



VILLAGE OF SCHAUMBURG

AGENDA

Committee on Aging
Wednesday, October 2, 2024
7:00 PM - 746 E. Schaumburg Road

CALL TO ORDER

APPROVAL OF MINUTES

1. August 7, 2024

NEW BUSINESS

1. Member's Shared Information
2. COA Holiday Party December 4, 2024 at 6:30 p.m.
3. Discuss Updating of Senior Resource Directories

UNFINISHED BUSINESS

1. Analysis of "Savvy Seniors" - Exercise Presentation
2. Make-up and Skincare Presentation on October 23, 2024
3. New Medical Advances and Preventative Measures Presentation
4. Analysis of Home Repair Program Presentation with North West Housing Partnership
5. Discuss New Food Options for Spring Fling and Other Events
6. Holiday Bingo Event on December 12, 2024

CONTINUING ITEMS

1. Liaison's Report
2. Budget Report

DEFERRALS

COMMENTS FROM THE PUBLIC

ADJOURNMENT

NEXT MEETING

December 4, 2024

In compliance with the Americans with Disabilities Act and other applicable Federal and State laws, the meeting will be accessible to individuals with disabilities. Persons requiring auxiliary aids and/or services should contact the

Village Manager's Office at 847.923.4705, preferably no later than five days before the meeting.



August 7, 2024
10/2/2024
Committee on Aging

Presenter:

Lead Department: Community Services

Executive Summary:

Recommended Action:

ATTACHMENTS:

Description	Type
▣ 2024-08-7	Minutes

I have reviewed the minutes, and they correctly represent the action taken by the committee.

Marina Lvovich
Senior Services Coordinator

**COMMITTEE ON AGING
VILLAGE OF SCHAUMBURG**

Meeting of August 7, 2024
7:00 PM – Nursing and Senior Services Conference Room
746 E. Schaumburg Road

CALL TO ORDER:

Chairperson Sigl called the meeting to order at 7:00 p.m.

MEMBERS PRESENT: Kim Kettel Ryszard Puskarz
Kathy Kosla-Martinez Kathy Ray
Diana Murray Bernadette Sigl
Marilyn Pande Diane Shore

MEMBERS ABSENT: Alex Bonarirgo
Judy Schillace

OTHERS PRESENT: Marina Lvovich, Senior Services Coordinator

APPROVAL OF MINUTES:

Kathy Ray motioned to approve the minutes for the Committee on Aging meeting for June 5, 2024. Seconded by Marilyn Pande. Motion carried.

NEW BUSINESS:

1. Member’s Shared Information:

Kathy Kosla-Martinez shared that the Schaumburg Senior Program at the Barn hosted a National Night Out Event on August 6, from 6:00-8:00 PM which was attended by over 100 seniors. Barn patrons really enjoyed this community-based event that included complimentary pizza, ice cream, and bingo as well as visits from the Schaumburg police and fire departments and other Village officials.

Kim Kettel informed members that the Schaumburg Township will be taking a trip to DeKalb County Fair on September 5, 2024 at 9 a.m., the cost of the trip is \$20 which includes the

entrance fee and lunch is on your own. Schaumburg Township's second-floor remodeling should be completed by November 2024.

2. **Holiday Bingo Event:** The event is planned for Thursday, December 12, 2024, from 1-3 p.m. at the Schaumburg Barn. Each person will receive two bingo cards, gift cards will be awarded to winners, and there will be 8-10 games played in total including special games and two coveralls. Registration will go through the Schaumburg Barn – 847.524.7496. Kathy Ray will be the Bingo caller at the event. Marina Lvovich and Kim Kettel will purchase a special desserts, hot chocolate, water, and gift cards in increments of \$5. Marina Lvovich and Kim Kettel will also work on creating a flyer for the event to get it ready for distribution.
3. **Discuss New Food Options for Spring Fling and Other Events:** Co-chair Sigl stated that she recently found out that Riccardo's Ristorante was closing. The family-owned restaurant did a lot for the community. Katy and Waldo were very generous in donating to the Committee on Aging events as well as to many worthy causes and the COA wishes them the best of luck in their future endeavors. With their closure the COA is looking into other restaurants to cater preferably individually wrapped meals for future COA events. Kathy Ray suggested Rosati's and Sweet Orange. Diana Murray suggested considering doing a salad and a roll for the meal option from Moretti's restaurant. Marilyn Pande added that the COA could reach out to the Al Larson Prairie Center to ask for ideas as they book restaurants for Septemberfest. Co-chairs Bernadette Sigl and Kim Kettel will reach out to various restaurants in the community to see which can provide the best options for upcoming events.

UNFINISHED BUSINESS:

1. **"Savvy Seniors" – Exercise Presentation:** A presentation on the importance of exercise and fitness programs available in the area will be presented on for August 13, 2024, from 10:30 a.m. -11:30 a.m. at the Schaumburg Park District. Alex Bonarirgo has coordinated with Stacy Johnson, fitness supervisor along with other fitness instructors at the Park District to develop the program which will feature an educational portion in conjunction with a showcase of various exercises. Healthy snacks and water will be provided to attendees. A list of classes available through the Park District, Barn, and Schaumburg Township will be distributed to attendees. Currently there are less than 10 people signed up to attend, the COA will continue promoting the event.
2. **Comedy Show Presentation:** Diane Shore reported that she has been in connection with a comedian and the cost is between \$500-\$1,200 per event for a 1-2hr. show. Co-chair Sigl added that if the Al Larson Prairie Center offers the Thursday Night Laughs comedy series for a low cost that people who wanted to go see a comedy show would have an opportunity to do so if they chose. Kathy Ray made a motion for the COA to discontinue the Comedy Show Presentation at this time as it is very costly, and Kathy Kosla-Martinez seconded. A vote was taken. 8 yes and 0 no. Motion has passed unanimously.

- 3. Make-up and Skincare Presentation:** The presentation is scheduled for October 2024 at the Schaumburg Barn possibly on a Wednesday from 11 a.m.-12 noon. The presentation will focus on skincare and make-up tips. Kathy Ray and Kathy Martinez have connected with a Mary Kay representative that will provide information and tips on this topic. The event will also have raffle prizes, complimentary treats, and water will be served to attendees.
- 4. New Medical Advances and Preventative Measures Presentation:** The presentation is scheduled for November 2024 from 10:30-12 noon at the Schaumburg Township. It will focus on new medical advances that would benefit the overall health of older adults as well as preventative measures people could take to better their health. Marina Lvovich and Kim Kettel are in communication with Kelly Weber at Ascension Medical Hospital to coordinate the speakers for the presentation. Kim Kettel added she recently had a preventative heart scan test and angiogram new tests that detect if you have a calcium build-up and if you are more prone to heart attacks which she thought was very beneficial. Kim Kettel will inquire if Ascension presenters would add information on these tests into the program.
- 5. Home Repair Program Presentation with Northwest Housing Partnership:** Liaison Marina Lvovich reported that Paula Bush, CEO of North West Housing Partnership will be doing an overview of services presentation at the Barn on September 28 from 11:00 a.m. -12 noon. This will include the The Older Adult Home Modification program which provides simple, low-cost home modifications and repairs to seniors' homes. The program is designed to give senior homeowners aged 62 or older the opportunity to "Age In Place".

CONTINUING ITEMS:

1. Liaison's Report:

Marina Lvovich distributed a list of upcoming COA meetings and event in fiscal year 2024/2025.

The Schaumburg District Library is hosting an Active Retirement Fair today Wednesday, August 7 from 5-8 p.m. in Rasmussen Room. Visiting organizations will provide information about volunteer, recreational, and lifelong learning opportunities for those in the retirement community. The event is sponsored by The Institute for Continued Learning at Roosevelt University, Schaumburg Township, and Schaumburg Township District Library. COA members that attended the fair earlier said that it was very well attended.

Marina informed members of the federal cuts to the Title III funding, resulting in the elimination of frozen and to-go meals at the Barn starting on August 1, 2024, that were put in place to overcome the challenges of COVID pandemic. There were many seniors that were impacted by this change. Older Adults who used to receive to-go and frozen meals were provided alternative resources in the community such as the Kenneth Young Center which provides homebound seniors with home delivered meals.

In its 12th year, the Schaumburg Barn and Village of Schaumburg employees once again planted a variety of fresh vegetables in the "Intergenerational Garden" in May of 2024. The last few months have rendered over 300 pounds of fresh produce that have been distributed

among older adults that attend the Barn to supplement their daily meals. The seniors planted seeds, as well as potted plants in the raised bins while VOS employees planted in the ground area. Planted veggies included tomatoes, cucumbers, peppers, zucchini and many others. We also planted watermelons and cantaloupes.

The Schaumburg Barn will be introducing the “Golden Games,” a friendly competition for adults ages 60 and better. The games will take place Monday – Thursday, Sept. 16-19 at the The Barn. Game participants can also enjoy an exclusive breakfast each morning before the games. Medals will be awarded to winners at the Closing Ceremony that will take place Friday, Sept. 20. The celebration will include special treats and photos of the medal winners. To attend, please register at least one week prior to event date by calling the Barn at 847-524-7496. Space is limited.

- 2. Budget Report: (Attachment 1)** –The August budget report for FY 24/25 was distributed and reviewed.

DEFERRALS: None.

COMMENTS FROM THE AUDIENCE: None.

ADDITIONAL COMMENTS: None.

ADJOURNMENT:

Diane Shore motioned to adjourn the Committee on Aging meeting at 8:17 p.m. Seconded by Kathy Ray. Motion carried.

NEXT MEETING: October 2, 2024 at 7:00 p.m.

Respectfully submitted, Marina Lvovich, Senior Services Coordinator

COA Budget Report for August 2024

Fiscal Year: May 1, 2024 - April 30, 2025		
Food & Meeting Supplies		\$ 500.00
1011570-7004	Food and Refreshment for Events	
	Balance	\$ 500.00
Operating Supplies & Equipment		
Operating Supplies & Equipment		\$ 500.00
1011570-7006		
	Balance	\$ 500.00
Postage		
Postage		\$ 150.00
1011570-7014	Mailing of agendas and minutes to members w/o computer	\$
	Balance	\$ 150.00
Printing		
Printing		\$ 1,600.00
1011570-7001	Printing of Senior Resource Directory booklet	
	Printing of VOS logo stickers for literature bags	
	Balance	\$ 1,600.00
Office Supplies		
Office Supplies		\$ 200.00
1011570-7013	Paper for COA event flyers and literature bag material	
	Balance	\$ 200.00
	Balance as of 8-2024	\$ 2,950.00

**Committee on Aging
2024 Subcommittee Events**

Subcommittee	Committee Members	Date of Event	Progress
“Savvy Seniors” Presentation: Exercise	Chairperson Sigl Alex Bonarirgo Kathy Ray Diane Shore	August 13, 2024 10:30 a.m.-11:30 a.m. Park District	Completed
Home Repair Program	All members	August 27, 2024 11:15 a.m. Schaumburg Barn	Completed
Make-up and Skincare Presentation	Chairperson Sigl Kathy Ray Kathy Martinez	October 23, 2024 11 a.m. -12 noon Schaumburg Barn	In progress
New Medical Advances and Preventative Measures Presentation	Chairperson Kettel	Schaumburg Township	In progress
Holiday Bingo Event	All Members	December 12, 2024 1-3 p.m. Schaumburg Barn	In progress
Spring Fling 2025			



Member's Shared Information

10/2/2024

Committee on Aging

Presenter:

Lead Department: Community Services

Executive Summary:

Recommended Action:



COA Holiday Party December 4, 2024 at 6:30 p.m.

10/2/2024

Committee on Aging

Presenter:

Lead Department: Community Services

Executive Summary:

Recommended Action:



Discuss Updating of Senior Resource Directories

10/2/2024

Committee on Aging

Presenter:

Lead Department: Community Services

Executive Summary:

Recommended Action:



Analysis of "Savvy Seniors" - Exercise Presentation

10/2/2024

Committee on Aging

Presenter:

Lead Department: Community Services

Executive Summary:

Recommended Action:



Make-up and Skincare Presentation on October 23, 2024

10/2/2024

Committee on Aging

Presenter:

Lead Department: Community Services

Executive Summary:

Recommended Action:



New Medical Advances and Preventative Measures Presentation
10/2/2024
Committee on Aging

Presenter:

Lead Department: Community Services

Executive Summary:

Recommended Action:



**Analysis of Home Repair Program Presentation with North West Housing Partnership
10/2/2024
Committee on Aging**

Presenter:

Lead Department: Community Services

Executive Summary:

Recommended Action:



Discuss New Food Options for Spring Fling and Other Events

10/2/2024

Committee on Aging

Presenter:

Lead Department: Community Services

Executive Summary:

Recommended Action:



Holiday Bingo Event on December 12, 2024

10/2/2024

Committee on Aging

Presenter:

Lead Department: Community Services

Executive Summary:

Recommended Action:



Liaison's Report
10/2/2024
Committee on Aging

Presenter:

Lead Department: Community Services

Executive Summary:

Recommended Action:



Budget Report
10/2/2024
Committee on Aging

Presenter:

Lead Department: Community Services

Executive Summary:

Recommended Action:



December 4, 2024
10/2/2024
Committee on Aging

Presenter:

Lead Department: Community Services

Executive Summary:

Recommended Action: