



Keeping residents up to speed with the latest Village news

CONSTRUCTION WORK

Metra will be commencing work on the 98th Street crossing on Wednesday, September 28, 2011. This crossing will reopen on Wednesday, October 5, 2011. Local traffic will be permitted on Central Avenue between 103rd Street and 98th Street and 95th to Edison/97th Street. Please note that 108th Street is not being worked on.

State Construction Project Opportunities for Local Businesses

October 4, 2011 Seminar Hosted by State Rep. Kelly Burke

10:00 – 12:00 pm – Oak Lawn Library

On October 4th State Representative Kelly Burke will be hosting a seminar with the State Capital Development Board (CDB) designed to show local businesses how to become involved with state construction projects. The discussion will include:

- * Upcoming projects throughout the State of Illinois;
- * How to do business with CDB;
- * Pre-qualification and certification requirements;
- * MBE/WBE requirements;
- * Project labor agreements and prevailing wages;
- * Construction delivery methods;



THE VILLAGE OF OAK LAWN SALUTES OUR RESIDENTS IN THE ARMED FORCES

**LCPL Trevor Mulrenin, US Marine Corp.
Sgt. Michael Sorice, US Air Force
LCPL Kyle Taylor, US Marine Corp.
Sp. Michael J. Roberts, US Army
Guard Captain Edward J. O'Connell IV,
US Marine Corps
Specialist, James William Mazurek, US Army
NC1 Lawrence R. Walton, US Navy
Pfc Justin K. Cerniuk, US Marine Corps
Pfc Santo J. Carollo, US Marine Corps
Jamie Hojek, US Navy Master
Pfc Antonio Fernandez, US Marine Corps
Pfc Garrett Coffey, US Army
TSgt. Matthew R. Marcinkowski, US Air Force
Sgt. Daniel Villavazo, US Coast Guard
Cpl. Andrew Chesna, US Marine Corps
Staff Sgt. Christopher Reich, US Army Reserves
Dennis A Youngren, SrA, US Air Force
Captain David Pfeiffer, US Air Force
Captain Craig Lanigan, Army Reserves
Michael S. Zylius, US Navy
Pfc Benjamin T. Kunst, US Marine Corps
Sgt. Enrico DeLorenzo, US Air Force
Sgt. Maj. Daniel S. Miller, US Marine Corp
Rebecca Joy Inflow, US Naval Air Corps
Pfc Stephen Lukaiewicz, US Air Force
Sara Losos, AIC
Pfc Christopher Mann, US Marine Corps
1st Sgt Wade Pasquerrella, 82nd Airborne
Sgt. Jeff M. Marsinkowski, US Air Force
Sp4 Archie Thompson, IV
Specialist Daniel Sullivan, US Army**

**Sgt. Don Brady, US Army
OS2 Stacy L. Johnson, USS
Sp. Timothy Walker, US Army
Sgt. Jennifer D. Kohany, Illinois Army National
Cpl. John Elder, US Marine Corps
Sgt. Joseph Klem, Marine Corps.
Karl Schultz, US Navy
Sgt. R.E. Carlson, US Marine Corps
Sp4 Joseph J Necom, USA
Sgt. John Patrick White
Master Sgt. Michael Dignan, US Air Force
Sgt. Matt Barkmeier, US Army
Spec. Donald J. Balsavich
LCPL Timothy A. Evans, US Marine Corps
LCPO Ray Creevy, US Marine Corps
LCPL John Eckert, US Marine Corps
Captain Daniel R. Johnson, US Army
LCPL Christopher L. Aguinaga, US Marine
Petty Officer David Bailey, US Navy
Private 3rd Edward James Mayer, US Army
Officer Jason Hudson, US Army
2LT Jeffrey Finley II, US Army
2nd Lt. Kevin M. Shotas, USMC
Pfc Justin Sanchez
HM3 Leslye Thompson
Sgt. Robert Sanchez, Jr.
Keith Libner, US Marine Corps
Cpl. John C. Hojek, US Marine Corps
Sgt. Kevin J. Scharwarko, US Army
Gustavo Guerrez, US Marine Corps
Pfc John W. Campbell, US Marine Corps**

The Village of Oak Lawn appreciates the many sacrifices our residents in the Armed Forces make for us on a day to day basis. Please keep them in your prayers. If you are an active service man or woman or have a loved one currently serving in the armed forces, please send their name and military information to coleary@oaklawn-il.gov. If any service man or woman would be interested in receiving the "A Community United" they may do so by sending their email information to coleary@oaklawn-il.gov.

The Village of Oak Lawn would like to welcome home any of our service men and women by displaying their name on the marquee along 95th Street. Please feel free to call the Village Manager's office at (708) 499-7742 with the information regarding your loved one's homecoming.

FLU & PNEUMONIA SHOTS

Maxim Health Systems will be administering flu and pneumonia shots at the Oak Lawn Senior Center located at 5330 West 95th Street on Friday, October 7, 2011 from 9:00 a.m. to 1:00 p.m. Those who have a Medicare card need only to show it to receive the flu shot. The cost to those under 65 is \$30.00. Pre-registration is required by calling (708) 499-0240.



SAFETY PRESENTATIONS

Presented by: Detective Tom Cronin

For those interested, you can book Detective Tom Cronin for a speaking engagement for your church group or senior citizens club. Topics would include general safety, identity theft, ruse burglaries, and other issues pertaining to the Oak Lawn Community. For more information, please contact Detective Tom Cronin at (708) 499-7845.

THE FARMER'S MARKET

The Farmer's Market is held on every Wednesdays from June 1, 2011 to October 12, 2011 from 7:00 a.m. to 1:00 p.m.

OAK LAWN GREEN TEAM

The next Green Team Meeting will be on September 28, 2011.

FALL IS ALMOST HERE

Before you know it, the leaves will be falling!

Brown Yard Waste Containers are available at the Village of Oak Lawn for \$40.00. Just visit the cashier's window, fill out a short form and make your payment. The container will be delivered to your house within one week.

The next Village Board of Trustees Meeting will be on

Tuesday, September 27, 2011 at 7:30 at Village Hall.

Village Hall is open on the 2nd & 4th Tuesdays of each month.



LEAF PICK UP BEGINS ON SATURDAY, OCTOBER 15, 2011!

VILLAGE CONTACTS

Executive Offices:

Dave Heilmann:	(708) 499-7740
Larry Deetjen, Village Manager	(708) 499-7743
Jane Quinlan, Village Clerk:	(708) 499-7738
Christine O'Grady, Deputy Clerk	(708) 499-7744
Carmie O'Leary, Administrative Secretary	(708) 499-7742

Village Trustees:

District 1: Jerry Hurckes	(708) 346-7001
District 2: Alex Olejniczak	(708) 346-7002
District 3: Robert Streit	(708) 346-7003
District 4: Tom Duhig	(708) 346-7004
District 5: Carol Quinlan	(708) 346-7005
District 6: Tom Phelan	(708) 346-7006

Departments

Human Resources Department:	(708) 499-7882
Finance Department (Cashier):	(708) 499-7777
Community Services Department:	(708) 423-3361
Public Works Department:	(708) 499-7750
Building Department:	(708) 499-7802 or 7803
Water Department:	(708) 499-7747
Water Department - Bills Inquiries:	(708) 499-7762
Engineering Department:	(708) 499-7814
Police Department (Non-Emergency):	(708) 422-8292
Animal Control Department:	(708) 499-7720
Property Maintenance/Environmental Health:	(708) 499-7820
Business Operations Department:	(708) 499-7821 or 7837
Police Department: Administration	(708) 499-7724
Communications Department:	(708) 499-7787
Emergency Operations Department:	(708) 636-5141 or 5142
Fire Department Non-Emergency:	(708) 499-7700
Senior Center	(708) 499-0240

THE CHILDREN'S MUSEUM

PEPSI REFRESH EVERYTHING PROJECT

The Children's Museum in Oak Lawn is seeking a grant through the Pepsi Refresh Everything Project. The grant will be used to help fund the new "We the people...." exhibit which includes two beam pieces from the fallen World Trade Center buildings. In order to get the grant, they need your vote. Please go to www.refresheverything.com/wethepeople and vote for this project. Be sure to read about POWER voting to help the museum secure even more votes. Plus, you can vote every day. We appreciate you helping the museum by voting and by spreading the word. For more information about the exhibit, please visit www.cmoaklawn.org.



THE ANNUAL FALL FUN FEST

Saturday, October 1, 2011, the CMOL will be holding the annual Fall Fun Fest. This event is an opportunity for local vendors and families to join the museum in an outdoor festival that offers activities for children, shopping and food.

OAK LAWN LIBRARY



CUB (Citizens utility Board)

Phone Bill Service will meet with patron's one on one to explain confusing charges and offer money-saving tips. Registration is underway by phone or at the reception booth. Please call (708) 422-4990 for more information.



AARP Driver Safety Programs

The Oak Lawn Library will be offering AARP Driver Safety Program.

Three sessions are available:

Session 1: September 29th & 30th at 10:00 a.m. to 2:00 p.m.

Session 1: October 6th & 7th at 10:00 a.m. to 2:00 p.m.

Session 1: October 15th at 9:00 a.m. to 4:45 p.m.

Sessions will be held at 5300 West 95th Street.

HOUDINI: HIS LIFE & HIS LEGEND

William Pack will bring to life the true story of this American icon through historical magic recreations on Wednesday, September 21, 2011 at 7:00 p.m., Oak Lawn Public Library, 5300 West 95th Street, (708)422-2990, www.oaklawlibrary.org.

CHURCH EVENTS:



ST. GERALD PARISH: WEEKLY BINGO

St. Gerald Parish welcomes weekly bingo starting Friday, October 7, 2011. Doors open at 4:30 p.m. for refreshments. Weekly items will be hot dogs, chili, nachos and pizza. We also hope to have a special dish every week!

Bingo games will get started by 7 and we invite everyone to come and enjoy a night out! Attend our first bingo and be a charter member!! For further information contact the Development Office at 708-422-2194.

EMBRACING AN ADULT FAITH PILGRIM FAITH UNITED CHURCH OF CHRIST

Embracing an Adult Faith will be offered at Pilgrim Faith United Church of Christ for five Sunday evenings beginning on October 2, 2011 from 6:30 p.m. to 8:00 p.m. Following the video presentation by internationally known biblical and Jesus scholar, Marcus Borg, Rev. Peggy McClanahan will lead a discussion of the big faith issues that shape our lives today.

The church is located at 9411 South 51st Avenue in Oak Lawn. The church is handicapped accessible. Please call (708) 422-4200 to register.

FUNDRAISERS:



RONALD McDONALD HOUSE

Support the Oak Lawn Ronald McDonald House and you could win \$10,000! The BIG MONEY RAFFLE tickets are now on sale.

500 tickets will be sold for \$50.00 each. The winner will be drawn at our Vegas Night event on Saturday, November 12, 2011. You do not have to be present to win. For more information or to purchase tickets please call the Oak Lawn Ronald McDonald House at (708) 423-5286.



“AMERICA’S SALUTE TO SOLDIERS AND VETERNS”

Calling all military personnel, reservist and veterans! WE WANT YOU for a free Patriotic celebration to salute our returning soldiers, reservists and all veterans. Share in an afternoon of fellowship and appreciation for your courage and dedication. This event is proudly presented by Cook County Commissioner Joan Patricia Murphy, Miller/Coors Beer, Vitas Innovative Hospice Care and Double Tree Hotel.

The Salute to Soldiers and Veterans ceremony and celebration will be held on Tuesday, October 11, 2011 at 1:00 p.m. to 3:00 p.m. at the Double Tree Hotel. The Double Tree Hotel is located at 5000 West 127th Street in Alsip. All branches of military service men and women will receive an Honorary “Salute Certificate” and pin.

The ceremony will also include a color guard presentation, missing man table, noted guest speakers and presentation of Salute Certificates. Cake and coffee will be served to all honorees and guests.

If you wish to be honored at this Patriot ceremony, you must call to register your name and branch of service. Please call Cook County Commissioner Joan Patricia Murphy’s office at (708) 389-2125.



Lucky “5” raffle to benefit Park Lawn

What: Tickets are on sale for Park Lawn’s Lucky 5 Grand Drawing with the grand prize being \$5,000 cash. The second prize is \$1,500, third prize is \$500.00. Only 555 tickets will be sold.

Park Lawn’s Lucky “5” tickets cost \$50 each. Tickets and more information are available by calling 708-425-6867, or visit Park Lawn located at 10833 S. LaPorte in Oak Lawn.

Lucky "5" ticket purchasers are also eligible for the Bonus Raffle. For an additional \$15.00, ticket buyers can participate in a split the pot, where 50% of the total will go towards the winner and 50% to Park Lawn. In 2010, the split the pot amount was more than the second place winnings.

When: The Lucky "5" winners will be announced Tuesday, December 12, 2011, at 12:00 PM. Winner need not be present.

Where: The drawing will take place at Park Lawn School, 10833 S. LaPorte in Oak Lawn.

Who: Local non-profit organization Park Lawn Association provides residential and vocational support through a total of 12 facilities throughout the South Suburbs of Chicago for more than 450 individuals with developmental disabilities.

Why: The proceeds from Park Lawn's Grand Raffle will benefit the programs and services provided to hundreds of individuals with developmental disabilities. Park Lawn's mission is to provide services that promote independence, choice and access to community living for people with developmental disabilities.

Get Your Tickets Early!
 Purchase your tickets at a designated "early bird" ticket sale date and be entered to win \$5000. Drawing will take place on the night of Christmas at Marist after the Live Auction. Winner need not be present

"Early Bird" Ticket Sales Will Take Place At:
 Back To School Night - Tuesday, September 6, 2011
 Family Mass - Sunday, October 2, 2011
 Trivia Night - Saturday, October 22, 2011

Christmas at **MARIST**

MARIST HIGH SCHOOL
 SATURDAY, DECEMBER 3, 2011

VIP Admission
\$175

Includes:

- **Two (2) tickets to attend our exclusive VIP party** held from 6:00pm- 7:30pm in the ARC.
- **One (1) entry in the Christmas at Marist Raffle.**
 - Admission to the main event
 - Open bar (beer & wine) and food.

****2011 Christmas at Marist Raffle Prizes****
(Total of 200 raffle entries. Drawing will take place on the night of Christmas at Marist after the Live Auction. Winners need not be present)

1st Prize- 11-12 Tuition Grant (\$9,000)
 2nd Prize- Semester Grant (\$4,500)
 3rd Prize- Quarter Grant (\$2,250)
 4th Prize- Quarter Grant (\$2,250)
 5th Prize- \$500 Voucher to MBS books
 6th Prize- \$500 Voucher to MBS books

General Admission

\$50 (by December 2nd) or \$60 (at the door)

Includes:

- **One (1) ticket to attend the main event**
- **Open bar (beer & wine) and food.**

We Are Looking For Donations

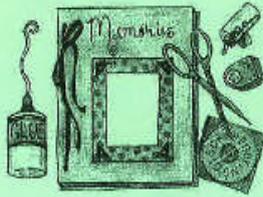
(please see our wish list on back)

Donations are now being accepted for the Live Auction, Silent Auction and Basket Raffle. All Donors will be recognized in our program book.

Volunteers Needed

This event would not be a success without our volunteers. Please consider signing up to help with setting up, on the night of the event, or with clean up.

For more information regarding purchasing a ticket, making a donation or volunteering, please contact Meghan Smith at (773) 881-5378 or at smith.meghan@marist.net or visit our website, www.maristinsider.net/cam11



ST. GERALD MOTHERS' CLUB FALL SCRAPBOOK WEEKEND Friday, September 30th to Sunday, October 2nd, 2011

Attention all veteran, occasional and beginner scrappers and card makers: we are offering a weekend of uninterrupted bliss.

Join us for a weekend full of scrapbooking or card making. Enhance your creativity, stock up on supplies from our vendors and leave with a book full of memories. Bring your photos, printed or electronic, your supplies and any projects that you plan to work on. We will have the latest scrapbooking and card making products available so you can try new techniques and create fabulous ideas. A Cricut machine and various cartridges will be available for use. All we ask is that you bring your own mats and any special cartridges you may need.

Not a scrapper yet but want to get started? Begin the weekend Friday night by learning to organize your photos, the basic supplies needed, how to create photo layouts and you'll be ready Saturday morning to preserve your memories and tell your stories.

Fri - 6pm to 12am, Sat - 9am to 12am and Sun - 9am to 3pm
That's 27 glorious hours for only \$50.00!!

- ❖ Drop off your supplies at the door and our helpers will bring them to your assigned table.
- ❖ Friday: Dinner. Saturday: Light Breakfast, Lunch and Dinner. Sunday: Light Breakfast and Lunch.
- ❖ Classes offered by representatives from Creative Memories, Close to My Heart & Stampin' Up (additional \$3 apply)
- ❖ Shop for new item or stock up on needed supplies. Our representatives will have items for sale.
- ❖ Raffle tickets and Split the Pot available all weekend
- ❖ Massages available Saturday & Sunday must sign up Friday night (additional cost applies)

Too busy for the whole weekend, join us Saturday ONLY for \$35.00!!

Please fill out the form below, enclose a check made payable to St. Gerald Mothers' Club and return A.S.A.P. to:

St. Gerald School
Attn: Mothers' Club Scrapbook Event
9320 S. 55th Court
Oak Lawn, IL 60453

If you have any questions, please call Mary Ellen Bizzotto at 708-203-7550 or m_bizzotto@yahoo.com

NAME: _____ PHONE: _____

I would like to be seated near the following person(s): _____

E-MAIL ADDRESS: _____

\$50.00 Entire Weekend \$35.00 Saturday Only Plan to attend Friday beginner Class?

Thank you for supporting St. Gerald School!
Refunds can not be issued as this is a fundraising event.

LITTLE COMPANY OF MARY:



“GIRLS NIGHT OUT”

Women's Services for Life and Health is holding a “Girls Night Out” on September 28, 2011 at 6:00 p.m. to 9:30 p.m. The event will be held at the Oak Lawn Hilton located at 9333 South Cicero Avenue. \$30.00 per ticket, which includes wine, appetizers and a gift. Live, laugh and learn with the girls! Join us for a special event bringing you the latest information vital to women's health. Please register by calling (708) 424-9988 by September 21, 2011.

ADVOCATE CHRIST MEDICAL CENTER:

ADVOCATE CHRIST MEDICAL CENTER

Think: Don't Drive – Call 911 – Stay Alive

We would like to enhance our community's knowledge through education and increased awareness of heart disease. Below are guidelines on heart attack signs and symptoms, what they mean and the importance of using an ambulance.

Heart attack symptoms that require evaluation in the emergency room:

Chest pain that radiates to your arm, shoulder, neck, jaw, back or upper stomach;
Chest pain described as heavy, pressure or squeezing;
Chest pain that is severe, constant or returns;
Chest pain with shortness of breath;
Chest pain that worsens with moving or activity

What do heart attack symptoms mean?

The pain caused by a heart attack happens because your heart may not be receiving as much blood as it needs to function properly. In severe heart attacks, blood flow can be almost completely blocked. Minimal or no blood flow damages the heart and must be treated promptly to preserve the function of the heart muscle.

Why use an ambulance to transport to the hospital?

Some heart attacks can cause irregular heart rhythms, other cardiac problems can cause you to “pass out”, and a few, severe heart attacks can cause cardiac arrest. Driving yourself or a family member to the emergency room is not recommended with heart attack symptoms. Local EMS providers are equipped to handle emergent cardiac situations and provide the safest transport to the hospital.

Look for upcoming events provided through the Advocate Christ Medical Center Heart and Vascular Institute.

4440 West 95th Street
Oak Lawn, IL 60453

 **Advocate
Christ Medical Center**

Inspiring. Healing. Changing Lives.

Community Calendar Alert

For Immediate Release
September 12, 2011

Contact: Cindi Jaranowski
708.684.5060
Cindi.Jaranowski@advocatehealth.com

ADVOCATE CHRIST MEDICAL CENTER ANNOUNCES OCTOBER 2011 PROGRAMS

Oak Lawn, Ill. – Advocate Christ Medical Center, 4440 W. 95th St., Oak Lawn, has scheduled the following community education classes, lectures and support group meetings for October 2011.

For the latest up-to-date information or to register, call Christ Medical Center's HealthAdvisor at 1-800-323-8622 (unless otherwise noted) and refer to code number listed.

Postpartum Adjustment Support Group – A free support group offers resources that will allow new mothers to become more knowledgeable about Postpartum Depression, its causes and available treatment options. In addition, it also will give mothers the opportunity to talk, listen and share their experiences with other women experiencing similar feelings. The group meets at 10 a.m. the first and third Tuesday of the month (**October 4 and October 18**) in the medical center's Conference Center located on the northwest corner of the campus in Room 0614. For more information, call 708-684-1333.

Arthritis in the Hand and Wrist – Dr. Gary Krone, board-certified hand surgeon with the Bone & Joint Institute at Advocate Christ Medical Center, will discuss the differences between osteoarthritis and rheumatoid arthritis; signs and symptoms; and treatment options on Wednesday, **October 5** from 6:30 p.m. to 8 p.m. in the medical center's Conference Center located on the northwest corner of the campus in Room 0637 (lower level). Participants can enter through the imaging center entrance on 93rd and Kilbourn Avenue. **Code: 1G54.**

Surviving & Thriving Survivorship Group – A free support group meeting which includes speakers on a variety of survivorship topics and useful resources, meets from 6:30 p.m. to 8:30 p.m. the second **Thursday** of the month (**October 13**) in the medical center's Conference Center open dining area located on the northwest corner of the campus. Participants can enter through the imaging center entrance on 93rd and Kilbourn Avenue. **Code: 1C51**

4440 West 95th Street
Oak Lawn, IL 60453



Leading medicine. Changing lives.

Healthcare Provider CPR Course – The Center for Prehospital Care and their AHA designated Training Center located at 5220 W. 105th Street in Oak Lawn, offer CPR (cardiopulmonary resuscitation) classes every month. **Due to the AHA 2005 Guideline changes, the initial “Healthcare Provider” course can now be completed in one night.** The center offers both the AHA “Healthcare Provider-New” course and the AHA “Healthcare Provider Renewal” course at a cost of \$65 (includes textbook). Participants may purchase a \$10 microshield to be used outside of the class to protect against communicable diseases when administering CPR.

Registration is necessary as class size is limited. The next 4-hour class will be offered on Monday, **October 17**, from 6 p.m. to 10 p.m. **Code: 1C03. For information or to register, call Christ Medical Center’s HealthAdvisor at 1-800-323-8622.**

Easy Breathers Pulmonary Support Group – A free support group for individuals battling a lung disease, such as chronic obstructive pulmonary disease, emphysema, patients on oxygen or experiencing shortness of breath, meets from 1:30 p.m. to 3 p.m. the third Monday of the month (**October 17**) in the medical center’s Conference Center located on the northwest corner of the campus in Room 0629 A&B. Participants are encouraged to park in the parking lot on the corner of 93rd St. and Kostner and use the shuttle service to the Conference Center. No registration required. **Code: 1C22**

Caring Connection and Bereavement Support Group – Small group sessions for parents who have experienced the death of a child either through miscarriage, stillbirth or infant death meets from 7 p.m. to 8:30 p.m. the third Monday of the month (**October 17**) in the medical center’s Conference Center located on the northwest corner of the campus in Room 0614. **Code: 1M03**

Prostate Cancer Support Group – A free support and education group for men who have been diagnosed with prostate cancer, and their families and friends, meets from 7 p.m. to 9 p.m. the third Tuesday of the month (**October 18**) in the medical center’s Conference Center located on the northwest corner of the campus in Room 0637. No registration required. **Code: 1C15**

Look Good...Feel Better – A free workshop, provided by certified/trained cosmetologists, teaches female cancer patients hands-on cosmetic techniques to help restore their appearance and self-image during chemotherapy and radiation treatments. Women learn about makeup techniques, skin care, nail care and options related to hair loss, such as wigs, turbans and scarves. The program, offered in partnership with the American Cancer Society, the National Cosmetology Association, and the Cosmetic, Toiletry and Fragrance Association (CTFA) Foundation, is held **every other month** on the third Wednesday. The next workshop will be held on Wednesday,

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Oak Lawn, IL 60453



Changing medicine. Changing lives.

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Inspiring medicine. Changing lives.

October 19, from 4 p.m. to 6 p.m., at the Advocate Christ Center for Breast Care, 4545 W. 103rd St., Oak Lawn. Registration is required. **Code: 1C17**

Breast Prosthesis Display – This informative display provides women who have undergone a mastectomy the opportunity to evaluate prosthesis options. Display session is offered from 6 p.m. to 7 p.m. the third Wednesday of the month (**October 19**) at the Advocate Christ Center for Breast Care, 4545 W. 103rd St., Oak Lawn. **Code: 1C11**

Breast Cancer Support Group – A free support group for women who have a history of breast cancer and their families meets from 7 p.m. to 8:30 p.m. the third Wednesday of the month (**October 19**) at the Advocate Christ Center for Breast Care, 4545 W. 103rd St., Oak Lawn. No registration required. **Code: 1C14**

Stroke Support Group – A free support group for stroke survivors, their family and friends meets from 6 p.m. to 7:30 p.m. the third Wednesday of the month (**October 19**) in the medical center's Conference Center located on the northwest corner of the campus in the Keyser Room. No registration is required. **Code: 1X08**

Spinal Cord Injury Peer Support Group – A free support group for individuals with spinal cord injuries and their families/friends meets with other individuals for networking, problem-solving and information the fourth Monday of the month (**October 24**) from 4:30 p.m. to 5:30 p.m. Registration is required. For assistance entering the building, call Sue Dineen at 708-684-5402. **Code: 1G05**

Shoulder Replacement: When to Consider It; When to Avoid It – Dr. Jose Perez-Sanz, board-certified orthopedic surgeon with the Bone & Joint Institute at Advocate Christ Medical Center, will discuss the facts about today's surgical and non-surgical treatment options for chronic shoulder conditions on Wednesday, **October 26** from 6:30 p.m. to 8 p.m. in the medical center's Conference Center located on the northwest corner of the campus in Room 0637 (lower level). Participants can enter through the imaging center entrance on 93rd and Kilbourn Avenue. **Code: 1G50**

Autism Support Group – A free support group for parents or caregivers of children with autism meets from 7 p.m. to 9 p.m. the last Thursday of the month (**October 27**) at Trinity Evangelical Covenant Church, 9230 S. Pulaski, Oak Lawn. The group, in partnership with The Southwest Cook County Chapter of the Autism Society of Illinois, will help clarify misconceptions, answer questions, provide professional guidance and identify resources. **Code: 1P01**

Specialized Weight and Conditioning Program – The physical therapy department of Advocate Christ Medical Center offers an ongoing program designed to promote physical fitness for people who have experienced a spinal cord injury/disability. Staff offers guidance in creating an

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Oak Lawn, IL 60453

 **Advocate
Christ Medical Center**

Inspiring in education. Clarifying. Yes.

Community Calendar Alert

For Immediate Release
September 12, 2011

Contact: Cindi Jaranowski
708.864.5060
Cindi.Jaranowski@advocatehealth.com

ADVOCATE CHRIST MEDICAL CENTER OFFERS CHILDBIRTH EDUCATION CLASSES

Oak Lawn, Ill. – Advocate Christ Medical Center, 4440 W. 95th St., Oak Lawn, announces its October 2011 calendar of prenatal and parenting classes to help new parents prepare for a healthy pregnancy, safe birth and happy homecoming. **Unless otherwise noted, classes will be held in the Advocate Christ Medical Center Auditorium and Conference Center, Room 0529 A&B (northwest corner of the campus, one block south of 93rd St. and Kilbourn.)** Classes marked with an (*) are intended for people not registering for the four-week Childbirth Education Class. Registration is required for all classes. **To register or for more information, call Christ Medical Center's HealthAdvisor at 1-800-323-8622 and refer to code number listed.**

Childbirth Education – This class meets once a week for four weeks. The program is designed to help prepare couples for childbirth. Some of the topics that are covered include the stages of labor, breathing techniques, epidurals and pain management, reasons for cesarean section, newborn care and infant safety. This class should be taken at the beginning of the third trimester of pregnancy. Instructors are certified childbirth educators. Classes will be offered on Wednesdays beginning October 5 through October 26, from 6:45 p.m. to 9 p.m. The cost is \$80 per couple. **Code: 1B02**

Childbirth Education Refresher* – This class meets once a week for two weeks and is designed to refresh your memory about the physical/emotional changes, labor, delivery, breathing techniques, role of the support person and postpartum. This class should be taken at the beginning of the third trimester of pregnancy. Couples need to bring two pillows and a blanket to class. Classes will be held Wednesdays, October 5 and October 12, from 6:45 p.m. to 9 p.m. The cost is \$40 per couple for the two-session class. **Code: 1B06**

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Grandparents Class – This one-time class will teach soon-to-be grandparents or experienced grandparents about current childhood practices, current parenting methods and discuss the role of grandparents today. The class brings you up to date with current birth and child care practices. A tour of the Labor and Delivery and the Family Centered Care Units will orientate expectant grandparents to these areas. Refreshments will be served. The class will be held on Thursday, October 6, from 6 p.m. to 9 p.m. The cost is \$25 per couple. **Code: 1B14**

One-Day Childbirth Education Class – This one-day weekend class covers all the information of our Childbirth Education classes. Convenient for busy working couples, the class will be offered on Saturday, October 8, and Sunday, October 16, from 9 a.m. to 5 p.m. The cost is \$95 per couple. **Code: 1B11**

Women and Infants Center Tour – A complimentary tour is available of the Labor and Delivery and the Family Centered Care Units to orientate expectant parents to these areas. Tours will be offered Monday, October 10 and October 24, at 6:30 p.m. and 7:30 p.m. **Code: 1B12**

Breastfeeding Basics – This two-hour class taught by an RN, IBCLC (International Board Certified Lactation Consultant), includes information and instruction on how to breastfeed your baby. This class should be taken at the beginning of the third trimester of pregnancy. Classes will be offered Tuesday, October 11, and Thursday, October 27, from 6:45 p.m. to 9 p.m. The cost is \$25 per couple. **Code: 1B01**

Caring Kids Class – Children ages 3 through 12 who are expecting a new sibling will learn what happens when mom goes to the hospital and how they can help when the new baby comes home. Snacks will be provided. Children should bring a doll or a stuffed animal to practice diapering. The next Caring Kids Class will be held on Tuesday, October 18, from 6:30 p.m. to 8 p.m. The cost is \$15 per child/\$20 per family. **Code: 1P06**

Delivery Options* – In this class, couples will learn about unexpected outcomes, assisted delivery, epidurals, infant complications, inductions and reasons for a cesarean section. This class should be taken at the beginning of the third trimester of pregnancy. Classes will be offered Wednesday, October 19, from 6:45 p.m. to 9 p.m. The cost is \$20 per couple for the one-session class. **Code: 1B04**

Tender Baby Care* – Join the fourth week of Childbirth Education and learn about newborn care, breast and bottle feeding and infant safety. Couples are encouraged to bring a doll. Classes will be offered Wednesday, October 25, from 6:45 p.m. to 9 p.m. The cost is \$20 per couple for the one-session class. **Code: 1B07**

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The Village of Oak Lawn would like residents to be aware of available resources for further information on Fair Housing. Please refer to the websites below.

Fair Housing Information

<http://www.hud.gov/offices/fheo/FHLaws/FairHousingJan2002.pdf>

Rental Housing Discrimination

<http://www.hud.gov/offices/fheo/>

Foreclosure Prevention

<http://www.makinghomeaffordable.gov/>

Housing Choice Voucher Program

<http://www.thehacc.org/index.aspx>

For further information please contact the Fair Housing Administrator
9446 South Raymond Avenue, Oak Lawn, Illinois 60453, 708 499-7806

The Oak Lawn Fair Housing Commission meets the third Tuesday of January, April, July and October @ 4:00 p.m. in the Lower Level Conference Room.

It is Illegal to Discriminate Against Any Person based upon race, color, religion, creed, ancestry, national origin, age, sex, marital status, military status, unfavorable discharge from military service, familial status or physical or mental handicap

In the sale or rental of housing or residential lots; In the appraisal of housing; In the provision of real estate brokerage services; In advertising the sale or rental of housing; In the financing of housing.

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www.comcast.com**

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(708) 409-9700
www.veoliaes-sw.com**

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(708) 205-8703
www.groebeaction.com**

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Pay and Display Equipment
(630) 241-1984
www.totalparkingsolutions.net**

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**Electricity Supplier for Oak Lawn
Commercial & Industrial
(877) 622-7697
www.mc2energyservices.com**

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**Supplier of Gasoline for the
Village of Oak Lawn
(773) 735-6900
www.alwarrenoil.com**

STANDARD BANK

**Financial Institution
(708) 499-2062
www.standardbanks.com**

CITY BEVERAGE – BUDWEISER
Beer Distributor
(773) 650-9200
www.abwholesaler.com

**MARKETPLACE OF OAK LAWN &
GREEN OAK SHOPPING**
Property Management Company
(312) 642-9510
www.robincompanies.com

MANCARI CHRYSLER PLYMOUTH
Five Star Car Dealership
(708) 423-0910
www.mancari.com

CDM (CAMP DRESSER McKEE)
Consulting, Engineering, Construction
& Operations Firm
(312) 346-5000
www.cdm.com

DI MEO SCHNEIDER & ASSOCIATES
Investment & Consulting Firm
(800) 392-9988
www.dimeoschneider.com

HAWK FORD
Local Car Dealership
(866) 927-4718
www.hawkford.com

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Thompson & Kuenster Funeral Home
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Lockstone Advisors, LLC
Showcase Classics, Inc.
Phil Wengel, Inc.
H D Supply Waterworks
Red Wing Shoe Source
Brett Equipment Corporation
Spring Air Filter, Inc.**

**PLEASE SUPPORT THOSE WHO SUPPORT OAK LAWN
THROUGHOUT THE YEAR
SHOP LOCAL & SHOP OAK LAWN**



NEW BUSINESSES COMING TO OAK LAWN

If you are opening a new business in the Village of Oak Lawn, please contact the Mayor's Office at (708) 499-7742 or email us at coleary@oaklawn-il.gov. We will include your new business information in "A Community United" E-Newsletter for two weeks. THIS SERVICE IS FREE. Over 2,000 residents receive "A Community United" E-Newsletter every other Thursday. It is our way of welcoming you to the Village of Oak Lawn and letting the residents learn about a new business in our community.

Thank you for taking the time to read this edition of "A Community United" E-Newsletter. If you are interested in receiving the E-Newsletter via regular mail or email, please contact Carmie O'Leary at (708) 499-7742 or email your request at coleary@oaklawn-il.gov.