AGENDA

Committee on Aging

Wednesday, February 4, 2026
7:00 PM
Nursing and Senior Services
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. December 3, 2025

III. NEW BUSINESS

A. Member's Shared Information

B. Discuss COA's Sponsorship of Health Topics with Nurse Janet

IV. UNFINISHED BUSINESS

A. Analysis of Holiday Bingo Event at the Schaumburg Park District on December 15, 2025

B. Discussion on Symposium of Various Topics or Topics Presented at Established Events

C. Senior Resource Directory New Ideas and Start Research in May 2026

D. Spring Fling 2026: Date, Food, and Location

V. CONTINUING ITEMS

A. Liaison's Report

B. Budget Report

VI. DEFERRALS

VII. COMMENTS FROM THE PUBLIC

VIII. ADJOURNMENT

IX. NEXT MEETING

A. April 1, 2026

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

December 3, 2025
02/04/26
Committee on Aging

Presenter:
Lead Department: Fire Department

Executive Summary:

Recommended Action:

ATTACHMENTS:
- 2025-12-03 COA Minutes'.pdf

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 December 3, 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:	Alex Bonarirgo	Marilyn Pande
	Kathy Kosla-Martinez	Kathy Ray
	Diana Murray	Bernadette Sigl
	Ryszard Puskarz	Diane Shore

MEMBERS ABSENT: Kim Kettel

OTHERS ABSENT: None.

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

APPROVAL OF MINUTES:

Kathy Ray motioned to approve the minutes for the Committee on Aging (COA) meeting for October 1, 2025. Seconded by Alex Bonarirgo. Motion carried.

NEW BUSINESS:

1. **Member's Shared Information:**

Jessica Kettel reported that Schaumburg Township has launched Technology Office Walk-Ins, held every Monday from 12:00–1:00 p.m., where residents can receive one-on-one assistance with computers, smartphones, and other devices. Beginning in January, structured technology lectures will also be offered, including sessions on iPhones, computers, and other mobile devices. The program is sponsored by AT&T in partnership with the National Council on Aging, and several computers have been provided for training purposes.

AARP Tax-Aide services will open on January 21, operating from 9:00 a.m. to 4:00 p.m. Free tax assistance is available to seniors. Members noted that this information is frequently requested and should be widely shared.

Beginning in January, a new referral incentive program will encourage participation in fitness classes and trips. Members who refer a new participant to an exercise class will receive a free class. Those who refer a friend for a trip will receive a $5 coupon for both the referrer and the new participant, with a maximum earning potential of $50. For more information or to register for programs visit Schaumburg Township https://schaumburgtownship.org/ or by calling 847.884.0030.

Alex Bonarigo stated that travel programming continues to be a strong focus at the Schaumburg Park District, with an emphasis on collaboration rather than competition among local organizations. Domestic and international trips remain popular, including an upcoming Iceland trip scheduled for January 12–18, focused on viewing the Northern Lights. For more information and to register for upcoming events at the Park District call 847-490-7026 or visit https://www.parkfun.com/programs-events/seniors.

Kathy Henklema shared that staffing at the Nursing and Senior Services office currently consists of one full-time and one part-time nurse, with hopes that the Village will consider converting to two full-time positions to improve retention and recruitment. A blood drive held on November 4 collected 27 units, and two flu clinics were successfully conducted in October and November in partnership with Ascension Community Health at the Barn. Looking ahead, flu clinics will be scheduled in October of 2026. The dementia education program, Alice's Journey, will be held on December 10 at the Schaumburg Township Library, hosted by the Village of Hoffman Estates, using the same proven script previously used by the Village of Schaumburg Support Our Senior Committee. In addition, participation was announced in an Alexian Brothers workgroup focused on improving coordination when patients are discharged back into the community.

2. **Completion of Sexual Harassment Prevent Training and Whistleblower Protection Policy by 12-31-26:**

Members were reminded that Sexual Harassment Prevention Training and review of the Whistleblower Protection Policy must be completed by December 31, 2025. Most members have already completed the requirement, with only one outstanding completion noted.

3. **Spring Fling 2026: Date, Food, and Location:**

Initial planning for Spring Fling 2026 was started. The event is tentatively scheduled for April of 2026. Tuesdays were identified as the preferred day, with April 14 suggested as a tentative date pending calendar confirmation. The event is expected to run from 11:00 a.m. to 2:00 p.m. with approximately 100 attendees. A $10 participation fee was discussed and supported, pending final catering costs.

Chandlers was discussed as a preferred caterer, with spaghetti and meatballs noted as a popular and successful option from previous years. Pricing will be confirmed, and alternative catering options will be considered if costs increase significantly. Bingo will be part of the event, with Kathy Ray as Bingo caller and gift-cards will be utilized as prizes.

UNFINISHED BUSINESS:

1. **Analysis of New Medical Advances and Preventative Measures Presentation On November 5, 2025** *"Inflammation and the Anti-Inflammatory Diet"***:**

This educational session, held on November 5, 2025, focused on inflammation and the benefits of an anti-inflammatory diet. The presentation was delivered by Nurse Janet and was a collaborative effort between the Council on Aging (COA) and Schaumburg Township. Nearly 50 participants attended the session. Feedback was overwhelmingly positive, with attendees particularly praising Nurse Janet's engaging presentation style and the comprehensive educational handouts provided. Participants agreed the session was both informative and engaging.

2. **New Medical Advances and Preventative Measures Presentation On December 3, 2025**

*"How to Survive the Holidays"***:** The second educational session in this series took place on December 3, 2025, and was also a collaboration between the COA and Schaumburg Township. Titled "How to Survive the Holidays," the presentation was again led by Nurse Janet and drew nearly 30 participants. Attendees provided positive feedback, noting the importance and relevance of supportive topics during the holiday season, which can be especially challenging for some older adults. Complimentary refreshments and holiday cookies were provided by the COA, contributing to a warm and welcoming atmosphere.

3. **Holiday Bingo Event 2025:**

The COA will host its annual Holiday Bingo event on Monday, December 15, 2025**,** from 1:00 to 3:00 p.m. at the Schaumburg Park District. 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 Park District by calling 847-490-7026 or visiting parkfun.com/programs-events/seniors. Kathy Ray has volunteered to serve as a Bingo caller. Marina Lvovich and Kim Kettel have already purchased special desserts, hot chocolate, water, and gift cards for prizes for the event. The flyer to promote the event has been distributed and there are over 100 people already signed up.

4. **Discuss Symposium Event and Possible Topics:**

Alex Bonarrigo proposed hosting a Spring 2026 COA Symposium, featuring multiple 15-minute breakout sessions with social breaks, light refreshments, and opportunities to visit tables. Lunch or coffee and dessert could be included. While the concept of multiple short presentations was explored, concerns were raised about logistics and participant movement. Members favored incorporating brief educational moments into existing events, such as Spring Fling, rather than hosting a standalone symposium. Possible topics included relaxation and sleep, mindfulness and chair yoga, and general estate planning awareness. The committee will further revisit this idea once more information and speaker options are identified.

CONTINUING ITEMS:

1. Liaison's Report:

Marina Lvovich shared The Liaison's Report, presented by Marina Lvovich, highlighted upcoming library Medicare informational sessions, with flyers available and registration handled through the Schaumburg Library website. Monthly wellness clinics will continue at The Barn in 2026, offering free blood pressure and blood sugar screenings.

The Older Adult Community Market was reviewed, noting that it operates twice monthly and provides free fresh produce and shelf-stable items with no income, residency, or age requirements. Participants typically receive two bags of food per visit. Special distributions of ready-to-eat meals resulted in approximately 1,300 meals being provided over several events.

Holiday programming updates included strong attendance at The Barn's holiday party and continued success of Thankful Thursdays, offering $2 meals and seasonal activities designed to encourage social connection.

Confirm Spring Fling date and catering costs, schedule a brief estate-planning presentation for Spring Fling, and begin organizing updates for the Senior Resource Directory at the February meeting.

2. Budget Report: (Attachment 1)

The October budget report for FY 2025–2026 was distributed and reviewed.

A $150 transfer from the Postage line to Food and Meeting Supplies increased that line to $1,750. A reimbursement of $690 was received from the Schaumburg Park District from the Western Roundup event and added to the Food and Meeting Supplies line item. With these funds, the committee anticipates having sufficient resources to cover upcoming events, including Spring Fling Approximately 500 copies of the Senior Resource Directory remain, and the committee agreed to reprint the current version before April. Planning for updates to the 2027 edition will begin in February

The Operating Supplies budget still has $250 available. Marina noted that additional gift cards could be purchased if needed, depending on usage at the upcoming Holiday Bingo event.

Regarding supplies, additional paper will be ordered for committee flyers.

DEFERRALS: None.

COMMENTS FROM THE AUDIENCE: None.

ADDITIONAL COMMENTS: None.

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

NEXT MEETING: February 4, 2026 at 7:00 p.m.

Respectfully submitted, Marina Lvovich, Senior Services Coordinator

Attachment 1

COA Budget Report for December 2025

COA 2025 Budget Report Fiscal Year: May 1, 2025 - April 30, 2026		
Food & Meeting Supplies		**$ 1,750.00**
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
	9/16/25 Golden Games Senior Olympic Breakfast - Jewel	$120.40
	11/4/25 New Medical Advances and Preventative Measures Presentation Refreshments - Jewel	$37.93
	12/03/25 New Medical Advances and Preventative Measures Presentation Refreshments - Jewel	$30.96
	12/15/25 Holiday Bingo Event – Jewel	$115.40
	12/17/25 Reimbursement from Sch. Park Dist. Western Theme	**+$690.00**
	Balance	**$ 1,204.31**
Operating Supplies & Equipment		**$ 500.00**
1011570-7006	8/26/25 Western Round Up Entertainer	$250.00
	Balance	**$ 250.00**
Postage	Moved to Food and Refreshments for Events 10/25	**$ 0.00**
1011570-7014	Balance	**$ 0.00**
Printing		
1011570-7001	Printing of Senior Resource Directory booklet	**$ 500.00**
	Balance	**$ 500.00**
		$ 200.00

Office Supplies 1011570-7013	Paper for COA event flyers and literature bag material	$180.00
	Balance as	**$ $20.00**
	Balance as of 12/2025	**$ 1,974.31**

Attachment 2

Committee on Aging 2025-2026 Subcommittee Events

Subcommittee	Committee Members	Date of Event	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	Completed
Holiday Bingo Event	Co-Chairperson Sigl All Members	December 15, 2025 1-3 p.m. Schaumburg Park District	Completed
Symposium of Various Topics or Topics Presented at established events	Co-Chairperson Sigl Co-Chairperson Kettel All Members	Schaumburg Park District	In progress
2026 Spring Fling	Co-Chairperson Sigl All Members	April 14, 2026 Schaumburg Township 11 a.m.-2 p.m.	In progress
Health Topics Presentation with Nurse Janet	Co-Chairperson Kettel	Discuss which dates and topics with committee	In progress

VILLAGE OF SCHAUMBURG

AGENDA ITEM SUMMARY

Member's Shared Information
02/04/26
Committee on Aging

Presenter:
Lead Department: Fire Department

Executive Summary:

Recommended Action:

VILLAGE OF
SCHAUMBURG

AGENDA ITEM SUMMARY

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02/04/26
Committee on Aging

Presenter:
Lead Department: Fire Department

Executive Summary:

Recommended Action:

VILLAGE OF SCHAUMBURG

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02/04/26
Committee on Aging

Presenter:
Lead Department: Fire Department

Executive Summary:

Recommended Action:

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Discussion on Symposium of Various Topics or Topics Presented at Established Events
02/04/26
Committee on Aging

Presenter:
Lead Department: Fire Department

Executive Summary:

Recommended Action:

VILLAGE OF SCHAUMBURG

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Senior Resource Directory New Ideas and Start Research in May 2026
02/04/26
Committee on Aging

Presenter:
Lead Department: Fire Department

Executive Summary:

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Spring Fling 2026: Date, Food, and Location
02/04/26
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Presenter:
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Executive Summary:

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Liaison's Report
02/04/26
Committee on Aging

Presenter:
Lead Department: Fire Department

Executive Summary:

Recommended Action:

VILLAGE OF SCHAUMBURG

AGENDA ITEM SUMMARY

Budget Report
02/04/26
Committee on Aging

Presenter:
Lead Department: Fire Department

Executive Summary:

Recommended Action:

VILLAGE OF SCHAUMBURG

AGENDA ITEM SUMMARY

April 1, 2026
02/04/26
Committee on Aging

Presenter:
Lead Department: Fire Department

Executive Summary:

Recommended Action: