



MOUNT PROSPECT SENIOR BUZZ NEWSLETTER

SEPTEMBER-OCTOBER 2024

MEDICARE D PRESCRIPTION DRUG OPEN ENROLLMENT



Open enrollment for Medicare D begins **October 15** and runs through **December 7, 2024**. Every year brings changes in premiums, co-pays, deductibles, and drugs covered for all drug plans! Senior Health Insurance Program (SHIP) volunteers use a tool available on the Medicare website to help you determine which plan is best for you for the upcoming year. In addition, they will assess whether you are eligible for extra help with your plan premiums and co-pays. Anyone that would like assistance with enrolling or reviewing their current plan should call (847) 870-5680 for more information. There is limited availability for appointments.

Free Confidential Memory Screenings

The Village Nurse is now offering FREE confidential memory screenings by appointment only. The screenings are part of an initiative of the Alzheimer's Foundation of America designed to promote proper detection of memory problems. While the screening results are not a diagnosis, they can help identify any memory issues to be addressed with a physician.

Location:

Village of Mount Prospect
Human Services Department
2nd Floor
50 S. Emerson St.
Mount Prospect, IL 60056

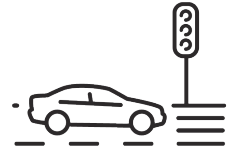


Call the Human Services Department at (847) 870-5680 to book your appointment.

Must be a Mount Prospect resident

Illinois Secretary of State RULES OF THE ROAD

Illinois Secretary of State Rules of the Road Review Course is intended to give drivers the information and confidence they need to pass their license renewal test.



Wednesday, September 25, 2024

10 a.m. - 11:30 a.m.

Village Hall
Human Services Department
Conference Room (2nd Floor)
50 S. Emerson St.
Mount Prospect, IL 60056

Wednesday, November 6, 2024

1:30 - 3:30 p.m.

Village Hall
Community Room (1st Floor)
50 S. Emerson St.
Mount Prospect, IL 60056

Call (847) 870-5680 to register for the class.
Space is limited.

Health Screening Clinics



New

**Every Tuesday from 9 - 11 a.m.
at Village Hall**

Human Services Department (2nd floor)
50 S. Emerson St., Mount Prospect, IL 60056
(847) 870-5680



**2nd & 4th Tuesday of the month
from 4:30 - 5:30 p.m.
at the Community Connections Center**

Human Services Satellite Location (Community Connections Center)
1711 W. Algonquin Rd., Mount Prospect, IL 60056
(847) 506-4930

****Please note that there will be no Health Screening Clinic on the following days:
Tuesday, September 17 and Tuesday, September 24 (Village Hall)
Tuesday, September 24 (Community Connections Center)**

CLINIC INCLUDES FREE:

- Blood Pressure Reading
- Heart Rate
- Oxygen Saturation Level
- Fasting Blood Glucose

****8 Hour Fast Recommended for Blood Glucose, Total Cholesterol Screening and Complete Lipid Panel**

APPOINTMENT REQUIRED

Must be a Mount Prospect resident

Total Cholesterol Screening - \$2.00 fee
Complete Lipid Panel - \$20.00 fee

A1C Testing - \$20.00 fee

****A1C result tells you what your average blood sugar (glucose) level was over the past 3 months. It is a simple fingerstick test that requires no fasting and gives you your results in 5 minutes.**

HUMAN SERVICES DEPARTMENT STAFF MEMBERS

Director: Julie Kane

Deputy Director: Esther Salutillo

Senior Services Social Worker: Ginny Thomas

Police Social Worker: Karyn Nelson

Police Social Worker: Sandy Ziesak

Community Social Worker: Jhoana Mendoza-Torres

Community Social Worker: Jacqueline Damian

Public Health Nurse: Nicole Cooper-Ffrench

Senior Activities Coordinator: Lisa Tenuta



VILLAGE OF MOUNT PROSPECT

**HUMAN SERVICES
DEPARTMENT**

Office Manager: Esther Grimaldo

Administrative Assistant: Rosaura Gonzalez

Administrative Assistant: Slav Mirkovic

Therapy Dog: Hoover

Human Services

50 S. Emerson St.

Mount Prospect, IL 60056

Phone: (847) 870-5680

Community Connections Center

1711 W. Algonquin Rd.

Mount Prospect, IL 60056

Phone: (847) 506-4930

Illinois Secretary of State Mobile DMV Services

Wednesday, September 25, 2024
10 a.m. - 2 p.m.
Village Hall
Community Room
50 S. Emerson St.
Mount Prospect, IL 60056

Services Provided:

- New and renewal ID cards
- Renewal of driver's license
- Sticker purchases
- Real ID

Representatives from the Illinois Secretary of State's Office will be at the Village Hall from **10 a.m. - 2 p.m.** on **September 25** to assist residents in acquiring or renewing a state ID, driver's license, license plate stickers, voter registration, and organ/tissue donor registrations.

If you have questions regarding any of the services that will be offered, please contact Illinois Secretary of State Giannoulias' Office directly at (800) 252-8980 or visit www.ilsos.gov.

Call the Human Services Department at (847) 870-5680 to book your appointment. Space is limited.

Mobile DMV

ILLINOIS SECRETARY OF STATE
ALEXI GIANNOULIAS

SERVICES WE PROVIDE:

REAL ID
(Appropriate documents required)

Driver's License
(Renewal, Duplicate, Corrected)

State Identification Card
(FirstTime, Renewal, Duplicate, Corrected)

Vehicle Registration Stickers
(Registration expiring within the current year)

Organ & Tissue Donor/Voter Registration
(Only with License or ID Application)

ACCEPTABLE FORMS OF PAYMENT:

Visa, Mastercard, AMEX, Discover Credit/Debit Cards
(All credit or debit payments incur a transaction fee)

ACCEPTABLE FORMS OF IDENTIFICATION:

All acceptable documents presented for verification or proof must be valid, current and not expired. You must provide acceptable identification to verify your name, date of birth, Illinois residency, Social Security number and signature.

Below are some examples of acceptable documents:

<ul style="list-style-type: none">• IL Driver's License• US Voter Card• ID-21*• US Resident Card• IL State ID Card• Credit/Debit Card	<ul style="list-style-type: none">• Bank Statement• Valid US Immigration Documents• US Passport• Social Security Card• US Birth Certificate• W-2	<p>Required for REAL ID</p> <ul style="list-style-type: none">• Proof of Identity<ul style="list-style-type: none">• Certified US Birth Certificate, US Passport, or US Naturalization Certificate• US State or Federal Government Issued Identification Card• US Birth Certificate• Proof of Signature<ul style="list-style-type: none">• A credit/debit card, cancelled check or current Illinois ID• Proof of Full Social Security Number (SSN)<ul style="list-style-type: none">• Social Security Number (SSN) or a pay stub with SSN	<ul style="list-style-type: none">• Two Current Residency Documents with the Applicant's Name<ul style="list-style-type: none">• Utility bills (gas, electric, water, or trash service)• Insurance policies that list the address• Rental agreement• Lease agreement
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Full list of acceptable documents at ILSOS.GOV

State law allows early renewal of DL and ID up to one year in advance. Seniors aged 65 and older are eligible for a No-Fee State ID Card. We are unable to administer written or road exams if required.





SECRETARY of STATE
ALEXI GIANNOULIAS

f X @ y in ILSOS.gov

Benefit Access Program

The Illinois Department on Aging offers a Benefit Access program for income-eligible older adults and people with disabilities. Individuals who are approved for Benefit Access are eligible for the following:

- Discount on license plate registration fee; and/or
- Ride Free transit card from the Regional Transit Authority (RTA) to ride CTA buses and trains, as well as Metra, for no charge

Income Guidelines for Older Adults and people with disabilities:

- 1 person \$33,562 annually
- 2 people \$44,533 annually

Please note: If you are applying for the first time, please apply ninety days before the license sticker is due to expire. Certificate is good for two years from approval date.

Please call the Human Services Department (847) 870-5680 for more information.



FILE OF LIFE [®]



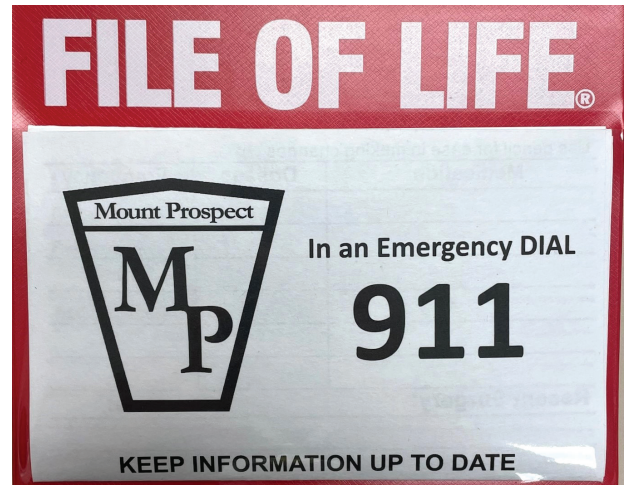
WHAT IS IT?

File of Life is a program that allows Emergency First Responders to easily reference important medical information for a patient in the event of an emergency.

WHAT DO I NEED TO DO?

Fill out the File of Life medical card and be sure the information is accurate and legible. If necessary have someone assist you.

- Use pencil to fill out the form to allow for future updates.
- Once completed, fold your File of Life medical cards and place in the red magnet pouch. Put the pouch on your refrigerator.
- Keep all information up to date.



WHERE DO I GET ONE?

Please visit the Human Services Department on the 2nd floor of Village Hall to pick up the needed material.



FOOD DRIVE



Help Restock The Mount Prospect Food Pantry



The food pantry is currently in need of the following items:

- | | | |
|-------------------|---------------------------|-------------------------|
| • Spam | • Ramen Noodles | • Canned Vegetables |
| • Beef Stew | • Canned Beans (any kind) | • Cookies |
| • Jelly | • Cake Mix | • Canned Peaches |
| • Peanut Butter | • Mac & Cheese | • Canned Pineapple |
| • Pancake Mix | • Canned Fruit | • Canned Corn |
| • Syrup | • Apple Sauce | • Oatmeal |
| • Oatmeal | • Any Snacks | • Crackers |
| • Canned Corn | • Dry Pasta | • Toothpaste |
| • Tomato Sauce | • Gluten Free Pasta | • Instant Mash Potatoes |
| • Spaghetti Sauce | • Toilet Paper | • Cooking Oil |
| • Canned Chicken | • Instant Rice | • Flour |
| • Pasta Sauce | • Canned Soup (any kind) | • Spices (any kind) |
| • Tuna | • Canned Green Beans | • Paper Towels |

Please do not buy cans larger than 32 oz. or packages larger than 5 lbs

Help Us Stock the Food Pantry

The Human Services Department has seen a significant increase in the number of families needing assistance from our food pantry this year. Because of the increased demand, we are asking for those who are able to donate food to help us keep the shelves stocked for those in need.

Drop off location:

Village Hall
 Human Services Department
 (2nd floor)
 50 S. Emerson St.
 Monday - Friday
 8:30 a.m. to 4 p.m.
 If assistance is needed with unloading items, contact
 (847) 870-5680.



FIT 4 LIFE Fitness Programs!

Easy-to-follow Zumba ®

Choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and strong.

1st Friday of the Month

Farley Community Room - Village Hall
50 S. Emerson St.
Mount Prospect, IL 60056
10 - 10:45 a.m.

SEPTEMBER 6, 2024

OCTOBER 4, 2024

Seated Exercise with the Village Nurse

Join the nurse for a socially engaging, full body, and low-impact workout. The class aims to increase strength, improve flexibility, and promote daily movement.

2nd, 3rd & 5th Thursday of the Month

Farley Community Room - Village Hall
50 S. Emerson St.
Mount Prospect, IL 60056
11 - 11:45 a.m.

SEPTEMBER 12, 2024

OCTOBER 17, 2024



No registration required.

Must be a Mount Prospect resident to attend.

Call (847) 870-5680 with any questions.

Whole Body Wellness with Angela C-IAYT

This program is designed to support good posture and lung function, maintain joint mobility, stimulate brain function and the vagus nerve, and improve balance and core strength.

4th Thursday of the Month

Farley Community Room - Village Hall
50 S. Emerson St.
Mount Prospect, IL 60056
11 - 11:45 a.m.

SEPTEMBER 26, 2024

OCTOBER 24, 2024

SAVE THE DATE: Health & Wellness Expo

Date: Friday, October 11, 2024

Time: 9:00 a.m. - 12:00 p.m.

Location: Village Hall

50 S. Emerson St., Mount Prospect, IL 60056



Discover a healthier you this October! Enjoy free wellness demos and screenings at our upcoming event. Learn about local resources and take the first step towards a happier, healthier life.

Mount Prospect residents only. No registration required.

For more information, please call the Human Services Department at (847) 870-5680.

HEALTH & WELLNESS PROGRAMMING IN THE COMMUNITY

Mt. Prospect Park District RecPlex, Central Community Center, Lions Park (847) 255-5380

Silver workout for residents 55+
Indoor Walking
Pickleball
Aquafit Classes

River Trails Park District 1500 E. Euclid Ave., Mount Prospect (847) 255-1200

Drum & Tone Class
Gentle Exercise Class
Indoor Walking
Aquafit classes

Frisbie Senior Center 52 E. Northwest Hwy., Des Plaines (847) 768-5944

Various Health and Wellness programs: Tai Chi, Line Dancing, Ping Pong, and Zumba.

Arlington Heights Senior Center 1801 W. Central Rd., Arlington Heights (847) 253-5532

Various Health and Wellness programs throughout the week including Walking Group and Parkinson's Exercise Group.



LOCAL GYMS:

LA Fitness

1145 Mount Prospect Plaza, Mount Prospect
(847) 463-9295

Crunch Fitness

225 W. Rand Rd., Mount Prospect
(847) 637-5952

Planet Fitness

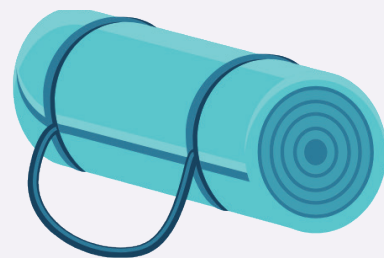
751 W. Golf Rd., Des Plaines
(847) 258-3466

NCH Wellness Center

900 W. Central Rd., Arlington Heights
(847) 618-3500

XSport Fitness

960 W. Dundee Rd., Arlington Heights
(847) 577-0756



OTHER HEALTH & WELLNESS OPTIONS:

Lumi Yoga Studio & Shoppe

104 W. Northwest Hwy. | (847) 476-0980

Club Pilates

1107 N. Elmhurst Rd. | (847) 752-4476

Body & Brain Yoga Tai Chi

1 W. Rand Rd. Unit C | (847) 749-1584

Orange Theory Fitness

1032 Center Dr. | (847) 737-5584

F45 Training

201 South Main St. | (847) 327-0875

Core Power Yoga

19 S. Evergreen Ave. (Arlington Heights) |
(833) 448-2561

Girls of the 1950s

Wednesday, September 4 at 7 p.m.

Location: Mount Prospect Public Library
10 S. Emerson St.
Mount Prospect, IL 60056

Professional singer Heather Braoudakis performs songs from some favorite female vocalists of the 1950s golden age including Doris Day, Dinah Shore, and many more! Call the Mount Prospect Public Library at (847) 253-5675 to register.

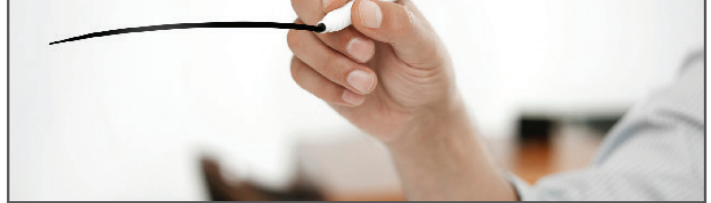
Understanding Medicare Choices

Monday, October 7 at 7 p.m.

Location: Mount Prospect Public Library
10 S. Emerson St.
Mount Prospect, IL 60056

Whether you're signing up for the first time or wondering if you should make a change, this class will help you make a more informed decision about Medicare. Registration required. Call the Mount Prospect Public Library at (847) 253-5675

MEDICARE SUPPLEMENT INSURANCE PLAN



Choosing Your Medicare Supplement Insurance Policy

Thursday, October 10 at 2 p.m.

Location: Mount Prospect Public Library
10 S. Emerson St.
Mount Prospect, IL 60056

This program will give you the helpful guidance you need to navigate your Medicare supplement options with our Medicare Supplement Insurance Buyers' Guide. Registration required. Call the Mount Prospect Public Library at (847) 253-5675 to register.

From Detection to Recovery: A Breast Cancer Panel Discussion

Monday, October 28 at 6 p.m.

Location: Mount Prospect Public Library
10 S. Emerson St.
Mount Prospect, IL 60056

Registration required. Call the Mount Prospect Public Library at (847) 253-5675 to register.

Gain essential knowledge and proactive strategies focused on breast health with this comprehensive panel of medical experts from Advocate Lutheran General Hospital.

COMPUTERS

- The Library provides more than 50 e-Net computers for the public and 11 express (Internet only).
- They also provide a Large Text/Screenreader computer, loaded with the Zoom Text program.



CHROMEBOOK/HOTSPOT BUNDLE

- The Library offers Chromebooks with hotspots for two weeks to use at home. Call the Library to place a hold, and pick up the computer using Parking Lot Pickup at the Main Library or South Branch. Basic setup instructions for use available in English and Spanish.

HOTSPOTS

- The Library offers hotspots for two weeks. Call the Library to place a hold, and pick up using Parking Lot Pickup at the Main Library or South Branch. Basic setup instructions included.

Upcoming Fall 2024 Beat Meetings

Come meet the officers who patrol the beat you live in, learn about crime trends in your area, and ask questions. To learn which beat you reside in, go to joinmppd.org and click on POLICE BEATS or see the map below.

3160: November 18, 6 p.m., Moretti's, 1799 S. Busse Rd.

3162: October 21, 7 p.m., Community Connections Center, 1711 W. Algonquin Rd.

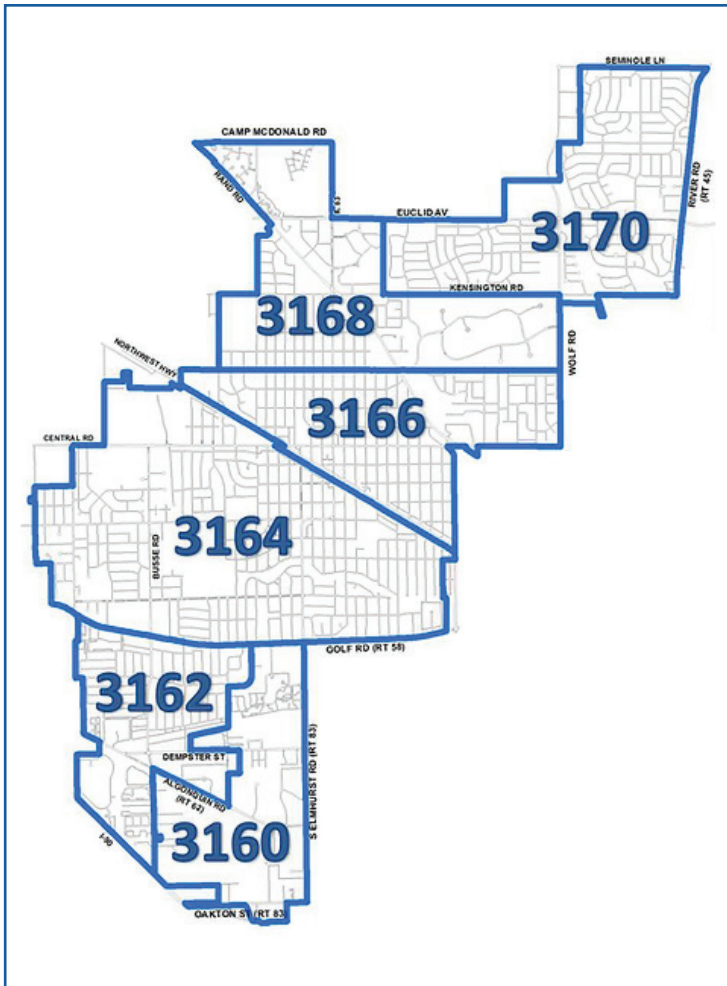
3164: September 11, 6 p.m., Mt. Prospect Golf Club, 600 See-Gwun Ave. (Outdoor)

3166: September 18, 6 p.m., Edwin & Elsie Meyn Busse Park, 21 S. Emerson St. (Outdoor)

3168: November 20, 7 p.m., Police Headquarters, 911 E. Kensington Rd.

3170: September 23, 5:30 p.m., Burning Bush Trails Park, 1313 N. Burning Bush Ln. (Outdoor)

Call the Mount Prospect Police at (847) 870-5656 or email at policedepartment@mountprospect.org with questions.



SATURDAY, SEPTEMBER 7 @ 8AM
911 E. KENSINGTON ROAD

MOUNT PROSPECT
★ ★ 2024 ★ ★



**Run and walk through the neighborhood
surrounding the Police Headquarters.**



SCAN TO REGISTER
FiveO5k@mountprospect.org
or (847) 870-5656 with ?'s



**All proceeds benefit
the Mount Prospect
Food Pantry.**

Free Emergency Management Preparedness Workshop



Every second counts during a critical incident or a disaster, so be sure to plan ahead!

Sign up for the Free Mount Prospect Emergency Management preparedness (EM workshop).

Saturday, November 2, 2024 from 9 a.m. to 3 p.m. at Fire Station 14, 2000 E. Kensington Rd.

Many of our local disasters include power outages, flooding, severe weather, and home fires. This FREE workshop will cover topics including home preparedness kits, weather safety, basic first aid, utility safety, and fire safety with extinguishers. The workshop is a mixture of classroom discussion along with hands-on practical skills that are aimed to help you and your family be better prepared for local disasters. Some of the instructors for this workshop are members of the Mount Prospect Community Emergency Response Team (CERT). These CERT members are local residents who volunteer their

time and give back to our community. CERT has been in existence for 20 years and has been a valuable resource to the community as they assist all village departments. Team members assist in two areas of focus, both planned and unplanned events. Planned events involve community outreach. At these events, CERT members focus on educating the community on preparedness. Some of these events include: the Fire Department Open House, 5K Run/walks, Celebration of Cultures, National Night Out, and other events throughout the year. Unplanned events include times when emergency services need additional personnel to help with more non-critical roles. Taking over these non-critical rolls allows our first responders to return to their emergency services of support to the residents of this community.

The EM Workshop is a starting point for those residents who are interested in helping our community and possibly becoming a member of our CERT program.

The free workshop is limited to 25 people and all attendees must be preregistered. A light lunch will be provided. For more information, contact Jim Miller at (847) 818-5254 or email at jmiller@mountprospect.org.

PUBLIC WORKS DEPARTMENT

Did you know Public Works publishes a newsletter dedicated to recycling? It's a useful tool that may answer your recycling questions. For a hard copy, call Mount Prospect Public Works Department at (847) 870-5640.

Mount Prospect residents should receive the recycling newsletter in the mail each year, mid-September. Save your copy to reference throughout the year!



Bus Tour to Pabst Sites in Milwaukee



Saturday, September 14, 2024
\$85 MPHS members, \$95 non-members
9 a.m. - 5 p.m.

This trip requires considerable walking and the ability to climb bus stairs, flights of stairs, and stand for up to 60 minutes.

Join Mount Prospect Historical Society for a bus trip to the historic Pabst brewery and Pabst Mansion in Milwaukee!

Mount Prospect Historical Society has arranged a day tour, leaving Mount Prospect at 9 a.m., to travel to Milwaukee, WI, where you will tour the historic

Pabst brewery, where Pabst beer was once produced. For more information, contact Mount Prospect Historical Society at (847) 392-9006.

SENIOR CONNECTIONS

SEPTEMBER 5, 2024

FARLEY COMMUNITY ROOM AT VILLAGE HALL
50 SOUTH EMERSON STREET, MOUNT PROSPECT

COME TO LEARN!

9:00 AM - 9:30 AM
Village Leadership Q&A

9:30 AM - 9:45 AM
Village Updates

STAY TO MEET YOUR NEIGHBORS!

10:00 AM - 11:00 AM
Socialization, snacks and so much more!

No Registration. Mount Prospect Residents only.
If you have questions, please call 847-870-5680.

Senior Connections

Thursday, September 5, 2024 & Thursday, November 7, 2024

9 - 11 a.m.
 Village Hall
 Farley Community Room
 50 S. Emerson St.
 Mount Prospect, IL 60056

Come to learn! Stay to meet your neighbors! Socialization, snacks and more. No registration required. Mount Prospect residents only.



Bluesmobile Cruise Nights

May 11, 2024 - September 28, 2024
Every Saturday
3 - 9 p.m.
(weather permitting)
 Mount Prospect Metra West Commuter Lot at the corner of Northwest Hwy. and Main St. (IL Route 83).



UPCOMING EVENTS

**River Trails Park District
Fall Trip:
Act of God Movie**

**Wednesday, October 23, 2024
9:30 a.m. - 5 p.m.
At Paramount Theater**

**Leaves from Weiss Community Center
1500 E. Euclid Ave.
Mount Prospect, IL 60056**

For more information contact
River Trails Park District at
(847) 255-1200.



AARP Driver Safety Course

**Tuesday, September 10, 2024
Wednesday, September 11, 2024
1 - 5 p.m.**

**Mount Prospect Public Library
10 S. Emerson Street
Mount Prospect, IL 60056**

This two-part, eight-hour program provides a refresher course for motorists age 55 and up. Please contact the library at (847) 253-5675 to register for this event.



The Cook County Sheriff's Office
invites you to attend the



- Learn how to protect yourself from crime
- Learn how to communicate with law enforcement
- Understand con games & scams targeted at seniors
- Understand the functions of the Cook County Jail & Courts
- Refreshments will be served
- All participants honored at a Graduation Ceremony & Reception

To register or receive more information,
Call the Frisbie Senior Center at 847-768-5944 or the
Cook County Sheriff's Office at 708-865-7341

**Classes meet on Wednesdays
September 11, 18, 25
October 9, 16, 23
Noon – 2:00 P.M.**

**Hosted at the
Frisbie Senior Center
52 E. Northwest Highway in Des Plaines**

**Senior Citizen
Law Enforcement Academy
hosted by Cook County**

**September 11, 18 & 25, 2024
October 9, 16 & 23, 2024
12 - 2 p.m.**

**Frisbie Senior Center
52 E. Northwest Hwy
Des Plaines, IL 60016**

To register or receive more information, contact
Frisbie Senior Center at (847) 768-5944
or the Cook County Sheriff's Office at
(708) 865-7341

UPCOMING EVENTS

**MOUNT PROSPECT
FIRE DEPARTMENT**

OPEN HOUSE
AT RANDHURST VILLAGE

SEPT. 14, 2024
10AM-2PM

FIRE TRUCKS & AMBULANCES
POLICE VEHICLES
LOCAL COMMUNITY PARTNERS
NORTHWEST CENTRAL DISPATCH
PRIZE WHEEL & GIVEAWAYS
HOT DOGS
ICE CREAM

AND MUCH MORE!

Activities Include:

- Kid's Fire Pole
- Kid's Combat Challenge
- Emergency Management Display
- Fire Safety & Preparedness Programs
- Special Team Demonstrations

Visit us at:
www.mountprospect.org/firedepartment
facebook.com/mountprospectfd





Mount Prospect Fire Department OPEN HOUSE

Saturday, September 14, 2024
10 a.m. - 2 p.m.

LOCATION:
Randhurst Village
1 Randhurst Village Dr.
Mount Prospect, IL 60056

Join Mount Prospect Fire Department for the 2024 Fire Department Open House!

All ages are welcome.



Aging in Community: Modifications for Home Accessibility

Monday, September 16, 2024
Presentation by Lifeway Mobility:
6:30 - 7:30 p.m.
Followed by Resource Fair:
7:30 - 8:30 p.m.
Village Hall
Board Room - 3rd Floor
50 S. Emerson St.
Mount Prospect, IL 60056

Registration required at mddl.org or by phone (847) 253-5675.

FREE EVENT



Modifications for Home Accessibility

Presented by the Village of Mount Prospect Aging in Community Initiative

Monday, September 16 | 6:30 - 8:30 PM
Mount Prospect Village Board Room
50 S Emerson St, 3rd Floor

Registration required at mddl.org or by phone  847-253-5675

Lifeway Mobility, a certified aging in place specialist (CAPS), will present home modifications you can put in place today to maintain your independence and age in place freely, comfortably, and safely.

This free event at Mount Prospect Village Hall starts with a presentation (6:30 PM - 7:30 PM) and is followed by a resource fair (7:30 PM - 8:30 PM).



UPCOMING EVENTS

Frisbie Senior Center OPEN HOUSE

Monday, October 21, 2024
10 a.m. - 12 p.m.
52 E. Northwest Hwy.
Des Plaines, IL 60016
(847) 768-5944



Join Frisbie Senior Center for their Fall Open House. Take a tour of the facility, see some of the programs and activities that are regularly offered, and meet people with similar interests.

Raffles and refreshments available.

All attendees will receive a coupon for "one free class" offered at the Frisbie Senior Center.

You're Invited

Please join us for our Fall Open House. Take a tour of the facility, see some of the programs and activities that are regularly offered and meet people with similar interests.

* **Monday, October 21st 10:00a - Noon**

Raffles and refreshments available; all attendees will receive a coupon for "one free class" offered at the Frisbie Senior Center. **Come see what we're all about!!**

52 E. Northwest Hwy., Des Plaines, IL 60016
847.768.5944
www.frisbieseniorcenter.org
FB & Linked In: Frisbie Senior Center

Mount Prospect
MP

2024
PRESIDENTIAL
ELECTION

**YOUR
VOICE.
YOUR
VOTE.**

Early Voting
Mount Prospect Village Hall
October 21 - November 4
Monday - Saturday - 9am-5pm
Sunday - 10am-4pm
Election Day - Tuesday, November 5

Presidential Election

Early Voting

October 21 - November 4

Mon - Sat: 9 a.m. - 5 p.m.

Sun: 10 a.m. - 4 p.m.

Election Day: Tuesday, November 5

Mount Prospect Village Hall
Farley Community Room (1st Floor)
50 S. Emerson Street
Mount Prospect, IL 60056

For assistance registering to vote,
call the Village Clerk's Office at
(847) 818-5333.



**DO YOU NEED HELP WITH SIMPLE HOME MAINTENANCE?
IF YOU ARE 60 OR OLDER GIVE NWHP A CALL.**

SENIOR HANDYMAN PROGRAM

This program is provided by North West Housing Partnership (NWHP) for all residents in Arlington Heights, Buffalo Grove, Mount Prospect, Palatine, Rolling Meadows, and all communities in Wheeling and Palatine Townships. If you are unsure if you are a resident of one of these townships, NWHP can assist you. Please call 847-969-0561.



Examples of Eligible Work:

- Grab bars
 - Hanging curtains
 - Attic Stairs
 - Disposal Repair
 - Door Locks
 - Ceiling Fan
 - Light Fixture
 - Screen Repair
 - Faucet Repair
 - Sink Repair
 - Soffit Repair
 - Toilet Repair
 - Window Repair
 - Drain
 - Gutters cleaning
 - Shower Door
 - Hanging Pictures
 - Putting up Shelves
- Only minor home repairs

***NO EMERGENCY REPAIRS**

Eligibility requirements:

- 60+ years of age
- All income levels welcome

Fees are either \$20, \$30 or \$40 an hour depending on income. Some income qualified residents may obtain these services at no charge through funding by AgeOptions. Repairs done by insured and reliable professionals.

Contact NWHP for more information (847) 969-0561
www.nwhp.net - michellehill@nwhp.net

NWHP is a HUD APPROVED non profit housing counseling agency. Funding in whole or in part for the Senior Handyman Program is provided by:



NWHP adheres to non-discriminatory practices and is an equal employment employer and serves seniors with the greatest economic and social need, low income minority & persons with limited English proficiency.

NWHP has other home repair programs for seniors and the disabled, call 847-969-0561 to inquire.

Senior Handyman Program

Do you need help with simple home maintenance? If you are 60 or older give North West Housing Partnership a call at (847) 969-0561 or visit www.nhp.net

Examples of Eligible Work:

- Grab bars
- Hanging curtains
- Attic Stairs
- Disposal Repair
- Door Lock
- Ceiling Fan
- Light fixture
- Screen Repair
- Faucet Repair
- Sink Repair
- Soffit Repair
- Toilet Repair
- Window Repair
- Drain
- Gutter cleaning
- Shower Door
- Hanging Pictures
- Putting up Shelves

**Only minor home repairs
NO EMERGENCY REPAIRS**



Enjoy Our New Senior Offerings



For details call
847-640-1000
or visit
mppd.org

Free! Walking Tuesdays

Get moving in the gym at Lions Recreation Center

Tuesday, 9:00-12:00 PM
Year Round Activity

Free! Arts & Craft Workshop

Exercise your creativity. A great time to socialize and create something new.

Monday, Oct 7
10:00-11:00 AM

Free! Stay Connected Stitch by Stitch

Knit, crochet, needlepoint or embroider while sharing tips and making friends!

Thursday, 9:30-11:00 AM
Sep. 12-Nov. 21

\$1 Bingo Bonanza

Drop in and pay \$1 at the desk to play!

Wednesday, 12:30-1:30 PM
Sep. 11 • Sep. 25 • Oct. 9
Oct. 23 • Nov. 6 • Nov. 20

Variations-Ballet for Seniors

Monday, 11:15 AM-12:00 PM
Sep. 9-Oct. 21
R \$70 NR \$80 48607

Open Pickleball

Monday-Friday
1:00-4:00 PM
**Daily Rate R \$5 NR \$7
10 Play R \$40 NR \$50**

at Lions Recreation Center 411 S. Maple St.



Farley Community Room Groups

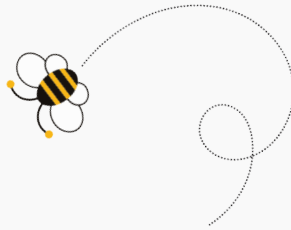
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Bridge: (Card Game) 1:00pm-4:00pm</p>	<p>Woman's Club: 1st Tuesday of the Month</p> <p>Mount Prospect Garden Club: 2nd Tuesday of the Month (September - April)</p>	<p>Sew Bee It Quilters: 3rd Wednesday of the Month 9:00am - 12:00pm</p> <p>MahJong: 10:00am-12pm</p> <p>Senior Men's Club: 12:00pm-4:00pm</p>	<p>Hand and Foot: (Card Game) 12:00pm-4:00pm</p>	<p>Bridge: (Card Game) 1:00pm-4:00pm</p>

Walk-ins are welcome

**This schedule is subject to change



Stay Current

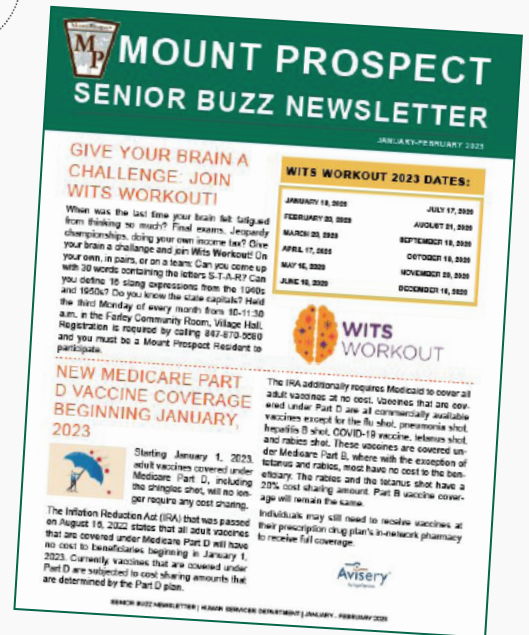


with the Senior Buzz Newsletter

Published six times per year, the Senior Buzz contains details on Village services, community information and a calendar of activities - all targeted towards older adults!

The Senior Buzz Newsletter is available in print or online. Call the Human Services Department at 847-870-5680 to register to receive the Senior Buzz Newsletter.

Print copies can be mailed to Mount Prospect residents only, who do not have access to email.



UPCOMING COMMUNITY EVENTS



Arlington Heights Memory Cafe

September 18, 2024 &
October 16, 2024
1:30 p.m.
1801 W. Central Rd.

Free social gathering for people living with memory impairments accompanied by a family member, friend or care partner. To register call Erin Mercado or Jasmine Chorath at Catholic Charities: (847) 253-5500.



Bessie's Workbasket

Wednesday
September 11, 2024
10 a.m. &
7 p.m.
Central School
103 S. Maple St.

Bessie's Workbasket at the Mount Prospect Historical Society will work on chicken scratch and gingham embroidery. This type of embroidery dates to the colonial times. You can embroider your design on gingham material. Fee: \$10.00
Register at www.mtphist.org/bessies-workbasket.



Bessie's Workbasket

Wednesday
October 9, 2024
10 a.m. &
7 p.m.
Central School
103 S. Maple St.

Bessie's Workbasket at the Mount Prospect Historical Society will work on candle-wicking, a classic whitework embroidery technique that has a distinct style involving stitching primarily with colonial knot stitches. Fee: \$10.00
Register at www.mtphist.org/bessies-workbasket.



Online Thrive with Pride Cafe

September 25, 2024 &
October 23, 2024
11 a.m.

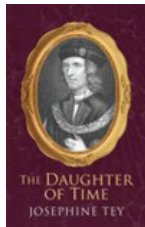
A safe gathering space for LGBT+ older adults to socialize with peers and seek and offer support. Contact AgeOptions at (800) 699-9043 to register.



Second Sundays at the Society

September 8, 2024 &
October 13, 2024
11:30 a.m. - 1:30 p.m.
Mount Prospect
Historical Society
101 & 103 S. Maple St.

September's theme is apples, and October's theme is pumpkins. Stop by these open house events for a variety of hands-on activities. This FREE event welcomes all ages. The Dietrich Friedrichs House Museum will also be open for tours.



MPHS Book Club

Thursday
September 12, 2024
7 p.m.
Central School
103 S. Maple St.

Join Mount Prospect Historical Society for an enjoyable read of *The Daughter of Time* by Josephine Tey and lively discussion about the sometimes overlapping fields of history and storytelling.



Mount Prospect Public Library October Mystery Movies

10 a.m. - 12 p.m.
Mount Prospect
Public Library
10 S. Emerson St.

Join Mount Prospect Library for a screening of mystery movies. Please register at mopl.org or call (847) 253-5675.
10/3: Clue
10/10: Murder By Death
10/17: Knives' Out
10/24: Death on the Nile

Halloween Movie on the Green

October 16 at dusk
Centennial Green
at Village Hall
50 S. Emerson St.

Grab a blanket and chairs and join the Mount Prospect Downtown Merchants Association for a special Halloween edition of Movies on the Green, featuring Harry Potter and the Sorcerer's Stone. The event is free, and the movie will begin at dusk.

Aging in Community: Communication Survey

Aging in Community work groups convened one year ago and have accomplished a great deal over the last twelve months.

The Information and Communication work group goals are to:

- Reduce barriers for older adults to access information and resources and,
- Enhance existing methods of communication to connect older adults and their caregivers to resources and events.

The Human Services Department has increased marketing of the Senior Buzz which has resulted in a 67% increase in the number of subscribers over the last year. We hope you are finding lots of great information in the Senior Buzz and take advantage of the different events and programs offered. The work group is interested in knowing how older adults learn about community events and programs so that we can improve communication and marketing of these events. We would appreciate your feedback.

Please click on <https://www.surveymonkey.com/r/89SW6DS> to complete an online communication survey. We have attached a paper copy of the survey to this edition of the Senior Buzz if you prefer to complete it in print. Your input is important, and we appreciate your feedback. We thank you for your participation!

Follow the Human Services Department on Facebook: <https://www.facebook.com/MPHumanServices>



Aging in Community Mount Prospect Resident Communication Survey



- 1) Check box if you are responding as a senior or for a senior(i.e., child/caregiver)
- I am an older adult (55+) living in Mount Prospect
 - I am responding for an older adult who lives in Mount Prospect (i.e., child/caregiver)

2) Age range of older adult: 55-61, 62-67, 68-77, 78+

3) Where do you get information about community programs, events, and services?

4) Tell us how we can improve our communication to our older adult population.

5) Additional comments: (Please use the back of this form for additional space.)

Please return completed survey to:
Village Hall
Attn: Human Services Department (2nd floor)
50 South Emerson Street
Mount Prospect, IL 60056