

Des Plaines foundation gives \$24,000 to food pantries

Submitted by Aimee Lisa DeBat

The Des Plaines Community Foundation recently donated \$24,000 to area food pantries and local charities for the new year. The donations were split between six local food pantries and charity organizations.

According to Rosemary Argus, executive director of the Des Plaines Community Foundation, the foundation's board of trustees voted unanimously to distribute \$24,000 to the needy of Des Plaines.

"We sent \$5,000 checks to Debra Walusiak, Self Help Closet & Pantry; Carol Langan, Maine Township Food Pantry; and Mike Sweeney, Elk Grove Township Food Pantry," said Argus.

"They will be able to use the money to purchase what is needed to stock their shelves. They are experiencing a much greater need."

The Des Plaines Community Foundation has also sent \$3,000 checks to Catholic Charities, Bessie's Table and Feed My Sheep, said Rich Holke, president of the Des Plaines Community Foundation.

"These Des Plaines charities



COURTESY OF DES PLAINES COMMUNITY FOUNDATION
From left, Dick Sayad, trustee, Des Plaines Community Foundation board, presented Elk Grove Township Supervisor Mike Sweeney and Lisa Menich of the Elk Grove Township Pantry with a \$5,000 donation to help restock the pantry shelves.

all held weekly dinners for the needy, but now, because of the coronavirus, are distributing meals to the poor in Des Plaines," Holke said.

During this pandemic, the need for nutritious foods grows in the summer months after the school year ends, especially for children who normally receive free and reduced lunches at school.

"During these hard times, all food pantries are pressed for help," said Holke. "People are struggling in this economy, and food pantries are very necessary and an important factor to some residents' lives. The Des Plaines Community Foundation is happy to help to improve the lives of Des Plaines residents."

According to Langan, director at the Maine Township Food Pantry, the donation is very much appreciated.

"We are averaging about 170 residents a month coming to get food from our pantry," Langan said. "That number does fluctuate, but that was what we provided during this holiday season."

Some of the Des Plaines Community Foundation programs include: Neighbors Helping Neighbors Program Committee; Healthy Community/Healthy Youth Program Committee; Intergenerational Program Committee; and Seasons of Service Program Committee.

The foundation has no paid employees and is all volunteer. The foundation is a 501(c)3 organization and funds are obtained from individuals, businesses and corporate tax-deductible contributions, as well as from other foundations.

For information or to donate, visit www.desplainscommunityfoundation.org or call Rosemary Argus at (847) 525-5566.



COURTESY OF DES PLAINES COMMUNITY FOUNDATION
The Des Plaines Community Foundation presented the Maine Township Food Pantry with a \$5,000 donation for the holidays. Pictured, from left, are Maine Township Trustee Kelly Horvath; Maine Township Supervisor Karen Dimond; Sandra Hansen, Des Plaines Community Foundation board member and vice president/bank manager of BMO Harris Bank; and Maine Township Food Pantry Director Carol Langan.



COURTESY OF ELK GROVE TOWNSHIP

Veterans can obtain education, housing, retirement benefits and more through this new offering from the Department of Veterans Affairs.

Veterans Service Officer joins Elk Grove Township

Submitted by Vicarious Public Relations

The Elk Grove Township offices, 600 Landmeier Road, in Elk Grove Village, are a new location for an Illinois Department of Veterans Affairs (IDVA) Veterans Service Officer, who is trained to help veterans navigate the process to obtain benefits for themselves, dependents and survivors.

Additionally, education, housing and retirement benefit assistance can also be provided. Walter Wilson, the new VSO at Elk Grove Township, is also a veteran and fully accredited by the U.S. Department of Veterans Affairs.

"We welcome Walter to our team. He provides an extremely valuable service to individuals who have served and sacrificed

for our country," said Township Supervisor George Busse, who is a retired Navy captain.

"I know how complex and confusing the benefits program can be. We need to make sure veterans can find and get access to the services they have earned and may badly need."

Busse encourages area veterans to reach out to Wilson about services for which they are eligible. These include health care services, educational opportunities, retirement resources and homeownership/loan programs.

Busse also pointed out that the township can assist veterans in finding employment through its Employment Center and help to address other concerns by connecting them with resources

through the township and social service agency partners.

There are more than 50 IDVA Veteran Service Officers across Illinois, as well as five veterans' homes offering domiciliary and skilled nursing care to veterans.

"We are continually expanding our reach to veterans across Illinois," said IDVA Acting Director Terry Prince. "We thank Elk Grove Township's leadership for their partnership and for opening their doors to make services to veterans in their community more accessible. Walter is a skilled and dedicated professional with a long history of helping veterans."

Wilson is a Navy veteran who has served in this role for 10 years and is well-versed in benefits available to veterans at the local,

state and federal level.

He can help veterans identify benefits they qualify for and assist them in applying and gaining access to them. Wilson works to resolve any challenges that may arise regarding veterans benefits. Services provided are available to all veterans, regardless of where they live.

Veterans, dependents, or survivors who need help with obtaining benefits or want to learn more about programs available to them should call the township at (224) 265-6112 to schedule an appointment. The VSO office is open from 9 a.m. to 5 p.m. Monday through Thursday.

For more information on veterans, visit www2.illinois.gov/veterans/benefits/Pages/default.aspx.

Business Insight

presented by AMITA Health

POP Goes the Pelvis 3 Things Every Woman Needs to Know About Pelvic Organ Prolapse

What is pelvic organ prolapse (POP)?

It is a condition where one or more of the organs found in female pelvis: bladder, bowel, uterus, or top of the vagina slip out of place. While the condition is not life-threatening, it can be life-changing both physically and emotionally. Among physical symptoms of POP, women often report heaviness around the lower tummy and genitals; discomfort, pain or numbness during sex; a tugging discomfort inside the vagina; problems urinating – a feeling like the bladder is not emptying fully, needing to go to the toilet often, or leaking a small amount of urine while coughing, sneezing or exercising; feeling or seeing a bulge or lump in or coming out of the vagina or feeling like there's something coming down into the vagina – it feels like sitting on a small ball

What else do you need to know about POP?

1. You Are Not Alone!

"Women often feel too embarrassed to speak to their physician about their pelvic floor and intimacy issues," explained German Calonje, MD, urogynecologist and Medical

Director, AMITA Health Pelvic Medicine and Reconstructive Surgery Program. "There are discussions among clinicians about introducing standardized POP screening questionnaires at annual check-ups to aid women speak up." Researchers estimate that 50% of women develop pelvic organ prolapse and up to 70% of women experience urinary incontinence (involuntary leakage of urine), which is often the first sign of POP. The United States Census Bureau estimated that the number of American women aged 60 and older will almost double between 2000 and 2030 – that means that the POP problem is going to be even more prevalent than before.

2. Control What You Can

There are a few causes of POP, with childbirth and menopause considered the two main culprits:

- Childbirth: Researchers believe that difficult labor and vaginal delivery is one of the main causes of POP. Women who experience long stage 2 of labor (the "pushing stage"), have multiple births and deliver large birth-weight babies (8lbs plus) are more likely to

develop pelvic organ prolapse. It may take as long as 20 years for the impact to show itself.

- Menopause and Aging: The second main cause of POP is menopause. The change in the levels of the two female sex hormones: estrogen and progesterone lead to other changes in the female body, including loss of muscle strength and elasticity, which also affects the pelvic floor muscles. Weakened and less elastic pelvic floor muscles offer less support to keep the pelvic floor organs in place.

According to data, women whose female blood relatives (mother or sister) have had POP, are more likely to develop pelvic organ prolapse.

- Chronic constipation: The prolonged and repeated straining associated with constipation can cause or worsen POP. Constipation is not normal and should be treated, first with lifestyle changes – a diet rich in fiber combined with exercise and drinking more water. If constipation persists, it might be time to see your primary care physician.
- Chronic cough: Every time you cough, your internal organs push down on other organs, and the organs in your pelvis can get pushed down the vaginal canal over time, causing or worsening POP.

- Obesity: BMI of 30 or more significantly increases risk for POP. Losing weight and keeping it off can help prevent it or improve your symptoms
- Some exercise: Exercise such as repetitive heavy lifting, running and jumping may lead to POP. In the recent study published in the International Urogynecology Journal, the researchers found that a higher percent of female runners reported symptoms of POP (12.7%) and AI, anal incontinence (34.0%) than in females engaged in cross fit (POP - 7.8%, AI - 27.7%). Additionally, female runners who have had vaginal

deliveries, constituted and even larger group reporting POP symptoms (19%) and AI (39.3%).

3. Help Is Available

"If you have been experiencing symptoms of POP, make sure to avoid things that are known to aggravate the condition, such as smoking, running, heavy lifting, staining, or being overweight," said Marko Jachtorowycz, MD, FACOG, FACS, urogynecologist and Medical Director, AMITA Health Minimally Invasive Gynecological Surgery Program. "Additionally, you may want to consider POP physical therapy. While physical therapy will not completely reverse pelvic organ prolapse, you may be able to significantly reduce the severity of your symptoms by performing pelvic floor muscle training," added Dr. Jachtorowycz.

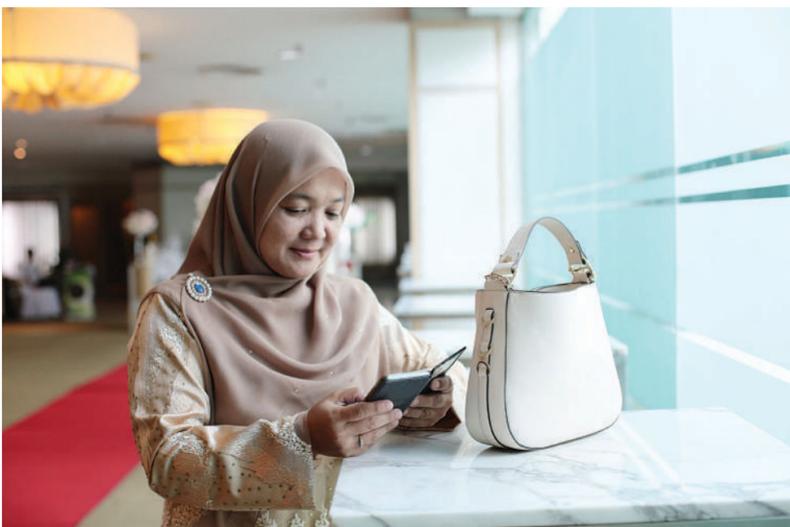
In more advanced stages of POP, treatment options may include pessaries – silicone devices placed in the vagina for structural support. Pessaries need to be fitted to the specific shape of the individual anatomy.

When surgery becomes necessary, the urogynecology experts at AMITA Health offer a wide variety of treatments tailored to your individual needs and lifestyle goals, which include:

1. Minimally invasive surgical options, including advanced robotic surgery, which require no or only small incisions and significantly shortens recovery times (1-2 weeks vs 4-6 weeks after open surgery)
2. Urethral sling implants, as well as non-mesh surgical options
3. Uterine-preserving procedures

Your pelvic medicine specialist will discuss the pros and cons of each option so that you feel empowered to make the best decision for you.

Learn more at AMITAhealth.org/Women



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