



Keeping residents up to speed with the latest Village news

Important Election Information for 2012

Early Voting will take place at the Village Hall located at 9446 South Raymond Avenue in the 2nd floor Auditorium. Dates and times for early voting are as follows:

Early Voting starts on Monday, February 27, 2012
Monday through Saturday
9:00 a.m. to 5:00 p.m.
Last day for early voting is Thursday, March 15, 2012
State ID is required

For an absentee ballot or if you have any questions regarding early voting, please contact the Village Clerk Jane Quinlan's office at (708) 499-7738, jquinlan@oaklawn-il.gov or visit the Village Clerk's office located on the 2nd floor of the Village Hall.

**More Important Dates for the
March 20, 2012 Presidential Primary:**

| | |
|-------------------|---|
| February 9, 2012 | First day absentee ballot applications are accepted. |
| February 21, 2012 | Last day to register to vote. |
| February 22, 2012 | First day of grace period registration and voting. |
| February 27, 2012 | First day of Early Voting. |
| March 13, 2012 | Last day of grace period registration and voting. |
| March 15, 2012 | Last day of Early Voting. |
| March 15, 2012 | Last day to request a mail-in absentee ballot, including military and overseas voters. |
| March 16, 2012 | In-person absentee voting begins at the Cook County Clerk's downtown Chicago office and five suburban courthouse mini-centers. |
| March 19, 2012 | Last day voted mail-in absentee ballots can be postmarked for acceptance by the Cook County Clerk's office. |
| | Last day of in-person absentee voting at the Cook County Clerk's downtown Chicago office and five suburban courthouse mini-centers. |
| March 20, 2012 | Election Day |



“ANIMAL CONTROL” ORDINANCE

The Village of Oak Lawn Board of Trustees have amended the “Animal Control” Ordinance on Tuesday, January 10, 2012. Here are just some of the important changes in the ordinance:

- Penalties for violations have increased.
- Animals running at large prohibited.
- No more than three four legged animals within one residence.
- Inoculation of cats and ferrets.
- All dogs and cats require a license.
- All dogs and cats are prohibited from certain places.

For more information regarding the “Animal Control” Ordinance, please call the Village Clerk’s office at (708) 499-7738.



OAK LAWN COMMUNITY HIGH SCHOOL AUTOSHOP VIDEO COMPETE FOR \$25,000

WE NEED YOUR VOTES!

The Oak Lawn Community High School Automotive Classes are competing in a contest to win a **\$25,000 Auto Shop Makeover**. Prior to winter break, the students brainstormed and created a video. This video was selected as 1 of 8 in the nation to compete in the next stage of the contest in the next stage of the contest.

What happens now? We have one week to vote! The video with the most votes wins. The more votes the better just like American Idol.

Please vote for us at: <https://apps.facebook.com/drivetosucceed/index2.php>.

Please forward this on to anyone who may be able to help. We have until Wednesday, January 18, 2012 to vote. We would greatly appreciate your support in helping us win!

SHOVELING TIPS FROM ADVOCATE CHRIST MEDICAL CENTER

What's the Scoop on Snow Shoveling



Winter storms and cold weather can present hazardous situations especially for the elderly and people with health problems. The American Heart Association reports an increase in heart attacks during shoveling snow, due to the combination of cold temperatures and physical exertion which increases the workload of the heart. The National Institute of Health estimates 100 deaths a year due to shoveling snow.

Snow shoveling is a known trigger for heart attacks because many people who shovel snow rarely exercise. Picking up heavy snow or pushing a heavy snow blower is equivalent to running full throttle on a treadmill.

To make snow shoveling safer the American Heart Association has provided some practical tips.

- Don't eat a heavy meal at least three hours before shoveling
- Warm up by stretching prior to shoveling
- Take frequent breaks
- Avoid caffeine and nicotine prior to shoveling
- Drink plenty of water
- Use a small shovel or consider a snow blower
- Don't drink alcohol before or after shoveling
- Learn the heart attack warning signs and listen to your body
- Prevent hypothermia by dressing in layers

- ◆ **Protect your back from injury by lifting correctly. Bend with your knees, avoid twisting motion.**

Call your village, church, community group to see if they have volunteers available.

Who should think twice about shoveling snow?



Those most at risk for a heart attack include:

- **Anyone who already has had a heart attack**
- **Anyone with a history of heart disease**
- **Anyone with high blood pressure or high cholesterol**
- **Smokers**
- **Individuals leading a sedentary lifestyle**

An individual that leads a sedentary lifestyle has a 100% increased risk of having a heart attack while shoveling snow.



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
Captain Edward J. O'Connell IV Marine Corps
Gustavo Guerrez, 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
Pfc John W. Campbell, US Marine Corps Sp.
ITSN Justin Thompson, US Navy

Sgt. Don Brady, US Army
OS2 Stacy L. Johnson, USS
Sp. Timothy Walker, US Army
Sgt. Jennifer D. Kohany, Illinois Army National Guard
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
Sp4 Archie Thompson, IV
Daniel Sullivan, US Army
SSgt. Hugo Garcia Gonzalez, US Marines

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.



Village Board of Trustees Meeting

Tuesday, January 24, 2012

7:30 p.m. @ Village Hall

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

VILLAGE CONTACTS

Executive Offices:

| | | |
|--|----------------|--|
| Dave Heilmann: | (708) 499-7740 | dheilmann@oaklawn-il.gov |
| Larry Deetjen, Village Manager | (708) 499-7743 | ldeetjen@oaklawn-il.gov |
| Jane Quinlan, Village Clerk: | (708) 499-7738 | jquinlan@oaklawn-il.gov |
| Christine O'Grady, Deputy Clerk | (708) 499-7744 | cogrady@oaklawn-il.gov |
| Carmie O'Leary Administrative Secretary | (708) 499-7742 | coleary@oaklawn-il.gov |

Village Trustees:

| | | |
|------------------------------|----------------|--|
| District 1: Cynthia Trautsch | (708) 346-7001 | ctraultsch@oaklawn-il.gov |
| District 2: Alex Olejniczak | (708) 346-7002 | aolejniczak@oaklawn-il.gov |
| District 3: Robert Streit | (708) 346-7003 | rstreit@oaklawn-il.gov |
| District 4: Tom Duhig | (708) 346-7004 | tduhig@oaklawn-il.gov |
| District 5: Carol Quinlan | (708) 346-7005 | cquinlan@oaklawn-il.gov |
| District 6: Tom Phelan | (708) 346-7006 | tphelan@oaklawn-il.gov |

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 |



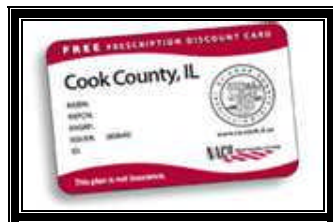
EMERGENCY WEATHER INFORMATION

Storm Season is here! Are you ready? Visit www.Ready.gov and www.state.il.us/iema. Follow the Oak Lawn Emergency Management Agency on Facebook and Twitter. Participate in the national disaster exercise and update your emergency plans. For more information at www.shakeout.org/centralus/index.html.



GARBAGE DAY HOLIDAYS FOR 2012

The following holidays will delay your garbage pick up by one day. The garbage holidays are: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day.



FREE PRESCRIPTION DISCOUNT CARD

Free Prescription Discount Cards are available at the Village of Oak Lawn, outside of the Village Clerk's Office. Use the discount card if your prescription is not covered by insurance. There are no restrictions and no limits on how many times you may use the card.



RESIDENTIAL QUARTERLY BILLING CHARGES

Water rates effective January 1, 2012:

0 to 10,000 gallons used – Minimum Charge \$46.98

Next 20,000 gallons used \$4.698 per 1,000 gallons

Over 30,000 gallons used - \$4.898 per 1,000 gallons

Sewer Rate - \$23.55

Garbage Rate \$65.10

Senior Garbage Rate (65 and older) - \$59.55



PLOWS COUNCIL ON AGING:

Senior Citizen Tax Deferral Program

Senior Citizens who are having trouble paying real estate taxes can apply for the **Senior Citizen Tax Deferral Program**. This State of Illinois program allows qualified persons to defer 100% of taxes up to 80% of your equity on their personal resident.

To qualify:

- * You must be at least age 65 or older by June 1, 2012.
- * Your annual household income must be \$50,000 or less.
- * You must own the property and have resided there for at least 3 years.
- * There can be no delinquent real estate taxes owed on the residence.
- * The property must be insured against fire hazard loss for at least the amount of deferred taxes.
- * You must have written approval from your spouse if property is held jointly or from the trustee of the property in a qualifying trust.

Seniors with reverse mortgages should contact their lender before applying. Those with standard mortgages do not need lender approval to qualify.

Applications must be filed between January 1st and March 1st.

Seniors living in Palos, Orland, Lemont and Worth Townships can call PLOWS Council on Aging at (708) 361-0219 for details and assistance with applications.



COMCAST INFORMATION

Comcast will be further enhancing its network in our community to deliver the world of all-digital entertainment to **all Comcast customers**. Following this enhancement, Comcast's Limited Basic Cable Service customers may receive more channels than they do today, and will receive crisp digital pictures and sound on every TV, with their channels delivered in a high quality digital format.

Customers currently subscribing to only the Limited Basic Cable Service Tier are able to receive those services today in an analog format. In order to bring these customers the features described above, starting on April 11, 2012, all Comcast video services will be transmitted exclusively in digital format. **This means Limited Basic Cable Service customers will need to have a digital set-top box or digital adapter from Comcast, or a third party device with a CableCARD™, for each non-digital television on which they wish to continue receiving Comcast video services.** Please note that Limited Basic Cable Service customers with digital QAM tuner televisions will continue to receive Basic Service channels without a digital device. However, to see channels above the Basic Service tier, QAM tuner TVs will need a digital device. The Basic Service channel line-up varies by area but in general includes local broadcast TV stations plus local government, education, and public access channels.

To make this enhancement as seamless as possible for our customers, Comcast will provide Limited Basic Cable Service customers digital equipment at no additional monthly service charge as follows:

- **Customers subscribing to only Limited Basic Cable Service without digital equipment can receive one digital adapter for their primary TV and up to two digital adapters for additional TVs at no additional monthly service charge.** Customers can receive additional digital adapters for \$0.50 per month.
- Customers subscribing to Limited Basic Cable Service who already have a digital set-top box on their primary TV can receive up to two digital adapters for additional TVs at no additional monthly service charge. Customers can receive additional digital adapters for \$0.50 each per month. (The use of a digital set-top box allows these customers to receive other services such as premium channels and to order pay-per-view programming.)

Customers who currently subscribe to service tiers other than Limited Basic Cable Service (i.e., digital packages) will be largely unaffected by this

process. Customers subscribing to a digital package already have a digital set-top box on their primary TV, and can obtain up to two digital adapters for their additional TVs at no additional monthly service charge (this includes any digital adapters they may have today.) Those customers can receive additional digital adapters for \$1.99 each per month. However, please note that to the extent these customers have non-QAM tuner televisions connected directly to Comcast (to receive Basic Service channels on those TVs), they will need to have a digital set-top box or digital adapter from Comcast, or a third party device with a CableCARD™, for each such television on which they wish to continue receiving Comcast video services.

If you have any questions regarding this enhancement, please contact 1-877-634-4434 - Comcast's special toll free customer service number for this Digital Network Enhancement. Of course our customers can always call 1-888-COMCAST, and be connected to Comcast Customer Account Executives who are available 24 hours a day, 7 days a week to answer any questions they may have regarding Comcast products, services, and prices.



SPAGHETTI DINNER AT OUR LADY OF LORETTO

Our Lady of Loretto Women's Guild will hold an All-You-Can-Eat-Spaghetti Dinner from noon to 6:00 p.m. on Sunday, January 22, 2012. Dinner will be served in the Parish Hall, located at 8925 South Kostner in Hometown. The menu consists of spaghetti, homemade meatballs, tossed salad, rolls and dessert.

The cost is \$6.00 for adults, \$5.00 for seniors, \$3.00 for children ages 6 – 10 and \$2.00 for children ages 5 and under.

There will be a raffle table with many prizes from area merchants. The featured raffle prize: 4 White Sox tickets.

Meal delivery is available. Please call (708) 334-9724 between noon and 5:30 p.m. on January 22, 2012 to order.



ST. GERALD PARISH BINGO

Every Friday!
Doors open at 4:30 p.m.
Games start at 7:00 p.m.
For more information, please call (708) 422-2194

OAK LAWN LIBRARY:



ILLINOIS STUDENT ASSISTANCE COMMISSION

College bound students and their families are invited to meet with representatives of the Illinois Student Assistance Commission on Tuesday, January 17, 2012 from 6:00 p.m. to 8:00 p.m. at the Oak Lawn Public Library located at 5300 West 95th Street. The ISAC will also be on site on January 24th, January 31st, and February 7th from 6:00 p.m. to 8:00 p.m. For more information, please call (708) 422-4990 or visit www.oaklawnlibrary.org.



YOUTH CHESS CLUB

Youth Chess Club for children and young adults in grades 3rd to 10th. The session runs from January 18, 2012 to February 22, 2012 from 4:00 p.m. to 5:00 p.m. Advance registration at Youth Services at the Oak Lawn Public Library, 5300 West 95th Street. For more information, please call (708) 422-4990 or visit www.oaklawnlibrary.org.



FREE PROGRAM: HOISTING YOUR SAILS

Pack your sense of humor and join Joan Murphy, humorist, motivational speaker and Community Health Director at Little Company of Mary Hospital, on a discovery journey to experience the joy and challenges in your busy day. Joan will remind you to stay in the NOW as she shares some fun reflections about life. This event will take place on Wednesday, January 18, 2012 at 7:00 p.m. at the Oak Lawn Public Library, 5300 West 95th Street. For more information, please call (708) 422-4990 or visit www.oaklawlibrary.org.



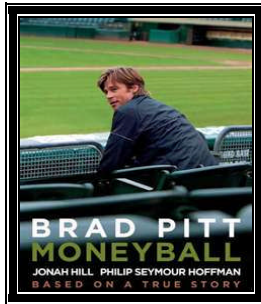
ABOUT eREADERS

Best Buy's Geek Squad will demonstrate various eReader devices, provide tips and answer questions. An Intro to Media On Demand will follow. This event will take place on Thursday, January 19, 2012 at 7:00 p.m. at the Oak Lawn Public Library, 5300 West 95th Street. For more information, please call (708) 422-4990 or visit www.oaklawlibrary.org.



OPEN MIC READINGS

During this afternoon of drama and humor expressed through words, local writers are invited to share their original poetry and short stories. Five minute time limit per reader. Light refreshments. This event will take place on Saturday, January 21, 2012 at 1:00 p.m. at the Oak Lawn Public Library, 5300 West 95th Street. For more information, please call (708) 422-4990 or visit www.oaklawlibrary.org.



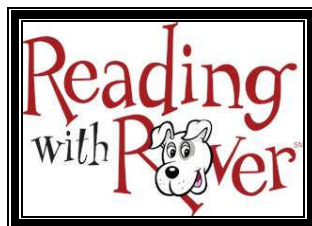
FREE MOVIE: MONEYBALL

The story of Oakland A's general manager Billy Beane's successful attempt to put together a baseball club on a budget by employing computer-generated analysis to draft his players. A movie for anyone who has ever dreamed of taking on the system. Starring Brad Pitt, Robin Wright, Jonah Hill and Philip Seymour Hoffman. 2011, PG-13, 133 minutes long. This event will take place on Tuesday, January 24, 2012 at 2:00 p.m. and 6:30 p.m. at the Oak Lawn Public Library, 5300 West 95th Street. For more information, please call (708) 422-4990 or visit www.oaklawnlibrary.org.



FREE PROGRAM: THE REAL FACTS ABOUT FAFSA

Take control of the financial aid process before it's too late! Gerald Knight – CPA, MBA and MSA – of Tax Busters will show you how to estimate your expected parent contribution before you submit your FAFSA application. Strategies for becoming more eligible for financial aid will also be included. This event will take place on Wednesday, January 25, 2012 at 7:00 p.m. at the Oak Lawn Public Library, 5300 West 95th Street. For more information, please call (708) 422-4990 or visit www.oaklawnlibrary.org.



FREE YOUTH SERVICES PROGRAM: READ TO ROVER

Young readers and special needs children can sign up for a 15-minute time slot to read aloud to a dog from the Rainbow Animal Assisted Therapy of Chicago. Advance registration required. This event will take place on Saturday, January 28, 2012 from 11:00 a.m. to 12:30 p.m. at the Oak Lawn Public Library, 5300 West 95th Street. For more information, please call (708) 422-4990 or visit www.oaklawnlibrary.org.



FREE YOUTH SERVICES PROGRAM: ANIMAL AWARENESS

For Ages 3 and up. Animals for Awareness – a shelter in Palos Park that takes in wild and exotic animals that cannot be cared for at other dog and cat shelters – will bring a variety of animals, including an alligator, parrot, snake, kinkajou and a Canada lynx. There will be opportunities for audience members to pet the animals. No advance registration. *Donations of canned or fresh mixed veggies and mixed fruit will be gratefully accepted!* This event will take place on Sunday, January 29, 2012 from 2:30 p.m. to 4:00 p.m. at the Oak Lawn Public Library, 5300 West 95th Street. For more information, please call (708) 422-4990 or visit www.oaklawnlibrary.org.

Community Calendar Alert

For Immediate Release
January 6, 2012

Contact: Cindi Jaranowski
708.684.5060

ADVOCATE CHRIST MEDICAL CENTER ANNOUNCES FEBRUARY 2012 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 February 2012. ***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.***

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, **February 6**, 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.

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 (**February 7 and February 21**) 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.**

Oh My Aching Feet! – Dr. Michael DeVito, board-certified podiatric foot and ankle surgeon with the Bone & Joint Institute at Advocate Christ Medical Center, will discuss basic anatomy; bunions, hammertoe, heel pain and other common foot problems; and the facts about surgical and non-surgical approaches to foot care on **Wednesday, February 8**, 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 0629A&B (lower level). Participants can enter through the imaging center entrance on 93rd and Kilbourn Avenue. **Code 1G59**

Healthy Hearts Group – Five million people are affected by Congestive Heart Failure nationwide. Healthy Hearts is a group aimed at educating our medical center community members on the benefits of maintaining a healthy heart. Each quarterly meeting is held from 2 p.m. to 3 p.m. in the medical center's Conference Center located on the northwest corner of the campus in Room 0637 (lower level) and features a speaker who will discuss topics to promote overall good cardiac health. The next meeting will be held on **Thursday, February 9**, and the topic will be "*What is New with Heart Issues Facing Us Today?*" Participants can enter through the imaging center entrance on 93rd and Kilbourn Avenue. For more information or to register, please contact Sue Dedic at 708.684.3899.

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, February 15**, from 4 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 (**February 15**) 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 (**February 15**) 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 (**February 15**) 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**

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 (**February 20**) in the medical center's Conference Center located on the northwest corner of the campus in Room 0629 A&B. No registration required. **Code: IC22**

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 (**February 20**) 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 (**February 21**) in the medical center's Conference Center located on the northwest corner of the campus in Room 0637. No registration required. **Code: 1C15**

Surviving & Thriving Survivorship Group – A free support group meeting which includes speakers on a variety of survivorship topics and useful resources meets the fourth Thursday of the month from 6 p.m. to 8 p.m. in the medical center's Conference Center located on the northwest corner of the campus in Room 0636 (lower level). The next meeting will be held on **Thursday, February 23**, and the topic will be "*Understanding Fatigue.*" Participants can enter through the imaging center entrance on 93rd and Kilbourn Avenue. **Code: 1C51**

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 (**February 23**) 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**

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 (**February 27**) 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**

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 independent wheelchair level exercise program (using wheelchair accessible weight station) on consecutive Tuesdays and Thursdays. Classes, led by a licensed physical therapist, are held from 4 p.m. to 5 p.m. in the medical center's physical therapy gym, 4440 W. 95th St., Oak Lawn. Classes are free of charge. A physician's approval is needed to participate in the exercise program. ***For more information and to register, call Christ Medical Center's physical therapy department at 708-684-5425.***

PLEASE NOTE: The following free support groups are available to anyone interested in attending. Please contact the church directly for additional information.

Emotions Anonymous – A free 12-step program for people who have had or are having emotional difficulties meets from 7:30 p.m. to 9:30 p.m. every Wednesday and Friday at Calvary Lutheran Church, 11249 S. Spaulding Avenue, Chicago, and every Monday at 11 a.m. at Our Saviors Lutheran Church (Kaufman Hall), 8607 S. Naragansett, Burbank.

Overeaters Anonymous – A free support group for people who are compulsive eaters meets from 11 a.m. to noon every Wednesday at New Spirit Lutheran Church, 8600 S. Kilpatrick, Chicago. The only requirement for attendance is a desire to stop eating compulsively.

Sharing the Journey – Small group sessions for individuals who have experienced the death of a significant person in their lives meets from 7 p.m. to 8:30 p.m. the third Monday of the month at St. Paul Lutheran Church, 4660 W. 94th Street, Oak Lawn. No registration required.

Oak Lawn, Ill. – Advocate Christ Medical Center, 4440 W. 95th St., Oak Lawn, announces its February 2012 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 0629 A&B (northwest corner of the campus, one block south of 93rd St. and Kilbourn.) 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 Thursdays beginning February 2 through February 23, 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 Thursdays, February 2 and February 9, from 6:45 p.m. to 9 p.m. The cost is \$40 per couple for the two-session class. **Code: 1B06**

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 on Mondays, February 6 and February 20, 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 on Tuesdays, February 7 and February 21, from 6:45 p.m. to 9 p.m. The cost is \$25 per couple. **Code: 1B01**

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, February 11, and Sunday, February 26, from 9 a.m. to 5 p.m. The cost is \$95 per couple. **Code: 1B11**

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 Thursday, February 16, from 6:45 p.m. to 9 p.m. The cost is \$20 per couple for the one-session class. **Code: 1B04**

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 Wednesday, February 22, from 6:30 p.m. to 8 p.m. The cost is \$15 per child/\$20 per family. **Code: 1P06**

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 Thursday, February 23, from 6:45 p.m. to 9 p.m. The cost is \$20 per couple for the one-session class. **Code: 1B07**

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 Wednesday, February 29, from 6 p.m. to 9 p.m. The cost is \$25 per couple. **Code: 1B14**



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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H & D Maintenance, Inc.
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Redflex Traffic Systems, Inc.
Kevin Electric
Prestige Painting & Custom Design, Inc.
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M. E. Simpson Co., Inc.
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Martin Whalen Group
Gallagher Asphalt
Joe and Franks' Homemade Sausage LLC
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Guardian Pest Control
Resource Management Associates
Blake Lamb Funeral Home
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Rainbow Farm Enterprises, Inc.
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Phil Wengel, Inc.
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Red Wing Shoe Source
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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.