



# Elk Grove Township

PUBLISHED SEPT 2022

## -October 4-

Community Services Day  
(See Page 3)

## -October 10-

Office CLOSED for  
Columbus Day

## -October 21-

Last day of Donor  
registration for the  
Holiday Programs

## -October 29-

Shredding Event

## -November 8-

Election Day

## -November 11-

Office CLOSED for  
Veteran's Day

## -November 17-

Thanksgiving Baskets due

## -November 21-

Thanksgiving Baskets  
Distribution

## -November 24 & 25-

Office CLOSED for  
Thanksgiving Holiday

## -December 2-

"Hope for the Holidays"  
Gift Cards due

## -December 26-

Office CLOSED for  
Christmas Holiday



## A Message from the Supervisor...

I hope everyone had a wonderful summer. It's been a very busy summer for us. We participated in many of the Village parades, farmer markets and block parties. We're making every effort to get out into the community to ensure that Township residents are aware of the many services we provide.

In addition, we made considerable progress toward being able to begin the construction of our new Bike Safety and Challenge Courses and we added several new social and senior services to meet the growing community demand.

**Support the Food Pantry.** Our Township Food Pantry has been remarkably busy. Over the last six months our volunteer staff has stocked Pantry shelves with over 135,000 pounds of food and has served over 2,700 households. The pantry is available to all Township residents and has a client-choice format. Thanks to all who have donated food and/or money to support the Food Pantry. Due to COVID, the Food Pantry still requires appointments. To make an appointment or to find out how to donate call us at 224-265-6111.

**New Social/Senior Services.** I'm excited to let you know that we've added a staff member dedicated to assisting Township residents understand and apply for the myriad of available state benefits available to them. These benefits include SNAP (Supplemental Nutrition Assistance Programs) and Medicaid. She is also a trained SHIP (Senior Health Insurance Program) Counselor. SHIP Counselors assist Medicare eligible seniors determine which health plans best fit their medical needs and budgets. To find out more call 224-265-6111.

**Back to School Supplies Drive.** Thanks to all who supported the Township Back to School Supplies Drive. Over 29 large boxes were donated which allowed us to make large contributions to the elementary and middle schools in our Township. This effort ensures that students have the necessary school supplies to start the year off right.

## TOWNSHIP TRUSTEES



Vince Dante  
Trustee



Dale Niewiardowski  
Trustee



Greg Wojtecki  
Trustee



Richard Keenley  
Trustee

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## Clerk's Corner



Suellen Satern  
Township Clerk

Our next election, the Illinois Gubernatorial Election, will take place on Tuesday, November 8. In addition to voting for Governor of Illinois, State Senators and Representatives, we will also be voting for U.S. Senator and U.S. House of Representatives, and Cook County positions, so this is a very important election.

Unfortunately, in the Illinois Primary Election on June 28, only 1 in 5 Illinois residents voted. That is only 20% of people who exercised their right to vote. Please read the dates below and find a way to vote that works for you – whether by mail in ballot, early voting, or going to your polling place on Tuesday, November 8.

### Positions on the Ballot:

Federal: United States Senator

United States House of Representative seats

State: State Senators and House of Representative seats

Governor, Lieutenant Governor, Attorney General

Secretary of State, Comptroller

Supreme Court Justices

County: Board President, Commissioners, Assessor

Clerk, Sheriff, Treasurer, Judges

### Key Election Dates:

October 11 – Last Day to register in person

October 23 – Last Day to register online

October 24 – First Day of early voting at community locations, including on weekends

November 3 – Last Day to request a mail ballot

November 7 – Last Day of early voting

November 8 – Last Day that mail ballots can be postmarked

November 8 – ELECTION DAY

For voter information, including how to register online, your polling place, your current districts and more, go to [www.elections.il.gov](http://www.elections.il.gov) and [cookcountyclerk.il.gov](http://cookcountyclerk.il.gov). Please mark Tuesday, November 8 on your calendar as Election Day, as well as any of these other dates that you need to remember. I hope that you will all take the time to exercise your right to vote this November.

## Assessing the Situation



Connie Carosielli  
CIAO Assessor

While the nation struggles through a recessionary period, it is more important than ever to monitor your property tax bill. Unfortunately, the second installment tax bill will be extremely late this year. We have not been notified just how late it will be. That being said, it is incumbent on all of us to be prepared and put money aside for when this bill finally hits our mailboxes.

When it does arrive, please check that all of the exemptions that you qualify for are appropriately deducted. If for any reason you have questions, please call my office.

Elk Grove Township was reassessed (the triennial) the 2<sup>nd</sup> of August. We were inordinately busy filing appeals for our residents. The results of those appeals from the Cook County Assessor, Fritz Kaegi, may take a while. Know that if the results you anticipated were denied, you have a second opportunity to appeal to the Cook County Board of Review. If you are on our email or phone lists, we will let you know when it is time to file your appeal again.

If you are not on our list, it's simple to get registered. Just call my office at (224)265-6110. Any of my staff will be happy to assist you.

When we are open for appeals with the Board of Review, there are three options you can access:

1. Call (224)265-6110 to schedule an appointment
2. Call (224)265-6110 and provide your name, Property Index Number or address, phone number, and email. We will send you a confirmation by email that your appeal has been submitted to the Board of Review. If you don't have an email address, we will send the confirmation by USPS
3. If you prefer to file your own appeal, we will be happy to send you comparable properties via email if you email us at [egtappeals@elkgrovetownship.com](mailto:egtappeals@elkgrovetownship.com).

During the 30 days we are open for appeals, we are inordinately busy. I heartily suggest you make an appointment to limit your wait time.

My staff and I look forward to assisting you in the coming months. We also send our wishes that you remain healthy and strong, and that in the fall and winter seasons you find happiness and fulfillment.

## Elk Grove Township offers a COMMUNITY SERVICES DAY



### Sheriff's Office Drug Take Back Program

Cook County residents can safely dispose of their unwanted medicines by bringing them to the event.

### Lions of Illinois Foundation Mobile Screening Unit

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



October 4  
10am - 2pm  
TOWN HALL

### Secretary of State Mobile Services

- Renewal/Correction of Driver's License
- 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

# Food Pantry

## Welcome Shoppers!



The Elk Grove Township Food Pantry hours have changed. The food pantry is offering appointments starting at 9:30am to 7pm on Tuesdays and 9:30am to 3:30 pm on Wednesdays and Thursdays. Clients

must call to schedule an appointment ahead of time by calling 224-265-6111.

A Food Pantry ID is required to ensure easy client access. New clients should arrive 15 minutes before their first appointment to have a food pantry card issued. To receive this ID a recent utility bill (issued in the past 30 days) along with a photo ID are required.

The food pantry is able to provide excellent service to the residents of the Township thanks to our wonderful volunteers. On July 25, the Township was honored to host a "Thank You Lunch" to celebrate the success of the Pantry.



### Hours of Operation

#### **Tuesdays**

9:30a.m - 7:00p.m

#### **Wednesdays & Thursdays**

9:30a.m - 3:30p.m.

**224-265-6111**

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

Sanford Chemical

Friends of Lutheran Church of Martha & Mary

That's Caring

Starbucks

Bel

Elk Grove Park District

Elk Grove Post Office

Assyrian Universal Alliance Foundation

GFWC Northwest Suburban Woman's Club

Debra Levin

Mary Anne Henning

Maribel Camillo

Madelyn Crail

Angel Landry

Jeff Lemajeur

Maureen Lohndorf

Diane Rogers

Kristi Haft

Richard Keenley

Sean Mulcrone

Kathy Holzheimer

Stephanie Marchewka

Judi Krengiel

Jane Hunt

Elizabeth Hanus

Kathy Benson

Judy Kolet

Carol Brady

Gina Wirth

Barbara Siepiela

Joann Smith

Beth Hayman

Georgianne Duffy

Andrew Duff

Scott Ivie

# DEPARTMENT OF SOCIAL SERVICES

## ELECTRIC & GAS ASSISTANCE IS BACK WITH WATER NOW ALSO INCLUDED

From September 1, 2022 - May 31, 2023 or until funds are exhausted, income eligible residents can apply for LIHEAP (Low Income Home Energy Assistance Program) and LIHWAP (Low Income Household Water Assistance Program).

These programs assist residential households with their gas, electric and water bills by paying an amount to the vendor through a Direct Vendor Payment (DVP) or by placing households in a subsidized budget bill via the LIHEAP-PIPP Program (Percentage of Income Payment Plan). Households need to fall at or below 200% of Federal poverty level in the last 30 days prior to application.



Household Size	Gross Income Past 30 Days
1	\$2,265
2	\$3,052
3	\$3,838
4	\$4,625
5	\$5,412



## Expanded Older Adult Programs Now Available

Senior residents can schedule an appointment to review the Benefit Access Program, receive assistance with Supplemental Nutrition Assistance Program (SNAP) applications, and receive Senior Health Insurance Program (SHIP) counseling. During Medicare Open Enrollment appointments will be limited. Call 224-222-0942 to schedule.

**NOT SURE IF YOU QUALIFY? GIVE US A CALL AT 224-265-6111  
AND WE WILL SCREEN YOU FOR ALL SERVICES AVAILABLE!**

GRATEFUL TOGETHER



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# Thanksgiving Baskets



Register as a donor by October 21st!

Deliver baskets no later than November 17th

600 Landmeier Road, Elk Grove Village

We are seeking donors who wish to provide a Thanksgiving meal to a local household in need. Donors will receive a letter of confirmation in the mail, along with suggested items for a traditional holiday meal.

After you shop, simply put all items in a basket (laundry basket or box) and deliver to the WEST entrance of the Township office by November 17th. Please include a grocery gift card valued up to \$25 to be used for the main course. Note: Only non-perishable items. No frozen foods can be accepted.

# ***HOPE FOR THE HOLIDAYS***

Participating donors are asked to provide a \$50 gift card to a local retailer for each child or senior sponsored.

In order to have them ready for distribution in time for the holiday, donations will be due back to our offices by

December 2, 2022 at 3:00pm

To register as a donor, please fill out a registration form and return no later than October 21, 2022.

*Thank you for making the holiday season brighter for a local child or senior in need.*



## The importance of sleep for children and teens

As the school year has begun in earnest, so do the increased demands of children's and teens' schedules. On average elementary and junior high kids need to wake up around 6:30am or 7am to get ready for school. Most kids will take the bus to school, spend a full day in school, participate in at least one after-school activity or be in childcare until 5pm or 6pm, eat, do homework and go to bed. The daily demands on teens are higher as they have a longer list of activities, which requires staying even later or even getting up earlier to be at school. Now add increased stress along with hormone levels that can fluctuate. These variables take a toll on children's and teens' abilities to get a good night's sleep.



According to Margaret Richards, Ph.D., a director at the Pediatric Behavioral Health Department at Cleveland says, "sleep gives cells a chance to regenerate,

muscles to repair themselves, and the brain a chance to recalibrate hormone levels that affect mood, appetite, and the ability to focus". She further states, "sleep impacts how well kids' brains functions, from much information they can absorb to how they perform on a test". For example, if a teen stays up late studying for a test and they don't get enough sleep, they will have a harder time trying to access the information.

Various studies have shown that lack of sleep in children and teens can impact many areas of their health, including increased weight gain, academic performance, risky behaviors, and emotional stability. Although parents acknowledge the importance of sleep in their children and teens, many do not get the recommended amount of sleep for their age group.

So how much sleep should children and teens get? Researchers suggest that school-aged children need 10 to 12 hours of sleep and teens need about 10 hours of sleep. How can we help our children and teens get the needed the sleep they need? **Provide a consistent bedtime routine and limit screen use in the bedrooms because this can interfere with sleep.**

Limit access to the juice. Not the juice that comes in liquid form — we're talking about electricity! "Teach kids to plan for a reasonable bedtime. Sit down with your kids and explain to them how many hours of sleep they



need each night based on their age. Then help them determine what time they ought to be going to bed according to what time they need to wake up each morning. For example, if a third-grader needs to be up at 6:30 and requires 10 to 12 hours of sleep a night, he should be going to bed no later than 8:30. Explain how many hours he has after school to get his homework done, and assist him in creating a rough schedule for his evening hours that allows enough room for schoolwork, activities, dinner, winding down and bedtime. Even if he doesn't hit all the guidelines you establish every night, he will be learning how to organize his evenings so that he has enough time to sleep — a skill that will serve him well throughout his life.

Don't allow children and teens to drink caffeinated beverages at night or to take a nap when they get home from school. Doing either of these will disrupt their sleep. The best way to enforce these rules is for parents to role model good sleep habits. As parents, we need to be alert and focused as well.

For more information, or about upcoming programs, contact Renee Dorn, Youth Services Program Director, [RDorn@elkgrovetownship.com](mailto:RDorn@elkgrovetownship.com) or 847-981-0373.



## A Time of Transitions

The fall season is notable for a time of transitions and change. With the start of the school year, changing family schedules, bed-time for children, and anticipated shifts in the weather and daylight hours, the season can bring anticipation for new beginnings along with having to adjust to endings.



Some of us respond to transition and change smoothly and quickly most times, though there may be a season in life which the transition is rocky or even debilitating. Starting a new school, job, or relationship is exciting and uplifting, but can also come with new challenges and unanticipated stress. Adjusting from endings can be looked at as opportunities for growth or can stir up fear and anxiety.

All of us, at some point in life, will be faced with difficult changes and transitions for ourselves and family members. It may be divorce, job loss, financial setbacks, discrimination, school problems, retirement, health challenges, care giving, coping with illness and death. The psychological coping mechanisms we use to respond to these changes can either propel us into a hopeful future or keep us stuck.

### Tips for successful transitions:

- Accept the fact that change is inevitable
- Recognize your fears and the need to adapt and modify your life
- Prepare for ongoing change
- Control what you can and let go of the rest
- Manage your stress level
- Reach out for help

Everyone manages change and transitions at a different pace and with varying degrees of success. If you get stuck, don't be too hard on yourself. If you continue to struggle you may need to seek additional assistance such as information, support, personal coaching, or counseling.



Our confidential Counseling services can help navigate overcoming barriers to change and guide you through transitions. To speak with a licensed counselor, contact Luanne Pross at the Adult and Family Counseling Program.

**847 981-0373**



The Township has now engaged the services of The Josselyn Center, based in Northfield IL, to provide psychiatric evaluations and prescriptions if needed, as well as ongoing medication monitoring. Services will be provided by telehealth through a confidential platform, working in conjunction with Township Counselors. The Adult and Family Program therapists will consult with and coordinate services with the psychiatrist to ensure comprehensive behavioral health care services for clients of the program.

# Thanksgiving Baskets

# HOPE FOR THE HOLIDAYS

Number of THANKSGIVING BASKETS you would like to provide \_\_\_\_\_

By submitting this donor registration for the Thanksgiving Basket Program, you agree to all of the following: (please read and initial each line)

\_\_\_\_ My family/organization will provide gift cards for \$10-\$25 for each basket sponsored

\_\_\_\_ I will provide a Thanksgiving Basket (suggested content list to be provided by the township)

\_\_\_\_ I will deliver basket of NON-PERISHABLE items to Elk Grove Township no later than November 17th at 3:00pm

You will receive a letter of confirmation, along with information about suggested basket contents no later than October 30, 2022.

Number of children of low income seniors you would like to sponsor \_\_\_\_\_

By submitting this donor registration for the **HOPE FOR THE HOLIDAYS PROGRAM** you agree to all of the following: (please read and initial each line)

\_\_\_\_ My family/organization will provide gift cards for \$50 for each child or low income senior sponsored

\_\_\_\_ I will deliver gift cards to Elk Grove Township no later than Friday, December 2 at 3:00pm

You will receive an email confirmation after registering.

**Please complete for one or both programs and return to the EGT before October 17th  
Clip and Mail to Elk Grove Township Social Services Office  
600 Landmeier Rd, Elk Grove Village, IL 60007**

**Donor Name(s)** \_\_\_\_\_

**Donor Full Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_ / \_\_\_\_\_ (please provide 2)

**Email Address:** \_\_\_\_\_

**REGISTRATION CAN ALSO BE FOUND ON OUR WEBSITE AT  
[www.elkgrovetownship.com](http://www.elkgrovetownship.com)**





## Free Shredding Event



Elk Grove Township, in partnership with the Mount Prospect Lions Club, invites township residents to participate in a Free Shredding Event. Residents are welcome to bring up to two (2) banker's boxes per vehicle.

**Saturday, October 29**

**9a.m. to 12p.m.**



**The RecPlex  
420 Dempster St  
Mount Prospect, IL 60056**

NOTE: Please look for our Banner and enter using the EAST ENTRANCE.

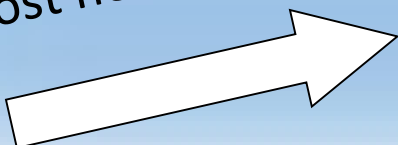
## Food Pantry Needs

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, Elk Grove, IL 60007. When dropping off donations, please use the WEST entrance.

Donations are accepted Monday through Friday 9AM to 4PM. If you need help with your donation drop-off, please call 224-265-6111 and someone will assist you!

THANK YOU IN ADVANCE

**Most needed Items**



## White Christmas!

It may seem early for some but winter is just around the corner. This time of year, need increases, especially for our food pantry clients. Unfortunately, they cannot use their federal food stamps (SNAP money) to purchase essentials like cleaning supplies, shampoo, paper towels, Kleenex, toothpaste, deodorant, toilet paper, etc. These necessities are a part of our daily lives, yet expensive to purchase. Our food pantry does the best we can to provide these items to our users, but we need your help. Please consider donating to our "White Christmas" Drive! You can also take up a collection in your neighborhood, school, or church!

Toilet Paper & Paper Towels  
Paper Plates & Napkins  
Shampoo & Conditioner  
Toothpaste & Toothbrushes  
Deodorants & Body Wash  
Adult & Baby Diapers (all sizes)

**BUYING ALL GRADES OF  
FERROUS AND NON-FERROUS METAL.**



**RECYCLING YOUR ELECTRONICS  
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(recycling fees apply for TV/monitors.)

145 S. Weiler Rd. | Arlington Heights, IL

**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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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

Every Paragon Mechanical technician specializes in high-efficiency cooling systems and receives ongoing training with the products and equipment seen most frequently in your home. We install, maintain, and service air conditioners, split systems, high velocity, and more.

### HOT WATER SPECIALISTS

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### CONTROLS SPECIALISTS

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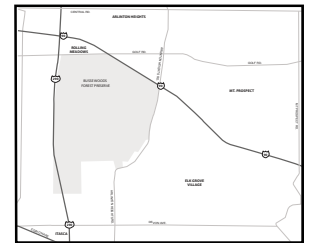
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John Park | 331-209-2130  
jpark@stevensgroupweb.com

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**

- 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!



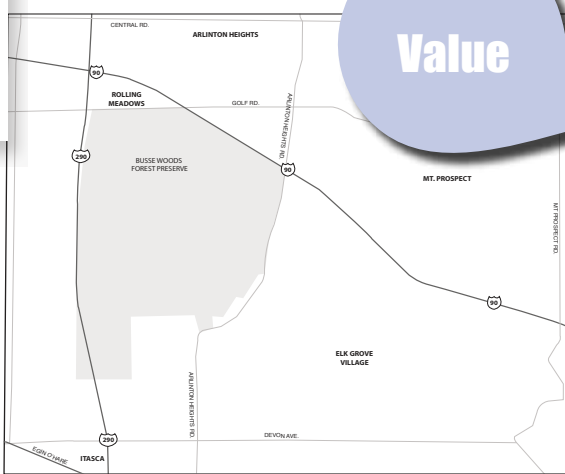
**Targeted Audience**

- 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!**



**Value**

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



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For more information contact:  
**John Park** - Account Manager  
Elk Grove Township  
331-209-2130  
jpark@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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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