September - October 2026

SENIOR BUZZ NEWSLETTER

MOUNT PROSPECT AGING IN COMMUNITY INITIATIVE

Older Adult Health & Wellness Expo

Thursday, September 3
9:30 - 11:30 a.m.
Mount Prospect Village Hall
50 S. Emerson Street

AGE VIBRANTLY. LIVE FULLY.

JOIN US FOR:

- **HEALTH SCREENINGS**
- **VACCINE CLINIC***
- **INFORMATION**
- **LOCAL RESOURCES**

Free event! All are welcome.
No registration required. Call (847) 870-5680 with questions.

**BRING YOUR PRESCRIPTION CARD & MEDICAL INSURANCE CARD*

A PART OF THE AGING IN COMMUNITY INITIATIVE:

FUEL, MOVE, CONNECT:

The Pillars of Healthy Aging

Join us for a special community health event on aging well! Learn practical tools for a happier, healthier lifestyle from a multidisciplinary team of health and wellness experts. They'll team up to discuss the three essentials: moving safely, eating right for sustained energy, and staying socially connected.

Wednesday, October 7 | 2:00 - 3:00 p.m.
Village Hall, Farley Community Room
50 S. Emerson Street

Registration required. To register, call the Human Services Department at (847) 870-5680.

IN THIS ISSUE:

Health & Wellness - PAGE 2-3

Human Services - Department Changes to Medicare Part D Assistance - PAGE 4

Fire Department Showcase on September 12 - PAGE 6

Community Events in and around Mount Prospect - PAGE 10 and 11

BINGOcize®

Join us for a nutrition & health promotion program that combines bingo with education & fun inclusive exercises for everyone!

- **5 week program**
- **1 class per week (5 total)**
- **Must be a Mount Prospect resident to attend**

Wednesdays
November 4 - December 2
1:00 -2:30 p.m.

Village Hall, 50 S. Emerson St.
Farley Community Room
(1st floor)

Space is limited.
Registration begins October 1.
Register by calling **(847) 870-5680**

Medical Lending Closet

The Medical Lending Closet provides Mount Prospect residents with a short-term alternative to purchasing expensive medical equipment. Residents may borrow most equipment free of charge for up to 3 months.

Located at Mount Prospect Village Hall in the Human Services Department.

Hours: Mondays, Wednesdays, and Thursdays from 8:30 a.m. to 4:00 p.m.

Please call (847) 870-5680 to check availability and schedule a pick up.

VILLAGE OF MOUNT PROSPECT

FIT 4 LIFE FRIDAYS!

10:00 - 10:45 a.m.

All classes are seated and held in the Farley Community Room, 50 S. Emerson Street.

No registration required. Must be a Mount Prospect resident. Call (847) 870- 5680 with any questions.

NOTE: Friday, September 25 join us for Tai Chi pop-up class

Zumba®Gold Chair with Natalia

1st Friday: 9/4 & 10/2
Easy-to-follow seated Zumba® for balance & coordination

Seated Exercise with Village Nurse

2nd, 4th, & 5th Friday: 9/11, 10/9, 10/23, 10/30
A fun, low-impact workout

Whole Body Wellness with Angela

3rd Friday: 9/18 & 10/16
A program to boost posture, lungs, and joint mobility

HEALTH SCREENING CLINICS

APPOINTMENTS REQUIRED

Village Hall
Human Services Department
50 S. Emerson Street
Every Tuesday from
9:00 - 11:00 a.m.

Community Connections Center
1711 W. Algonquin Road
Schedule a one-on-one appointment with the Village Nurse.

Clinic services provided are:

Blood Pressure Reading (free)
Heart Rate (free)
Oxygen Saturation Level (free)
Fasting Blood Glucose (free)
Total Cholesterol Screening ($2.00 charge)
Complete Lipid Panel ($20.00 charge)
A1C Testing ($20.00 charge)

Must be a Mount Prospect resident. Please call (847) 870-5680 for appointments.

Premise Alert Program (PAP)

Bridges the gap between dispatch and your family's needs

What it is:

The Premise Alert Program (PAP) is a confidential database maintained by the Northwest Central Dispatch System (NWCDS). It provides vital information to Mount Prospect police, fire, and EMS personnel before they arrive at the scene of an emergency.

Who it is for:

Database entries are made at the request of individuals, families, or caregivers on behalf of residents with disabilities or special medical needs.

How it Works:

When an emergency call is placed, the PAP automatically alerts public safety personnel to the resident's specific needs, enabling mount prospect's first responders to quickly identify individuals requiring specialized assistance, adapt their response strategies, and enhance overall safety during a crisis.

How to Register:

families or individuals must complete both required Premise Alert Program Notification forms and submit them directly to the Mount Prospect Police Records Section for processing. The forms and additional details can be found online at www.mountprospect.org/departments/mppd/how-do-i/premise-alert-program.

Presented in partnership by the Village of Mount Prospect Human Services, Police, Fire, and Emergency Management

WITS WORKOUT™

Engage in a series of challenging puzzles and brain teasers designed to help you discover how to keep your brain sharp and healthy!

Village Hall, 50 S. Emerson Street
Farley Community Room

THURSDAYS: OCTOBER 8 & 15, NOVEMBER 5 & 12 | 10:00 – 11:30 A.M.
NO CLASS OCTOBER 22 & 29 DUE TO EARLY VOTING IN THE COMMUNITY ROOM.

MOUNT PROSPECT RESIDENTS ONLY
FOUR SESSION COMMITMENT REQUESTED
REGISTRATION REQUIRED BY OCTOBER 1

REGISTER WITH THE HUMAN SERVICES DEPARTMENT AT (847) 870-5680.

IMPORTANT NOTICE!
Changes to Medicare Part D Assistance

Please note that the Human Services Department is no longer scheduling Medicare Part D SHIP Counselor appointments.

As a reminder, the Medicare Annual Open Enrollment period runs from October 15 to December 7.

SHIP APPOINTMENTS:
Call a site below every September to schedule a session with a SHIP Counselor.

- Advocate Lutheran General Hospital: (847) 723-7277
- Arlington Heights Senior Center: (847) 253-5532
- GENCenter - Formerly Frisbie: (847) 768-5942
- Elk Grove Township: (224) 220-0942
- Kenneth Young Center: (847) 524-8800
- Palatine Township Senior Center: (847) 991-1112
- Wheeling Township: (847) 259 -7730

VILLAGE OF MOUNT PROSPECT HUMAN SERVICES DEPARTMENT

Questions? Call the Human Services Department at (847) 870-5680

SENIOR GAME DAY

COME PLAY OLD FAVORITES,
LEARN A NEW GAME, & CONNECT!
CARD, BOARD, DICE GAMES, & MORE

SEPTEMBER 14 AND OCTOBER 5

9:30 - 11:00 a.m.

VILLAGE HALL
FARLEY COMMUNITY ROOM
50 S. EMERSON STREET

NO REGISTRATION REQUIRED

SENIOR CONNECTIONS

CONNECT WITH YOUR COMMUNITY

FARLEY COMMUNITY ROOM AT VILLAGE HALL, 50 S. EMERSON ST.

THURSDAY, OCTOBER 1

9:00 a.m. Presentation by the Public Works Department - Tree Selection and Maintenance
9:45 a.m. Village updates
10:00 a.m. Q & A and socialize with your neighbors

Refreshments will be served. Mount Prospect residents only. Questions? Call (847) 870-5680.

PLEASE NOTE: Next Senior Connections is on Thursday, November 19

FOOD DRIVE

Help Restock The Mount Prospect Food Pantry

COSTCO
Randhurst Village
99 N. Elmhurst Road
Saturday, October 11
9:30 a.m. - 4:30 p.m.

Village Hall will be closed to the public on Monday, September 7 in observance of Labor Day.
We will be also closed on Monday, October 12 for in-service day.

SENIOR SEATED SOUND BATH MEDITATION

Nurture your mind and body | No yoga mat required! Join us for a deeply relaxing Seated Sound Bath Meditation designed to support your well-being. Simply sit back and let the soothing vibrations of singing bowls wash over you. Beginners welcome!

Benefits

- Relaxation & mindfulness
- Brain stimulation for memory and focus
- Quiet reflection

What to bring

- A shawl or small blanket (if desired)
- A pillow for extra comfort (if interested)
- An open heart & mind

Thursday, November 19
1:30 - 2:30 p.m.
VIllage Hall, 50 South Emerson Street
Farley Community Room

Registration begins on Monday, October 5. Call the Human Services Department at (847) 870-5680.

MOUNT PROSPECT RESIDENTS ONLY | SPACE IS LIMITED

TRANSPORTATION RESOURCE FAIR

Presented by the Village of Mount Prospect Aging in Community Initiative

Tuesday, September 29

2:00 - 3:30 p.m.

Village Hall, 50 S. Emerson St. 3rd Floor Board Room

Learn about transit options for seniors and persons with disabilities from the providers that serve our community. This free event starts with a presentation and is followed by a resource fair. Attendees will have the opportunity to complete transit applications on site.

Registration required:
Call the Human Services Department at (847) 870-5680

Speakers Include: Connections to Care, PACE, RTA, Wheeling Township, Elk Grove Township

Looking for local resources and programs tailored for older adults?

The Human Services Department makes this information easily accessible at Senior Services webpage: www.mountprospect.org/humanservices

SENIOR ACTIVITIES:

Stay active, engaged, and connected with local community programming.

SENIOR SOCIAL WORK SERVICES:

Access direct services and linkage to resources and information.

SENIOR BUZZ NEWSLETTER:

Read the most recent edition to stay up to date on news, events, and schedules.

FIRE DEPARTMENT

PUBLIC WORKS DEPARTMENT

FALL YARD WASTE & BRUSH COLLECTION REMINDERS

As fall approaches, the Village provides free curbside collection of brush and organic yard waste on your regularly scheduled garbage day. Items may be placed at the curb starting at 4:30 p.m. the day before and must be set out by 6:30 a.m. on collection day.

Brush Collection
Residents may place an unlimited amount of properly prepared brush at the curb for collection at no additional cost. No sticker is required.

Requirements: Branches must be under 3.5 inches in diameter, under 5 feet long, under 50 lbs., and tied with biodegradable twine or cloth (no wire or plastic). Brush bundles are collected on your regular garbage collection day.

Yard Waste & Leaves
Dispose of leaves, grass, and organic yard waste using either biodegradable kraft paper bags or rigid containers (up to 95 gallons; containers 32+ gallons must be wheeled carts).

Important: Leaves, grass clippings, and other yard waste should never be placed in plastic bags. Individual bags and smaller containers must not exceed 32 gallons or 50 lbs.

Preparing materials correctly helps ensure safe, efficient collection for both residents and collection crews. Thank you for helping keep our community clean!

For more information on yard waste, leaf, and brush collection, visit the Village of Mount Prospect Public Works website at www.mountprospect.org/publicworks or call (847) 870-5640.

PUZZLE ANSWERS: First Row:HARVEST, APPLE CIDER, SCARECROW, PERSIMMON, LEAVES
Second Row: ACORN, PUMPKIN, OCTOBER, HAYRIDE, CINNAMON

POLICE DEPARTMENT

DON'T GET PUSHED INTO BUYING SOMETHING OR SIGNING UP FOR SOMETHING AT YOUR DOOR

Solicitors can sometimes be very persistent and disruptive.Here are a few quick reminders to keep you safe and comfortable in your home:

- Don’t open your door to anyone you don’t know. Speak through the locked door, use an intercom or video doorbell.
- You are not obligated to answer questions, accept flyers, or let anyone into your home.
- You have the right to say "No" and ask them to leave your property immediately - even if you are approached outside in your yard.
- If they refuse to leave or continue to pressure you, call the police right away to have an officer come out and assist you.

NOTE: Here in Mount Prospect, all calls for police service are made by calling 911, not just emergencies. Share this with your neighbors and friends to help keep our community safe!

MOUNT PROSPECT PUBLIC LIBRARY

TRUE CRIME: FINANCIAL FRAUD

Monday, September 14, 2:00 p.m.
Detective John Napoleon of the Mount Prospect Police Department will review real case examples of common financial scams, offer tips on how to keep your finances safe, and discuss what to do if you are the victim of a financial crime.

CHOOSING YOUR MEDICARE SUPPLEMENT INSURANCE POLICY

Tuesday, October 6, 2:00 p.m.
Tom Kilkenny from Weiss Financial Ratings will provide helpful guidance needed to navigate Medicare supplement options with a Medicare Supplement Insurance Buyers' Guide.

UNDERSTANDING MEDICARE CHOICES

Monday, October 12, 7:00 p.m.
Join financial educator Karen Chan for an overview of Medicare options to help you understand your choices, avoid costly mistakes, and select coverage that fits your healthcare needs.

All programs will be held at the Mount Prospect Public Library, 10 S. Emerson Street. Registration required at www.mppl.org or by calling (847) 253-5675.

Mount Prospect Public Library

Homebound Delivery Services

Can’t make it to the library? Let the library come to you!

Mount Prospect residents who are physically unable to come to the library due to age-related issues, illness, or disability are eligible for homebound delivery.

For more information, call our homebound coordinator at 847-590-4078 or email homebound@mppl.org.

Mount Prospect Public Library

mppl.org | 847-253-5675
10 S. Emerson St., Mount Prospect, IL 60056

SIMPLY ELTON AT JACOB HENRY MANSION

Prospect Heights Park District
104 W. Camp McDonald Road
Thursday, September 10 | Trip cost: $89
9:30 a.m. - 4:00 p.m.

Join other active adults for a celebration of the legendary Sir Elton John. This is more than just a tribute show, it's an Elton Concert experience, spanning decades of iconic hits. Prospect Heights Park District will start the day with a self-guided tour of the Jacob Henry Mansion followed by lunch and show. For information and to register, call (847) 394-2848 or visit www.phparks.org.

FITZGERALD'S FISH BOIL DINNER

Prospect Heights Park District
Thursday, October 8
3:00 - 7:00 p.m. | Trip cost: $59

Join other active adults for a delicious getaway to Fitzgerald's Genoa Junction, one of Northern Illinois' hidden dining gems! This charming restaurant is housed in a beautifully restored Victorian-style building known for its distinctive octagonal design and sun-filled dining room. For information and to register, call (847) 394-2848 or visit www.phparks.org.

OUTDOOR WALKING YOGA

River Trails Park District
Thursdays, October 8 - 29
5:00 - 6:00 p.m.
Cost: $49 resident/$53 non-resident
Refresh your mind and body with Outdoor Walking Yoga low-impact, stress-relieving practice open to all fitness levels.
No experience needed. To register, call (847) 255-5380 or visit www.rtpd.org.

COMMUNITY SPOTLIGHT

B(older) U

Be Older + Be U

A Ministry of St. Mark Lutheran Church

Celebrate aging with purpose! St. Mark Lutheran Church offers engaging activities and presentations to help you stay active, independent, and do what you love. All community members and friends are welcome!

St. Mark Lutheran Church
200 S. Wille Street,
Mount Prospect

Join St. Mark Lutheran Church:
September Lunch and Learn
Bringing the Spirit of '76 to Mount Prospect
Presented by Emily Dattilo
from the Mount Prospect Historical Society

Emily will highlight how Mount Prospect marked the 1976 U.S. Bicentennial through local patriotic events, a newly designed water tower, and a special visit from the American Freedom Train.

WHEN: September 24 – 11:30 a.m. – 1:00 p.m.
WHERE: Great Room, St. Mark Lutheran Church

$10 suggested lunch donation. RSVP to the church office (847) 253-0631 | stmarkmp@stmarkmp.org by Tuesday, Sept 21.

B (older) U exercise program will resume on Thursday, September 17. Class will meet every Thursday morning from 10:00 - 11:00 a.m. for seated chair exercises in the Great Room.

SENIOR BUZZ PUZZLE

THE GREAT AUTUMN WORD SCRAMBLE

Instructions: Unscramble these classic autumn words!

TREAVESHA _____

EPAPL RCEDI _____

CRERSAECW _____

ENMTSAPTI _____

AEFSVEL _____

OACRN _____

MUPNIPKI _____

OERCTOB _____

AERYAH _____

ISMNATNEO _____

Answer key for AUTUMN WORD SCRAMBLE on page 6

SEPTEMBER

SATURDAY, SEPTEMBER 5, 3:00 - 8:00 p.m. | Lions Club Bluesmobile Cruise Nights
Downtown Mount Prospect in the east commuter lot at the SE corner of Northwest Highway and Maple | Cruise Nights happen every Saturday in September (weather permitting). Join the Lions Club this week as they welcome Volkswagen Night! Visit www.mplions.org for more information.

WEDNESDAY, SEPTEMBER 9, 7:00 - 9:00 p.m. | Bessie's Workbasket at Mount Prospect Historical Society
Central School, 103 S. Maple Street | Join Mount Prospect Historical Society for their ***Knit Like a Viking*** class. Create a Viking knit with wire that results in a beautiful, tubular woven chain! Mount Prospect Historical Society will provide materials and step-by-step instructions. This is a beginner friendly activity. Space is limited. Cost: $10 members; $15 non-members. For more information, call (847) 392-9006. To register visit www.mtphist.org.

THURSDAY, SEPTEMBER 10, 2:00 p.m. | Movies at Mount Prospect Public Library
10 S. Emerson Street | Join Mount Prospect Public Library for a screening of "Wolfs." To register, visit www.mppl.org or call (847) 253-5675.

SUNDAY, SEPTEMBER 13, 8:00 a.m. - 1:00 p.m. | Lions Club Farmers Market
Downtown Mount Prospect in the west commuter lot at the SE corner of Northwest Hwy. and Main St. (IL Route 83) | Join the Lions Club for their weekly farmers market happening every Sunday through October 25. Come rain or shine! Come check out one of the best farmers markets in the Chicago suburbs! Visit www.mplions.org for more information.

MONDAY, SEPTEMBER 14, 2:00 p.m. | True Crime: Financial Fraud at Mount Prospect Public Library
10 S. Emerson Street | Detective John Napoleon of the Mount Prospect Police Department will review real case examples of common financial scams, offer tips on how to keep your finances safe, and discuss what to do if you are the victim of a financial crime. To register, visit www.mppl.org or call (847) 253-5675.

TUESDAY, SEPTEMBER 15, 9:00 a.m. - 12:00 p.m. | Free Senior Walking at RecPlex
Mt. Prospect Park District, 420 W. Dempster Street | Hot outside and want to walk? Join Mt. Prospect Park District for FREE walking at RecPlex. For more information, please visit www.mppd.org or call (847) 640-1000. ***Runs every TUESDAY in September.***

FRIDAY, SEPTEMBER 18, 4:00 - 11:00 p.m. | Oktoberfest & Fall Festival
Intersection of Emerson Street & Busse Avenue | Celebrate the season at Downtown Mount Prospect's Oktoberfest & Fall Festival, a two-day event filled with music, food, family fun, and community spirit. This beloved tradition brings together Mount Prospect's rich heritage with autumn festivities for all ages. This program continues on Saturday, September 19. For event schedule visit www.mpdowntown.com.

TUESDAY, SEPTEMBER 29, 7:30 - 9:30 a.m. | Fall Bird Walks with Prospect Heights Park District
You are invited to join walk leader, Cyndi Lubecke, to lead you around the Slough at Izaak Walton Park, experiencing the wonder of birds and learning how to spot birds and identify them. Learn where to look for birds in your community and how to adjust binoculars for your eyes. All ages are wlecome. FREE class. For more information and to register, call (847) 394-2848 or visit www.phparks.org.

TUESDAY, SEPTEMBER 29, 12:00 - 3:00 p.m. | Cemetery Walk at Mount Prospect Historical Society Central School | St. John Lutheran Cemetery, 1100 Linneman Road | The Mount Prospect Historical Society's Cemetery Walk invites the community to step back in time and meet some of the Village's most notable residents from the past. Costumed actors will bring these former citizens to life, sharing their stories and shedding light on the early days of Mount Prospect. For program cost and registration, call (847) 392-9006. To register, visit www.mtphist.org.

OCTOBER

SUNDAY, OCTOBER 4, 8:00 a.m. - 1:00 p.m. | Lions Club Farmers Market
Downtown Mount Prospect in the west commuter lot at the Southeast corner of Northwest Highway and Main Street (IL Route 83) | Join the Lions Club for their weekly Farmers market every Sunday and note that the season is ending on October 25. Come rain or shine! Come check out one of the best farmers markets in the Chicago suburbs! Visit www.mplions.org for more information.

TUESDAY, OCTOBER 6, 9:00 a.m. - 12:00 p.m. | Free Senior Walking at RecPlex
Mt. Prospect Park District, 420 W. Dempster Street | Hot outside and want to walk? Join Mt. Prospect Park District for FREE walking at RecPlex. For more information, visit www.mppd.org or call (847) 640-1000. ***Runs every TUESDAY in October.***

WEDNESDAY, OCTOBER 7, 2:00 - 3:30 p.m. | Pillars of Health
Village Hall, 50 S. Emerson Street | Join Human Services for a special community health event on aging well! Learn practical tools for a happier, healthier lifestyle from a team of health and wellness experts. They'll team up to discuss the three essentials: moving safely, eating right for sustained energy, and staying socially connected. To register, call the Human Services Department at (847) 870-5680.

MONDAY, OCTOBER 12, 9:30 - 11:30 a.m. | Senior Game Day
Village Hall, 50 S. Emerson Street, Farley Community Room | Come on down to the Farley Community Room for our monthly GAME DAY! We haves card games, board games, unique games, and great company! No need to RSVP - just show up ready to have fun, sharpen your skills, and connect with fellow older adults in the community. Any questions? Call the Human Services Department at (847) 870-5680.

WEDNESDAY, OCTOBER 14, 7:00 - 9:00 p.m. | Bessie's Workbasket at Mount Prospect Historical Society
Central School, 103 S. Maple Street | Test your creativity with this Japanese art form of transforming fabric scraps into mosaic pictures without using needles or thread. Combine fabric colors and patterns to complete a 3D masterpiece! No experience necessary. Bring a pair of sharp scissors, a seam ripper, or a metal nail file if you have them. If you would like to use your own fabric, you can bring that as well! Cost: $10 for members/$15 for non-members. To register or for more details, visit www.mtphist.org or call (847) 392-9006.

SUNDAY, OCTOBER 18, 11:00 a.m. - 3:00 p.m. | Blacksmith Demonstration at Mount Prospect Historical Society
101 S. Maple Street | Come see modern-day blacksmiths who will be on the lawn at Mount Prospect Historical Society. They will be showcasing the skill and strength behind this historic trade. Don't miss the chance to explore the John Meyn Blacksmith Shop exhibit, also open for viewing. It's a unique opportunity to witness history at work. Cost: FREE. For more information, visit www.mtphist.org.

MONDAY, OCTOBER 19, 5:00 - 7:00 p.m. | Frame-Worthy Watercolors: Paint, Create, and Display
110 W. Camp McDonald Road | Prospect Heights Park District invites you to join their friendly instructor who will guide you step-by-step, from mastering watercolor washes to layering details that make your painting pop. No stuffy landscapes here, think vibrant colors, bold designs, and your own unique flair. Cost $40. For more information and to register, call (847) 394-2848 or visit www.phparks.org.

SUNDAY, OCTOBER 25, 1:45 p.m. | The Shakespeare Project of Chicago: Macbeth at Mount Prospect Public Library | 10 S. Emerson Street | Sponsored by the Library Foundation. This is about how a brave Scottish general's hunger for power - fueled by three witches and his ruthless wife that plunges him into a spiral of guilt and bloodshed. To register, visit www.mppl.org or call (847) 253-5675.

TUESDAY, OCTOBER 27, 10:30 a.m. | Movies at Mount Prospect Public Library
10 S. Emerson Street | Join Mount Prospect Public Library for a screening of "The Martian." To register, visit www.mppl.org or call (847) 253-5675.

Village of Mount Prospect
50 S. Emerson Street
Mount Prospect, IL 60056

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SENIOR BUZZ NEWSLETTER

HUMAN SERVICES DEPARTMENT STAFF MEMBERS

Director: Julie Kane
Deputy Director: Esther Salutillo
Senior Services Social Worker: Ginny Thomas
Police Social Worker: Sandy Ziesak
Police Social Worker: Ivon Garcia
Community Social Worker: Jhoana Mendoza-Torres
Community Social Worker: Jacqueline Damian

Public Health Nurse: Nicole Cooper-Ffrench
Senior Activities Coordinator: Lisa Tenuta
Office Manager: Esther Grimaldo
Administrative Assistant: Rosa Gonzalez
Administrative Assistant: Slav Mirkovic
Therapy Dog: Hoover

Human Services
50 S. Emerson St.
Mount Prospect, IL 60056
Phone: (847) 870-5680

Community Connections Center
1711 W. Algonquin Rd.
Mount Prospect, IL 60056
Phone: (847) 506-4930