

Senior Sun



PUBLISHED BY YORK TOWNSHIP SENIOR CENTER FOR ITS MEMBERS - FEBRUARY 2021



York Township Provides Bags for Senior Residents

Supervisor John W. Valle and Trustee Anthony Cuzzone lent a helping hand to staff members on Monday, December 21st by distributing bags filled with a ham, frozen meals, snacks and sanitizing supplies for the Christmas holiday. Over 200 bags were handed out to senior residents who preregistered for the event. Township Supervisor John W. Valle said, "It's a trying time, not just for our residents but for the country as a whole. We wanted to make sure we help out in any way we could, especially during the holidays. Christmas is such a special time for families and we hope the meals helped it feel a little brighter for our senior residents this year."



The *SENIOR SUN* is published ten times a year by the York Township Senior Center for its members. The annual subscription is \$5.00.



TAX SEASON HAS ARRIVED!

CALL 630-993-8900 FOR AN APPOINTMENT

Starting this month, AARP volunteers will be at Wilder Mansion in Elmhurst to help low income seniors fill out their 2020 tax returns. This service is free, but you will need to make an appointment. Call 630-993-8900 for details or to make an appointment. The AARP tax service will run from February 8th—April 14th.



Giggle Corner



- Q: What did the baker give his wife for Valentine's Day?**
A: Candy and flours!
- Q: What happened when the trees fell in love?**
A: They got all sappy!
- Q: What did George Washington call his false teeth?**
A: Presi-dentures!
- Q: What happened when the frog's snowmobile broke down?**
A: It had to be toad away!
- Q: Why did the mittens get married?**
A: It was glove at first sight!



SUDOKU PUZZLES

ANSWER KEY ON PAGE 13

PUZZLE # 1

EASY LEVEL

			2	6		7		1
6	8			7			9	
1	9				4	5		
8	2		1				4	
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7		3		1	8			

PUZZLE # 2

MEDIUM LEVEL

		7	5					
3							2	7
	6	5			9			4
	5		2	8				
2	1	3		9		8	7	5
					1		9	
7			1			3	4	
6	3							1
					4	7		

1 2 3 4 5 6 7 8 9

VALLE'S VIEWS

Dear Readers:

Although the world of 2020 was very challenging, York Township is blessed to have so many individuals, corporations and organizations that were willing to help those less fortunate during the holiday season.

On behalf of everyone who benefits from our York Township Food Pantry and General Assistance Holiday Programs, I would like to express my utmost gratitude to the following for their cooperation, support, and generous contributions throughout the 2020 holiday season: American Legion Elmhurst-Post #187; Julie Ames; Ascension of Our Lord Parish; City of Oakbrook Terrace; Dan Gibbons Turkey Trot; DuPage County Marine Corps League "Toys for Tots"; DuPage County Sheriff "Shop With Law Enforcement"; Firebirds Soccer Club; Flood Brothers; Interplan LLC; Lombard Christian Reformed Church; Lombard Junior Women's Club; Montini High School; OneDigital; Peace Lutheran Church; Anne Petraitis; Sacred Heart Church; Saint Alexander Church; Saint Pius X Church; Seventh Day Adventist Church; Storino, Ramello and Durkin, Attorneys at Law; Anna Skelton; State Representative Terra Costa Howard; TBC Wellness; Thatcher Technology Group; The Lauren Kiefer Foundation Inc.; Total Quality Logistics; TranzAct Technologies; Trinity Lutheran Church-The Dorcas Guild; V.F.W. Lombard Lilac Post #5815; Villa Park Lion Larry Soberalski; Willowbrook High School Warrior Project; World System Builders; York Township Republican Committeemen's Organization; and many more individuals who wish to remain anonymous.

I am happy to report that 112 families with 261 children were given toys, clothing, and personal items through the York Township General Assistance "Adopt A Family For Christmas 2020" Program.

York Township is blessed to have so many partners in the fight against hunger and so much support for our efforts to improve the quality of life for our residents.

Holiday Programs have helped so many of the challenged families and senior citizens who reside in this community and how many of them enjoyed their Christmas so much more, thanks to the support of the corporations, organizations, and individuals mentioned.

We have decided to upgrade our building with a new generator to help ensure uninterrupted services in the event of a power failure. A grant recently secured from the Illinois Department of Commerce and Economic Opportunity will offset some of the costs. Please turn to page 7 if you would like to see photos of the generator.

That's the view from here.

God Bless! See you next time!

John W. Valle
Supervisor



Remember When...



To all you veterans:

Even though these are trying times we would like to share your pictures and stories about your service to this great country of ours. Please feel free to submit your photos and a story. You can send them to York Township, 1502 S. Meyers Road, Lombard, Illinois, 60148. Your photos will be returned. Not only will they be published in the Senior Sun but they will also be displayed at our new and improved website, www.yorktwsp.com.

We are proud of our men and women who served to make this country as great as it is.

We would definitely like photos of you in your uniform, and if possible a photo of you today so that people can see what you look like *then* and *now*.

If you have any questions, please feel free to call the Senior Center at 630-620-2424.

Thank you to all of our generous donors! You have brightened the season for so many York Township residents in need.



V.F.W. Post #5815



Interplan LLC



Total Quality Logistics



OneDigital



Lombard Christian Reformed Church



V.F.W. Post #5815





State Representative Terra Costa Howard



Total Quality Logistics



Dan Gibbons Turkey Trot



World System Builders



Trinity Lutheran Church Dorcas Guild



Thatcher Technology Group



Willowbrook High School Warrior Project



Villa Park Lion Larry Soberalski



14 ways to say I LOVE YOU from around the world



Match the phrase to its correct language, answers on page 13

Mina Rakastan Sinua

ENGLISH

Ti amo

GERMAN

Jag älskar dig

JAPANESE

I love you

SWAHILI

Kocham cie

ITALIAN

S'agapo

FRENCH

Ich liebe dich

SPANISH

Ya tebe kokhayu

GREEK

Je t'aime

ARABIC (MODERN)

Aishiteru

DUTCH

Naku penda

POLISH

Ik hou van jou

UKRAINIAN

Ana uhibbuka/uhibbuki

FINNISH

Te amo

SWEDISH



York Township Gets Backup Generator!





#2 Quality Time

When Quality Time is someone's primary love language they will value spending time with you, distraction free. This means you give them your full, 100%, undivided attention free of television, cell phones, or any other distractions. Good examples of Quality Time would be to engage in meaningful conversation, participate in an activity you know they like, even if you don't or doing something new together. To avoid hurting those with this language try not to avoid eye contact, postpone dates, or allow yourself to be distracted when you spend time together.

#3 Receiving Gifts

If another's primary love language is Receiving Gifts, then they appreciate gifts as a symbol of love. The actual gift itself is less important than the desire to give it and the effort and thought behind it. If you never give a gift or miss a celebration, birthday or anniversary you will tremendously hurt an individual with this as their primary love language. Additionally, if you are a "saver" and view gifts as meaningless or unnecessary expenses and consistently express that view, you may have significant problems within the relationship.

#4 Acts of Service

Those with Acts of Service as their primary language will feel loved the most when you offer to help out, or provide a way to make life easier. It shows that you value them and their time. You can offer to cook, clean, mow the grass, take out the garbage, or walk the dog. Refusing or never offering to help, putting off the task until later, or having the mindset it is "their duty" to do those chores is sure to cause problems within the relationship and leave them feeling unappreciated and not loved.

#5 Physical Touch

If Physical Touch is their primary love language then they will feel most loved through intimate contact and random touches through out the day such as a hand hold or big hug. It is very important to find out what their specific preferences are, as it can be very harmful to touch someone in a way they don't like and the act would not communicate love to them.

With Valentine's Day right around the corner, what better time to talk about love and how important it is that we express it in a way that keeps our spouses, family and friends feeling happy and fulfilled. You will feel happier as a result of making others happy and life is better when you give, and in return, receive love. Dr. Gary Chapman, a well-known marriage counselor and author of *The 5 Love Languages®* suggests that everyone has a primary love language and if we learn how to communicate with each other's language we will experience a deeper emotional connection within our relationships. Here is a quick snapshot of each love language and examples of how to best communicate within each. If you are unsure of what your love language is, you can take a free test at: <http://www.5lovelanguages.com/quizzes/>.

#1 Words of Affirmation

For those whose love language is Words of Affirmation, it will mean the most when you *say* how much you love them. Whether that is through compliments, words of encouragement, or kind and loving remarks such as:

- "You have the prettiest eyes."
- "You look nice today."
- "You are so talented!"
- "I am so lucky to have you."
- "I love you!"

Its easy to assume the other person already knows how you feel, but it is extremely important that someone with Words of Affirmation as their primary love language *hears it* from you! People with this language are more deeply hurt by criticism and other hurtful or negative comments.

Coloring:

It Gives You More Than
Just a Pretty Picture!

Coloring has been considered a therapeutic activity for a long time now. It can be enjoyed by both young and old alike and has shown to give many benefits, both physical and emotional. It's no wonder why the popularity of adult coloring books has skyrocketed over the years.

Coloring can improve your mood by relieving stress, agitation, and anxiety. It gives your mind a break from daily worries, such as a fight with a family member or a bill that needs to be paid, and lets them fall away as you bring your concentration to the page in front of you. It can put you in a hypnotic state, similar to that of meditation and is a great mindfulness activity, allowing you to be in the present moment.

On a physical level, coloring can improve grip control, hand-eye coordination and can help you maintain motor function. It may also help lower blood pressure and improve your immune system by relieving stress and anxiety.

Coloring is a whole brain workout and utilizes both hemispheres of the brain. The right brain is activated through imagination, color choices and creativity. The left side is activated through fine motor skills, dexterity, and hand-eye coordination. The frontal lobe also gets stimulated, through concentration and generating focus. The more in the habit you are of concentrating, the sharper your brain stays.

Finally, coloring has a way of evoking cherished memories and connecting you to your inner child. Although you may remember coloring with crayons in the past, it can be much more enjoyable to use colored pencils or watercolor pencils as an older adult. They make blending easier and produce a more realistic effect.

So, before you turn down the thought of coloring with your grandchild or whipping out an adult coloring book, keep in mind some of these amazing benefits. Creativity resides in everyone, and if you give yourself the chance to set aside self judgement and expectations you will unlock your own creativity within and allow it to flow freely and naturally!

York Township Receives Assistance From DuPage County to Help Families in Need



(L-R) York Township Supervisor John W. Valle, DuPage County Board Member Sheila Rutledge, and Food Pantry Director Angela Tanner

York Township purchased multiple cases full of formula, wipes, and baby/adult diapers, including 2 full pallets from funds received through the Cares Act and DuPage County. DuPage County Board Member Sheila Rutledge from District 6 saw a need and encouraged the Board to approve the funding distributed to the 9 Townships within DuPage County to be used specifically for formula, baby/adult diapers and wipes for families in need. The request was approved on Tuesday, December 22nd at a special meeting of the Board.

Board Member Sheila Rutledge said, "It has been a dream of mine come true to help fill the need for these products not only in my district but throughout all of DuPage County as well."

York Township Supervisor Valle said, "It is a blessing to have people like Board Member Sheila Rutledge help out in a time of need like this. I am extremely grateful to her and DuPage County for supporting us in providing these much-needed items to the residents of York Township and all of DuPage County."



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630-620-2413



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Seniors 55+ that live in York Township

When?

Monday - Friday between 8:15 AM - 3:00 PM

How?

Call 630-620-2413 to schedule a reservation

- ⇒ **To and From York Township**
\$2.00 each way
- ⇒ **Essential Rides**
(grocery store, medical appointments)
\$3.00 each way
- ⇒ **Nonessential Rides**
(general shopping, hair salon)
\$4.00 each way

***All rides must be within the boundaries of York Township**

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Design a quilt below and color it in with your choice of crayons, markers, or colored pencils. Then, mail it back to us at York Township Attn: Amy, 1502 S Meyers Road, Lombard Illinois, 60148. The top 20 designs will be entered to win a gift card to Jewel-Osco. There will be five lucky winners in total. Entries must be received by Friday, February 19th.



Quilt Design Challenge

ONE \$25 WINNER

ONE \$10 WINNER

THREE \$5 WINNERS

Winners will be notified via phone on Monday, February 22nd. Please print your name legibly.

NAME _____ PHONE NUMBER _____

*We Want You To Be
Part Of The Family*



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VALENTINE'S DAY WORD SEARCH PUZZLE



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CARING
CUPID
DEAR
DOVES
FEBRUARY
FLIRT
FLOWERS
FOURTEENTH
FRIENDS

C	Y	S	G	U	T	R	I	L	F	K	A	D	O	R	S
V	E	C	A	N	D	Y	W	E	N	I	E	A	R	F	W
A	S	W	H	V	O	L	B	I	D	S	E	V	O	L	E
L	P	L	T	D	V	R	P	E	Y	S	S	T	A	A	E
E	I	O	N	R	O	M	A	N	C	E	V	F	I	I	T
N	N	V	E	G	A	V	V	I	A	S	F	E	O	C	L
T	G	A	E	M	S	E	E	T	R	E	W	B	N	E	U
I	N	L	T	R	A	E	H	S	C	U	A	R	Y	P	V
N	I	E	R	P	O	E	L	T	V	C	H	U	G	S	E
E	R	N	U	A	R	D	I	F	E	R	A	A	S	W	T
E	A	V	O	D	E	O	A	I	S	E	V	R	L	E	E
T	C	U	F	A	N	D	Y	G	V	D	W	Y	D	A	Y
D	I	P	U	C	S	R	E	W	O	L	F	S	V	S	V
O	W	S	D	N	E	I	R	F	L	O	W	R	E	W	C

GIFT
HEART
HUGS
KISSES
LOVE
PINK
POEM
RED
ROMANCE
SPECIAL
SWEET
SWEETHEART
VALENTINE



I LOVE YOU GAME ANSWER KEY



Mina Rakastan SinuaFinnish
Ti amo Italian
Jag älskar digSwedish
Kocham cie Polish
S'agapo Greek
Ich liebe dichGerman

Ya tebe kokhayuUkrainian
Je t'aimeFrench
AishiteruJapanese
Naku pendaSwahili
Ik hou van jouDutch
Ana uhibbuka/uhibbukiArabic (modern)
Te amoSpanish

#1

SUDOKU ANSWER KEY

4	3	5	2	6	9	7	8	1
6	8	2	5	7	1	4	9	3
1	9	7	8	3	4	5	6	2
8	2	6	1	9	5	3	4	7
3	7	4	6	8	2	9	1	5
9	5	1	7	4	3	6	2	8
5	1	9	3	2	6	8	7	4
2	4	8	9	5	7	1	3	6
7	6	3	4	1	8	2	5	9

#2

1	2	7	5	4	3	6	8	9
3	4	9	6	1	8	5	2	7
8	6	5	7	2	9	1	3	4
9	5	6	2	8	7	4	1	3
2	1	3	4	9	6	8	7	5
4	7	8	3	5	1	2	9	6
7	9	2	1	6	5	3	4	8
6	3	4	8	7	2	9	5	1
5	8	1	9	3	4	7	6	2

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CAN'T AFFORD THOSE COSTLY GAS/ELECTRIC BILLS?

The Low Income Home Energy Assistance Program (LIHEAP) assists eligible households with paying for winter heating services!

Applications are currently being accepted by DuPage County for the 2021 LIHEAP Program.

Eligibility is determined by household size, income, geographical location and type of fuel used. No need to own your own home. To qualify, the maximum monthly gross income is \$2,127 for singles and \$2,873 for two-person households.

*If you would like to apply
or have any questions
please call DuPage County
at 630-407-6500.*



Important Township Telephone Numbers



Senior Center	630-620-2424
Transportation	630-620-2413
Administration	630-620-2400
Dining Center (before noon) .	630-620-2421
Assessor's Office.	630-627-3354
Highway Dept.	630-627-2200

YORK TOWNSHIP SENIOR SUN

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