

## Elk Grove Township

**PUBLISHED APRIL 2023** 



George K. Busse Township Supervisor

#### A Message from the Supervisor...

Even though I grew up in Mount Prospect I have never really gotten use to our cold winters. I am always glad when spring and summer are right around the corner. You can have the snowmobiling, ice fishing and ice skating. That said, it doesn't matter the season, we at the Township are always working hard to meet the needs our residents.

#### **Demand for Services Continues to Grow**

The Township has had a very active start to the year. The number of residents seeking social service assistance and adult & family counseling is up dramatically. Food Pantry visits are now exceeding 600 families a month. Senior services are significantly expanding with the addition of an Older Adult Programming and Benefits Specialist while usage of our Senior & Disabled bus service remains high. Of special note, the Assessor's office has been deluged with residents seeking help with property tax appeals and exemptions. With County property taxes constantly on the rise our Assessors staff have become superstars for the many Township residents seeking help with their growing tax burden.

#### **Mental Health Assistance Moving to the Forefront**

I would like to take a moment to address one area of particular concern – mental health growing concern and township attention. Our Clinical Director, Luanne Pross, has observed a significant increase in the number of individuals struggling with anxiety, depression, and other mental health issues over the last several years. Luanne believes that COVID, social media, and financial uncertainty are some of the more significant factors driving this emerging crisis. She is especially concerned about the increase in mental health problems occurring among adolescents and children. Luanne points out that mental health visits to emergency rooms by adolescents and children jumped 31% in 2020 and that this trend has shown few signs of slowing down.

Elk Grove Township is unique compared to most other Illinois townships in that it offers no cost mental health counseling services for its residents. Clients of all ages can be seen by licensed therapists, including bilingual Spanish speaking counselors, who can help address a wide range of mental health needs including anxiety, depression, addiction, family/relationship issues, and behavioral problems.

The Township counseling process begins with an intake appointment over the phone. A staff member asks questions to identify specific mental health needs. If the needs can be met by Township therapists, an in-person assessment is completed at the Township offices and counseling sessions are scheduled. If the needs are more specialized or psychiatric in nature, referrals can be made to Township agency partners such as Kenneth Young, Children's Advocacy Center, and Wings. A valuable, new partnership the Township has established is with the Josselyn Center. The Josselyn Center provides psychiatric services and is able to serve residents in need of medication.

I am pleased to say again that all Township mental health services are offered free of charge to residents and are totally confidential. To learn more, please call us at 847-981-0373 or visit ElkGroveTownship.com



## **Save the Date**

-May 13-

Pack the Pantry Food Drive (pg. 11)

-May 17-

Community Services Day (pg. 10)

-May 20-

Stamp out Hunger Food Drive (pg.11)

-May 29-

Office CLOSED for Memorial Day

-June 19-

Office CLOSED for Juneteenth

-July 1-

Paint-a-Thon Application deadline (pg. 11)

-July 4-

Office CLOSED for Independence Day

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### **Assessing the Situation**



Connie Carosielli CIAO Assessor

It has always been our mission to keep you informed regarding your residential property. At this time, we should have the application forms for the various exemptions. Keep in mind, the Homeowner and Senior exemptions automatically renew. Those of you that have purchased new or pre-existing homes should double check the exemptions that have been applied to your property. This assessed value and characteristic verification is easy to accomplish. You can go onto the Cook County Assessor's website or call our office; we would be happy to do this for you.



Assessor's Office 224.265.6110

The first installment tax bill was delayed as was the due date for payment. There is no information, at this time, as to when the second installment tax bill will be issued. Remember the second installment bill should reflect the exemptions that you qualify for. I want to thank Board of Review Commissioners George Cardenas and Samantha Steele for sponsoring an educational outreach program during the time we were open for appeals. Also, for Commissioner Steele for sharing her analysts to our office on two occasions to answer questions for our taxpayers. This is the first time we have enjoyed intergovernmental cooperation on this level. Always be assured that if you have any questions regarding property assessment, please feel comfortable to call our office or come in and visit.



Community Services Day May 17 from 10am-2pm

More information on page 10

#### Clerk's Corner

Congratulations on surviving another winter in Northern Illinois! I trust you are enjoying the warmer temperatures and the opportunity to get outside to take a walk, ride a bike, garden, go to a softball game, or go fishing! I want to recap the services that are offered through the Office of the Clerk, and to highlight the details on Fishing Licenses. You can purchase your Fishing License at our Township Office at 600 Landmeier Road in Elk Grove Village, which is conveniently located about five minutes from the great fishing in Busse Woods!



Suellen Satern Township Clerk

Here is a list of the costs of 2023 Illinois Fishing Licenses. Make sure and stop by and get your license before you head out to fish.

- Illinois Resident Daily fee: \$5.50
- Illinois Resident Annual fee: \$15.00
- Illinois Resident Senior (65+) fee: \$7.75

Fishing licenses are not required for people under age 16, the blind and disabled, or active-duty military. Just be sure to have the current appropriate ID with you.

Other services offered through the Office of the Clerk:

- Notary Public
- Hunting Licenses
- Temporary Handicap Placards
   FOIA (Freedom of Information Act) requests
- Passport Applications (by appointment)
  - Voter Registration

Please contact our office at 847-437-0300 between 9 AM and 4 PM with any questions regarding any of our resident services. Have a fun and safe summer!

## **Welcome Shoppers!**

The Elk Grove Township Food Pantry is now open 4 days a week! Pantry shoppers can now visit the pantry on Fridays from 9:30 a.m. to 3:30 p.m. in addition to Tuesdays from 9:30 a.m. to 7:00 p.m. and Wednesdays/Thursdays from 9:30 a.m. to 3:30 p.m. The Elk Grove Township Food Pantry offers food pantry visits by appointment ONLY and all you need is a valid food pantry card. To schedule an appointment please 224.265.6111. If you are a new client, please arrive at least 15 minutes early and bring with you a current utility bill (dated within 30 days) and photo ID.



The Pantry offers a wide variety of dry goods as well as fresh produce, dairy and meat products, household items, and personal essential items. Families of four(4) or more are encouraged to use the pantry the maximum number of allotted visits (2 per calendar month) to ensure an ample amount of food and household items are available to you.

## Thank you to our wonderful donors for the food donations and for your kindness. We could not succeed without your help.

Sanford Chemicals Lutheran Church of Martha & Marv North Shore Unitarian Church **CJ** Logistics Assyrian Universal Alliance Foundation St Raymond School Nippon Express Friends at Plasticade Sheila Ray Adult Center C.H. Robinson Mikerphone Brewing **EGT Democrats** Amber's Academy Colors For Plastic Inc. Heather Cowell w/ Starbucks Annamarie Duckmann Mary Leidinger David Mills Kenneth Berezoski Eric Bertolozzi Jackson, Marshall, Brynlee, & Bradley Safina Kathy Mills Valerie Gongawan John Zumph Doreen Rodgers Neil Schwan Thomas Freeman

Diana Wilson



224.222.6111

HOURS OF OPERATION

TUESDAY 9:30AM-7:00PM WEDNESDAY/THURSDAY/FRIDAY 9:30AM-3:30PM



### **Department of Social Services**



## Senior Health Insurance Program

Navigating Medicare can be complicated, but Senior Health Insurance Program (SHIP) can help by answering questions and providing personalized guidance to those who need it. Elk Grove Township's SHIP certified counselor will give you one-on-one guidance based on your unique situation and needs.

## Illinois Benefit Access Program

Illinois residents 65 and older who are income eligible can apply for a discount towards their vehicle registration. Schedule an appointment for assistance with this application.



### 10 11 12 1 2 9 8 7 6 5 4

## Time is running out to apply for utility benefits

If your household's gross income has fallen below the 250% Federal Poverty Level in the last 30 days you are entitled to assistance towards your gas, electric and water bills. Appointments are limited and the program ends May 31. Not sure if you qualify? Give us a call and we can screen you for eligibility.

## **Medical Lending Closet**

If you are in need of medical equipment such as wheelchairs, walkers, canes, crutches, or other items, the Township can help! We lend these items to residents at no cost at increments of three (3) months. Availability varies so call to find out more.



There is never a fee for any program provided by the Elk Grove Township Departments.

Call us today to speak to a Case Manager or to schedule an appointment.

224-265-6111

# How can Elk Grove Township help me right now?



## Mental Health Counseling Services 847-981-0373

Are you or members of your household struggling with anxiety, depression or other mental health issues? Our **Counseling Services** are here to help! We offer confidential teletherapy, phone therapy or in-person therapy by Licensed Mental Health Counselors to residents of all ages. The Township has now engaged the services of The Josselyn Center to provide psychiatric evaluations and prescriptions, if needed, as well as ongoing medication monitoring.

## Employment Services 224-222-0935

Looking for a job or to change your career trajectory? Our **Employment Support Services** can help you touch up your resume, practice interviewing, start or update your LinkedIn page and more! Employment support is available by appointment, please call to schedule your visit.





## For Youth Services 847-981-0375

free of charge to residents this summer! There are plenty of groups to choose from but registration is required. For questions and registration, please call us or email RDorn@ElkGroveTownship.com

## Transportation Services 847-437-0300

Seniors (55+) and persons with disabilities are eligible for our **FREE bus service** that can take you anywhere in our township like doctor appointments, dialysis, grocery shopping, etc. Please call to register. Free township transportation is also available to veterans visiting the township for any reason, regardless of age but registration is required. Call to find out more!





## Assessor's Office 224-265-6110

Our **Assessor's Office** is happy to help with any questions that you may have regarding your property taxes and help you apply for exemptions. We can also add you to our list and contact you with information regarding dates of property tax appeals.

### **Youth Services**

Much of what children fear is rooted more in imagination than in reality. Parents may be called upon to ease anxieties about everything from strange noises to water, from spiders in the yard to monsters under the bed. Comforting children seized with irrational fears can be a difficult task.

Tamar E. Chansky, a psychotherapist who treats anxious children and adults and wrote a practical guide, "Freeing Your Child From Anxiety," said the goal was not to put down children's fears but to help them see that their fears are unwarranted and that they can overcome them. She has created a "master plan" for helping children gain control over their anxiety:

- Empathize with your child. Resist the temptation to tell the child there is nothing to worry about, and instead, acknowledge the child's concerns and the effect they have.
- Describe the problem as coming from "the worry brain" that jumps to conclusions and cannot be trusted. Give worry a name, like "brain bug." This takes the focus from the child's particular fear and makes anxiety itself the problem.
- Rewire and resist. Ask your child what they are really worried about and what they think might happen. Then ask them to check whether these thoughts really make sense. Help them find inner strength, the voice that tells worry it is not the boss.
- Teach relaxation techniques to temper the biological alarm to fight or flee whenever fear takes over.
- Help the child focus on what they want to do and what they would do if worry was not in charge.
- Finally, reinforce your child's efforts, praising them for getting through a tough situation.

For those in need of professional help, between 10 and 20 sessions of C.B.T (Cognitive Behavioral Therapy) can produce "meaningful clinical improvements in 50 to 70 percent of children," Dr. Golda S. Ginsburg, PHD said. "Anxiety is a chronic illness that can emerge in times of environmental crises or change," she said. "Prevention is important. I want parents to be proactive rather than reactive. A minor adjustment can prevents re-emerging anxiety from interfering with child's life"





Elk Grove Youth Services can provide resources for you and your child(ren). We encourage you to follow us on Facebook for information about youth groups and events that may benefit your families.

For more resources contact Elk Grove Township Youth Services Director, Renee Dorn at rdorn@elkgrovetownship.com or 847-981-0375.

### **Adult and Family Counseling**

### Coping with a Family Member's Addiction

Most of us know someone in our families who has struggled with a drug or alcohol addiction. According to the National Center for Drug Abuse, data from 2020 reveals:

- 13.5% of Americans 12 and over used drugs in the last month.
- 21.4% of people 12 and over have used illegal drugs or misused prescription drugs within the last year.
- 20.4% of Americans have an alcohol use disorder.
- 57.277 million people use tobacco or nicotine products (vape).
- 25.4% of illegal drug users have a drug disorder.
- 24.7% of those with drug disorders have an opioid disorder; this includes prescription pain relievers or "pain killers" and heroin.

The numbers are growing with more recent legislation legalizing some drugs of abuse and increased accessibility by youth.

Addiction problems range from mild to moderate to severe and pose significant consequences to not only the person struggling, but also to family members. The impact can be devastating emotionally, financially, legally, and can even lead to mental health problems and stress related medical issues for loved ones.

When someone's substance use becomes problematic, family relationships are often the first area of life affected causing mistrust, anger, shame, insecurity, and arguments. The person abusing the substance is usually in denial that their use is excessive even though their family members are hurting. The user usually dismisses their hurt to avoid having to face the issue challenge of evaluating their substance use.

#### How can family members cope with a loved one who has an addiction problem but refuses to seek help?

Recognizing and accepting the reality of the substance problem is the first step and perhaps most difficult. It is normal to minimize or excuse excessive use, however as it becomes more frequent, educating oneself and other family members about the problem will assist in developing a coping plan.

Seeking support from others such as close friends, teachers, and other family members can also help and/or joining a more formal in-person or online support groups such as Al-Anon or Families Anonymous to work through the tendency feel overly responsible or shame about the ways the addiction problem has been progressing. *Confiding* in your priest, pastor, or spiritual mentor can be of great help.



Engaging a professional counselor with a background in helping family members of those with alcohol or other substance related disorders is another strategy to navigate a path towards recovery for your family.

Most importantly, family members should never blame themselves for a person's compulsive use of a substance or other addictions.

For additional information about counseling and resources, call Elk Grove Township Adult and Family Counseling at 847 981-0373.

## Sewer Payments Can Now Be Made Online!

Elk Grove Township sewer

payments can now be
made online using a
debit/credit card!
This is a convenient
and efficient way for
residents to pay their
sewer bills from the
comfort of their own homes.

With this new option, residents can save time and avoid the hassle of mailing in their payments or visiting the township office.

To make a secure sewer payment to Elk Grove Township, please follow these steps:

- Open your smartphone camera app and point it at the QR code provided.
- 2. You should see a notification pop up on your screen that says "Open 'sewer payment'?"
- 3. Tap on the notification and it will take you to the payment page.
- 4. Enter the required payment information and confirm the payment.

Please make sure that you are using a secure internet connection before making any payments. If you have any questions or concerns, please contact Elk Grove Township at 847-437-0300 for assistance.



https://payments.lexisnexis.com/il/elkgrovetownship

## Community Services Day MAY 17

10AM - 2PM

600 Landmeier Rd, Elk Grove Village
MEETING HALL

#### Lions of Illinois Foundation Mobile Screening Unit

Provides a FREE screening for hearing loss and Retinal eye diseases.



## SECRETARY OF STATE MOBILE SERVICES

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•NEW/RENEWAL/CORRECTION OF STATE ID
•LICENSE PLATE RENEWAL STICKERS
•MOTOR VOTER REGISTRATION WITH RENEWAL OF DL/ID
•ORGAN DONOR REGISTRATION
WITH RENEWAL OF DL/ID



## OAK ST. HEALTH BLOOD PREASURE SCREENING

Provides a FREE screening



## ILLINOIS STATE TREASURER MOBILE UNIT

The State Treasurer is holding more than 3.5 billion dollars in unclaimed funds for Illinoisans. The State holds these lost funds until they are claimed by either the original owner or their heirs.



#### Two Chances to make a Difference!



**Saturday, May 13** - Donate to your local food pantry through the United States Postal Service annual Stamp out Hunger Food Drive!

For more than 22 years, the National Association of Letter Carriers (NALC) has conducted an annual nationwide food drive on the second Saturday in May.

Using the unparalleled postal networks, letter carriers collect non-perishable food donations on that day as they deliver mail along their postal routes. Make plans to participate in the largest one-day food drive in the country on Saturday, May 13!

**Saturday, May 20** The Elk Grove Village Community Character Coalition will be outside the Jewel/Osco from 9:00am-1:00pm collecting food donations for the two local pantries (EG Village

and EG Township) Please consider purchasing a few extra items when you do your shopping. A list of "most needed" items will be supplied by the friendly volunteers outside the entrance.



## Be a part of the

## Community **Paint-a-thon**

Does your home need a fresh coat of paint?

You can qualify to have your home painted!

Must be 60+, Veteran or have a physical disability with a household income less than \$36,000.

Contact us to apply at <u>22</u>4-265-6111









A Brush with Kindness

Applications must be received by July 1, 2023

## **Food Pantry Donations**

The Elk Grove Township Food Pantry aims to support individuals and families who are struggling with food insecurity in our community. As you may already know, hunger is a pervasive problem and can be especially challenging for low-income households, seniors, or those who have experienced or a sudden loss of income.

The Township Clients Choice Pantry strives to address this issue by providing nutritious food and other essentials to those in need. With the help of our dedicated staff and volunteers, we serve nearly 700 families each month. However we rely on the generosity of donors to help us continue our mission.

Monetary donations are accepted at the pantry year-round and often help fill the gaps between donated food items and items that are in high demand. If you would like to bring in or send a monetary donation, please mail or drop off your donation at 600 Landmeier Rd in Elk Grove Village. When dropping off monetary donations, please use the EAST entrance.

Donations of nonperishable food items and household essentials are accepted Monday through Friday 9 a.m. to 4 p.m. If you need help with your donation drop-off, please call 224-265-6111 and someone will assist you!



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The highly-popular Elk Grove Township Newsletter reaches every household and business in Elk Grove Township. You can now advertise in this publication to help grow your business and attract new consumers to our area. Published quarterly each issue is saved until the next one and used as a reference tool, used over and over again.



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   That's a readership of over 96,000 people!
- Elk Grove Township covers several affluent areas including Mount Prospect, Elk Grove Village, Des Plaines, Rolling Meadows, and Arlington Heights!
- **4,000 businesses** within the Elk Grove Township receive the newsletter!
- Targeted Audience No wasted circulation!
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  MEADOWS

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## Elk Grove Township



This newsletter is published by Elk Grove Township 600 Landmeier Road Elk Grove Village, IL 60007 Visit our website: www.elkgrovetownship.com

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#### When you partner with us, we are your advocate.

We work with individuals and business owners to articulate your investing goals, creating a strategy that is consistent with your objectives and values.

#### Bring Your Entire Picture Together: One Piece at a Time

It takes a team of experts to help you live your best life; you have doctors, attorneys, and tax professionals you rely on to keep your life running smoothly. We are prepared to do the same for your financial future. Embolden Wealth Management offers customized strategies to plan for life changes such as retirement, divorce, changes in employment, entering a caregiving role, or experiencing the loss of a loved one. We also work with business owners and entrepreneurs to develop a plan that addresses your own unique concerns and risks.

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- Tax Planning
- **Retirement Planning**
- Education Planning

**Estate Planning** 

**Risk Management Services** 

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## Elk Grove Township Information

**Hours Phone Email** 

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