AGENDA

Committee on Aging

Wednesday, October 1, 2025
746 E. Schaumburg Rd.
Schaumburg, IL, 60194

VILLAGE OF SCHAUMBURG
PROGRESS THROUGH THOUGHTFUL PLANNING

A G E N D A

I. CALL TO ORDER

II. APPROVAL OF MINUTES

A. August 6, 2025

III. NEW BUSINESS

A. Member's Shared Information

B. New Ideas for 2026

C. COA Holiday Party and Food Collection - December 3, 2025

IV. UNFINISHED BUSINESS

A. New Medical Advances and Preventative Measures Presentations - November 5 and December 3, 2025

B. Analysis of Western Round Up Themed Luncheon

C. Analysis of Golden Games Senior Olympics

D. Holiday Bingo Event at the Barn on December 19, 2025

V. CONTINUING ITEMS

A. Liaison's Report

B. Budget Report

VI. DEFERRALS

VII. COMMENTS FROM THE PUBLIC

VIII. ADJOURNMENT

IX. NEXT MEETING

A. December 3, 2025

In compliance with the Americans with Disabilities Act and other applicable Federal and State laws, the

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.

VILLAGE OF SCHAUMBURG

AGENDA ITEM SUMMARY

August 6, 2025
10/01/25
Committee on Aging

Presenter:
Lead Department: Fire Department

Executive Summary:

Recommended Action:

ATTACHMENTS:
- 2025-08-06 COA Minutes.docx

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 6, 2025
7:00 PM – Nursing and Senior Services Conference Room
746 E. Schaumburg Road

CALL TO ORDER:
Co-Chairperson Bernadette 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

OTHERS ABSENT: None.

OTHERS PRESENT: Kathleen Henkelman, Nursing & Senior Services Supervisor
Marina Lvovich, Senior Services Coordinator, and Jessica Kettel, Program Specialist

APPROVAL OF MINUTES:

Kathy Ray motioned to approve the minutes for the Committee on Aging meeting for June 4, 2025. Seconded by Kathy Martinez. Motion carried.

NEW BUSINESS:

1. Member's Shared Information:

Co-chair Bernadette Sigl thanked the COA members for acknowledging and celebrating her 50th Anniversary of service on various Village of Schaumburg committees — including the Bicentennial Committee, the Architectural Committee, and the Committee on Aging. She shared that it has been a pleasure serving the community and organizing many beneficial events for residents.

Kathy Ray reported that on Tuesday, August 5, from 6–8:30 p.m., The Barn hosted a National Night Out event, where more than 100 seniors gathered for this annual community-based event. Attendees enjoyed complimentary pizza, ice cream, and Bingo while engaging with representatives from the local police and fire departments, as well as other Village officials. The evening was filled with camaraderie and community spirit.

Ryzsard Puskarz noted that District 211 previously offered many popular continuing education classes for seniors, such as cooking, cheese-making, and woodworking. However, he has observed a steady reduction in class offerings over the last five years. Marilyn Pande suggested reaching out to the District 211 Board or attending an upcoming meeting. Kathy Ray volunteered to inquire about the reduction in classes and report back at the next meeting.

Kathy Henkelman shared that at the Public Works Open House, a Schaumburg resident received a giveaway- a grip-assist tool designed to make opening cans and bottles easier, especially for older adults with reduced hand strength. Village nurse Sidrah also received a similar type of adaptive equipment useful for opening items such as canned goods. Kathy suggested that the COA consider purchasing or sponsoring adaptive equipment like these for distribution at future events, as they could benefit many community members. Marilyn Pande proposed using them as prizes, and members agreed it was worth exploring pricing. Jessica Kettel added that a past presentation by IATP showcased a variety of adaptive equipment and suggested contacting them for additional ideas.

Jessica Kettel announced staffing changes at the Township: Liz Bailon was recently hired as Assistant Director of Programming for Disability and Senior Services, while Caryn Remer has retired. She also shared that the Holiday Adoption Program is beginning soon. The Township of Schaumburg offers two holiday adoption programs:

- Welfare Services Adopt-A-Family (serving families in need). Contact: Marianne Rogenski, mrogenski@schtwn.org, 847-285-4630
- Disability & Senior Services Holiday Adoption (serving older adults and people with disabilities). Contact: Becky Cordes, bcordes@schtwn.org, 847-285-4541

Donors are matched with eligible community members in need, asked to shop for gifts, wrap them, and deliver them to Township staff in early December. If unable to adopt, donors may still contribute in other ways. All interested donors should contact the Township by October 31.

Kim Kettel (on behalf of Alex Bonarirgo) reported that registration for Fall Senior Programs began in early August. Trips and events are open to all seniors. For information or to register:

- Call 847-490-7026
- Visit parkfun.com/programs-events/seniors
- Sign up for the Park District's newsletter

2. **New Ideas for 2025-2026:**
   Kim Kettel suggested incorporating educational presentations in conjunction with existing COA events. Currently, COA hosts Holiday Bingo and the Spring Fling; by adding two additional programs, the committee could offer one event each quarter.
   - Past stand-alone educational sessions did not draw large attendance, but combining them with popular events may increase participation.
   - Presentations would last 10–15 minutes to provide valuable information without overwhelming attendees.
   - Topics could be coordinated with each upcoming program.
   - Members recommended inviting Village of Schaumburg departments to present on subjects such as public safety and community projects.

   Additional Suggestions:
   - Co-chair Sigl: Presentations on budgeting, discounts, and financial resources for older adults living on fixed incomes.
   - Kathy Martinez: Research local resources (e.g., food pantries) and compile a community list at the next meeting.
   - Ryszard Puskarz: Highlight senior discount days at local stores.
   - Marina Lvovich: Conduct a poll of seniors (at the Barn and other service sites) to determine which discounts and resources they are most interested in; she offered to report findings back to the committee.

3. **Holiday Bingo Event 2025:** The COA will host its annual Holiday Bingo event on Friday, December 19, 2025**,** from 1:00 to 3:00 p.m. at the Schaumburg Barn. Each participant will receive two bingo cards, and there will be between eight and ten games played in total, including special games and two coveralls. Gift cards in $5 increments will be awarded to winners. Registration will be managed through the Barn by calling 847-524-7496. Kathy Ray has volunteered to serve as a Bingo caller. Marina Lvovich and Kim Kettel will purchase special desserts, hot chocolate, water, and gift cards for prizes. They will also work together on designing and distributing a flyer to promote the event.

UNFINISHED BUSINESS:

1. **Discuss Distribution of New Senior Resource Directory**:
   Co-chair Sigl inquired about the distribution of the new Senior Resource Directory (SRD). Marina Lvovich shared that she has received positive feedback from seniors who have already received copies, noting that directories have been distributed at several key locations including the Barn, the Schaumburg Park District, Schaumburg Township Library, Schaumburg Township, local churches, the Village of Schaumburg Nursing Division, and other senior service agencies. Diane Murray suggested placing directories at the train station, while Jessica Kettel added that they would also be a good resource at the Village of Schaumburg booth at

the Farmer's Market. Marina suggested distributing them at local senior living communities as well.

2. **New Medical Advances and Preventative Measures Presentation:** The events are scheduled for Wednesday, November 5: *Inflammation and the Anti-Inflammatory Diet* and Wednesday, December 3: *How to Survive the Holidays*. Both will take place from 10:00 to 11:00 a.m. at the Township of Schaumburg and presented by Nurse Janet. Co-Chair Kettel will create a flyer for the events and include it in the township newsletter. The COA will assist with promotion, provide food items that align with the topics, and contribute raffle prizes.

3. **Discuss Western Themed Luncheon: Name, Flyer, Food Choice, and Activities**:
   The event is scheduled for Tuesday, August 26, from 11:30 a.m. to 2:00 p.m. at the Community Recreation Center, 505 N. Springinsguth Road. Weather permitting, it will take place outdoors, with an indoor backup available if needed. Entertainment will be provided by Denise Armour, and activities will include western-themed music and a "Best Western Dressed" contest. The cost is $10 per person, with meal options including hamburger, cheeseburger, veggie burger, or hot dog, served with baked beans, chips, watermelon, and drinks. The Schaumburg Park District will supply industrial grills, tables, chairs, and staff support. The Village's Communications Department has already created a flyer for the event, and registration will be handled by the Park District either online or by phone at 847-490-7026. Currently, 18 individuals have signed up.

CONTINUING ITEMS:

1. **Liaison's Report:** Kathy Henkelman shared that the Village of Schaumburg Support Our Seniors committee will host a presentation on Wednesday, Sept. 24, from 10 a.m. to noon at the Schaumburg Township District Library (Rasmussen Room, 2nd Floor), 130 S. Roselle Rd. The event will feature guest speakers Dr. Melissa Drake and Dr. Kristen Maguire, who will examine the risks, costs, and limited effectiveness of online health solutions emphasizing the importance of speaking with your doctor. Detective Michael S. Recupito will discuss the emotional and financial dangers of online scams, particularly those that target individuals experiencing loneliness. Social Worker Meredith Everhart will speak about the emotional impact of scam victimization and how social workers can provide support. The program, "Love Smart, Live Well, and Stay Safe", will also explore how aging affects intimacy and relationships from medical and legal perspectives. Please register in advance at www.bit.ly/soscLLS. All attendees will be entered into a raffle drawing.

   Marina Lvovich reported on several summer events hosted by the Schaumburg Barn Senior Program. The Barn kicked off August with a lively Spelling Bee on Friday, August 1**,** where more than 20 contestants competed using study lists and official rules provided in advance. The event was facilitated by staff from the Nursing and Senior Services Division, and audience members were encouraged to join in the fun by writing the words themselves on scratch

paper. Seniors cheered for their friends in a spirited atmosphere as participants competed for prizes awarded to first, second, and third place winners.

She also highlighted the second year of the Senior Olympics, known as the "Golden Games", a friendly competition for adults ages 60 and older. Events will include Bags, Bicep Curl, Chopsticks Pick-Up Challenge, Miniature Golf, and a Brain Games Challenge. The Golden Games will take place September 15–19 from 8:30 to 10:00 a.m. at the Barn, 231 Civic Drive, Schaumburg. Registration is scheduled for Tuesday, August 18. The cost is $5 per person, which includes breakfast (for participants only) and unlimited entry into all events. Medals will be awarded to winners, and organizers are currently seeking breakfast sponsors and volunteer judges. Those interested can contact the Schaumburg Barn at 847-524-7496.

Finally, she shared updates on the Intergenerational Garden, now in its 13th year. In May 2025, seniors and Village of Schaumburg employees worked together to plant a wide variety of vegetables, including tomatoes, cucumbers, peppers, zucchini, and more. The most recent harvest yielded 130 pounds of fresh produce, which has been distributed to older adults attending the Barn to help supplement their daily meals. Garden volunteers are always welcome, and those interested may apply through the Village of Schaumburg's volunteer program.

2. **Budget Report:** (**Attachment 1)** The June budget report for FY 2025–2026 was distributed and reviewed.

   Diane Murray made a motion to sponsor $200 for breakfast for the Golden Games Senior Olympics at the Barn on Tuesday, September 16 for the Brain Games Challenge from the Food and Meeting Supplies budget for FY 2025-2026. Diana Murray offered to assist Marina Lvovich with purchasing necessary items. The motion was seconded by Kathy Ray. A vote was taken, resulting in 8 in favor and 0 opposed. The motion passed unanimously.

DEFERRALS: None.

COMMENTS FROM THE AUDIENCE: None.

ADDITIONAL COMMENTS: None.

ADJOURNMENT:
Kathy Ray motioned to adjourn the Committee on Aging meeting at 8:15 p.m. Seconded by Diana Murray. Motion carried.

NEXT MEETING: October 1, 2025 at 7:00 p.m.

Respectfully submitted, Marina Lvovich, Senior Services Coordinator

COA Budget Report for August 2025

Attachment 1

Fiscal Year: May 1, 2025 - April 30, 2026		
Food & Meeting Supplies		**$ 1,600.00**
1011570-7004	Food and Refreshment for Events	
	5/6/25 Spring Fling Event Luncheon – Chandler's	$500.00
	8/26/25 Western Round Up Luncheon -GFS	$431.00
	Balance	**$ 669.00**
Operating Supplies & Equipment		**$ 500.00**
1011570-7006	8/26/25 Western Round Up Entertainer	$250.00
	Balance	**$ 250.00**
Postage		**$ 150.00**
1011570-7014	Mailing of agendas and minutes to members w/o computer	$
	Balance	**$ 150.00**
Printing		**$ 500.00**
1011570-7001	Printing of Senior Resource Directory booklet	
	Balance	**$ 500.00**
Office Supplies		**$ 200.00**
1011570-7013	Paper for COA event flyers and literature bag material	
	Balance as	**$ $200.00**
	Balance as of 8/2025	**$ 1,769.00**

Attachment 2

Committee on Aging 2025-2026 Subcommittee Events

Subcommittee	Committee Members	Date of Event	Progress
Western Round-Up	Co-Chairperson Kettel, Kathy Ray, Kathy-Kosla Martinez, and Alex Bonarirgo	August 26, 2025 11:30 a.m. -2 p.m. Schaumburg Park District	Completed
"Golden Games" Senior Olympics (Brain Games)	Co- Chairperson Sigl All members	Tuesday, September 16, 2025 8:00 a.m. -10:30 a.m.	Completed
New Medical Advances and Preventative Measures Presentation	Co-Chairperson Kettel	November 5, 2025 10 a.m.-11 a.m. *Inflammation and the Anti-Inflammatory Diet* Schaumburg Township	In progress
New Medical Advances and Preventative Measures Presentation	Co-Chairperson Kettel	December 3, 2025 10 a.m.-11 a.m. *"How to Survive the Holidays"* Schaumburg Township	In progress
Holiday Bingo Event	Co-Chairperson Sigl All Members	December 19, 2025 11:30 a.m. -2 p.m. Schaumburg Barn	In progress

VILLAGE OF SCHAUMBURG

AGENDA ITEM SUMMARY

Member's Shared Information
10/01/25
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Presenter:
Lead Department: Fire Department

Executive Summary:

Recommended Action:

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Committee on Aging

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Analysis of Western Round Up Themed Luncheon
10/01/25
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Presenter:
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Analysis of Golden Games Senior Olympics
10/01/25
Committee on Aging

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Holiday Bingo Event at the Barn on December 19, 2025
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Liaison's Report
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10/01/25
Committee on Aging

Presenter:
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December 3, 2025
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