

SENIORS

DECEMBER 2020



A PUBLICATION FOR
ORLAND PARK SENIORS



ORLAND
PARK

LETTER FROM THE MAYOR



Dear Orland Park Seniors,

Welcome to the second edition of the Village of Orland Park Senior Newsletter, which Orland Park seniors can now expect to receive regularly throughout the year. I hope everyone had a wonderful Thanksgiving and are staying safe and healthy.

Within the pages of this publication, you can find the many services, programs and news that are specific to Orland Park's senior community. Senior members of the community have always played an integral and vital role in Orland Park. We often look to you for guidance and knowledge. We hope you find useful and relevant information among the pages of this newsletter. In these uncertain times, it is important that area seniors are staying updated and informed of available programming, facility updates, safety alerts and other important information.

If you are looking for a great way to incorporate a bit of exercise into your routine from the comfort of your own home, take a look at some of the great virtual programs offered by the Village's Recreation and Parks Department highlighted in this newsletter.

The safety of Orland Park residents is, and has always been, the paramount priority of the Village. Please take a moment to review the many safety tips within this newsletter for information about the most recent ways criminals are targeting seniors in Orland Park. Many of the crimes are easily preventable if you know what to look for. Remember that the Police Department is here to help you, so if you suspect something is just not right, give them a call at (708) 349-4111 or dial 9-1-1 in the case of an emergency.

Finally, I want to thank you for all that you are already doing to help keep the community safe and for all that you contribute to Orland Park. Please let us know how we can help answer questions or provide assistance by emailing publicinfooffice@orlandpark.org.

Keith Pekau | Mayor

Senior Newsletter

You can now find the digital version of the Senior Newsletter online for your convenience.



Visit www.orlandpark.org to view and download.

Cable Channel

Tune in to see our live board meetings, every first and third Monday of the month. 6pm (Committee of the Whole) and 7pm (Board of Trustees).

AT&T UVerse: Channel 99
Comcast: Channel 4

Stay Connected

Check out our online virtual class offerings as well as in-person group exercise classes to stay connected and active!

[See page 22 in this publication for a list of available classes.](#)

VILLAGE BOARD



Pictured (L to R) front: Trustee Michael Milani, Trustee Cynthia Katsenes, Mayor Keith Pekau, Trustee Kathleen Fenton. Back: Trustee James Dodge, Village Clerk John Mehalek, Trustee William Healy, Trustee Daniel Calandriello.

Keith Pekau
Mayor

TRUSTEES

Kathleen Fenton

James Dodge

Daniel Calandriello

William Healy

Cynthia Katsenes

Michael Milani

VILLAGE CLERK

John C. Mehalek

Let's Connect!

We want to hear from you! There are many ways to communicate with village staff and your local representatives. From stopping by any Village buildings, giving us a call, interacting on social media, or sending us an email, we appreciate and encourage community input.

WEBSITE | orlandpark.org

The Village website has a wealth of information available to residents in just a few clicks. Looking for meeting dates and times? Want to know what events are happening around town? Check our website for this up-to-date information.

Youtube | [VillageofOrlandPark](https://www.youtube.com/VillageofOrlandPark)

Check out the many videos featuring local events, our cable shows and updates from the Mayor. Catch our board meetings and events LIVE and be sure to subscribe to be notified on when to tune in.

facebook | [VillageofOrlandPark](https://www.facebook.com/VillageofOrlandPark)

Events, important information and highlights of people in our community are featured on our page. Give us a "like" to stay up-to-date on all that's happening.

Instagram | [villageoforlandpark](https://www.instagram.com/villageoforlandpark)

Capturing fun and light hearted sights around Orland Park, as well as keeping the community up-to-date on Village happenings is what you'll find on our feed.

twitter | [VillageofOrlandPK](https://twitter.com/VillageofOrlandPK)

Receive timely tweets about events, traffic, public announcements and more.



The safety of residents and guests in Orland Park is the first and foremost priority for the Orland Park Police Department. The Village of Orland Park had the lowest number of Index Crimes since 1994, when the population was only 44,000 and had far less retail/commercial tenants.

Crime in Orland Park has decreased by over 40%, when comparing January through August of 2019 to the same time period in 2020, according to data provided by the Federal Bureau of Investigation (FBI) and the Illinois State Police (ISP). The Village of Orland Park has the lowest violent crime rate for municipalities over 50,000 residents in the entire state of Illinois.

With that being said, we must remain actively aware of those who may wish to take advantage of our senior population, especially during the holiday season. Within the pages of this publication, you will find information regarding phone scams, identity theft and programs offered to make sure you, your assets and your home remain secure now and into the future.

The Orland Park Police Department has begun an endeavor to ensure that the mental health needs of all residents are met, especially during these uncertain times. The Orland Park Police Department is pleased to announce its Mental Health Response Unit partnership with Trinity Services. The partnership allows for real-time, thorough and in depth assistance for those in need, when they need it most. You can read more about the program in this publication and view our YouTube video for details at youtube.com/user/villageoforlandpark.

We ask that you, as residents and pillars of the community, do your part to let us know if you see anything that may seem odd or give you concern. As always, we ask that if you SEE SOMETHING, SAY SOMETHING and give us a call at (708) 349-4111 for non-emergencies or 9-1-1 in the event of an emergency.

Thank you for your support of the men and women of the Orland Park Police Department as we do our absolute best to continue to provide safety and security services to the community.

Joseph Mitchell | **Chief of Police**

9PM Routine

The Village of Orland Park Police Department has joined law enforcement agencies nationwide in reminding its residents via social media to lock it or lose it to prevent property crimes and burglaries. Dubbed the “9 p.m. Routine”, the campaign promotes safe practices to prevent and reduce the number of easily preventable burglaries. Residents are encouraged to set a nightly alarm on their phones, watches or other devices to take the following steps:

STEP 1: REMOVE

All valuables (electronic devices, wallets, etc.) from your vehicle.

STEP 2: LOCK IT UP

Ensure that vehicle doors and trunks are locked.

STEP 3: SECURE

Check that all home doors and windows are locked.

STEP 4: DETER

Turn on exterior lights.

RAPIDSOS

Technology that Protects Lives

Residents can now create a FREE Emergency Health Profile at emergencyprofile.org to share opt-in medical information in the case of an emergency. RapidSOS teamed up with The American Heart Association, The American Red Cross, and Direct Relief to launch this initiative in an effort to get first responders vital information in an emergency, particularly during the COVID-19 pandemic.



“Being able to receive a caller’s opt-in health information will better inform our staff during emergency response. I urge my community to become RapidSOS Ready by creating their free Emergency Health Profile, ensuring they are able to share critical data with 911 to help protect lives”
– Chief Joseph Mitchell

HOW IT WORKS



Sign up and create a free Emergency Health Profile at www.emergencyprofile.org

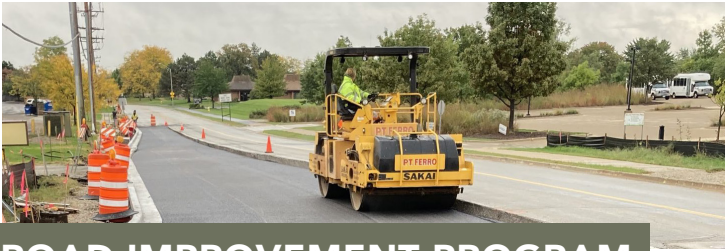


In the event of an emergency, call 911



Your Emergency Health Profile is automatically sent to 911 through RapidSOS

RapidSOS provides life-saving data from millions of connected devices directly to 911 and first responders in an emergency – providing faster, more effective response for over 150 million emergencies annually. To ensure data privacy, information is associated with an individual’s phone number and is only made available to first responders when a 911 call is placed from the associated phone number. To learn more visit www.emergencyprofile.org.



ROAD IMPROVEMENT PROGRAM

A street maintenance program is approved annually by the Mayor and Board of Trustees wherein various Village-owned and accepted streets are scheduled for rehabilitation.

The purpose of this program is to reconstruct streets that have shown signs of deterioration over and above the normal maintenance. An original Village plan from early 2017 left over 40% of roads in poor condition and over 10% in very poor condition through 2023. The Village Board and Mayor Pekau approved spending increases in 2019 that will reduce the roads in poor condition by half and advance the road improvement program by 4 years in just the last 16 months.

The program includes replacement of hazardous sidewalks, repair or replacement of non-functioning curbs and gutters, milling of existing streets, new surface layers of asphalts and construction of ADA-compliant sidewalk ramps and crosswalks. Miscellaneous roadway patching will continue to be completed in areas throughout the Village not yet scheduled for the complete road improvement program.

2020 budget for road improvements and roadway maintenance was \$7.3M

The following is underway.

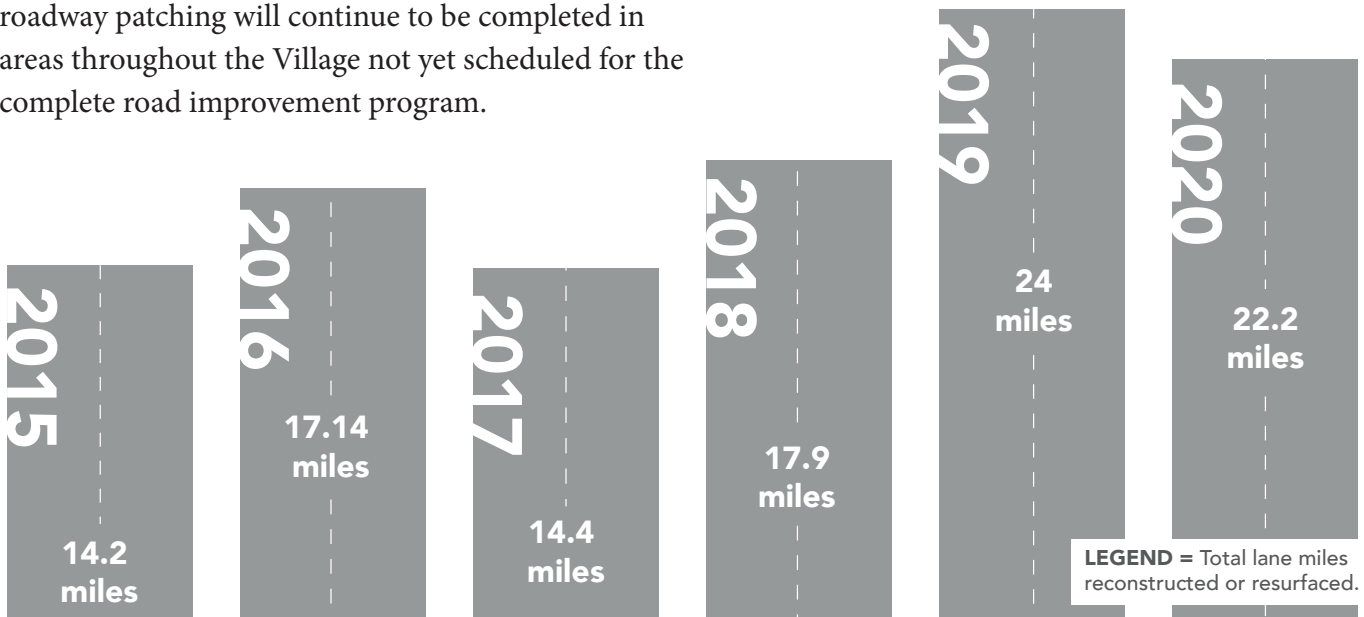
- Fernway Subdivision
Robinhood (165th Place to 88th Ave)
Sussex
Sherwood Drive (88th to 164th Street)

The following are completed.

- Fairway Stage 2 & 3 (Stage 4 scheduled for 2021 completion)
- Wedgewood
- Parkview Estates (143rd & 82nd Ave)
- 86th Avenue (north of 135th Street)
- Golfview (north & south of Wheeler Drive)
- Golfview (east & west of 80th Avenue)
- Crystal Springs & Crystal Meadow
- Green Manor
- Oakland Drive
- Elizabeth Avenue
- Salvatori Court
- Pluskota Drive
- Trafalgar Court

Roadway Maintenance includes:

- Crack sealing
- Shotcrete curb repair
- Pavement marking
- Sidewalk slab raising
- Asphalt patching



Lions Club Christmas Tree & Wreath Sale

The Lions Club will be selling Christmas trees and wreaths daily, starting November 27th, until trees are sold out.

Located at 14700 S. Ravinia (south of Village Hall) these trees will be available for purchase during the following hours:

Mon- Fri: 4:00 PM - 8:00 PM

Sat: 9:00 AM - 8:00 PM

Sun: 10:00 AM - 5:00 PM





Angelo Caputo's Fresh Market

Angelo Caputo's Fresh Markets plans to open its newest location in Orland Park in the spring of 2021. The new Angelo Caputo's location will occupy the former Berkot's Super Foods at 11333 W. 159th Street. The redevelopment project brings a new, full-service grocer, with a \$7 million investment in Orland Park.



Moran Family of Brands

The Moran Family of Brands, a franchisor focusing on the automotive accessories industry, will soon redevelop approximately 6,000 square feet of office space, located at 11524 W. 183rd Street, for their new commercial headquarters bringing 50 to 60 jobs to Orland Park. The company's founders and many of the employees are from the Orland Park area.



Stan's Donuts

Stan's Donuts & Coffee is now open and serving many happy customers at 15646 S. LaGrange Road in the former PDQ building. They offer a variety of donuts, from simple glazed to lemon pistachio. They also offer different kinds of coffee such as cold brew, iced and hot as well as freshly-baked cookies.



Pete's Fresh Market

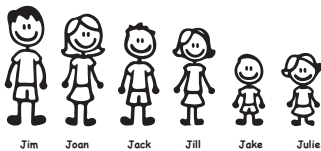
Pete's Fresh Market plans to open their newest location in Orland Park by Spring 2022 at the former Art Van building located at 15080 South LaGrange Road. Pete's Fresh Market is a family-owned and operated retail grocery store providing fresh produce and top-quality groceries and imports, including a wide array of international, gluten-free and organic products. Each store has a full-service kitchen, bakery, and deli.

Bumper stickers are a fun way to accessorize your vehicle to match your personality, but are you inviting criminals into your lives by displaying them on your vehicle?

Next time you walk through the parking lot at your favorite shopping center, take a look at the back windows and bumpers of the cars you walk past. Chances are you're bound to see one of those cute stick figure family decals, a school spirit sticker or some sort of parking pass.

The Village of Orland Park wants to make residents aware that these types of stickers on your vehicle may not be such a great idea. Depending on what your sticker discloses, you may be inadvertently providing guidance and details to a would-be criminal about your schedule, belongings, child's personal details and even your income.

While it is sad that we have to think about these things, we can help reduce the possibility of a crime happening by taking these simple precautions and not advertising your personal details on your vehicle.



This is telling how many people are in your family and also their personal names.



This is telling that you like expensive toys that you may find in your garage or that you may be away for long hours on weekends..



This is telling where your grandchild attends school.



CHARLIE #33

This is telling your grandchildren name and that you may be away on nights/ weekends attending games.



This is telling where you attend church and that you may be away from your home on Sundays.



This is telling that you may travel to warmer weather in the winter months and your house may be unattended for long periods of time.



This is telling that you have a small dog that answers to the name Bailey.

Holiday Phone Scams

'Tis the season of joy and peace, but unfortunately, the holidays are also a prime time for financial scams. Some of the top scams target older adults, who may be particularly vulnerable to the tricks and tactics used by today's scammers. According to AARP, older adults lose billions of dollars each year to scammers, who ramp up their efforts to steal consumers' money and personal information during the busy holiday season. Learning how to recognize the red flags of a scam will help you protect you from becoming a victim. Watch out for these common holiday senior scams:



CHARITY SCAMS

Many people enjoy donating to charities during the holidays. But all too often, scammers take advantage of your generosity to solicit donations on behalf of phony charities. Be on the lookout for scammers who contact you via mail, phone, email, social media, or even door-to-door asking for donations.

ONLINE SHOPPING SCAMS

Shopping online is a quick and convenient way to order holiday gifts, but it also opens the door to the risk of fraud or identity theft. If you utilize online shopping, use a credit card instead of a debit card to deter fraud. Only shop from well-known and trusted online retailers and if a website looks unprofessional or suspicious, it should be avoided.

DELIVERY NOTIFICATIONS SCAMS

In recent years, there has been an increase in fake shipping notification emails attempting to steal consumers' personal information. Scammers may pose as legitimate businesses such as FedEx or UPS and send an email with a hyperlink. When clicked, the link could download malware or spyware to the computer and steal information and passwords. Avoid clicking links from unknown sources.



EMERGENCY SCAMS

Emergency scams or “grandparent” scams target vulnerable older adults at any time of the year, but these common senior scams may be even more rampant during the holiday season. In an emergency scam, a con artist will call or email a senior posing as a relative in distress. They may ask their target to wire them money or send other personal information. These calls can be very convincing; scammers often use social media or other methods to obtain details about their intended victim’s relatives or friends. Never send money without first confirming the details of the story with the friend or family member directly.

Tips to avoid being a victim

Scammers are always looking for new ways to get ahold of consumers’ financial and personal information. Use these basic tips to protect yourself and loved ones from fraud:

TIP 1 | Never give out personal or financial information online, over the phone, or via text message.

TIP 2 | Never wire money to someone you don’t know.

TIP 3 | Check your credit card and bank statements frequently for errors or fraudulent charges. The sooner you spot suspicious activity, the sooner you can take steps to correct it.

Scammers can strike at any time of the year, but it’s especially important to be vigilant around the holiday season. To stay on top of the most recent scams targeting seniors or to report a senior scam, visit the Federal Trade Commission’s consumer website at www.ftc.gov.



Holiday Shopping Tips

SHOP SMART

When holiday shopping this season, avoid showcasing any large amounts of cash when paying for goods. Doing so may attract the wrong kind of attention. Keep shopping bags out of view when leaving already purchased goods in vehicles while shopping. Park in well-lit areas and be aware of your surroundings when going to and from your car.

THINK BEFORE YOU POST

If you are planning to be away this holiday season, keep travel plans off social media networks. Never post where you are going, when you leaving, or when you will return. This is prime information for thieves who benefit when your house is unattended. Share vacation photos and posts when you return.

IT SHOULD APPEAR THAT SOMEONE IS HOME

A simple timer can be added to lights in your home to make it appear as if someone is home and turning them on/off at different times during the evening. Curtains should be left the way they normally are kept so that nothing seems different to anyone who may be watching. Also, it is hard for neighbors to notice any movement indoors and notify the police if curtains are closed.

NOTIFY A NEIGHBOR

Notify a trusted neighbor of your travel plans. Ask the neighbor to keep an eye on your house and report any suspicious activity. You'll also want this neighbor to keep your walks cleared of snow and pick up your mail and newspapers while you are away.

KEEP VALUABLES HIDDEN

Ask a neighbor to take in any packages that are delivered in your absence. Pretty wrapped gifts under the Christmas tree look nice, but is also an invitation for a burglar. Try to keep your Christmas tree, with gifts underneath, away from windows. When you aren't home, it's easy to break through a window and grab all of your gifts. Put valuables away and out of sight.

REMOVE YOUR SPARE KEY

That plastic rock isn't fooling anyone. If criminals figure out you're away on vacation, it's likely that he or she will check your porch for a spare key. So reach under the mat, into the mailbox, above the door frame or into the flower pot to remove your spare key before you leave on your vacation.

Do you have a question about how to dispose of medication or old electronics? Not sure how to participate in Village programs online? You aren't alone.

Here are some of the most frequently asked topics and answers:

Can I pay my water bill online?

Yes. Even though Village Hall is open for visitors, many are opting to utilize contactless options for bill payment. Water billing customers can visit orlandpark.org from any computer, smart phone or tablet and click "Pay Online" then "Pay Water Bill" to access online payment. Call (708) 403-6170 with questions or assistance with online water billing payments.

Where can I dispose of my old medications?

The Orland Park Police Department will properly dispose of old, expired or unwanted prescription drugs from Village of Orland Park residents. There is no fee to use the drop box located at 15100 S. Ravinia Ave. but some restrictions do apply.

How can I watch board meetings if I cannot attend in person?

All Village of Orland Park committee and board meetings are broadcast live on the Village's YouTube channel and subsequently broadcast on the Village's public access cable channel on Comcast channel 4 and AT&T UVerse Channel 99. An audio recording of the meeting is also available online at orlandpark.org on the day following the meeting. Please email publicinfooffice@orlandpark.org with questions.

What activities can I participate in from home?

Tune in on Youtube or Facebook to join our events happening LIVE. Our cable channel also broadcasts board meetings as well ([more info on inside cover.](#)) Also don't forget to check out our online Virtual Bingo. ([More info on pg 22.](#))

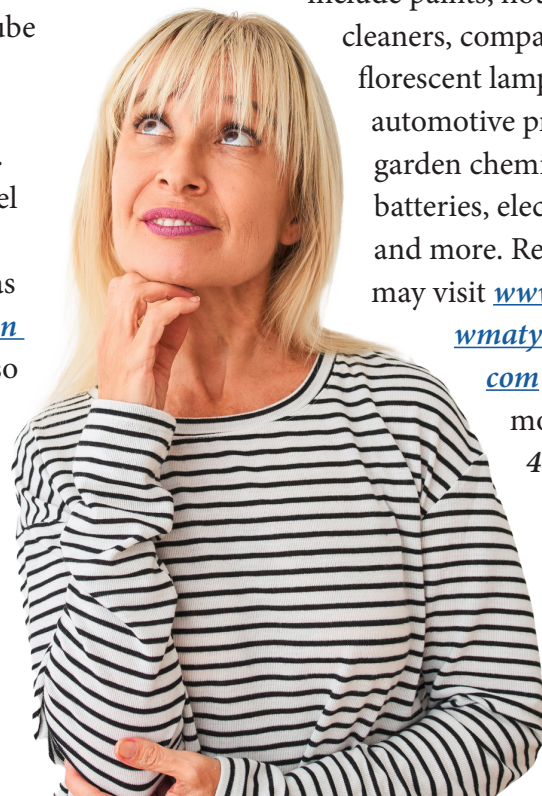
Will Waste Management pick up an old appliance or my couch?

Yes, but a special pick up must be arranged for oversized items by calling Waste Management at (800) 796-9696.

What can I do with my old TV, computer or electronics?

Utilize Waste Managements AT YOUR DOOR service and have the item(s) picked up from your doorstep. The Village's contracted waste hauler, Waste Management, will provide the service to properly dispose of and recycle home generated special materials. Items can include paints, household cleaners, compact florescent lamps (CFL), automotive products, garden chemicals, batteries, electronics and more. Residents may visit www.wmatyourdoor.com

or call for more (800) 449-7587.



Identity Theft & Fraud Prevention

Identity theft is one of the fastest-growing crimes in the U.S. More than 15 million U.S. residents have their identities stolen each year, with losses exceeding a total of \$50 billion annually. While it's true that identity theft can affect anyone, seniors are at increased risk. Today, senior identity theft is growing rapidly, and people ages 50 or older are frequently the target of scams and fraudulent activity.

Several factors make seniors especially vulnerable to identity theft. Many seniors have substantial savings or checking account balances, do not regularly monitor their credit reports, some may rely on others to care for their financials/banking matters. Luckily, there are many ways you can protect yourself from becoming the victim of identity theft.

Here are some tips to help protect yourself against identity theft:



TIP 1 | Destroy private records and statements. Tear up – or, if you prefer, shred – credit cards statements, solicitations, and other documents that contain private financial information.

TIP 2 | Secure your mail. Empty your mailbox quickly, lock it or get a P.O. box so criminals don't have a chance to snatch credit card pitches.

TIP 4 | Don't leave a paper trail. Never leave ATM, credit card or gas station receipts behind.

TIP 5 | Never let your credit card out of your sight. Always keep an eye on your card or, when that's not possible, pay with cash.

TIP 7 | Take your name off marketers' hit lists. In addition to the national Do-Not-Call registry (888) 382-1222, you can also cut down on junk mail and opt out of credit card solicitations. Be more defensive with personal information. Ask salespeople and others if information such as Social Security or driver's license number is absolutely necessary.

TIP 3 | Safeguard your Social Security number. Never carry your card with you. Don't put your number on your checks. It's the primary target for identity thieves because it gives them access to your credit report and bank accounts.

TIP 6 | Know who you're dealing with. Whenever anyone contacts you asking for private identity or financial information, make no response other than to find out who they are, what company they represent and the reason for the call. If you think the request is legitimate, contact the company yourself and confirm what you were told before revealing any of your personal data.

TIP 8 | Monitor your credit report. Obtain and thoroughly review your credit report at least once a year to check for suspicious activity. If you find something, alert your card company or the creditor immediately. You may also look into credit protection services, which alerts you any time a change takes place with your credit report.

TIP 9 | Review your credit cards statements carefully. Make sure you recognize the merchants, locations and purchases listed before paying the bill. If you don't need or use department-store or bank-issued credit cards, consider closing the accounts.

Mental Health & Orland Park Police Department

In recent years, the State has cut over one hundred and thirteen million dollars in mental health services. During the same time, we saw the closure of a local mental health center, a decrease in services provided by mental health agencies and an increase in committals.

The Orland Park Police Department recognizes the need for assistance in addressing the increasing mental health crises. A Crisis Intervention Team was formed and formally trained to respond to calls involving mental health-related circumstances under the guidance of and cooperation with Trinity Services' mental health professionals.

The Orland Park Police Department and Trinity Services, in collaboration with DePaul University, applied for and received a Mental Health Collaboration grant from the United States Department of Justice.

The Orland Park Police Department is pleased to announce its Mental Health Response Unit partnership with Trinity Services. The partnership allows for real-time, thorough and in-depth assistance for those in need, when they need it most. Together, we hope to continue to provide those in need with the services they need with the Mental Health Response Unit.

The Orland Park Police Department and Trinity Services are pleased to have found a balance of services that allows for prompt and appropriate care for those in need of mental health services.

For more information about the Mental Health Response Unit, visit orlandpark.org or view the informational video on the Village's YouTube channel at youtube.com/user/villageoforlandpark



Are you or someone you know in need?

TRINITY SERVICES, INC.

Please visit www.trinityservices.org for more information on mental health services or call (815) 485-6197.

**ORLAND PARK
POLICE DEPARTMENT**

If you observe a family member or friend who may need help please call (708) 349-4111.

Walking Tracks



Sportsplex

11351 W. 159th St.

The indoor track here is FREE with resident ID. Ten revolutions equal one mile.



Orland Park Health & Fitness Center

15430 West Ave.

The indoor track here requires a membership to use. Ten revolutions equal one mile.



Franklin E. Loebe Center

14650 S Ravinia Ave.

The indoor track here FREE. Sixteen revolutions equal one mile.



Fitness Tips for Seniors

1 Always wear comfortable, well-fitting athletic shoes.

2 Join group exercise classes or a walking club to make fitness more fun and increase your accountability!

3 For an effective, lower impact workout, try utilizing a swimming pool for classes, lap swimming, or water walking.

4 Mix it up! Try a variety of exercises and settings for a well-rounded routine.

5

6 Be sure to include weight-bearing activities such as walking and land based exercise classes to promote bone health.

7

8 Try to do resistance training 2-3 times per week to build and maintain muscle.

9

10 Set small, attainable goals for yourself that are based on your ability and current fitness level.

11

Group Exercise Classes

At Orland Park Health & Fitness Center and Sportsplex they have a list of in-person or online group exercises classes. Please visit www.ophfc.com or www.orlandpark.org/sportsplex to see a full list of all available classes to register for.

Pools

Utilize the warm water therapy & lap pools located at Orland Park Health & Fitness Center for low-impact activities that are easy on the joints. Visit www.ophfc.com for a pool schedule and center hours.



 **ORLAND PARK**
HEALTH & FITNESS CENTER

As a proud member of the Medical Fitness Association (MFA), we focus on health benefits and preventative care along with transformational exercise. We believe that both a healthy mind and body are essential to healthy living. That's why we approach health and wellness from a medically integrated perspective. It's all here for you at Orland Park Health & Fitness Center.

www.ophfc.com
(708) 226-0555

What Does Your Membership Include?

- Indoor walking/running track
- 25-yard lap pool, warm-water therapy pool
- Massage services **Additional Fee*
- FREE fitness assessment and personalized exercise plan to help you achieve your goals
- 90+ group exercise classes, FREE to members. *View our full list of classes at www.ophfc.com.*
- Access to personal training and specialty programs led by our degreed and certified fitness specialists
- Locker rooms: towels, locker service, sauna, whirlpool, and steam room

Senior Membership Dues

Individual	\$66/ per month
Couple	\$116/ per month
\$0 Zero Enrollment Fee - If you pay for a full year - receive a free month	

**To be eligible for senior pricing you must be 62 yrs of age.*

Guest/ Punch Pass

Daily Pass	\$10
3 Visits	\$25
5 Visits	\$40
10 Visits	\$75

**Please call the Center to confirm if they are taking guests at this time and if all amenities are available.*

*Price shown are for residents. Additional fees may incur for non-residents.

RESPONDING TO COVID-19

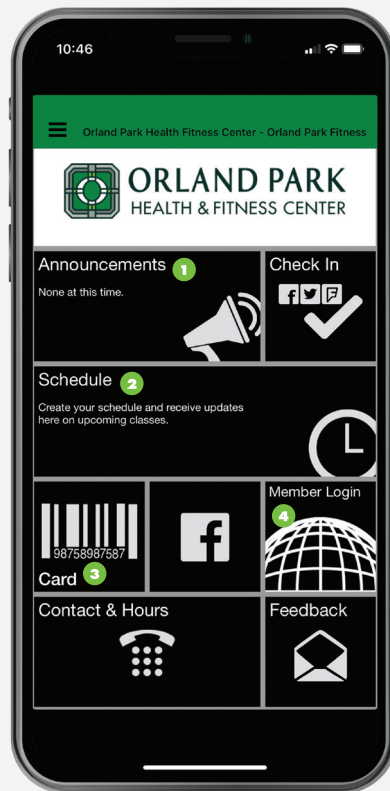
Our Orland Park Health & Fitness Center team has implemented additional cleaning and safety protocols to keep us all healthy and safe. During your visit to the center you'll notice the following mitigation efforts:

- Member Screening upon entry
- Social distance markings
- Continuous disinfection schedule for center
- Additional signage and markers to reinforce hand washing and cleaning of equipment after use
- Readily available hand sanitizing stations and equipment
- Classes sizes have been reduced to maintain social distancing

DOWNLOAD OUR OPHFC MOBILE APP

Gain easy access to the people and programs that keep you healthy with our mobile app.

- 1 Receive notifications and announcements
- 2 Access the latest group exercise schedule and enroll in upcoming classes
- 3 Check in with a virtual membership card
- 4 Manage your account



Make the most of your membership by getting center updates quickly, use touchless check-in, and more.

SEARCH "ORLAND PARK FITNESS" TO FIND OUR MOBILE APP ON THE APP STORE OR GOOGLE PLAY.™



Interested in a full list of classes?

Visit www.ophfc.com to see the full list of group exercise classes. You can also call (708) 226-0555 to confirm class schedule. Use of the OPHFC Mobile App will help you stay the most up-to-date.

Do I need to sign up for classes?

Yes, registration is required on or the day before the class date. Please call (708) 226-0555 to sign up. Call center to confirm class schedule and if they are taking guests at this time.



Roasted Sweet Potatoes with Honey & Cinnamon

Try this simple and easy to make sweet potato recipe as a healthier alternative this holiday season.

YIELD: 4 Servings
PREP TIME: 15 MIN
COOK TIME: 30 MIN

INGREDIENTS:

- 4** sweet potatoes peeled and cut into 1 inch cubes
- $\frac{1}{4}$ cup extra virgin olive oil
- $\frac{1}{4}$ cup honey (local if you can find near you)
- 2** teaspoons ground cinnamon

DIRECTIONS:

- 1.** Preheat oven to 375 degrees
- 2.** Add all ingredients to a large bowl and toss to coat the potatoes
- 3.** Lay coated potatoes in a single layer on a roasting tray
- 4.** Bake for 25-30 minutes or until potatoes are tender
- 5.** Take sweet potatoes out of the oven and transfer to serving dish. Drizzle with more extra virgin olive oil if desired. Serve warm and enjoy!



Tracy Blake

—
 Registered
 Dietitian
 Nutritionist



The recipe was submitted by Palos Health Registered Dietitian Nutritionist Tracy Blake. Tracy is a diabetes and nutrition counselor at the Palos Health South Campus in Orland Park. To schedule an appointment with Tracy or a colleague, call (708) 226-2626.



PLOWS

Council on Aging



Learn about navigating the aging life cycle in South Suburban Cook County

ABOUT US

Our programs and services help people aged 60+ who are navigating the life cycle and we also provide specific services to people with disabilities aged 18+ living at home. We bring integrated solutions that help individuals maintain their health, dignity and self-worth in the community, ensuring independence in their homes for as long as possible.

CORE SERVICES

- Adult Protective Services
- Advocacy & Benefits
- Caregiver Support
- Care Planning
- Choices for Care Program
- Home-Delivered Meals
- Information & Assistance
- In-Home Services
- Shared Housing

PLOWS MISSION

To empower individuals navigating the aging life cycle with a focus on those 60 years of age and older.

PLOWS VISION

PLOWS Council on Aging aims to be a premiere leader in human services, supporting individuals regardless of demographics or circumstances by:

- maximizing potential across the life cycle
- providing innovative opportunities and solutions
- partnering with families and communities

PLOWS VALUES

- Client & Family Centered
- Compassion
- Respect
- Professional Excellence

16,000
People
Helped

62,000
Nutritious
Meals
Delivered

10,000
Patients
Screened

1,700
Community
Care Cases

2,000
Caregiver
Support
Hours

20
Communities
Served

CONTACT US

Visit www.plows.org or call us at (708) 361-0219. PLOWS Council on Aging continues to operate remotely. Please call us Monday – Friday 9 AM – 5 PM.



Resources available for caregivers

WHO?

For informal caregivers & family members of people diagnosed with Alzheimer's Disease & Related Disorders.

WHAT?

Our services include consultation and support about financial assistance, legal issues, self-care, and strategies to connect at every stage of the disease.

Are you looking for answers about health insurance?

WHAT IS SHIP?

SHIP is a free health insurance counseling service for Medicare beneficiaries and their caregivers and it is available to everyone.

WHAT CAN PLOWS DO FOR ME?

We provide counseling for older adults & adults with disabilities to help them determine the best match to meet their needs and save on healthcare costs. We can help beneficiaries with information listed here:

LEARN MORE ABOUT OUR SENIOR HEALTH INSURANCE PROGRAM (SHIP)

- Medicare (Parts A and B)
- Medicare Supplement Insurance
- Medicare Advantage Plans (Part C)
- Prescription Drug Coverage (Part D)
- Low Income Subsidy (LIS) or extra help from Social Security for prescription drug costs
- Medicaid programs
- Medicare Medicaid Alignment Initiative (MMAI)
- Medicare Savings Program (MSP) to cover Medicare Part B premium
- Long-term Care Insurance
- Medicare Claims and Appeals
- Medicare Beneficiary Rights and Guarantees

Resources for Grandparents & other Relatives raising children

In Illinois, 100,000+ grandparents are responsible for their grandchildren. These relatives provide a vital safety net and often begin care with little or no warning or preparation. PLOWS Council on Aging is a community resource for these caregivers – providing free consultation, education, encouragement, and, in some cases, emergency funding.



Understanding and Coping with Dementia Behavior: A Practical Guide for Caregivers

Dec 17 | 11:00 AM | Thursday

WHAT?

Dementia is a progressive illness and many people develop challenging behaviors as it advances. This session explores the different behaviors and strategies for coping with the demands of caring for people with dementia and related cognitive disorders.

WHO?

Our presenter is Maureen Rafa, BS RN PMHBC, Elder Care Coordinator with the Law Offices of Stephen Sutera, P.C.



WHO?

For older adults who are the primary caregiver for a grandchild or other family member under 18.

WHAT?

Our services include consultation and support about financial assistance, legal issues, self-care, and more.



Q & A will follow presentation. Extended families are encouraged to participate.

Registration required please contact: Catherine Stowers, Program Manager, PLOWS Council on Aging (708) 274-0052 or email c.stowers@plows.org.

**Zoom link will be sent following registration.*



Program for Family Caregivers of People with Alzheimer’s Disease or Dementia

Do you provide care for someone with Alzheimer’s disease or dementia?

- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- Program available at no cost

Information

Who: Family caregivers of someone with dementia

What: Multi-component program meets

- 90 minutes/ week for 9 consecutive weeks
- Groups of up to 8 people
- Materials for the program will be provided

Where: Online from the privacy of your own home

When: Register now for classes starting 2021

REGISTRATION REQUIRED:
Call PLOWS Council on Aging at 708.361.0219
 Or e-mail inquiries to Catherine Stowers, Program Manager, at c.stowers@plows.org

Presented By



Developed At



Partial funding for the program is provided through an award from AgeOptions, the Area Agency on Aging for Suburban Cook County under Title III of the Older Americans Act as administered through the Illinois Department on Aging and the Federal Administration on Aging. PLOWS Council on Aging does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708.361.0219.

www.caregiverstressbusters.org



Virtual Bingo

6:00 PM - 7:00 PM | Thursday

Our popular Virtual Bingo program continues! Pencil us in your calendar for an hour of fun and chances to win some fabulous prizes. Your Zoom link and Bingo card will be sent to your listed email address. What a great way to break the winter blues!

PROGRAM 90655 | Dec 17

PROGRAM 90660 | Jan 7

PROGRAM 90661 | Feb 4

Resident fee is \$5.00

Pickleball

9:00 AM - 2:00 PM | Monday - Friday
Sportsplex – Pickleball Court

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a whiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications.

Pickleball is available at the Sportsplex with Monday, Wednesday and Friday geared toward beginner/open play, and Tuesday and Thursday for the Intermediate/Advanced players.



SPORTSPLEX DROP IN FEE:

- Resident \$4 • Non-resident \$15
- Senior Non-resident 55 & up \$6
- Sportsplex Member FREE

** For court reservations & availability, call Kurt at 708.403.6284. Sportsplex hourly rates apply.*

Want to see a full list of classes?

Visit Services > Recreation section on www.orlandpark.org to see the view a full program guide and list available classes.

Do I need to sign up for these classes?

Yes, registration is required. You can sign up online (*see instructions listed below*) or in-person at the Village Hall.

Online Sign Up Instructions

Access our up-to-date program information at www.orlandpark.org. Click on Services, then select Recreation. On this page you will select the category you are interested in and this will bring you to all available activities.

- Click the “Activities” tab to browse our programs and register for your class.
- If you would like to register, select to ‘Add to Cart’ button. Verify your selections, review all fees, then ‘Proceed to Checkout’
- Note: A \$2.50 non-refundable online convenience fee will be added. Enter your payment information, agree to the liability waiver, and select Pay & Finish.
- Your receipt will then appear on screen.

Grandparent/ Grandchild Bingo



10:00 AM | Wednesday
Cultural Center – Exhibit Hall

Looking for something memorable to do with your grandchild during the holiday break? Create some special times with your grandchild playing a holiday themed Bingo. It is free to register, spots will be limited. Each family will have their own socially distant table and masks are required. Small prizes will be awarded.

PROGRAM 90715 | Dec 30

*Grandparent will be the one that should register. They will be able to bring 5 family members but they will have to sit together at their tables. We will only have 15 tables socially distance table to ensure safety all of participants.

Grandparent & Me Dance

10:00 AM - 10:45 AM | Wednesday
Cultural Center – Dance Studio

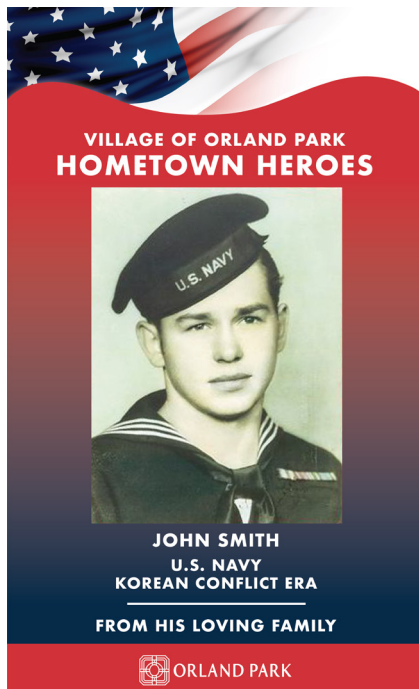
Hanging out with your grandparents is so much fun! Let’s learn a fun dance, play games, and make a craft all while spending time with Grandma or Grandpa. Please register child only.

PROGRAM 90499 | Feb 3

Hometown Heroes

MILITARY BANNER PROGRAM

The Village of Orland Park, Mayor Pekau and the Village Board of Trustees are proud to offer this military banner program to honor the current and former residents of the community who have served or are currently serving our country in any branch of the military.



SAMPLE BANNER

Banner Size: 24" W x 48" H

Who do I contact for additional questions?

For questions or inquiries, please contact Orland Park Veterans Program Assistant Darryl Wertheim at (708) 403-6115 or email dwertheim@orlandpark.org.

BANNER DISPLAY

Application will be accepted from November 11th, 2020 - March 1st, 2021. All banners will be displayed on Ravinia Ave from 143rd to 159th from Memorial Day through Veterans Day. If requested, banners that are removed at the end display period will be provided to the applicant.

ELIGIBILITY

First preference goes to applicants who are residents of Orland Park, members of the American Legion Orland-Memorial Post 111 or the Orland-Palos Rebber-Tesmond VFW Memorial Post 2604.

Applicants must have served in the following branches of service:

- Army
- Air Force
- Marines
- Navy
- Coast Guard

COST

The fee for sponsoring your Hometown Hero's banner is \$150. This fee includes the cost of the banner as well as the placement and removal. * *Fee is only \$100 in conjunction with engraved name on memorial wall.*

ORDERING A BANNER

To apply for a banner, fill out the application available on the opposite page, in person at Village Hall or on the Village's website at www.orlandpark.org

PHOTO REQUIREMENTS

Submitted photos must be clear and in good condition. Digital photos will also be accepted. It is preferred that the applicant in the photo be in uniform, but is not required. The original photo will be returned.



HOMETOWN HEROES

MILITARY BANNER PROGRAM

HONORING THOSE WHO SERVE

2021 | HOMETOWN HEROES BANNER APPLICATION

Applications accepted from November 11th, 2020 - March 1st, 2021

Banners will be displayed on Ravinia Ave. from 143rd to 159th St. from Memorial Day through Veterans Day



Contact Name _____
Address _____ City _____ State _____ Zip _____
Phone(____) _____ Email _____
Hometown Hero Full Name _____
Rank _____ Years/ Era of Service(see below) _____

PURPLE HEART/ BRONZE STAR/ SILVER STAR RECIPIENT (CIRCLE IF APPLICABLE)

Would the applicant like the banner provided to them at the end of the display period?

YES

NO

PLEASE CHECK APPROPRIATE BOXES:

- AIR FORCE
- ARMY
- MARINES
- NAVY
- COAST GUARD
- MIA
- POW
- KIA
- OTHER _____

ERAS OF SERVICE:

(CIRCLE IF APPLICABLE)

- War Between the States:** 1861-1865
- Spanish-American War:** April 1898 - Aug. 1901
- World War I:** April 6, 1917 - Nov. 11, 1918
- World War II:** Dec. 7, 1941 - Dec. 31, 1945
- Cold War:** Sept. 2, 1945 - Dec. 26, 1991
- Korean Conflict:** June 27, 1950 - Jan. 31, 1955
- Vietnam Conflict:** Feb. 28, 1962 - Nov. 7, 1975
- Persian Gulf War:** Aug. 2, 1990 - Aug. 31, 1991
- Global War on Terror:** Sept. 22, 2001 - Present

PROUDLY SUPPORTED BY
MAYOR PEKAU & THE VILLAGE BOARD OF TRUSTEES



2021 | HOMETOWN HEROES BANNER APPLICATION

PLEASE SUBMIT ALONG WITH THE APPLICATION FORM:

- ◆ A high-resolution photograph of the honored Veteran in military uniform. Digital photos will also be accepted.
- ◆ A copy of the Veterans "DD Form 214" (certificate of release or discharge from active duty) or other official documents confirming the Veterans military service.
- ◆ A check in the amount of \$150.00 payable to the Village of Orland Park. **Fee is only \$100 in conjunction with engraved name on memorial wall.*

PLEASE SUBMIT THE APPLICATION AND PHOTO TO:

BY E-MAIL:

dwertheim@orlandpark.org

ONLINE:

orlandpark.org

BY MAIL:

Village of Orland Park
Attn: Hometown Heroes Program
14700 S. Ravinia Ave.
Orland Park, IL 60462

FOR ALL QUESTIONS & INQUIRIES:

Please contact Darryl Wertheim at 708.403.6115 or email dwertheim@orlandpark.org



PHOTO RELEASE ACKNOWLEDGEMENT:

I HEREBY GRANT THE VILLAGE OF ORLAND PARK, IL PERMISSION TO USE THE ATTACHED PHOTO IN THEIR HOMETOWN HEROES MILITARY BANNER PROGRAM, WITH THE UNDERSTANDING THAT THIS PHOTO, OR ITS LIKENESS, MAY BE USED FOR THE VILLAGE'S PROMOTIONAL USE. I ALSO UNDERSTAND AND HOLD THE VILLAGE HARMLESS FOR ANY SUBMITTED INCORRECT INFORMATION, OR ANY "ACTS OF GOD" OR VANDALISM THAT MAY DAMAGE OR DESTROY ANY SPONSORED BANNER. THE VILLAGE RESERVES THE RIGHT TO APPROVE ALL BANNERS, AND AS THIS IS A SPONSORSHIP, NO REFUNDS WILL BE GIVEN.

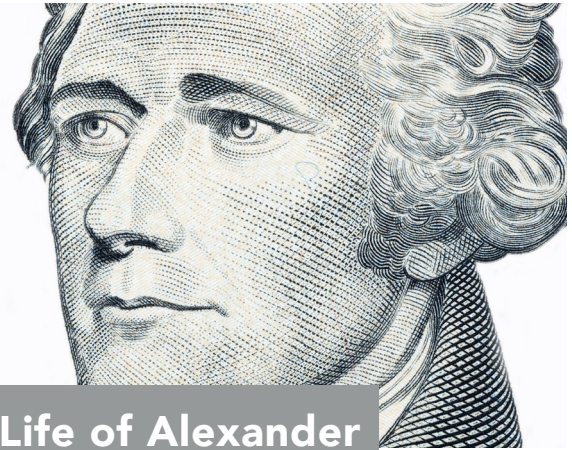
Signature _____ Date _____

Printed Name _____

ORLAND PARK HISTORY MUSEUM MEMBERSHIP

The Orland Park History Museum invites you to contribute to history by signing up for an individual or family membership! Your membership will support museum exhibits, programs, and the preservation of artifacts. A membership also provides discounted prices on special events or programs and discounts on some items the museum may sell from time to time. Memberships may be purchased at the Sportsplex Office, Village Hall cashier's office, at the museum, or online. Membership benefits both you and your museum.

\$10.00 Individual / \$20.00 Family



Life of Alexander Hamilton

Dec 12 | Saturday

11:00 AM - 12:30 PM

Orland Park History Museum

After being out of the public eye for over 200 years, Hamilton has recently taken center stage after a very popular Broadway musical. But, who was he?! Join historian Jim Gibbons as he talks about the life of Hamilton, and the man he was.

Want to see a full list of programs?

Visit www.orlandpark.org/services/museum.com to see the full list of program of events.

Do I need to sign up for these museum events?

Yes, registration is required. Please see page 23 for online sign up information or call (708) 8731622 for any questions.



It's All Fun & Games
FAVORITE PAST TIMES IN ORLAND PARK

Jan 30 | Saturday

12:00 PM - 2:00 PM

Orland Park History Museum

Learn all about the favorite pastimes of Orland Park's children and adults, going as far back as the 1890s! Read about Orland's hidden bowling alley, the mischief of teens during the Halloween season, the gambling inside early saloons, and much more! Exhibit is free.

Exhibit will run thru Jun 5, 2021



Sportsplex

VILLAGE OF ORLAND PARK

The Village of Orland Park Sportsplex is not a typical health club. As a municipal recreation facility, our mission is to serve and support you in the pursuit of a healthy lifestyle. Sportsplex offers an array of equipment and employs knowledgeable, certified staff whose focus is to help you achieve your wellness goals.

—

www.orlandpark.org/sportsplex
(708) 645-7529

What Does Your Membership Include?

- No initiation fees
- New Life Fitness strength equipment
- 1/10 mile indoor track
- 90+ weekly group exercise classes, Discounted for members. [View our full list of classes at www.orlandpark.org/sportsplex](http://www.orlandpark.org/sportsplex)
- Personal health assessment, equipment orientation, and exercise prescription
- Locker rooms and towel services

Senior Membership Dues

12 Month	\$250
3 Month	\$108
*Additional fees may incur if you are not an Orland Park resident.	

*To be eligible for senior pricing you must be 55yrs of age.

Day Pass

Day Pass	\$10
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Senior Drop In Pass

Senior Drop In	\$3
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*Price shown are for residents. Additional fees may incur for non-residents.



New Year Resolution Special

Purchase a new or upgrade to a 1-year Annual Membership between January 1-January 31 and receive 3 months free or 15% off Regular Annual Membership.

RX for Health

Participant will receive a pre and post assessment for this 8-week program. Exercises will be prescribed by a certified personal trainer geared toward client's needs. Workouts will focus attention to several health needs including:

- Post Cardiac Rehab
- Arthritis Management
- Diabetes Management
- Weight Management
- Post Orthopedic Care Rehab

Supervised group workouts will be done twice a week with days and times announced after initial assessment. Session begins from the first day of the assessment. Free membership during the 8-week program.

Schedule Day/Time with personal trainer
 Resident fee is \$95.00
 Non-resident is \$145.00
 Sportsplex member \$90.00

Gentle Yoga

Jan 4 - Feb 22
11:30 AM - 12:25 PM | Monday
Sportsplex – Aerobics/ Dance Studio

Less rigorous stretches with easy yoga poses will be stressed to increase flexibility.

PROGRAM 89988
 Sportsplex member \$75.00
 Resident fee is \$80.00
 Non-resident fee is \$120.00

DUE TO COVID-19, SOME ASPECTS OF PROGRAMS MAY BE ALTERED TO ENSURE A SAFE EXPERIENCE FOR ALL PARTICIPANTS. FOR THE LATEST UPDATES PLEASE FOLLOW US AT VILLAGE OF ORLAND PARK ON FACEBOOK, TWITTER, INSTAGRAM AND ORLANDPARK.ORG OR CALL US 708-403-6100.

Senior Fitness Boot Camp

Jan 5 - Feb 11

10:00 AM - 10:55 AM | Tuesday

10:30 AM - 11:25 AM | Thursday

Sportsplex – Fitness Center

Do you lose your balance or have a fear of falling? This class will help improve balance, strength, and cardio vascular endurance.

Participants will work at their own pace and modifications will be made for those with an injury.

PROGRAM 89824

Sportsplex member \$100.00

Resident fee is \$105.00

Non-resident fee is \$155.00

Weight Training for Men & Women Over 50

Jan 4 - Feb 11

6:00 PM - 6:55 PM | Men | Mondays

6:00 PM - 6:55 PM | Women | Thursdays

Sportsplex – Fitness Center

Do you lose your balance or have a fear of falling? This class will help improve balance, strength, and cardio vascular endurance.

Participants will work at their own pace and modifications will be made for those with an injury.

PROGRAM

Men | 89967

Women | 89970

Sportsplex member \$55.00

Resident fee is \$60.00

Non-resident fee is \$90.00

Parkinson's Exercise Class

Jan 4 - Feb 10

10:30 AM - 11:25 AM | Monday & Wednesday

Sportsplex – Gym 3

The focus of this exercise class is to improve mobility. When you've been diagnosed with a neurodegenerative disease, it is very important to stay moving and keep active. Exercise has been shown to be helpful in maintaining mobility throughout the lifespan. This class provides safe strengthening exercises with an emphasis on postural awareness, breathing, balance, and rhythmical movement. These exercises aim to increase joint mobility, range of motion, improve balance recovery, gait mechanics, and prevent joint deformation.

PROGRAM 90583

Sportsplex member \$100.00

Resident fee is \$105.00

Non-resident fee is \$155.00

Want to see a full list of classes?

Visit www.orlandpark.org/services/recreation/sportsplex to see the full list of group exercise classes.

Do I need to sign up for these classes?

Yes, registration is required. You can sign up online (*see instructions on pg 23*) or in-person at the Village Hall.

The Village of Orland Park takes great pride in making sure all of the roads within its jurisdiction are plowed and salted during a storm event. Please keep in mind that several state and local agencies other than the Village are responsible for snow removal on some roads. Check out our website orlandpark.org/services/snowremoval for a map of the various snow removal jurisdictions in Orland Park, as well as contact information for the agencies involved.



Snow Removal

The Village of Orland Park Public Works Department has been gearing up for the upcoming season and prepared to tackle whatever Mother Nature sends our way.

When a storm begins, day or night, Public Works crews are promptly mobilized and dispatched. The type of storm, anticipated accumulation, expected duration and other variable such as wind, drifting, temperatures dictates how our specific snow plowing operations will progress.

The snow removal process includes a prioritized implementation schedule in order to ensure public safety. It is imperative to clear main roads first to provide mobility and access for police, fire and ambulatory activity. All Village-owned streets will be plowed with main streets cleared first, followed by side-streets, and finally cul-de-sacs and dead ends.

Not all roads within Orland Park are maintained by the Village. Some State, county and privately maintained roads and properties are maintained by other agencies. To clear our roads as quickly as possible and keep them safe for travel, we need cooperation from all our residents. Those with questions regarding snow removal can contact the Public Works Department at (708) 403-6350.

Shoveling Snow Tips

DRESS APPROPRIATELY | Be sure to wear comfortable yet warm layers to adjust for the temperature outside. Cover your head, face & hands when outside for prolonged periods of time. It is also ideal to have a pair of non-skid water proof boots to prevent a slip or fall on black ice or slick snow.

ASK FOR HELP | Consider asking for assistance with snow removal from friends, family or neighbors. If this is not possible, consider hiring a service.

CHOOSE RIGHT SHOVEL | If the snow is super wet a shovel full of snow can weigh up to 15lbs! Reach for the smaller shovel to decrease the load of snow you are shoveling at each time.

Dine OP Gift Card Program

The Village of Orland Park proudly announces Dine Orland Park, a program promoting Orland Park's vast array of eateries. The goal of the program is to support food establishments in Orland Park that are impacted by the State's restrictions on indoor dining.

Under the terms of the program, anyone submitting receipts over \$100 (excluding tip) at any Orland Park eating establishment during the program period (November 6, 2020, through December 31, 2020) will be eligible for a \$10 Visa® gift card. Dining purchases include dine-in, take-out, drive-thru, and delivery.



Where can I find more information about this?

Please visit www.ShopOP.org or email any questions to shopop@orlandpark.org.

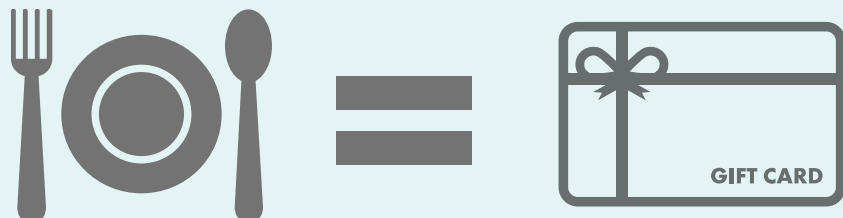
Where can I find the form I need to fill out?

This form is located on the next page for you to rip out, fill in your information and turn in with your receipts. You can also find it on our website at www.ShopOP.org.



IT PAYS TO DINE

Orland Park



Take advantage of the ***Dine Orland Park***
Visa® Gift Card Program

Spend \$100 at Orland Park eating establishments from November 6, 2020 through December 31, 2020 and get a \$10 Visa® Gift Card

Don't wait; supplies are limited. Dine Orland Park and get your free reward!

Name _____

Address (No P.O. Boxes) _____

City _____ State _____ Zip _____

Check this box if you wish not to receive communications about promotions and special offers through the Dine Orland Park Program.

Email _____

We've Got it All!



"Dine Orland Park" Gift Card Program Terms & Conditions

- The promotion is open to both residents and non-residents.
- Visa® gift cards are available on a first-come, first-serve basis, while funds are available.
- Only one application can be submitted for a specific sales transaction. In order to claim the gift card, the diner must mail the postmarked sales receipt along with a completed rebate form to the Village of Orland Park, 14700 Ravinia Avenue, Orland Park, IL 60462, by January 31, 2021.
- Purchases must be made at dining establishments (including dine-in, carry-out, drive-thru and delivery) within the Village limits of the Village of Orland Park between November 6, 2020 and December 31, 2020. If you are not sure if the establishment is in the corporate limits of the Village of Orland Park, please visit ShopOP.org.
- Limit one gift card per adult.
- Applicants must provide copies of the entire sales receipts. The Village cannot accept partial receipts. Receipts must include: 1) restaurant name and location, 2) total cost of purchase, and 3) date of purchase.
- The Village of Orland Park is not responsible for incomplete forms or late, lost, illegible, stolen, delayed, un-postmarked, postage due, or misdirected mail.
- Complete applications are those that include copies of sales receipts totaling \$100 or more (including sales tax but excluding tips) and a completed application form.
- Receipts submitted for one application cannot be used for subsequent applications. Large purchases cannot be used for multiple applications.
- Please wait 6-8 weeks for gift card processing.





ORLAND PARK

FREDERICK T. OWENS VILLAGE HALL
14700 SOUTH RAVINIA AVENUE
ORLAND PARK, IL 60462
orlandpark.org

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Permit Number 33

VILLAGE FACILITIES

CULTURAL CENTER

14760 Park Lane
(708) 403-5000

ORLAND PARK HISTORY MUSEUM

14415 Beacon Ave.
(708) 873-1622

ORLAND PARK CIVIC CENTER

14750 South Ravinia Avenue
(708) 403-6200

ORLAND PARK HEALTH AND FITNESS CENTER

15430 West Avenue
(708) 226-0555

RECREATION AND PARKS DEPARTMENT

14600 South Ravinia Avenue
(708) 403-5000

PUBLIC WORKS DEPARTMENT

15655 South Ravinia Avenue
(708) 403-6350

ORLAND PARK POLICE DEPARTMENT

15100 South Ravinia Avenue
(708) 349-4111(non-emergency)
Dial 9-1-1 for emergency

FREDERICK T. OWENS VILLAGE HALL

14700 South Ravinia Avenue
(708) 403-6100

VILLAGE OF ORLAND PARK SPORTSPLEX

11351 West 159th Street.
(708) 645-7529

FRANKLIN E. LOEBE RECREATION CENTER

14650 South Ravinia Ave.
(708) 403-6259