our exercise training program at Park Place. Get fit and ready to finish a 5K Run or Walk. Certified trainer and the class is complimentary! This is another item you can cross off your bucket list! For more information call 847-244-9242 or email cpwhite@waukegantownship.com.



Save The Date
A 5K For Labor Day
at Independence Grove in
Libertyville, IL
September 2, 2017!

Exercise & Fitness

Why pay expensive fitness center prices to stay healthy when you can use the Park Place Fitness Room? We have treadmills, elliptical machines, stationary bikes and weight equipment available for you.

Please Note: Advance sign up for classes & a medical release form must be on file. Form must be renewed yearly.

.....

Fitness Center Hours: Mon 9am - 7pm. / Tues, Wed, Fri 9am - 4:30pm. / Thurs 9am - 8pm & Sat 9am - 3pm

Complimentary Exercise Room at Park Place. Take advantage of our Certified Exercise instructor and our exercise equipment. Train every Tuesday & Thursday 11:30am -1:30pm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*SeniorSize - 9:15 a.m. *SeniorSize -10:15 a.m. *Chicago Soul Dancing - 5:30 p.m. (\$2) *Yoga/Meditation - 4:30 p.m.	*Walk Fit 9:00 a.m. *Country Line Dancing 10:00a.m.	*Advanced SeniorSize 9:15 a.m. *Yoga/Meditation 10:15 a.m.	*Advanced SeniorSize 9:15 a.m. *SeniorSize -10:15 a.m.	*Zumba 9:00 a.m. Floor Mat Exercises 10:00 a.m.	Floor Mat Exercises 9:15 a.m. *Walk Fit - 10:15 a.m.

**Park Place Senior
Citizen's Services**

Committee:

Chair: Larry Eaker
Vice Chair: Gloria Carr
Members: Pat Barker, Scott
Grubnau, Katie Strawder,
and Jeanette Keyes

Park Place Hours

Monday 9:00 AM - 7:00 PM
Tuesday 9:00 AM - 4:30 PM
Wednesday 9:00 AM - 4:30 PM
Thursday 9:00 AM - 8:00 PM
Friday 9:00 AM - 4:30 PM
***Saturday 9:00 AM - 3:00 PM**
Sunday Closed

***Saturdays the facility will be closed starting Oct 2017.
Facility will remain open for rentals.**

PARK PLACE

414 S. Lewis Ave.
Waukegan, IL 60085

Phone: 847-244-9242
Fax: 847-244-9258
www.waukegantownship.com



ACKNOWLEDGEMENTS & CONDOLENCES - Our Thoughts Are With You.

**We Remember Seniors
who've passed away
4/18/17 - 06/02/17**

Josephine Parks 2/27/17
Malcolm Layson 5/15/2017 ?

Bradshaw & Range Funeral Home

Irene Bass 5/12/2017
Eugene Christmas Sr 5/14/2017
Curtis Jarret 4/18/2017
Barbara Lucas 5/23/2017
Richard Nixon 5/7/2017
Audrey Nixon 4/27/2017
Isaac Russell Sr 5/7/2017
Henrietta Pigford 5/12/2017
Rev. Joseph Reynolds 5/14/2017
Sherone M. Clinton 5/20/2017
Kathleen Dahlke 5/22/2017
Willie F. Gray 5/25/2017
Currie L. Ball 5/25/2017
Mildred A. Futch 5/27/2017
Lonny Taylor 5/28/2017
Mary Graves 5/29/2017

**Congdon & Company Funeral
Home**

Agnes Carman 5/20/2017
Sue Eriksen 5/7/2017
Howard Goodwin 5/14/2017

Marsh Funeral Home

Francis G Conley Sr 4/28/2017

Peterson & Patch Funeral Home

Arthur Atkinson 5/25/2017
Anthony Christopulos 5/18/2017
Sharon Gavett 4/23/2017
Don Kreul 5/22/2017
June Pensala 5/29/2017
Kathryn Gust 4/26/2017

Salata Gurnee Funeral Home

Mary Labarbera 4/20/2017
Elsie McCollum 5/14/2017
Anna Safosnik 5/20/2017

**The Memorial Chapel of
Waukegan**

William A. King 5/11/2017

Fertinando Enrique Gomez
5/31/2017

Fernando Quinones 6/2/2017

**Warren Cemetery Mausoleum &
Funeral Home**

Denise Blanton 4/21/2017
William Ferry 5/25/2017
Colleen Gravin 4/21/2017
Patricia A. Pietcshman 6/1/2017

Westgate Funerals and Tributes

Roger Hilton Sr 4/30/2017
Mary Evans 4/28/2017
Edwina Williams 5/19/2017
Adele Germain 4/30/2017
Onell Beatrice Wiley 5/9/2017
Willie Ann Johnson 5/12/2017

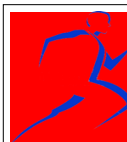
Coping With Grief Group

Meets the 2nd Wed
of each month
10am - 11am at Park Place

Park Place will be closed June 23, 2017 for an Employee Enhancement Event.



**Park Place will be closed
Tuesday, July 4th for
Independence Day.**



**Save The Date
A 5K For Labor Day
at Independence Grove in
Libertyville, IL
September 2, 2017!**