

ORLAND TOWNSHIP HEALTH SERVICES

Orland Township Health Service promotes and provides services to residents of Orland Township and all of Tinley Park, focusing on wellness, preventive health care, and health education. There are no age or income guideline requirements to use the services.

There are no income guidelines to qualify for the immunization clinic services.

FREE IMMUNIZATION CLINIC

Orland Township immunization clinics are monthly and held in various locations. All vaccines are administered free of charge to anyone under the age of 19 years and a resident of Orland Township, unincorporated Orland Township and Tinley Park. Adult vaccine appointments may be made by calling Orland Township Health Services. We now have most adult vaccines including Zostavax (Shingles). You may call Health Services to find out the cost, as there is a fee for all adult vaccines.

Date	Location	Time
February 7	Helen Keller School, 7846 W. 163 rd St., TP	9:00 a.m.–11:00 a.m.
March 7	Orland Township, 15100 S. 94 th Ave., OP	9:00 a.m.–11:00 a.m.
April 4	Grissom Jr. High (Health Fair), 17000 S. 80 th Ave., TP	9:00 a.m.–Noon
May 2	Orland Township 15100 S. 94 th Ave., OP	9:00 a.m. – 11:00 a.m.

For future clinic dates, call (708) 403-4222. All childhood vaccines are available at all clinics with the exception of Varicella, which is only given at clinics held at Orland Township Activity Center. Children age 18 and under must be accompanied by a parent unless special arrangements have been made with the health services department the week before the clinic. A written immunization record must be presented at the clinic and proof of residency will be checked. Those receiving shots must eat before attending the clinic.

The following shots are offered, free of charge, for all individuals under the age of 19 years, at every clinic and health fair, with the exception of Varicella, which is only offered at clinics that take place at Orland Township:

**Diphtheria, Tetanus, Pertussis (Dtap)
Hepatitis B
Varicella (Chickenpox)
Haemophilus influenzae type b (Hib)
Tetanus, Diphtheria, Pertussis (Tdap)
Human Papillomavirus (HPV)**

**Inactivated Poliovirus (IPV)
Measles, Mumps, Rubella (MMR)
Pneumococcal
Meningitis
Hepatitis A
Influenza**

All health fairs offer school physicals (\$15.00), free dental screenings, free vision screenings, and free immunizations.

WELLNESS SERVICES

Orland Township Health Services focuses on preventive health care. The following fees represent discounts of as much, if not more, than 50% per medical service to maintain one's health. Please visit the Orland Township office at 15100 S. 94th Ave., to select a physician from the list of those participating and to pay for the service. The resident must schedule appointments with the health service provider.

HEALTH SERVICE FEE SCHEDULE

Youth Physical Examination.....	\$30.00	Senior Podiatry.....	\$20.00
Adult Physical Examination.....	\$35.00	Routine Podiatry Exam.....	\$25.00
Complete Vision Exam.....	\$40.00	Dental Screening.....	\$15.00
		<i>(does not include x-rays)</i>	
Dental Exam & Cleaning...	\$45.00	Dental Exam/Cleaning & X-rays	\$100.00
Chiropractic Examination...	\$50.00		

(Please note that the physical examination may not be used for an illness. Proof of residency will be required at the time of discount voucher purchase.)

NURSES CLOSET

All Orland Township and Tinley Park residents can borrow medical equipment and supplies for a 60-day period of time. Items include wheelchairs, crutches, canes, walkers, commodes, tub and shower seats, lift chairs, hospital beds and various medical supplies.

EMERGENCY ID BRACELETS

Emergency ID bracelets are available to all residents with a medical problem, as well as those who simply want their vital emergency information on record. The purpose of the bracelet is to allow emergency personnel quick access to important facts when accidents, etc., occur. Bracelets may be purchased for \$8.00 for stainless steel and \$10.00 for gold at the Orland Township office.

BLOOD PRESSURE SCREENING

Wal Mart	Last Wednesday of each month	1:00 p.m. – 3:00 p.m.
K Mart	3 rd Wednesday of each month	9:30 a.m. – 11:30 a.m.
Orland Township	3 rd Friday of each month	9:00 a.m. – 11:00 a.m.

BLOOD PRESSURE/CHOLESTEROL/BLOOD SUGAR SCREENINGS

Orland Township 4th Wednesday of each month 8:30 a.m. – 10:30 a.m.
These services are performed by volunteers from various home care agencies.

STATE OF ILLINOIS HANDICAPPED PARKING PLACARDS

Temporary (three months only) window handicapped parking placards may be obtained at the Orland Township office.

PODIATRY SCREENINGS

A local podiatrist offers free podiatry screenings for all Orland Township residents at the Orland Township office on the third Wednesday of every other month from 9:00 to 11:00 am. To schedule an appointment, please call (708) 403-4222.

TOTAL LIPID PROFILE TESTING

On the third Thursday of each month Orland Township offers a complete cholesterol work-up (Total Lipid Profile Testing). This test provides total cholesterol, triglycerides, LDL (bad cholesterol), HDL (good cholesterol) and a ratio of all of these tests. You can also have a glucose test at this time. The cost for residents is \$25.00 for the total lipid profile test, plus \$5.00 for the glucose test. For non-residents the cost is \$30.00 for the total lipid profile test, and \$5.00 for the glucose. To schedule an appointment you may call Orland Township at (708) 403-4222 Monday through Friday 8:00 a.m. to 4:30 p.m. and Tuesday from 8:00 a.m. to 6:00 p.m.

GUILD FOR THE BLIND

If you have new vision loss and don't know where to go for help and resources, this program is for you! This community-based program is designed to help you learn practical ways to make your life easier and safer so you can continue to live independently.

New Visions is a four-session workshop that introduces participants to vision rehabilitation. Important information and hands-on demonstrations are shared in an interactive and supportive environment. Topics include: Emotional aspects of vision loss; sighted guide and self-advocacy; labeling and organizing techniques to better manage your time, money, and household; strategies and factors to consider to maximize remaining vision; magnification products; talking and large print products; techniques for dining with confidence; and adaptations for recreational pastimes.

A friend or family member is welcome to attend to gain a better understanding of what a person with low vision experiences on a daily basis and how they can provide the best support to meet your needs. Participants will receive a resource guide and audiocassette complete with all program information and additional resources.

This program will take place on Thursdays, March 5, 12, 19 and 26, 2009 at 10:00 a.m., and there will be an introduction on Tuesday, February 17, 2009 at 10:00 a.m., at Orland Township, 15100 S. 94th Ave., Orland Park. To register for this program you can call (708) 403-4222, Monday through Friday, 8:00 a.m. to 4:30 p.m. and Tuesdays from 8:00 a.m. until 6:00 p.m.

BRAIN HEALTH

On Thursday, April 2, 2009 from 6:00 p.m. to 7:30 p.m., the Alzheimer's Association – Greater Illinois Chapter, with the cooperation of Orland Township Health Services, will present a program about Alzheimer's disease at the Orland Township Activity Center, 15100 S. 94th Ave., Orland Park. This interactive program includes

information about serious memory loss, what new research studies have found out about Alzheimer's Disease and other dementias, what to do about symptoms you suspect may be related to one of these, and how to cope while caring for someone who has a diagnosis of Alzheimer's or a related dementia. To register for this free program you may call (815) 744-0804.

WOMEN'S WORKSHOP

Dr. Adam Hayes, a chiropractor from Chiro One, will be at Orland Township, 15100 S. 94th Avenue, Orland Park, on Saturday, May 9 2009, from 9:00 a.m. to 12:00 p.m. to present a seminar on natural solutions for premenstrual syndrome and menopause. His staff will accompany him and offer many wonderful services including FREE health screenings, FREE massages, and FREE facials. They will also provide you with a complimentary continental breakfast.

To make reservations for this presentation, or to obtain more information, call the Orland Township offices at (708) 403-4222. Office hours are Monday through Friday 8:00 a.m. to 4:30 p.m. and Tuesday from 8:00 to 6:00 p.m.