



# Elk Grove Township

PUBLISHED JULY 2023



George K. Busse  
Township Supervisor

## A Message from the Supervisor...

### Food Pantry Assistance Appreciated!

I want to thank everyone who has been supporting our Food Pantry. Your generosity has allowed us to meet the ever-growing need for assistance in providing nutritious food for family tables. The dramatic increase in demand appears to be related to food price inflation, the expiration of the boost in food stamp benefits put in place by Congress during the COVID 19 pandemic, and demographic changes. Our Pantry is currently serving over 700 families a month. This is a 70% increase from a year ago. Without the help of the Township residents and business community, we would be struggling to keep up with the demand. I cannot thank you enough.

### Welcoming New Trustees

Over the last six months we have welcomed two new trustees to the Township Board. Last December, Brian Maye joined the Board after Trustee Greg Wojtecki stepped down for personal reasons. Then in April, David Perns was added to the Board when Trustee Vince Dante resigned due to his election to the Village of Mount Prospect Board of Trustees. We will miss both Greg and Vince, but I am excited that we have been able to replace them with well-respected professionals who have exhibited a strong commitment to community service. Brian is a partner at the law firm Adler, Murphy and McQuillan in Chicago and formerly served as an officer and criminal trial attorney in the US Navy. He has served on the District 57 School Board and sat on the Board of Governors for the Northwest Suburban Special Education Organization. David is a local small business owner. He owns Perns Back & Neck Clinic and Laser Pain Center in Arlington Heights. David also has served on the Elk Grove Township Agency Grant Committee and is a volunteer in the District 214 Internship Program that assists high school students plan career paths. I'm excited to have Brian Maye and Dr. David Perns on our Board!

Thank you for taking the time to read this newsletter. It provides important information about the myriad of services we provide for taxpayers, seniors, youth, and those in need both financially and health wise.



## Save the Date

**-July 28-**

Back to School Blast Off  
Deadline (pg. 11)

**-August 10-**

Special Senior Bus Trip  
Woodfield Mall (pg.11)

**-September 6-**

Township Office CLOSED for  
Labor Day

**-September 16-**

Elk Grove Village Hometown Parade

**-October 6-**

Community Flu Shot Event  
(pg.10)

**-October 9-**

Office CLOSED for  
Columbus Day/Indigenous People's Day

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## TOWNSHIP TRUSTEES



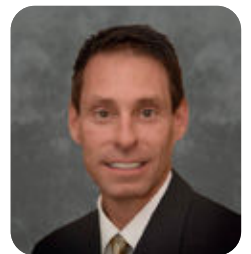
Richard Keenley  
Trustee



Brian Maye  
Trustee



Dale Niewiardowski  
Trustee



David Perns  
Trustee

## Assessing the Situation



Connie Carosielli  
CIAO Assessor

As summer is upon us, now is the perfect opportunity to enroll in our phone or email program. You may call or come into the office to register, so that you will always be informed about where we are in the Cook County property assessment schedule. This has become more important than ever because of late tax bills and unpredictable scheduling of appeal periods. We, at the township have no control over these schedules, and we want you to be informed so that you can be prepared to appeal or file for exemptions at the appropriate time.

It is always advisable to periodically check that your exemptions are current. You can do this by accessing [www.cookcountyassessor.com](http://www.cookcountyassessor.com) or by contacting our office.

We wish you a glorious summer!



**Community Flu Shot Event**  
**October 6 from 11am-2pm**

More information  
on page 10

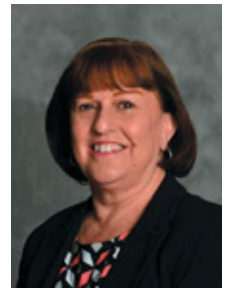
## Clerk's Corner

I hope you are enjoying all the opportunities in our township to get outside and enjoy summer activities, whether it is fishing, biking, or hiking in Busse Woods, enjoying all the parks, or attending parades and festivals. If you are planning on going fishing, you can stop by the township to purchase a fishing license. There is a lot going on at the township right now – all good things! I am excited to see that the construction on our new Bike Safety Course and our Challenge Course is progressing. Also, we are planning on participating in the Mount Prospect Parade on the 4th of July and the Elk Grove Village Hometown Parade on September 16. Look for the Township Food Pantry truck and Senior Bus in the parade. Maybe we'll give you some candy!

If you are planning on traveling out of the country, just a reminder that you can complete your passport application at the township. Be sure to call for an appointment and to find out exactly what documents you need to bring with you. Also, please plan ahead so you can get your passport in time for your trip. We have employees who speak English, Spanish, and Polish who will help you complete the passport application process.

If you are in need of a temporary handicap placard, please bring the needed documents and you can get your placard at the township. I also want to mention our Medical Lending Closet. This is something that we were unable to provide at our old location due to lack of space. If you or anyone in your family needs to borrow a walker, cane, wheelchair or other items you can pick them up at the township. For the Medical Lending Closet use the Westside entrance of the township. You will need to bring in a document showing proof of residency in the township, such as an electric or gas bill. Thanks to all the residents who donated items for our Medical Lending Closet – we are well stocked thanks to you!

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!



Suellen Satern  
Township Clerk

# Food Pantry



(L-R) Karen Osmanski, Jane Gregga, Beth Kaim, Kailee Tomasic and Supervisor George Busse

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

On May 24th, 2023 members of Elk Grove's Community Character Coalition (CCC) recognized Kailee Tomasic for her outstanding work within our Food Pantry!

"Kailee does outstanding work as the manager of the Elk Grove Township Food Pantry. The pantry has nearly doubled the number of clients in the last couple of years. We recognize the character Kailee demonstrates as she displays RESPECT to everyone at the pantry. She manages the products and produce carefully, attending to the needs of the pantry clients cheerfully. She manages the pantry volunteer staff with kindness and fairness. The pantry is a welcoming place for those in need, and a service all township members can be proud of – because of Kailee" said Jane Gregga (CCC member who nominated Kailee).

- Sanford Chemical Inc
- That's Caring
- Friends at Lutheran Church of Martha & Mary US Postal Service
- Community Character Coalition
- Curves
- Color for Plastics
- FedEx
- Assyrian Universal Alliance Foundation
- La-Co Industries
- Alpha Log Inc
- Arlington Heights Community Band
- Elk Grove Village Park District
- Cathy Carroll
- Kathy Kahl
- Irene Kielczewski
- Linda Lantz
- Lynne Dahlgren
- Judy Kolet
- Rene Del Signore
- Diane Rogers
- Sharon Gintz
- John Zumph
- Jeff Young



**SHOPPING BY APPOINTMENT ONLY!**



**224.222.6111**

## HOURS OF OPERATION

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



*Thank you!*

## Benefit Access Program

This program offers two benefits for seniors and persons with disabilities: A license plate fee discount and free rides on fixed-route transit systems.

## State Benefit Assistance

If you are having trouble navigating the online process of applying for SNAP food assistance or Medicaid, our staff may be able to help you with completing application forms.

## Senior Health Insurance Program (SHIP)

Do you qualify for Medicare but are confused by the process? Our SHIP certified counselor can give you one-on-one guidance based on your unique situation and needs. We can help you compare options, change coverage, and correct billing concerns.

## Employment Center ☎ (224) 222-0935

Looking for a job or to change your career trajectory? Our Employment Support Services can help you touch up your resumes, practice interviewing, start or update your LinkedIn page and more.

## Medical Lending closet

Medical equipment such as walkers, wheelchairs, canes, etc. can be rented out at no cost in three (3) month increments.

## Mobile Dental Clinic

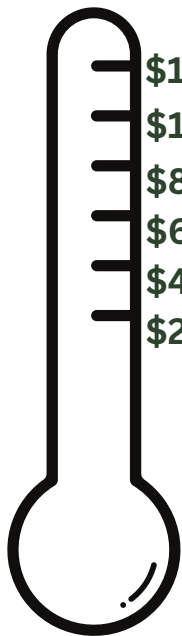
Screening for low cost dental care through Northwest Community Hospital for households at or below 200% of Federal Poverty Level.

☎ **224-265-6111**



# Hope for the Holidays

It is never too early to start thinking about how we can help those in need during the holiday season. Residents of Elk Grove Township have three opportunities to lift up their neighbors this year.



\$12,000  
\$10,000  
\$8,000  
\$6,000  
\$4,000  
\$2,000

## THANKSGIVING DONATION DRIVE

We are asking community members to help us ensure each Township resident who utilizes our food pantry receives a Thanksgiving meal. Because our pantry usage has increased by nearly 150% in the last four years, we will be holding a monetary drive to make that happen. These funds will be used to purchase items for a complete Thanksgiving meal for our food pantry clients. Please help us reach our goal of \$12,000!

Follow our progress of reaching this goal on our Facebook page. Donations can be made with the form found in this newsletter or directly on our website [www.elkgrovetownship.com](http://www.elkgrovetownship.com).



## Holiday Gift Drive

Sponsor children in the community by providing families with a \$50 gift card to a local retailer. This is a gift that gives TWICE! Parents get the joy of purchasing gifts for their children and kids get exactly what they whispered in Santa's ear!

Registration and more information will be available in our Fall newsletter and on our website [www.elkgrovetownship.com](http://www.elkgrovetownship.com).





### OLDER ADULT ANGEL TREE

Beginning November 1st, we will display an 'Angel Tree' on the West side of the Elk Grove Township building.

Low-income Seniors will be invited to place a gift wish on the tree to receive from a generous community member.

We invite you to visit the Township after November 1st during normal business hours to take an ornament with the designated wish and make a Seniors holiday merry and bright!



# Thanksgiving Donation Drive

Use the QR code to make a credit card donation



NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

Checks can be made to:  
Elk Grove Township  
\*Please add 'Thanksgiving' to memo line

If you would like to support Elk Grove Township's Thanksgiving Food Drive, please complete this

form and send to:

Elk Grove Township  
Attn: Hope for the Holidays  
600 Landmeier Road  
Elk Grove Village, IL 60007

## Nurturing Resilience and Coping Strategies in Youth over Summer

With summer in full swing, it's crucial to support youth in continuing to build resilience and coping strategies, especially when structure and peer interactions may be less prevalent. Here are key ways to foster skill development during this time:



**Encourage Hobbies and Creative Expression**  
Summer offers free time for exploration. Encourage youth to pursue hobbies and express themselves creatively through art, music, or writing. These activities provide purpose, stress relief, and emotional well-being.

### **Foster Independence**

Summer is an ideal opportunity for youth to take on responsibilities and pursue personal projects or volunteer work. Setting goals and accomplishing them enhances decision-making skills, boosts confidence, and instills a sense of achievement.

### **Promote Physical Activity and Outdoor Engagement**

Regular physical activity improves both physical and mental health. Encourage youth to engage in outdoor activities like sports, hiking, or swimming. Exercise enhances mood, reduces stress, and improves overall well-being.

### **Facilitate Social Connections**

Although structured social interactions may be limited, it's crucial to help youth maintain connections with peers. Encourage hangouts or local summer programs. These interactions foster socialization, support, and the development of social skills.

### **Promote Mindfulness and Self-Care**

Teaching mindfulness techniques and self-care practices equips youth with tools for stress management. Encourage practices like meditation, deep breathing, journaling, or gratitude exercises. These activities promote self-awareness, reduce anxiety, and enhance resilience.

### **Provide Access to Mental Health Resources**

Ensure youth have access to mental health resources and support systems. Share information on helplines, counseling, or local professionals. Educate yourself, others, and youth about recognizing signs of mental distress and seeking help when needed.

Supporting our youth by building resilience and coping strategies over the summer is essential for their well-being. Create an environment that nurtures their skills, fosters creativity, and empowers them to thrive.

**To learn more about Elk Grove Township Youth Services and how we promote the above in all our programs contact us at 847-981-0375 or email us at [rdorn@elkgrovetownship.com](mailto:rdorn@elkgrovetownship.com) or [ecaplan@elkgrovetownship.com](mailto:ecaplan@elkgrovetownship.com).**



## Just What is Mental Health Anyway?



Mental health can be thought of as a vague and abstract concept. In reality, good mental health is something that can actually be observed and evaluated. So, what does mental health look like? How can we recognize it in ourselves and others?

Good mental health is not simply the absence of mental illness. Though psychiatric conditions are very real and serious, they are not the only measure of someone's mental health. Mental health refers to a person's overall psychological sense of well-being encompassing feelings such as happiness, contentment, and satisfaction with life.

### **Below are some signs and examples of good mental health characteristics that can be applied to all age groups**

1. Positive thinking: overall positive life outlook focusing on strengths instead of weaknesses and finding joy in the little things.
2. Resilience: ability to cope with stress and adversity effectively and bounce back from setbacks.
3. Healthy relationships: strong connections and boundaries with others, along with open and honest communication with family and friends.
4. Self-care: attending to physical, emotional, and mental needs such as exercise, eating well, getting enough sleep, and engaging in recreational activities.

Mental health indicators are not static and can fluctuate over time and life circumstances. They are also on a continuum scale from poor to high or somewhere in between. Even people with generally good mental health can experience periods of stress, anxiety, or sadness at times. Those with psychiatric conditions or diagnosable mental illness, when treated and managed, can display overall good mental health and life satisfaction.

It is important not to judge or label someone as possessing good mental health. Recognizing its presence or absence in others can be difficult as mental health can be hidden beneath a person's outward appearance or behavior. However, there are some signs that indicate someone may be struggling such as persistent changes in behavior and mood, increased irritability, problems concentrating, withdrawing from social activities, and changes in sleep and appetite patterns.

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

## Summer Time Fun ! Bicycle Safety

Sandy Henmueller  
Former EGT Bicycle Safety Director



IMPORTANT safety tips for bicyclists and pedestrians near railroad tracks:

### USE ONLY DESIGNATED RAILROAD CROSSINGS.

The only legal and safe place to cross railroad tracks is at a designated public crossing with flashing red lights or a gate. Crossing at any other location is trespassing and illegal.

### ALWAYS WATCH OUT FOR THE SECOND TRAIN.

Wait after the first train passes until you can see clearly in both directions. Just like cars on a street, trains on the tracks run in both directions. When one passes, another may be coming on a different track. It is important to look in both directions and listen carefully before crossing.

### CROSSING TRACKS ON A BICYCLE REQUIRES CAUTION AND EXTRA ATTENTION!

Narrow wheels can get caught between the rails. If possible, walk - don't ride - across. Always cross at a 90-degree angle.

### WET TRAIN TRACKS CAN BE SLIPPERY.

If you are riding your bike, dismount and walk your bike across the tracks. Step over the tracks - not on them - to avoid slipping.

### TURN OFF MUSIC AND REMOVE EARPHONES AT ALL RAIL CROSSINGS.

Music can be a deadly distraction near the tracks preventing you from hearing an approaching train.

### IF YOU SEE A TRAIN COMING, WAIT!

Flashing lights or a lowering gate means a train is approaching. Always wait until lights have stopped flashing and gates are completely raised. It is illegal to go around lowered gates, whether on a bike, on foot or in a vehicle.

Elk Grove Township's Bicycle Safety Town is coming soon!



## Flu Vaccination Clinics

Flu shots will be available at **NO COST** to you.

Hosted by  
Elk Grove Township.



Sponsored by  
Ascension Alexian Brothers.



Ascension  
Alexian Brothers

**Friday, October 6**

11am - 2pm

Meeting Hall

&

**Thursday, November 9**

11am - 2pm

Meeting Hall

Participants must be 18 years or older. Reservation are not required but are recommended! Walk-ins WELCOME!

Seniors traveling to the event using the Township Senior Bus are encourage to call as early as a month ahead of the date to to ensure a ride.

# BACK TO SCHOOL BLAST OFF!

JUNE 12-  
JULY 28



## SCHOOL YEAR 2023-2024 LIST OF ITEMS

- #2 Pencils
- Trapper binders
- Backpacks
- 2 pocket folders
- 3 ring binders
- Scissors
- Plastic pencil box
- Markers / pens
- Glue sticks
- Earbuds
- Composition notebooks
- Multi-colored highlighters
- Box of tissues
- 1 subject notebook
- Loose leaf paper (wide ruled)

## DROP OFF SITES

**Elk Grove Park District Pavilion**  
1000 Wellington Avenue  
Elk Grove Village

**Elk Grove Township**  
600 Landmeier Road  
Elk Grove Village

**Shinnyo-En**  
120 Devon  
Elk Grove Village

**CCSD59 Admin Bldg**  
1001 Leicester Road  
Elk Grove Village

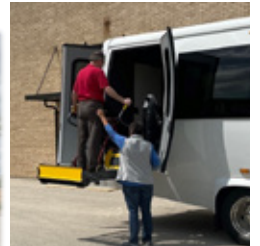
**Prince of Peace UMC**  
July 1-July 30  
1400 Arlington Heights Rd  
Elk Grove Village

**Frisbie Senior Center**  
52 E. Northwest Hwy  
Des Plaines

**Elk Grove Park District Hattendorf Center**  
225 E. Elk Grove Blvd  
Elk Grove Village

## Elk Grove Township's Senior Transportation Programs

The Townships Senior transportation services are available to residents who are 55 and older or 18 years of age and older living with a disability. Due to growing demand and increased safety considerations, the Township upgraded its fleet over the last two years with three new handicap accessible buses.



Seniors and disabled individuals 18 years of age and older, can be picked up at their homes and taken to doctors' appointments, the grocery store, salons, fitness centers, restaurants, and other locations within the Township's borders. The Township also offers veterans of all ages rides to the township for various reasons. For seniors 60+ requiring transportation to healthcare appointments outside Township borders, transportation can be arranged through the Township/Pace Riders Initiative Program (TRIP). For other appointments or errands outside Township borders, residents can sign up for a Taxi Discount Card to get a \$5 discount for each ride, up to ten times per month, with 303 Taxi. Residents interested in transportation services should call the new transportation number for more information or to schedule a ride. Reservations can be made up to TWO weeks in advanced!

10  **August 10**  
**Special Senior Trip**  
**WOODFIELD MALL**

**NEW PHONE NUMBER**



**224-265-6115**

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**847-741-4100** [elginrecycling.com](http://elginrecycling.com)

Mention the **EGT NEWSLETTER**, you will receive **\$5 OFF** the recycling fee of each TV/monitor brought in to our Arlington Heights Location.

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- Collaboration and Partnerships
- Influence and Leadership
- Notary Services
- Visibility within the community
- Business Referrals
- Access to Resources
- Advocacy and Representation
- Community Involvement
- ...And Much More!

Contact us today to learn more about membership!

[www.TheGOA.com](http://www.TheGOA.com)

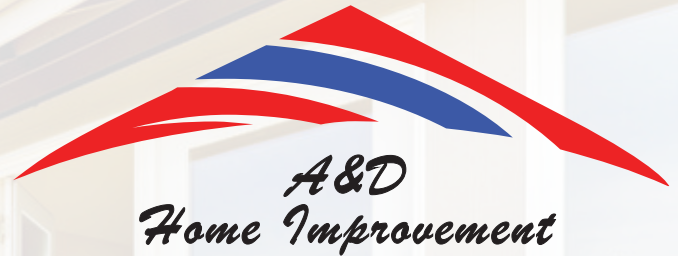
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Gary

Lori

Johnny

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[arden-courts.org/elkgrove](http://arden-courts.org/elkgrove)



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PROMEDICA MEMORY CARE

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All of our technicians are experts in high-efficiency heating products. We are manufacturer trained to install, maintain, and service all makes and categories of furnaces, boilers, unit heaters, radiant systems, and more.

### COOLING SPECIALISTS

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### HOT WATER SPECIALISTS

There is no company more skilled with and knowledgeable about the hot water systems in your home. Our technicians have been working with tankless water heaters since their emergence and we are always up-to-date on the latest technology and current tankless trends.

### CONTROLS SPECIALISTS

Controlling your smart home has never been easier than it is now, with the abundance of thermostat and control options available to you. We are trained directly by Nest, Honeywell, Ecobee, and all major furnace manufacturers to install and upgrade your smart controls.



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PROMOTIONAL & APPAREL PRODUCTS



FULFILLMENT & DISTRIBUTION

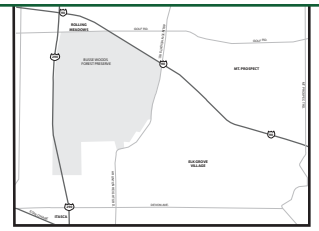
WWW.STEVENSGROUPWEB.COM

Chris Gorski | 331-209-2100  
cgorski@stevensgroupweb.com

188 Industrial Drive, Suite 428  
Elmhurst, IL 60126



# Advertise in the ELK GROVE TOWNSHIP NEWSLETTER



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.

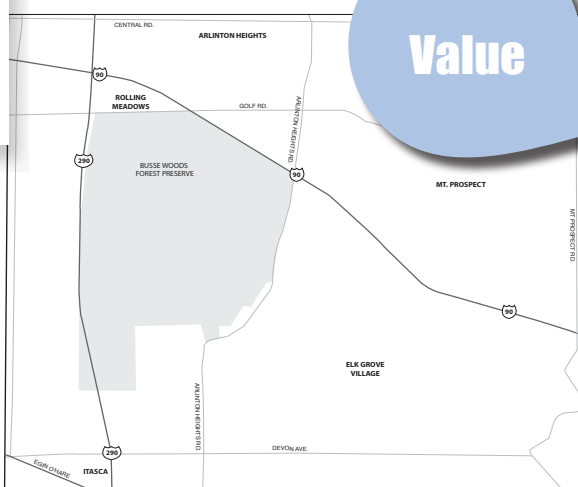


**Quarterly**

**Targeted Audience**

**Value**

- Published quarterly with complete market coverage in beautiful full color on glossy stock!
- This newsletter has an extended shelf life with important information and dates!
- With a **direct mail distribution of over 44,000**, you will reach every household and business in the area. **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!**



- Display advertisers get access to internet advertising on the website as well as links to the downloadable version!

**Simply the BEST Value for your advertising dollar in the area!**



For more information contact:  
**Chris Gorski** - Account Manager  
Elk Grove Township  
331-209-2100  
cgorski@stevensgroupweb.com

## Elk Grove Township

*Ask about our quarterly postcard programs! Where you can get a discounted postage rate! You can also take advantage of special "Spotlight" Editorial pages, advertiser promotions and frequency discounts!*

# 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](http://www.elkgrovetownship.com)



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[www.emboldenwm.com](http://www.emboldenwm.com)  

## 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. Embalden 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.

## Embalden Wealth Management Services

- Entrepreneur & Business Owners
- Retirement Planning
- Estate Planning
- Tax Planning
- Education Planning
- Risk Management Services

### What to expect from our second opinion service:

Having a solid plan in place for your retirement is crucial to a secure financial future. At Embalden Wealth Management we take financial and retirement planning seriously. We work with you to create a customized plan that addresses your goals, concerns and investment style.

### It Starts With an Assessment

It's always the right time to be thinking about your finances. We will help you take each step in the financial and retirement planning process from setting a timeline and developing goals to managing risk and making plans for your estate.

550 E. Devon Avenue, Suite 190 • Itasca, IL 60143  
Securities offered through LPL Financial, member FINRA/SIPC.

## Elk Grove Township Information

Hours Monday-Friday  
9:00 a.m. – 4:00 p.m.  
Phone (voice) (847) 437-0300  
Email [admin@elkgrovetownship.com](mailto:admin@elkgrovetownship.com)

Highway Department & Storm Water Issues  
(847) 437-0300  
Fax (847) 437-0434

Board Meetings  
4th Monday of each month, 7:00 p.m.  
600 Landmeier Road,  
Elk Grove Village, IL 60007