

**TOWNSHIP REPORT FOR COMPLIANCE WITH DECENNIAL COMMITTEES ON
LOCAL GOVERNMENT EFFICIENCY ACT
Township and Road District JOINT REPORT**

I. Unit of government submitting this report:

NAME OF TOWNSHIP: Normal Township

This report is for 50 ILCS 70/5. Any local government that levies a tax, other than a municipality or county, must file this report.

II. Information about our Township

- A. We are located in McLean County. There are 30 townships in our county.
- B. The population of our Township is 52,736, as of the 2020 census.
- C. We have 14 part-time, 6 full-time employees of the Township.
 - a. Does not include elected officials.
 - b. Includes GA/EA staff, Assessor staff, ARC Staff and general township staff.
- D. We have 7 part-time employees in our Road District
 - a. Does not include elected officials.
 - b. Includes Snowplow Drivers & ARC Van Drivers
- E. Our annual budget for 2023 is: Normal Township General Fund \$2,854,975.
Road & Bridge Fund \$1,159,677.
- F. Our Township's equalized assessed valuation for 2023 is \$1,210,220,960.

III. Information about Our Committee

A. Committee Members:

Township Supervisor Jess Ray

Township Highway Commissioner Arin Rader

Township Trustee Floyd Aper

Township Trustee Arlene Hosea

Township Trustee Sally Pyne

Township Trustee Art Rodriguez

Township Resident (Supervisor Appointment) Dayna Schickendanz

Township Resident (Supervisor Appointment) Deb Shaw

Township Resident (Highway Comm. Appointment) Randy Schaab

B. Dates that our Committee Met (50 ILCS 70/20)

First (Organizational) Meeting
(must occur prior to June 10, 2023): May 18, 2023

Second Meeting: August 22, 2024

Third Meeting: September 26, 2024

IV. Programs Offered by our Township.

A. Our Township offers the following services and programs:

General Assistance Program.

Emergency Assistance Program.

Snow removal and maintenance of 25 miles of Normal Township roads.

Assessment of Normal Township property values.

Financial assistance in community projects through a competitive grant process.

Normal Township Activity and Recreation Center (ARC) for Adults 55 or older
which at time of report has 3,630 members.

ARC volunteer program.

Shuttle service to ARC program.

B. Other services/programs we could possibly provide:

Handyperson Assistance Program for older adults or those with disabilities

Intergenerational programming

V. Social Service Agreements

A. We partner with the following not for profits and organizations to offer social services:

- a. Senior Health Insurance Program (SHIP)/Illinois Department of Aging
 - i. Program at ARC has SHIP Counselors that are trained and certified in offering one-on-one information for all aspects of Medicare, health insurance and drug plans.
- b. McLean County Health Department.
 - i. Immunization Clinics at the ARC.
 - ii. Diabetes Prevention Program at the ARC.
- c. Internal Revenue Service Volunteer Income Tax Assistance (VITA).
 - i. Normal Township provides space at the ARC for VITA volunteers to meet with clients and helps schedule appointments.
- d. American Red Cross.
 - i. Quarterly Blood Drives at the ARC.
- e. Midwest Food Bank.
 - i. On site pick up at ARC for those in need.
- f. OSF HealthCare.
 - i. ARC is a congregant meal site for Peace Meal managed by OSF Healthcare.
 - ii. Programs on healthy eating and lifestyle held at the ARC.
- g. Faith in Action.
 - i. Community group that has a lease for space in the ARC. It provides transportation volunteers that help older adults go to medical appointments and grocery shopping.
- h. East Central Illinois Area Agency on Aging (ECIAAA).
 - i. Matter of Balance class supported by the funding by ECIAAA is held at the ARC.
 - ii. Live Well Be Well program supported by the funding by ECIAAA is held at the ARC.
 - iii. Program at the ARC on scam/fraud prevention.
 - iv. ARC Sunshine Program which is supported by a grant from ECIAAA.
- i. Town of Normal
 - 1. Normal Police Department
 - a. Coffee with a Cop program at the ARC.
 - b. K-9 Unit Program at the ARC.
 - c. Trending Scams towards Seniors program at the ARC.
 - d. Nutrition and Wellness program by Chief Steve Petrilli
- j. Normal Public Library
 - i. Books on the Go Program at the ARC.
 - ii. Various public programming by Normal Library held in the Township Hall Community Room.
- k. Connect Transit
 - i. Program on their services at the ARC.
- l. Community Care Systems, Inc. (CCSI) & Alzheimer's Association

- i. Caregiver Support Meetings at the ARC.
- m. Carle Health
 - i. Grief Support meetings at the ARC.
 - ii. Sugar Creek Alzheimer's Special Care Center
 - iii. Caregiver Support Meetings at the ARC.
- n. Parkinson's Support Group
 - i. Support Meetings at the ARC.
- o. ARC Local Interest Speaker Series Participants.
 - i. Selected list – The Babyfold, Community Care Systems, Inc., David Davis Mansion, Illinois State University Milner Library Circus Collection, Illinois State Wonsook Kim College of Fine Arts University Galleries, McLean County Arts Center, McLean County Museum of History, Miller Park Zoo, Midwest Foodbank, Normal Library, Prairie Aviation Museum, Town of Normal, WGLT.
 - ii. Presentations about local area community groups and programs
- p. AMVETS Post 270, American Legion Post 635, American Legion Post 56, U.S. Department of Veterans Affairs, Peoria Vet Center, Honor Flight Land of Lincoln
 - i. Veteran programming events held at the ARC.
- q. The Letitia Green Stevenson Chapter of the Daughters of the American Revolution and the General Joseph Bartholomew Chapter of the Sons of the American Revolution.
 - i. Program on American Revolutionary war patriots at the ARC.
- r. Bloomington-Normal NAACP
 - i. Provided a presentation on Dr. Martin Luther King Jr. and the NAACP.
- s. University of Illinois Extension, McLean County
 - i. Programs on healthy eating and healthy lifestyle held at the ARC.
 - ii. Program on Medical Identity Theft
- t. Illinois State University English Department and Unit 5 Kingsley Junior High
 - i. Program with ISU English Teacher Education Students, Kingsley 7th Grade Students and ARC members. Kingsley students participate interviewing ARC members about what matters most then takes the information to write a poem.
- u. Illinois State University School of Kinesiology and Recreation
 - i. ARC staff worked with a faculty member and students in developing programming for the ARC.
 - ii. ARC staff worked with a Park and Recreation student intern on outdoor programming.
- v. Illinois State University Mennonite College of Nursing
 - i. OASIS Technology for Seniors programs at the ARC. Part of a reducing social isolation/making social connections grant.
 - ii. Mental health awareness program at the ARC.
 - iii. Checking blood pressure and blood sugar program at the ARC.
- w. Illinois State University Department of Communication Sciences and Disorders
 - i. Hearing and Cognitive screenings at the ARC.
- x. Illinois State University Office of Sustainability
 - i. Fix it Friday clothing repair program at the ARC.

- y. ISU Senior Professionals
 - i. Shared programming opportunities with ARC members
- z. Township Grant Recipients (Community Health Care Clinic, McLean County Museum of History, OSF Peace Meal,, School Street Pantry, Youthbuild, YWCA)
 - i. Grant recipients received funding from the Township for programs that would benefit Township residents.
- aa. The Institute for Financial Education, Lishka Financial Coaching, Edward Jones, and MFS Investment Tracking.
 - i. Each organization provided financial programming at the ARC.
- bb. Community Care Systems, Inc. (CCSI)
 - i. CCSI provides assistance with license plate discounts, RTA discount, Tax Freeze/Homestead and Exemption applications at the ARC.
- cc. Compassion & Choices of McLean County
 - i. Programs at the ARC related to help with Durable Power of Attorney.
- dd. AARP Smart Driver course.
 - i. Courses offered at the ARC.
- ee. Illinois Secretary of State.
 - i. Rules of the Road courses are offered at the ARC.
- ff. Central Illinois Institute of Balance
 - i. Physical Therapists provide free risk assessments and shared resources in a program at the ARC.
- gg. Senior Care Network of McLean County
 - i. Community Health Fair program at the ARC.
 - ii. Organization meets at the ARC.
- hh. Illinois Special Olympics
 - i. Provided overflow parking at ARC for Special Olympics events.
 - ii. Provided training space for Illinois Special Olympics training at the ARC.
- ii. LIFE Center for Independent Living (LIFE CIL)
 - i. Program at the ARC on the services that they provide.
- jj. American Cancer Society
 - i. Program about Relay for Life at the ARC.
- kk. Zeta Phi Beta Sorority, Incorporated-Beta Iota Zeta Chapter of Bloomington, IL.
 - i. Basics of Google Drive program at the ARC.
 - ii. Ornament making program at the ARC.
- ll. Community Players Theatre Performers
 - i. Provided singing performance and information about the organization at the ARC.
- mm. Heartland Theater Company
 - i. Provided program on “Seniors Performing in the Community” part of the Young at Heartland program.
- nn. Ecology Action Center
 - i. Programs at the ARC on recycling and reducing energy costs at home.
- oo. YWCA
 - i. Presentation at the ARC on the YWCA Retired Senior Volunteer Program (RSVP)

- B. Our residents have benefitted from these relationships in the following ways:
- a. Provided a central location for residents to collect important community information.
 - b. Activities provided opportunities to reduce social isolation for the Township's older population and encourage social engagement and establishing connections.

VI. Awards and Recognitions

Our Township has received the following awards, distinctions, and recognitions: (List all).

November 2021. Normal Township Supervisor Sarah Grammer received the Elected Official of the Year Award for 2021 from the Illinois Township Association of Senior Center Services Committee.

October 2021. Township employee Rick Lewis Director of Operations was the recipient of the Dr. Arthur H Larsen Leadership Award for 2021 by the East Central Illinois Area Agency on Aging.

September 2023. The 2023 Innovation Award Third Place was presented to ARC Celebrates Seasons Arts and Crafts Sales by the Association of Illinois Senior Centers and the Illinois Township Association of Senior Citizen Services Committees

April 22, 2024. Recognized by YouthBuild. Appreciation for the Township's support in making their sensory room dreams a reality.

September 18, 2024. Township staff members Barb Dallinger Sunshine Coordinator and Elicsha Sanders, Member Services Manager received certificates of appreciation from East Central Illinois Agency on Aging. It was in appreciation for outstanding dedication and service to older adults with creative ways to expand social connections and promote healthy aging in your service area.

VII. Intergovernmental Agreements

A. We partner with, or have Intergovernmental Agreements, with the following other Governments (List all):

Entity:	Services Offered:
Illinois State University	Lease for Speech and Hearing Clinic Clinical Lab site for Mennonite College of Nursing
City of Bloomington Township	We receive funding assistance for the ARC. In September 2024, 1,567 members of the ARC were Bloomington Residents.

B. Our Township's efficiency has increased through intergovernmental cooperation in the following way (list cost savings, avoiding duplicated services, etc.):

Having a satellite office of the Illinois State University Eckelmann-Taylor Speech and Hearing Clinics has made it easier for ARC Members to get free screenings or attend an appointment. The agreement with Mennonite College of Nursing provides free blood pressure and blood sugar checks on site at the ARC and the students provide health presentations and answer questions under the supervision of a faculty member.

VIII. Review of Laws, Township Policies, Township Rules and Procedures, Township Training Materials, and other Documents

We have reviewed the following, non-exhaustive list of laws, policies, training materials, and other documents applicable to the Township to evaluate our compliance and to determine if any of the foregoing should be amended.

- State laws applicable to Townships, including, but not limited to the Township Code (60 ILCS)
- Illinois Open Meetings Act (5 ILCS 120)
- Policy on public comment
- Designation of OMA officer (5 ILCS 120/1.05(a))
- All of Elected Officials have completed OMA Training (5 ILCS 120/1.05(b))
- Schedule of All Township Regular Meetings for Calendar or Fiscal Year (5 ILCS 120/2.03)

- Illinois Freedom of Information Act (5 ILCS 140)
- Designation of FOIA officer (5 ILCS 140/3.5(a))
- FOIA Officer Training (5 ILCS 140/3.5(b))
- Computation and Retention of FOIA Requests (5 ILCS 140/3.5(a))
- Posting Other Required FOIA Information (5 ILCS 140/4(a); 5 ILCS 140/4(b))
- List of Types or Categories of FOIA Records under Township's Control (5 ILCS 140/5)
- Periodic Meetings to Review Closed Meeting Minutes (5 ILCS 120/2.06(d))
- IMRF Total Compensation Postings (5 ILCS 120/7.3)
- Designation of Whistleblower Auditing Official (50 ILCS 105/4.1)
- All of our Elected Officials have filed statement of economic interests (5 ILCS 420/4A-101; 5 ILCS 420/4A-101.5)
- Sexual harassment prevention training (775 ILCS 5/2-109(c))
- Our Intergovernmental Agreements
- Our Social Service Agreements or Contracts
- Our budget and financial documents
- State Ethics Laws, including, but not limited to the State Officials and Employees Ethics Act (5 ILCS 430/1-1)
- Reports on government efficiency, including "Local Government Efficiency and Size in Illinois: Counting Tax Revenues, Not Governments" by Wendell Cox (2016); "Local Democracy and Townships in the Chicagoland Area," by Wendell Cox, (January 2012).

IX. What Have We Done Well?

- A. Educational, physical, mental and entertainment services delivered at Normal Township's Activity and Recreation Center (ARC) to encourage social engagement and connectiveness and reduce social isolation.
- B. Freeze on trustee salary.
- C. Senior programming during COVID-19 pandemic
- D. Partnering with McLean County Health Department to provide immunization clinics.
- E. Partnering with the American Red Cross to provide space for blood drives.
- F. Adding solar panels at the ARC to reduce energy costs and increase power consumption efficiency.
- G. Adding Green Space for outdoor programming at the ARC and is available to everyone in the Township.
- H. New Road and Bridge Building with greater efficiencies.

X. What Inefficiencies Did We Identify/What Are our Next Steps?

- A. Technology continues to change. The township has some duplication of services that could possibly be consolidated. A plan is needed to address the Township's technology needs and the best way to address them.
- B. A better way is needed to allow all township employees to have electronic access to the Township Personnel manual and benefits such as Direct Deposit. This could be addressed as part of a technology plan.

XI. What Can We Do Better or More Efficiently?

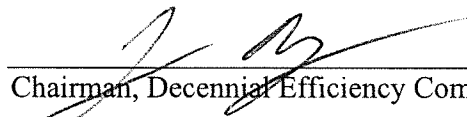
- A. Update and develop an enhanced Disaster/Emergency Recovery Plan.
 - a. The Township is in the process of joining the Illinois Public Works Mutual Aid Network (IPWMAN)
- B. Update and develop an enhanced Security Plan.
- C. Develop a Township Services current and future Technology Plan.
- D. Develop a Human Resources current and future Plan/Process.
- E. Review and update the Maintenance Plan.

XII. Studies on Governmental Efficiencies

In preparing this report, we reviewed several studies on local government efficiency. These studies show that:

- A. The average local government in Illinois serves 1800 residents compared to the national median of 2850 individuals.
- B. Most townships in Illinois have no bonded indebtedness. Together with road districts they are an integral element of local democracy. Township expenditures have grown at a lower rate than those of any other level of government since 1992.
- C. Townships have lower labor costs and employ mostly part time employees.

Submitted by: _____


Chairman, Decennial Efficiency Committee of Normal Township

Date: October 17, 2024

Appendices

- A. Copy of an ARC Newsletter
- B. SHIP Information from ARC Website
- C. Local Government in Illinois: A Comparison of Township Government
- D. Sample of Normal Township website.
- E. Sample of Normal Township Activity and Recreation Center (ARC) website.
- F. Information about ARC Solar Panel Savings.

APPENDIX

A


ARC Newsletter





ARC

OCTOBER 2024 NEWSLETTER



 600 E Willow Street
Normal, IL 61761

 309-888-9099

 **Contact Us Via Email**
www.activityandrecreationcenter.org

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ABOUT ARC

With an annual membership fee of only \$30 available to anyone age 55+ in McLean County and beyond, Normal Township's Activity and Recreation Center (ARC) provides a modern, friendly, atmosphere for socialization and fitness, as well as recreational, nutritional, and health support services. A membership fee reduction is available based on financial need, and Silver Sneakers members can receive a free membership. We provide a comprehensive range of programs and services, including pickleball, billiards, Peace Meal, art workshops, aerobics, card tournaments, support groups, book clubs, and so much more

WHAT YOU NEED TO KNOW

Registration for September programs will begin on **W, September 25th at 8 AM**. Programs with a fee must be registered for in person or on ARC's Member Portal. Free programs can be registered for in-person, online or by phone. Programs marked with an asterisk on the Activity Calendar require registration.

The Normal Township Activity & Recreation Center is not a licensed or certified adult day services provider.

BUILDING HOURS

Monday - Thursday: 7:00 AM - 7:00 PM
Friday & Saturday: 8:00 AM - 1:00 PM

Midwest Food Bank Distribution Days

October 15th & 29th

2024 Veterans Yearbook

If you are an ARC member & military veteran who **did not** submit a photo of yourself while in the service for our 2021 Vets Yearbook, please consider submitting a photo for the 2024 Vets Yearbook to escott@normaltownship.org by **October 15th**. Along with the photo, please include your branch and years of service. If you already submitted a photo in 2021, it will once again be included and there is no need to re-submit.

Help us thank our October Bonnie's Cafe Sponsor: Central Illinois Institute of Balance

CENTER INFORMATION

CENTER STAFF

DIRECTOR OF OPERATIONS

Lori Kerns
lkerns@normaltownship.org

DIRECTOR OF PROGRAMMING

Molly Camper
mcamper@normaltownship.org

COMMUNICATIONS COORDINATOR

Sammi Scott
sscott@normaltownship.org

MEMBER SERVICES MANAGER

Elicssha Sanders
esanders@normaltownship.org

MEMBER SERVICES

Jeanne Whitehill, Ruby Jones, Chris Hoff,
Delores McGee, Delilah Finnegan, Michelle
Lee

SHUTTLE DRIVERS

George Wilson, Patrick Howard, Sherman
Lee, Pat Smith

JANITORIAL STAFF

Keith Weatherspoon, Randy Koch, David
Mikulecky, Mike Tuttle

DIRECTORY & SERVICES

NORMAL TOWNSHIP

304 E. Mulberry Street, Normal, IL 61761
Phone 452-2060

FAITH IN ACTION

600 E. Willow Street, Normal, IL 61761
Phone 827-7780

ISU AUDIOLOGY

600 E Willow Street, Normal, IL 61761
Phone 438-8124

PEACE MEAL

Noontime meals are served Monday-Friday and are available to persons 60+. Participants are served a well-balanced meal containing at least 1/3 of the daily adult nutritional requirements. There is a suggested donation of \$4.00 for each meal. To make your reservation, call ARC at 888-9099, press 1 and leave a message with your name and reservation date at least one day in advance of the reservation date by Noon.

SHUTTLE SERVICE

ARC shuttle service is available to all seniors that live within a 7-mile radius of ARC. The shuttle service offers door-to-door transportation to and from our programs. The shuttle operates Monday through Thursday, according to the ARC calendar year. **Pick-ups will be timed to allow all those who register for a ride on a given day to arrive at ARC by 10 AM. Drop-offs will take place at either 2 PM or 4 PM.** Drop-off time must be specified when making your ride reservation. The cost for riding the shuttle is **FREE**. In order to run an efficient shuttle service, all riders need to reserve a seat by **noon the day in advance**. To make a reservation, call ARC at 888-888-9099, and press 2 to speak to a Member Services Representative.

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ARC, Normal, IL A 4C 01-1213

OCTOBER 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	02	03	04
SAT. PROGRAMS 5, 10/5, 10-12: *Self-Awareness Workshop: Communication* 5, 10/12, 10 AM-12 PM, Dogtober Fest w/ Deeb's Senior Chihuahua Rescue 5, 10/19, 9:11 AM: *Fused Glass* 5, 10/19, 9:30 AM, *Pickleball Drilling for Skills* 8, 11 AM *Pickleball Game Play Strategy* 5, 10/19, 10 AM: Movie: Thelma (2024) 5, 10/26, 9 AM - 1 PM: Celebrate the Season Art & Craft Sale	9:30 Caregiver Support - 5 C 10:00 NFL Books on the Go 10 ARC Auto Readers 10-12 Scrabble 10-12 *Photography Support* 11 *Big Trees 101* 12 *Conversational Spanish 3* N 1 *Conversational Spanish 4* N 12:30-4 Poker 1 *Android Basics* 1-2 ARC-Ulele Hour 1-3 *MOB* N 1-4 Pinochle 1-6 Fun and Games 2-4 Strat-O-Matic Baseball 3 *Phone Basics*	8-6 Painter's Workshop 9-12 Hand and Foot 9 Mindfulness Meditation 9 *Sign Language C* N 10 *Sign Language B* N 10 *CapTel Demo* 11 *Sign Language A* N 12 Women's Grief Support 12:30 Euchre 12:30 *Adv. Bridge Tournay* 1-6 Fun and Games 2-8 Caregiver Support - Alzheimer's Association	8-12 Hobby Workshop 9:30 California Canasta 10 *Bunco* 10 Movie: Broken Arrow (1990) 10:30 Great Books 12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 12:30 Inter./Adv. Bridge 1:00 Chess 1-3 *MOB* 1-6 Fun and Games 2-4 Strat-O-Matic Baseball 2-4 ARCooustic Jam	8-1 Quilting & Sewing 8:30 - 12 *ISU Audiology Event* 9:00 Mindfulness Meditation 9 *Intro to Conversational Spanish* N 10 Morning Game Mash-Up 10 *Rock Painting* 11 *Conversational Spanish 2* N 12 *Conversational Spanish* N
07	08	09	10	11
8-6 Quilting and Sewing 9 *Sign Lang. D* N 9 *DPP* 9 Mindfulness Meditation 9-11 8 Ball Tournay 9:30 California Canasta 10-1 *Computer Assistance* 12:30 Inter./Adv. Bridge 12:30-4 Mah Jongg 1-4 Hand & Foot 1-6 Fun and Games 1 Bingo: Sugar Creek 1:30 *Sunshine Bells Performance*	8:30-12:30 *Smart Driver* 9-11 *DPA* 10-12 Scrabble 12 *Conversational Spanish 3* 1 *Conversational Spanish 4* 12:30-4 Poker 1-3 *MOB* 1-4 *Watercolor Self-Portraits w/ Carol B.* 1-4 Pinochle 1-6 Fun and Games 2-4 Strat-O-Matic Baseball	8-6 Painter's Workshop 8:30-12:30 *Smart Driver* 9-11 Assisted Living Helpers Consults 9-12 Hand and Foot 9 Mindfulness Meditation 9 *Sign Language C* 10 *Sign Language B* 11 *Sign Language A* 12 Men's Grief Support 12:30 Euchre 12:30 Inter./Adv. Bridge 1-6 Fun and Games	8:30 Intermediate Crochet 9-11 Assistance Outreach 9-1 *HeartSaver CPR* 9:30 California Canasta 10 *Bunco* 10:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 12:30 Inter./Adv. Bridge 1:00 Chess 1-3 Walk-In SHIP 1-3 *MOB* 1-6 Fun and Games 2-4 Strat-O-Matic Baseball 2-4 ARCooustic Jam	9:00 Mindfulness Meditation 9 *Intro to Conversational Spanish* 10 Movie: Message in a Bottle (1999) 10 Morning Game Mash-Up 10:30 *Fall Tote Bag* 11 *Conversational Spanish 2* 12 *Conversational Spanish* 6-6 Halloween Dance
14	15	16	17	18
<p style="text-align: center;">Closed for Indigenous Peoples' Day</p>	10:00 NFL Books on the Go 10 *Fall Sportsbook Block Print Art Class* 10-12 *Photography Support* 10-12 Scrabble 12 *Conversational Spanish 3* 1 *Conversational Spanish 4* 1 Parkinson's Support Group 1-2 ARC-Ulele Hour 1-3 *MOB* 1-4 Pinochle 1-6 Fun and Games 2-4 Strat-O-Matic Baseball	8-6 Painter's Workshop 9-12 Hand and Foot 9 Mindfulness Meditation 9 *Sign Language C* 9-3 Walk-In Covid/Flu Vaccine Clinic 10 *Sign Language B* 11 *Sign Language A* 12:30 Euchre Tournay 12:30 Inter./Adv. Bridge 1 *Eating for Eye Health* 1-6 Fun and Games	9-11 *DPA* 9:30 California Canasta 10 *Bunco* 10-12 *Oil Pastel Class w/ Dale Evans* 11 *Enthusiastic Gardeners Club: Lake of the Woods* 12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 12:30 Inter./Adv. Bridge 1:00 Chess 1-3 *MOB* 1-6 Fun and Games 2-4 Strat-O-Matic Baseball 2-4 ARCooustic Jam	9:00 Mindfulness Meditation 9 *Intro to Conversational Spanish* 9-10 *DPP* 9:11 *Fused Glass Class* 10 Morning Game Mash-Up 10:00 *Local Interest Speaker Series: Bob Cybers: Hunting the I-70 Serial Killer* 11 *Conversational Spanish 2* 12 *Conversational Spanish*
21	22	23	24	25
8-6 Quilting and Sewing 9 *DPP* 9 *Sign Lang. D* 9 Mindfulness Meditation 9-11 8 Ball Tournay 9:30 California Canasta 10-1 *Computer Assistance* 12:30 Inter./Adv. Bridge 12:30-4 Mah Jongg 1-3 Walk-In SHIP 1-4 Hand & Foot 1-6 Fun and Games 1 Bingo: The Loft	9-12 *Watercolor Self-Portraits w/ Carol B.* 10-12 Scrabble 10-12 *Stamping Class* 10:30 *Music Therapy* 12 *Conversational Spanish 3* 1 *Conversational Spanish 4* 12:30-4 Poker Tournay 1 *Apple Watch Class* 1-2 ARC-Ulele Hour 1-3 *MOB* 1-4 Pinochle 1-4 *Watercolor Self-Portraits w/ Carol B.* 1-6 Fun and Games 2-4 Strat-O-Matic Baseball	8-6 Painter's Workshop 9-11 Assisted Living Helpers Consults 9-12 Hand and Foot 9 Mindfulness Meditation 9 *Sign Language C* E 10 *Sign Language B* E 11 *Cottage Vacations Travel Sampler* 11 *Sign Language A* E 12 Men's Grief Support 12:30 Euchre 12:30 Inter./Adv. Bridge 1-6 Fun and Games 4 Movie: Nights in Rodanthe (2008)	8:30 Beginner Crochet 9-11 Assistance Outreach 9:30 California Canasta 10 *Bunco* 10 *Oil Pastels w/ Dale Evans* 10:30 *Mental Health Series* 10:00 *Medicare Part D* 12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 12:30 Inter./Adv. Bridge 1:00 *OSF SmartMeals* 1 *Android Apps* 1:00 Chess 1-3 *MOB* E 1-6 Fun and Games 2-4 Strat-O-Matic Baseball 2-4 ARCooustic Jam 3 *iPhone Apps*	9:00 Mindfulness Meditation 9 *Intro to Conversational Spanish* E 10 Morning Game Mash-Up 11 *Conversational Spanish 2* E 12 *Conversational Spanish* E
28	29	30	31	
8-6 Quilting and Sewing 9 *DPP* 9 *Sign Lang. D* E 9 Mindfulness Meditation 9-11 8 Ball Tournay 9:30 California Canasta 10-1 *Computer Assistance* 12:30 Inter./Adv. Bridge 12:30-4 Mah Jongg 1 *The Musical Classics* 1-4 Hand & Foot 1-6 Fun and Games 1 Bingo: Evergreen Senior Living	10-12 Scrabble 12 *Conversational Spanish 3* E 1 *Conversational Spanish 4* 1-2 ARC-Ulele Hour 1-4 Pinochle 1-6 Fun and Games 2-4 Strat-O-Matic Baseball 4:30 *Medicare Advantage*	8-6 Painter's Workshop 9-12 Hand and Foot 9 Mindfulness Meditation 12 Men's Grief Support 12:30 Euchre 12:30 Inter./Adv. Bridge 1-6 Fun and Games	9:30 California Canasta 10 *Bunco* 10 Movie: Haunted Mansion (2023) 12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 12:30 Inter./Adv. Bridge 1:00 Chess 1-6 Fun and Games 2-4 Strat-O-Matic Baseball 2-4 ARCooustic Jam	<p>Note: * = registration required; DPA = Durable Power of Attorney, NMO = New Member Orientation, DPP = Diabetes Prevention Program, MOB = A Matter of Balance, N = New Class Begins, E = Class Ends</p>

OCTOBER 2024 IN-PERSON EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	02	03	04
Autumn Drumming w/ Nancy Nork S, Oct. 26th, 10 AM The Act of Drumming has been found to be effective for balancing out the right and left-brain hemispheres. Using drum socks and stability ball, we'll have a BALL pounding out and creating our own moving musical masterpiece. This beer will energize your body, mind, and spirit. Cost: \$0-00 Registration required.	9:00 Low & Slow N 9:00 Gentle Yoga N 9:45 Fit & Fabulous N 10:30 Chair Yoga N 11 Beg. Tai Chi & Qigong 11 Zumba N 12:30 30-Minute Zumba Gold N 1-1:30 FEO 1:15 Zumba Gold Chair N 2:15 Strong Nation N 4:30 Active Group Training N	10 Modified Yoga N 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:30 Adv. Line Dance N 2:45 Line Dance II N 5:45 Free Style N	9:00 Low & Slow 9:00 Gentle Yoga N 10:00 TH Zumba Gold Chair N 10:30 Chair Yoga N 11 Beg. Tai Chi & Qigong 11 Zumba & Zumba Toning N 11 Easy-Going Group Training N 12:30 30-Min ZGT N 1:15 Th. Fit & Fabulous N 2 Social Ballroom Dance N 4:30 Active Group Training	9 Fantastic Friday 11 Inter. Tai Chi & Qigong
07	08	09	10	11
9 Triple Treat N 10 Modified Yoga 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:30 Adv. Line Dance 2:45 Line Dance I N 5:45 Waltz N	9:00 Low & Slow 9:00 Gentle Yoga 9:45 Fit & Fabulous 10:30 Chair Yoga 11 Beg. Tai Chi & Qigong 11 Zumba 12:30 30-Minute Zumba Gold 1-1:30 FEO 1:15 Zumba Gold Chair 2:15 Strong Nation 4:30 Active Group Training 5:45 FEO	10 Modified Yoga 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:30 Adv. Line Dance 2:45 Line Dance II 5:45 Free Style	9:00 Low & Slow 9:00 Gentle Yoga 10:00 TH Zumba Gold Chair 10:30 Chair Yoga 11 Beg. Tai Chi & Qigong 11 Zumba & Zumba Toning 11 Easy-Going Group Training 12:30 30-Min ZGT 1:15 Th. Fit & Fabulous 2 Social Ballroom Dance 4:30 Active Group Training	9 Fantastic Friday 11 Inter. Tai Chi & Qigong
14	15	16	17	18
Closed for Indigenous Peoples' Day	9:00 Low & Slow 9:00 Gentle Yoga 9:45 Fit & Fabulous 10:30 Chair Yoga 11 Beg. Tai Chi & Qigong 11 Zumba 12:30 30-Minute Zumba Gold 1-1:30 FEO 1:15 Zumba Gold Chair 2:15 Strong Nation 4:30 Active Group Training	10 Modified Yoga 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:30 Adv. Line Dance 2:45 Line Dance II 5:45 Free Style	9:00 Low & Slow 9:00 Gentle Yoga 10:00 TH Zumba Gold Chair 10:30 Chair Yoga 11 Beg. Tai Chi & Qigong 11 Zumba & Zumba Toning 11 Easy-Going Group Training 12:30 30-Min ZGT 1:15 Th. Fit & Fabulous 2 Social Ballroom Dance 4:30 Active Group Training	9 Fantastic Friday 11 Inter. Tai Chi & Qigong
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9 Triple Treat 10 Modified Yoga 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:30 Adv. Line Dance 2:45 Line Dance I 5:45 Waltz	9:00 Low & Slow 9:00 Gentle Yoga 9:45 Fit & Fabulous 10:30 Chair Yoga 11 Beg. Tai Chi & Qigong 11 Zumba 12:30 30-Minute Zumba Gold 1-1:30 FEO 1:15 Zumba Gold Chair 2:15 Strong Nation 4:30 Active Group Training	10 Modified Yoga 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:30 Adv. Line Dance 2:45 Line Dance II	9:00 Low & Slow 9:00 Gentle Yoga 10:00 TH Zumba Gold Chair 10:30 Chair Yoga 11 Beg. Tai Chi & Qigong 11 Zumba & Zumba Toning 11 Easy-Going Group Training 12:30 30-Min ZGT 1:15 Th. Fit & Fabulous 2 Social Ballroom Dance 4:30 Active Group Training	9 Fantastic Friday 11 Inter. Tai Chi & Qigong
28	29	30	31	
9 Triple Treat 10 Modified Yoga 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:30 Adv. Line Dance 2:45 Line Dance I 5:45 Waltz	9:00 Low & Slow 9:00 Gentle Yoga 9:45 Fit & Fabulous 10:30 Chair Yoga 11 Beg. Tai Chi & Qigong 11 Zumba 12:30 30-Minute Zumba Gold 1-1:30 FEO 1:15 Zumba Gold Chair 2:15 Strong Nation 4:30 Active Group Training	10 Modified Yoga 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:30 Adv. Line Dance 2:45 Line Dance II	9:00 Low & Slow 9:00 Gentle Yoga 10:00 TH Zumba Gold Chair 10:30 Chair Yoga 11 Beg. Tai Chi & Qigong 11 Zumba & Zumba Toning 11 Easy-Going Group Training 12:30 30-Min ZGT 1:15 Th. Fit & Fabulous 2 Social Ballroom Dance 4:30 Active Group Training	Halloween Party for Fit/Fab and ZUMBA Gold Chair Class: T, 10/29 F/F - 10:30 - 12:00 ZG Chair 1:00-2:00 *FREE to all! Halloween Party for ZUMBA and ZUMBA Gold Class: TH, 10/31 10:30 - 12:00 *FREE to all! Costumes encouraged Refreshments and Prizes

TECH TUTOR CLASSES & TECH PROGRAMS



TECH TALK REVIEW

Electronic Bill Paying via Bank App, Credit Card, Venmo or PayPal

During our September Tech Talk meeting, we discussed paying bills safely from your Phone, iPad or Tablet, Laptop, or a desktop computer utilizing various bank applications designed for customers to pay bills on time, directly to the merchant, and without incurring any fees from the bank for their service. Since you already use a specific bank for your checking needs, bill pay programs like the ones we demonstrated from PNC means you save enormous amounts of time and your bank account number is not being shared with various merchants. It's similar to a wire transfer yet without the charges typically incurred for this service. And, you can pick the date the funds will be paid and even pay the bill automatically each month.

We also demonstrated how VENMO can be another very effective way of paying individuals or merchants again without sharing your bank account number with other businesses. It is also a more effective way of transferring funds to family members when splitting expenses either on vacations or other family events. While you are on the phone with a one or several family members you can reach a decision on the amount to spend and can transfer the funds real time while finishing your plans. VENMO is linked to either your bank or a bank credit card again without sharing account numbers or information yet accomplishing the needed payments. Some use VENMO to split a bill when out to lunch or dinner without having to exchange actual funds.

CLASSES WITH THE TECH TUTOR

Class size limited to 15 | Instructor: Nancy Komlanc

INTERNET TV

No class in October

Tired of paying that high Cable TV bill? The Tech Tutor, will show you step by-step how many of us are saving \$50 - \$100/month by gradually moving from watching Cable TV channels to Internet Streaming TV channels. Using your same internet connection, you can still watch your favorite shows, movies, sports, local news, Netflix, & more! Nancy will compare costs of local Internet Service Providers and streaming subscription services; plus she'll show you how to set-up an inexpensive device to a TV so you can save \$\$\$! Registration required. Cost: \$30

ANDROID BASICS

T, October 1st, 1:00 PM

IPHONE BASICS

T, October 1st, 3:00 PM

Join us to learn how to: organize your "Home Screen", increase your font size, set-up "Speed Dialing," or "Favorites", send a text message and add a photo, and more! With step-by-step handouts and instructions, you'll make your phone adjustments and get plenty of hands-on practice! Registration required. Cost: \$20

APPLE WATCH CLASS

T, October 22nd, 1:00 PM

Join Nancy, The Tech Tutor as she guides you through the features of your Apple Watch. She'll share important Tips so you can maximize the features with your Apple Watch. We'll delve into its styling features to enhance User-friendliness, how to use it as a communication device, and most importantly for monitoring your Health, Personal Safety, and Exercise activities! Registration required. Cost: \$30

ANDROID APPS

TH, October 24th, 1:00 PM

IPHONE APPS

TH, October 24th, 3:00 PM

If you have questions about downloading and installing a "safe" App on your Smartphone, this class is for you! We'll go over step-by-step handouts and instructions on how to install & uninstall an App, how to use QR codes, plus Nancy will share with you some Apps to help make your life easier, safer, and fun! Registration required. Cost: \$20

ADDITIONAL TECHNOLOGY PROGRAMS

COMPUTER ASSISTANCE

M, 10 AM - 1 PM

Computer assistance will be led by ARC's own tech expert, George Wilson. George can assist with Windows laptops, Apple iPads, Google Chromebooks, Amazon Firesticks and more. Some areas of assistance include set up and configuration, use of Office products, email, password creation tips, photo saving and sharing, backing up data, etc. Registration for a 1-hour time slot is required. Bring your device with you to your appointment.

One appointment per member per month, unless otherwise arranged with George.

GENEALOGY HELP

By Appointment

Reix King will be available by appointment to help you get started on researching your family history. If you have questions you can e-mail Reix at genreix@gmail.com.

PHOTOGRAPHY SUPPORT

T, October 1st & 15th, 10 AM - 12 PM

Join Ray Silva for a time to learn more about all things photography - capture through editing. Register for a 30-minute time slot. Bring your own camera. Register no later than one day in advance.

UPCOMING PROGRAMS

Information on how to register for programs with a fee and free programs can be found on page 1

ART AT ARC

Current Exhibit - Conference Room: "Architecture," by ARC Artists. Runs September 30th - March 7th, 2025

Current Exhibit - Dine-In Gallery: "Patriotic," by ARC Artists. Runs September 30th - November 8th, 2024

Upcoming Exhibit - Dine-In Gallery: "The Colors of the Holidays," by ARC Artists. Runs November 11th - December 27th, 2024. Image Right: "Veterans Proudly Display Flag," by Andrea Monninger



MOVIES AT ARC

TH, Oct. 3rd, 10 AM: Broken Arrow (1950) Run Time: 1 hr., 33 min.

F, Oct. 11th, 10 AM: Message in a Bottle (1999)

Run Time: 2 hr., 6 min. Rating: PG-13

S, Oct. 19th, 10 AM: Thelma (2024) Run Time: 1 hr., 37 min. Rating: PG-13

W, Oct. 23rd, 4 PM: Nights in Rodanthe (2008)

Run Time: 1 hr., 37 min. Rating: PG-13

TH, Oct. 31st, 10 AM: Haunted Mansion (2023)

Run Time: 2 hr., 3 min. Rating: PG-13

FIG TREES 101

T, October 1st, 11 AM

Join Mark Delashmit to learn from Wildflower Apiary to learn about growing caring and eating figs in McLean County, types and varieties of figs, how to care for figs - in-ground vs. container grown figs, picking out pots, soil, fertilizing, watering, shaping, pruning, propagating air layer vs. cuttings, picking figs and determining if they are ripe, along with winter care. Registration required.

SPANISH CLASSES

Cost: \$20, Registration required

Intro to Conversational Spanish: F, October 4th - 25th, 9 AM - We'll learn useful, practical, everyday Spanish phrases, basic vocabulary, a little grammar and some cultural notes but no conjugations.

Conversational Spanish 1: F, October 4th - 25th, 12 PM—Need a refresher of the Spanish you learned in high school or college? In this session, we will cover some grammar such as conjugations (just a few) as well as likes and dislikes, descriptions, feelings, age, and accomplish more things.

Conversational Spanish 2: F, October 4th - 25th, 11 AM - In this class, we will learn more vocabulary as well as conjugations, which will open a whole new world for you in conversing in Spanish. Completion of Conversational Spanish 1 is required.

Conversational Spanish 3: T, October 1st - 29th, 12 PM - ¡Aún más! In this class, we'll continue to aprender more conjugations as well as useful vocabulary to bring your español to the next level. Completion of Conversational Spanish 2 is required.

Conversational Spanish 4: T, October 1st - 29th, 1 PM - ¡El deseo de aprender aún más español continúa! La clase de Conversational Spanish 4 va a ser a la una todos los martes de octubre. Completion of Conversational Spanish 3 is required.

SIGN LANGUAGE C, B, & A
W, October 2nd - 23rd, 9 AM/10 AM/11 AM

Sign Language C, B & A classes are open to those who have taken class at ARC before. **Cost to attend in September is \$50.00/4 classes.**

SELF-AWARENESS SELF-CARE WORKSHOP: COMMUNICATION
S, October 5th, 10 AM - 12 PM

Everyone wants to be heard and understood. Come join ARC member Marsha Meitz to learn some key methods on how to use your words more effectively. Once a word is spoken, it cannot be erased. Discover what words to say and which words are best not to say in some situations. Either marriage, family, work, ARC friendships, or regular daily living, this class is for you. Self-care is to "fill your cup." Your mental health matters. Class is held in 2 segments with a break in between. You must attend session 1 in order to attend session 2. Break from 10:45 to 11:15 AM. Registration required.

SIGN LANGUAGE D
M, October 7th, 21st, 28th, 9 AM

Members who are currently enrolled in Beginner Sign Language should register for Sign Language D for the month of September. **Cost \$25.00/3 classes.**

SUNSHINE BELLS

PERFORMANCE

M, October 7th, 1:30 PM
Join the Sunshine Bells of the Bloomington-Normal Community Bells for an entertaining 45-minute hand bells concert. Registration required.

HEARTSAVER CPR COURSE

TH, October 10th, 9 AM - 1 PM
This course trains participants to provide CPR and use an automated external defibrillator (AED) in a safe, timely, and effective manner. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC). It is designed for anyone with little or no medical training who needs a course completion card or anyone who wants to be prepared for an emergency in any setting. The course cost is \$50, which includes a workbook, training supplies, and a 2-year certification. Registration required.

HALLOWEEN DANCE

F, October 11th, 6 - 8 PM

ARC invites you to join us for a Halloween dance with music by DJ Brad Olson. Meal option available (first-come, first-served) for \$5 - sandwich with chips, cookie and water. Registration preferred; walk-ins welcome. **Cost: \$5/person;** members may bring one non-member guest.

ARC ENTHUSIASTIC GARDENERS: LAKE OF THE WOODS

TH, October 17th, 10:30 AM

The ARC Enthusiastic Gardeners Club will take a no-cost day trip to Lake of the Woods in Mahomet. Meet at Museum of the Grand Prairie at 10:30 AM. Bring a sack lunch. Those needing to carpool can email Molly at mcampfer@normaltownship.org. Open to any ARC members to participate. Registration required.

LOCAL INTEREST SPEAKER SERIES: BOB CYPHERS: HUNTING THE I-70 SERIAL KILLER

F, October 18th, 10:00 AM

In 1992, the serial killer known as the "I-70 Serial Killer" murdered six people along Interstate 70, a major east-west highway through the Midwest. In 2021, a task force formed to take one final crack at solving the crimes. Law enforcement officers chose Bob Cyphers of KMOV-TV to follow them in the hunt for the killer. Join Bob live at the library as he shares his experiences detailed in his new book *Dead End: Inside the Hunt for the I-70 Serial Killer*. Registration required.

MENTAL HEALTH SERIES W/ BRUCE BOECK

TH, October 24th, 10:30 AM

Bruce Boeck is a Licensed Counselor with over 40 years of experience with every kind of population. The topic for October is hearing loss. Registration required.

MORE OF THE MUSICAL CLASSICISTS

M, October 28th, 1 PM

While Franz Joseph Haydn's music is appreciated today, in his time he was one of many recognized composers. Today's session will introduce you to several of these "other" composers who were active during Haydn's and Mozart's time. Some of the names are: Carl Philipp Emanuel Bach, Johann Christian Bach, Paul Wranitzky, Franz Danzi. We'll learn what they contributed to the musical life of the 18th Century. Registration required.

UPCOMING PROGRAMS

Information on how to register for programs with a fee and free programs can be found on page 1



SUPPORT GROUPS AT ARC

CAREGIVER SUPPORT GROUP

T, October 1st, 9:30 AM

Sugar Creek in Normal, IL offers a free support group for caregivers that assist in the care of Alzheimer's & Dementia individuals on the first Tuesday of every month at 9:30 AM at the ARC in Normal. Talking points covered include conflict/resolution, self-care for the caregiver, recreation activities, the different stages of disease. Coordinated by Sugar Creek Alzheimer's Special Care Center.

CAREGIVER SUPPORT: CCSI & ALZHEIMER'S ASSOCIATION

W, October 2nd, 2- 3 PM

Are you a current or past family caregiver? Are you feeling stressed, tired, alone, overwhelmed, and/or burnt out? Caregiver support group meetings may be able to help! Caregiver support groups offer not only peer support, but resources in our communities, referrals to additional support, possible funding opportunities, and problem solving. If you feel you need a listening ear to validate what you're going through as a caregiver, this support group may be for you! Caregiving is not easy and we're here to help!

GRIEF SUPPORT

Led by Kevin Copeland, Carle Hospice Bereavement Coordinator. These programs will meet in person at ARC for the month of October.

WOMEN'S GRIEF SUPPORT

W, October 2nd, 12 PM

This group is closed to new members.

MEN'S GRIEF SUPPORT

W, October 9th & 23rd, 12 PM

Open to members/non-members of ARC, men who are grieving the death of a spouse or other significant person/other.

PARKINSON'S SUPPORT GROUP

T, October 15th, 1 PM

The Parkinson's Support Group meets on the third Tuesday of each month.

KNOW SOMEONE WHO COULD USE A FRIENDLY CHECK-IN?

Contact an ARC Management Team member to let us know if you or someone you know could use a friendly phone call from a staff member or volunteer with ARC's Sunshine Program.

We want to help you stay connected for whole-health wellness!

PROGRAMS FOR HEARING & VISION

CAPEL DEMO

W, October 2nd, 10 AM

Join a rep from CapTel for a demo on the CapTel Phone for the hearing impaired in Bonnie's Café.

ISU AUDIOLOGY EVENT

F, October 4th, 9 AM - 12 PM

This event is tailored for individuals experiencing various hearing challenges, including difficulty understanding speech in noisy environments, feeling fatigued after prolonged conversations or ringing in the ears (tinnitus). If you constantly adjust the volume on your TV or radio, feel that others mumble or speak softly or wear hearing aids without experiencing their full benefits, this event is for you. Attendees will have the opportunity to:

- Learn about the latest advancements in hearing technology and health care

- Experience hands-on demonstrations of new hearing technology.
- Speak one-on-one with experienced audiologists.

No reservations are required for this event. All are welcome to attend and explore solutions to improve their hearing and overall quality of life.

EATING FOR EYE HEALTH

W, October 16th, 1 PM

We all know that carrots are good for the eyes, but what other foods promote eye health? Age-related eye diseases are the leading cause of blindness and impaired vision in the United States, but luckily, there are things you can do to lower the risk. Learn about the common types of eye disorders how nutrition plays a role in eye health and what you can do to protect your eyes. Registration required.

HYBRID PROGRAMS

The Zoom meeting ID and link for each program will be sent via email the week prior

JOIN ARC'S ONGOING HYBRID ACTIVITIES

MINDFULNESS MEDITATION M, W, F, 9:00 - 10:30 AM

Join Dave Shanahan on Zoom as he leads a time of secular mindfulness instruction and discussion. The first half hour is set aside to assist those that are new to the program.

INTERMEDIATE TAI CHI & QIGONG T, TH, 11 AM

In-person instruction only
Includes instruction in Qigong and Yang style long form. Emphasis is on coordination of movement with breath and improving strength and balance. All participants are encouraged to attend beginners practice on Tuesdays and Thursdays, as well. Wear comfortable shoes and loose-fitting clothing. This class is offered on Zoom and in-person.

BEGINNER'S TAI CHI & QIGONG M, W, F, 11 AM

In-person instruction only
Beginners introduction to the static movements of Qigong, the various postures of Tai-Chi, and an introduction to Tai Chi meditation. Qigong movement increases strength and balance, and Tai Chi postures will be broken down into their most basic components. This practice is suitable for beginning and mid-level Tai Chi practitioners. This class is offered on Zoom and in-person.

ARC AVID READERS BOOK CLUB T, October 1st, 10 AM

The ARC Avid Readers Book Club chooses paperback books to read and discuss. October: "The Book of Charlie: Wisdom from the Remarkable American Life of a 109-Year-Old Man," by David Von Drehle and November: "The River We Remember," by William Kent Krueger.

GREAT BOOKS TH, OCTOBER 3RD, 10:30 AM

Our Great Books Club will meet on Thursday, October 3rd at 10:30 AM in the 2nd Floor Classroom at ARC.

Our assignment for October is "On Liberty," by John Stuart Mill (1806 - 1873), an English philosopher and civil servant, and one of the most influential thinkers in the history of Liberalism. This work deals with the individuals freedom within society in all of its manifestations.

All ARC members are welcome to attend our meetings. If more information is needed, email Jim O'Donnell at jod@frontier.com.

Optional Zoom Login:
Login: Meeting ID: 843 8322 9237
Passcode: 974847

CAREGIVER SUPPORT: CCSI & ALZHEIMER'S ASSOCIATION W, October 2nd, 2- 3 PM

See description of this hybrid support group on page 7.



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EXERCISE CLASSES



HOW TO REGISTER FOR CLASS

Registration process for all paid exercise classes:

Registration for classes opens on Wednesday, September 25th at 8 AM.

Register on ARC's website through the GymMaster Portal or stop in at ARC to register in person. Payment is expected upon registration. Exercise classes are considered "Products" under the "Purchase" tab through the Member Portal.

Note for Ada's Classes: Register for the full session by September 27th. After September 27th, you can register for single class dates. Chair & Gentle Yoga - \$12/class.

EXERCISE CLASSES FOR THE MONTH OF OCTOBER 2024

CHAIR YOGA, T (A1), TH (A3), 10:30 - 11:30 AM

Instructor: Ada Rediger

This one-hour class uses a chair as a prop for most postures. It is for students who are uncomfortable moving to the floor, students recovering from an injury, or students who are interested in a gentle practice from a different perspective. Most classes will include: Opening / Centering using guided awareness and pranayama (breathwork), Gentle warm-ups and asanas (yoga postures) guided by the breath, Seated and/or standing, Working on strength, stability, flexibility and balance, Relaxation, & Closing. Physically, you will rejuvenate muscles, repair connective tissue, improve joint function and balance. Additionally, your relaxation will give your body and mind time to integrate the results of your practice. Ask ARC staff about recommended props. The cost to attend this class in October is \$50 for Tuesdays/\$50 for Thursdays. Chair Yoga will start on Tuesday, October 1st.

GENTLE YOGA, T (A2), TH (A4), 9 - 10 AM

Instructor: Ada Rediger

This one-hour class uses slow warm-ups, gentle asana (postures) guided by the breath (pranayama) and deep relaxation. It is for students interested in learning to relax and feel good in their body. During the class, the student will move from seated or lying on the mat to standing positions. Most classes will include: opening/centering work using guided awareness and pranayama (breathwork), gentle warm-ups and asanas (yoga postures) guided by the breath, mat work that is lying down, seated, hands and knees and/or standing, working on strength, stability, flexibility and balance, relaxation & closing. You will rejuvenate muscles, repair connective tissue, strengthen bones, improve joint function and balance. Modifications are offered and use of props is encouraged, making the practice accessible. Ask ARC staff about recommended props. The cost to attend this class

in October is \$50 for Tuesdays/\$50 for Thursdays. Chair Yoga will start on Tuesday, October 1st.

MODIFIED YOGA (C1), M, W, 10 - 11 AM

Instructor: Connie Steff

Modified Yoga uses restorative yoga, adaptations and a slower pace to help both men and women improve balance, flexibility, fitness and relaxation. This is a highly personalized class that is structured according to individual needs. It is ideal for, but not limited to, people with Multiple Sclerosis, Fibromyalgia, and/or any other health, age, or weight issue. The cost to attend this class in October is \$40 for 8 classes. Modified Yoga will start on Wednesday, October 2nd.

SOCIAL BALLROOM DANCE, TH, 2 PM (M1)

Instructors: John DiMascio & Opal Virtue

October will focus on Cha Cha & review of Swing, Foxtrot, Bachata, & Merengue. Last 30 min. of each class will consist of social dancing. Those who would like to rotate partners are welcome to do so. Cost to attend for the month of October is \$10. Social Ballroom Dance will start on Thursday, October 3rd.

ZUMBA GOLD CHAIR, T, 1:15 - 2:00 PM (L5), TH, 10:00 - 10:45 AM (L6)

Instructor: Lucy Croft

You will recreate the Zumba moves and benefits and "dance" in a chair. This class is perfect for anyone with a wheelchair. The cost to attend this class in October is \$20 for Tuesdays/\$20 for Thursdays. Register for Tuesdays or Thursdays or both. Zumba Gold Chair will start on Thursday, Tuesday, October 1st.

30-MINUTE ZUMBA GOLD TONING (L2), TH, 12:30 - 1:00 PM

Instructor: Lucy Croft

Zumba Gold-Toning blends the Zumba party you love at a slower pace with a redefining total body workout using Zumba Toning Sticks. Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia. The cost to attend this class in October is \$20 for 4 classes. Zumba Gold Toning will start on Thursday, October 3rd.

ZUMBA GOLD 30-MINUTE (L1) T, 12:30 - 1:00 PM

Instructor: Lucy Croft

Recreates the basics of the Zumba Gold program class but for a 30-minute period. Great for those beginning the Zumba experience and/or those unable to be on the dance floor longer. Strong emphasis on balance. The cost to attend this class in October is \$20 for 4 classes. Zumba Gold 30-Minute will start on Tuesday, October 1st.

STRONG NATION (L9), T, 2:15 - 3:00 PM

Instructor: Lucy Croft

Stop counting the reps. Start training to the beat. STRONG Nation® combines body weights, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In each class you'll burn calories while toning arms, legs, abs and glutes, and enjoy isometric moves like lunges, squats, and kickboxing. The cost to attend this class in October is \$20 for 4 classes. Strong Nation will start on Tuesday, October 1st.

EXERCISE CLASSES



LOW & SLOW (P1) T, TH, 9 AM

Instructor: Susan Palmer

Low and Slow is a gentle exercise program choreographed to all kinds of music. Music changes weekly so you will never get bored. The cost to attend this class in October is **\$30 for 10 classes**. Low & Slow will start on Tuesday, October 1st.

FIT & FABULOUS, T, 9:45 - 10:45 AM (L7), TH, 1:15 - 2:15 PM (L8)

Instructor: Lucy Croft

Fit and Fabulous focuses on balance, muscle, resistance work, flexibility and bone health, maintenance and improvement. This 45-minute class will consist of a cardio warm-up, weight and balance work, and stretching while using a mat, chair or the wall. The cost to attend this class in October is **\$36 for Tuesdays/ \$36 for Thursdays**. Register for Tues., Thurs. or both. Fit & Fabulous will start on Tuesday, October 1st.

ADVANCED LINE DANCE (F3), M, W, 1:30 - 2:30 PM

Instructor: Florence Peterson

This class is for participants that have completed Line Dance I and II. This class will be **\$10** in October. Advanced Line Dance will start on Wednesday, October 2nd.

LINE DANCE II (F2) W, 2:45 - 3:45 PM

Instructor: Florence Peterson

This class is for participants that have completed Line Dance I. This class will be **\$10** in October. Line Dance II will start on Wednesday, October 2nd.

LINE DANCE I (F1), M, 2:45 - 3:45 PM

Instructor: Florence Peterson

This class is set up for new line dance students. This class will cost **\$10** in October. Line Dance I will start on Monday, October 7th.

TRIPLE TREAT (N2), M, 9 AM

Instructor: Nancy Norkiewicz

Treat Yourself to a refreshing class of cross training incorporating the components of cardiovascular endurance, muscular strength, and healthy mobility, for well-rounded results. A variety of moderate low impact formats and props, coupled with familiar music, will keep motivation high while letting your spirit soar. Class concludes with positive, centering breathwork and meditation. The cost to attend this class in October is **\$18**. Triple Treat will start on Monday, October 7th.

FUNTASTIC FRIDAY (N3), F, 9 AM

Instructor: Nancy Norkiewicz

Wrap up the week or wake up your weekend with this cross-training class guaranteed to energize your mind/body/spirit. Each class will sport a new theme, with different skills and equipment to add challenge, intrigue and mental motivation to your fitness regimen. Variety is the Spice of Fitness - just say TGIF today! The cost to attend this class in October is **\$24 or \$7/individual class**. This class will start on Friday, October 4th.

ZUMBA (L4), T, 11 AM - 12 PM ZUMBA & ZUMBA TONING (L3), TH, 11 AM - 12 PM

Instructor: Lucy Croft

Zumba is a total-body workout that mixes low-intensity & high-intensity moves for an interval-style, calorie-burning party. Adding resistance by using Zumba toning sticks helps you focus on specific muscle groups. The challenge of adding resistance by using Zumba Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Lightweight maraca-like toning sticks enhances sense of rhythm & coordination, while toning target zones, including arms, core and lower body. The cost to attend this class in October is **\$36 for Tuesdays & \$36 for Thursdays**. Register for Tuesdays or Thursdays or both. Zumba will start on Tuesday, October 1st. Zumba & Zumba Toning will start on Thursday, October 3rd.

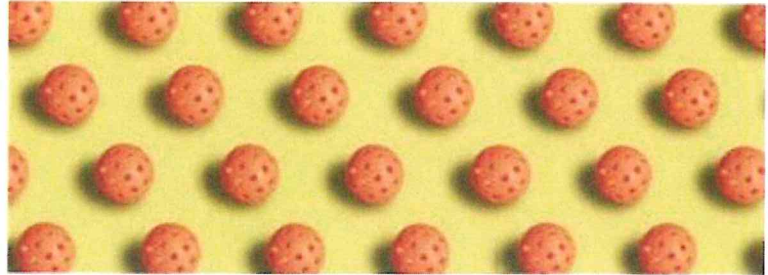
**DANCE CLASSES WITH MIRIAM
Will return in November**

PICKLEBALL SCHEDULE

M | 7 AM - 11 AM, 4 - 7 PM
 T (Beg.) | 7 AM - 9 AM
 T (Exp.) | 3:30 - 7 PM
 W (Exp.) | 7 AM - 12 PM, 4 - 7 PM
 W (Beg.) | 12 PM - 4 PM
 TH | 7 AM - 9 AM, 3 - 7 PM
 F | 8 AM - 1 PM
 S | 8 AM - 1 PM

Pickleball Courts Will Be Closed

W, October 16th, All Day
 S, October 19th, All Day
 F, October 25th, All Day
 S, October 26th, All Day



PICKLEBALL SKILLS WORKSHOPS

with instructor and ARC member Michelle Chow

S, October 19th, 8:30—10:30 AM: Drilling for Skills

Intermediate/Advanced Level
 drop shots, volleying, groundstrokes, serve return | **Cost: \$20**

Note: With Intermediate/Advanced level players, this will NOT be lecture-style format but will be lots of on court practice of strategies introduced.

S, October 19th, 11 AM - 1 PM: Game Play Strategy

Intermediate/Advanced Level
 Advancing to the Net, Focusing on Transition Zone, Soft Game | **Cost: \$20**

Registration for both programs opens W, September 25th at 8 AM. Register for either program at ARC or the GymMaster Member Portal.

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ARC, Normal, IL

C 4C 01-1213

FITNESS CENTER & HEALTH SERVICES

FITNESS EQUIPMENT ORIENTATION

Fitness Equipment Orientation is intended for members who wish to utilize the fitness center. ARC requires that you sign up and attend a 30-minute orientation on the machines. Register on ARC's website through the GymMaster Portal. You can also call ARC at 309-888-9099 to register. Registration opens September 25th at 8 AM.

Tuesdays | 1:00—1:30 PM

Evening Orientation | October 8th, 5:45—6:15 PM



PERSONAL TRAINING WITH SCOTT

OCTOBER 2024 REGISTRATION

Everyone wants to live better longer. The good news is there is a way to do it. ARC will offer a three-week personalized intro to exercise program that starts at your current fitness level and progresses realistically. Our goal is to help you reach your goals, whether that's getting out of the easy chair and avoiding falls, or taking your grandchildren to the playground, or finishing a 5K run. The course will be taught by Scott Richardson, a retired reporter for the Pantagraph, who is a personal trainer and senior fitness specialist certified by the National Academy of Sports Medicine. He knows the challenges of aging personally. The program will include a free assessment followed by one workout session each week, onsite in ARC's well-equipped, comfortable gym. You'll also receive suggestions on how to continue your fitness journey on your own at home.



The program includes a free assessment followed by one workout session each week, onsite in ARC's well-equipped, comfortable gym. You'll also receive suggestions on how to continue your fitness journey on your own at home. The cost for 1 person (S1) to attend the 4-week program is **\$80.00**. The cost for a shared, 2 person (S2) 4-week program is **\$120.00**.

Your workout dates will be discussed to fit your and the trainer's schedule.

To express your interest in participating in a personal training session and to find out if there are openings at this time, email Scott at icemanbn@comcast.net.

UPDATE TO FITNESS CENTER EXPECTATIONS FOR ETIQUETTE

The ARC Management Team would like to clarify expectations for use of equipment in the Fitness Center. There will be no limit to time of usage for any one piece of equipment, unless there is no other equipment available and another member is waiting for access. Use of equipment is first come, first served. If all of a particular type of equipment is being used, please kindly approach that member, and they will have 30-minutes to complete their use.

GROUP TRAINING WITH SCOTT

ACTIVE GROUP TRAINING
Tuesdays & Thursdays, October 1st—31st, 4:30 - 5:30 PM
1/week (S4) 2/week (S5)

This group training class is designed for those who are currently active or who are in relatively good shape and want to return to/enhance their healthy lifestyle.

EASY-GOING GROUP TRAINING (S3)
Thursdays, October 3rd—31st, 11 AM - 12 PM

This group training class is designed for those who have been sedentary and want to get moving. Many exercises will be conducted with chair assistance.

Cost to participate in a group training class for this month is \$40 for once a week and \$80 for twice a week.

Pre-registration required.

Those wishing to attend both group training and one-on-one personal training will be charged **\$100 for one-day PT and one-day GT combo and \$120 for one-day PT and two-day GT combo.**

Use the following codes to register easily for group and one-on-one training combos at the desk or online.

**EGT + PT Combo (S6),
AGT 1/week + PT Combo (S7),
AGT - 2/week + PT Combo (S8)**

UPCOMING TRAVEL & PROGRAMS

EXTENDED TRAVEL OPTIONS WITH ARC & COLLETTE VACATIONS

Contact Marci at Peoria Charter Travel for more information - 309-688-9523 Ext. 129

SPAIN'S COSTA DEL SOL & MADRID

March 31 — April 08, 2025
9 Days • 11 Meals

Highlights: Málaga, Choice on Tour: Málaga Alcazaba or Picasso Museum, Marbella, Sentenil de las Bodegas, Ronda, Home-Hosted Lunch, The Alhambra, Madrid, Segovia.



CANYON COUNTRY FEAT. ARIZONA & UTAH

June 06 — June 13, 2025
8 Days • 11 Meals

Highlights: Scottsdale, Kaibab National Forest, Grand Canyon, Choice on Tour: Rafting on Horseshoe Bend or Rainbow Bridge Tour, Bryce Canyon National Park, Zion National Park, Las Vegas



MAGICAL RHINE & MOSELLE RIVERS

September 21 — September 29, 2025
9 Days • 20 Meals

Highlights: Zurich, 7-Night River Cruise, Rhine and Moselle Rivers, Strasbourg, Soeyer, Mannheim, Lorelei Passage, Cochem, Bernkastel, Wine Tasting, Cologne, Amsterdam



COLLETTE VACATIONS TRAVEL SAMPLER

W, October 23rd, 11 AM

Join Collette Vacations and Peoria Charter Travel at ARC for our next travel sampler covering a few of our upcoming trips scheduled for 2025. Get all your questions answered and learn all the fun details of each trip as you plan your next getaway! Trips that will be covered include:

April 2025 - Spain's Costa del Sol & Madrid
June 2025 - Canyon Country
September 2025 - Magical Rhine & Moselle River Cruise

Registration is required.

FALL STYROFOAM BLOCK PRINT ART CLASS

T, October 15th, 10 AM

Join Reenie Bradley to create stamped designs using Styrofoam block and paint. All supplies provided. This is a free class. Registration required. Space is limited.

OIL PASTEL CLASS WITH DALE EVANS

TH, October 17th OR 24th, 10 AM - 12 PM

Join Dale Evans for this oil pastel workshop. Class will cover materials and basic techniques, including simple still-life materials and demonstration. Class will include a student project, individual instruction, and group discussion. Registration required. Cost: \$24 each class

ARTS & CRAFTS PROGRAMS SEPTEMBER 2024

HOBBY WORKSHOP

TH, October 3rd & S, October 5th, 8 AM - 12 PM

Come and share your hobby with friends. Do you love stamp collecting, knitting, painting, cross stitch, genealogy, card making, scrapbooking, making wreaths, drawing, jewelry making, etc.?

ROCK PAINTING

F, October 4th, 10 AM

Join local rock painting artist Lana Kinser to paint a few rocks, learning from her a variety of painting techniques and taking inspiration from designs she will share with you! Your painted rocks will be a fun, personalized way to incorporate art into your gardens, flower pots, and homes. Cost: \$5 Registration required.

WATERCOLOR SELF-PORTRAITS

T, October 8th, 1 - 4 PM OR T, October 22nd, 9 AM - 12 PM OR 1 - 4 PM

Paint flesh tones in watercolor or acrylic. Watercolor paper will be supplied when you register. Pick this up ahead of time so you can pencil in a face or do a self portrait. Bring paint, palette or yogurt lids to mix colors, brushes, water container, Kleenex box and pencil and eraser. We will start with short exercises in painting wet into wet. Cost: \$15. All levels of experience will be able to follow these instructions. Beginners welcomed. Call or text with any questions to Carol 309-230-8743

STAMPING CARD CLASS

T, October 8th & 22nd, 10:00 AM

You will take home 2 homemade cards. Personalize your cards with stamps, cutouts, glitter, etc. Bring a pair of scissors, clear glue or

a snail (crafter's tape), colored pencils or pens and your imagination. Cost: \$8.00; Registration required.

INTERMEDIATE CROCHET

TH, October 10th, 8:30 AM

Familiarity with the basic crochet stitches (single and double crochet). You will select a project equal to your current skill level and be challenged to try new skills. Registration required.

MAKE A FALL TOTE BAG

F, October 11th, 10:30 AM

Join Mikki Bell with Inside Out Accessible Art to paint fall designs on a canvas tote. Cost: \$12 Registration is required.

FUSED GLASS CLASS

F, October 18th OR S, October 19th, 9 OR 11 AM

In ARC's next fused glass class with Connie Dearborn, make holiday pumpkins using powder-printed glass in a mosaic style. It will be set on a 1" thick wood base. Cost: \$30. Registration required.

BEGINNER CROCHET

TH, October 24th, 8:30 AM

Learn the basic crochet stitches. You will select a project: a potholder, coaster, or dishcloth. You will learn how to read a pattern and use it in the application of crochet skills. Questions? Contact Pam at 309-826-1612. Registration required.

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UPCOMING PROGRAMS

Information on how to register for programs with a fee and free programs can be found on page 1

FITNESS CENTER
M - TH, 7 AM - 7 PM
F & S, 8 AM - 1 PM

WALKING TRACK
M - TH, 7 AM - 7 PM
F & S, 8 AM - 1 PM

BILLIARDS
M - TH, 7 AM - 7 PM
F & S, 8 AM - 1 PM
8 Ball Tournaments:
Mondays, 9-11 AM
*Prizes on 10/28

MAH JONGG
M, TH, 12:30 - 4 PM

MUSIC THERAPY
T, October 22nd, 10:30 AM

PICKLEBALL/ PING PONG
M, 7 - 11 AM & 4 - 7 PM,
T, 7 - 9 AM (Beg.) & 3:30 - 7
PM (Exp.), W, 7 AM - 7 PM, 7
AM - 12 PM, 4 - 7 PM (Exp.) &
12 PM - 4 PM (Beg.), TH, 7 - 9
AM & 3 - 7 PM, F & S, 8 AM - 1
PM

**KNITTING,
CROCHETING &
NEEDLEWORK**
TH, 12:30 - 3:30 PM

QUILTING & SEWING
M, 8 AM - 6 PM

HAND & FOOT
W, 9 AM - 12 PM, 1 - 4 PM

POKER
T, 12:30 - 4 PM
Tourney: October 22nd,
12:30- 4 PM

PINOCHLE
T, 1 - 4 PM

EUCHRE
W, 12:30 PM
Tourney: October 16th,
12:30 PM

FUN & GAMES
M - TH, 1 - 6 PM
S, 8 AM - 1 PM

**MORNING GAME
MASH-UP**
F, 10 AM - 12 PM

GROCERY STORE BINGO
M, 1:00 PM
10/7 - Sugar Creek
10/21 - The Loft
10/28 - Evergreen Senior
Living

CALIFORNIA CANASTA
M, TH, 9:30 AM

SCRABBLE
T, 10 AM - 12 PM

CHESS
TH, 1 PM

**STRAT-O-MATIC
BASEBALL**
T, TH, 2 - 4 PM



BUNCO

TH, 10 AM, prizes on October
10th & 24th

Bunco is a dice game generally played by dividing into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. A bunco is achieved when a person rolls three-of-a-kind and all three numbers match the round number. Registration required



PAINTER'S WORKSHOP
W, 8 AM - 6 PM

Join this creative group of artists for time to come together and work on your paintings of all types. No instruction. Bring whatever it is that you may be working on at home and all supplies needed.

INTERMEDIATE & ADVANCED BRIDGE

M, W, TH, 12:30 PM, S, 9:30 AM | **Advanced Tournament: W, October 2nd, 12:30 PM**

Play Bridge with friends. Intermediate and advanced level bridge play required. Reserve a spot in the bridge book. For your first visit plan to observe and learn the bridge reservation process. **Beginners encouraged to learn how to play Mondays at 10 AM with Dennis Wager.**

ARC-ULELE HOUR
T, 1 - 2 PM

ARC-Ulele Hour--Ukulele class review! Each session will be dedicated to practicing the songs that were taught in prior ukulele classes at the ARC. Maybe you'd like a refresher, for the lessons learned awhile ago. Or you practiced diligently throughout the past year, and you're ready to share your skills with others. Players of any level (including beginners!) are welcome. Come share some songs.

ARCOUSTIC JAM
TH, 2:00 - 4:00 PM

Bring your guitar, and join our acoustic jam session! Let the music do the talking!

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SERVICES FOR SENIORS

WHAT IS SHIP?

SHIP (Senior Health Insurance Program) counselors are trained, certified, and experienced in offering one-on-one information for all aspects of Medicare, health insurance and drug plans. A program of ARC, SHIP provides assistance, explanations, and plan comparisons. There is never a cost, sales, or any insurance affiliations. SHIP is especially helpful for those new to Medicare who are trying to navigate the system and meet deadlines, or to anyone wanting to lower current insurance costs and understand options. Help is available by individual appointment various times each month, call ARC at 309-888-9099 and press 3. A counselor will return your call to set an appointment. **Walk-in SHIP times for the month of October are: October 10th from 1 - 3 PM.** Funding for SHIP programs and services is provided by the East Central Area Agency on Aging.

MEDICARE DRUG PLAN ALERT!!!

CAN YOU SWITCH TO A LESS COSTLY MEDICARE DRUG PLAN FOR 2025?

The impact of the Inflation Reduction Act and the response by insurance companies makes it more important than ever to be sure you are enrolled in the best plan for your situation.

Senior Health Insurance Program (SHIP) Consultations for Part D Drug Plans Are Available During Medicare's Annual Enrollment

Oct. 15th - Dec 7th is the Annual Enrollment Period to switch Part D drug plans for 2025. If you would like assistance, call ARC at 309-888-9099. At the Medicare prompt, leave a detailed message for SHIP to return your call. **Please call after September 25th.** Appointments will be set between Oct 15-Dec 7th. You do not have to be an ARC member to contact SHIP.

SHIP will provide a Review and Compare (R&C) looking at your current plan compared to other plans that are available for 2025. Based on SHIP's history with clients over the last several years, approximately 75 of those assessed enrolled in less expensive plans. Medicare experts strongly recommend an "annual checkup" of everyone's drug plans, now further complicated by the 2025 changes to the plan structure.

A SHIP counselor will return your call to make the appropriate scheduling arrangements. Consultations will primarily be in person at ARC and held in private office space provided for SHIP use.

Note: Medicare Advantage Drug Plans- comparison appointments will be available only until November 20. Any decisions with this type of insurance involves considerable evaluation of the medical aspects, networks, and co-pays along with the drug options. Ask us about dates in early 2025 when some switches with Medicare Advantage can also be made.

SHIP counseling on Medicare A and B and secondary insurance remains available during this time period for those with enrollment deadlines.

ADDITIONAL SERVICES FOR SENIORS

BOOKS ON THE GO

T, October 1st & 15th, 10 AM

The Normal Public Library will have a variety of books to be checked out at ARC. You can also bring in book requests for their next visit.

INFORMATION & ASSISTANCE OUTREACH

TH, October 10th & 24th, 9 - 11 AM

Community Care Systems Inc. will help with license plate discounts, RTA discount, Tax Freeze/Homestead Exemption applications, Medicaid applications, etc.

DURABLE POWER OF ATTORNEY

T, October 8th OR TH, October 17th, 9 - 11 AM

Empower yourself—give a gift to your family—define your quality of life choices in writing. You will have the opportunity to make an appointment to complete your Durable Power of Attorney for Healthcare document with members of Compassion & Choices of McLean County. Determine who you want as your Advocate, and have a discussion with them if possible in advance. Registration required & closes 1 day in advance.

ASSISTED LIVING HELPERS

W, October 9th & 23rd, 9 - 10 AM for appts, 10 - 11 AM for drop-ins

There are so many kinds of senior living communities offering different care and with different pricing structures. It's confusing! Want someone to explain the differences and make it easier to understand? Do you have questions about senior living, but don't want to talk to a sales person? Assisted Living Helpers is a FREE service for seniors looking for help to navigate their senior living and senior care. You can schedule

an appointment time or come by during drop-in hours on the 2nd & 4th Wednesdays of the month.

OSF SMARTMEALS

TH, October 24th, 1:00 PM

Learn about the OSF SmartMeals Program and take home a meal kit after this taste-testing class takes place. These shelf-stable, healthier recipes can be a pantry staple for easy cooking. October SmartMeals menu item will be Southwest Chicken. Registration required.

A MATTER OF BALANCE

T & TH, Oct 1st - 24th, 1 - 3 PM

A Matter of Balance is an evidence-based Falls Management Program for Older Adults approved by the Administration for Community Living and National Council on Aging. A Matter of Balance is made possible in part through a grant from RCIAAA. The Program offers practical falls-prevention strategies, including: Promoting a view of falls and fear of falling as controllable. Setting realistic goals for increasing activity. Changing the environment to reduce fall risk factors. Promoting exercise to increase strength and balance.

SMART DRIVER

T, October 8th & W, October 9th, 8:30 AM - 12:30 PM

ARC is sponsoring a two-day Smart Driver course. There is an AARP member rate (\$20) and a non-member rate (\$25). The fees for the class will be collected on the first day of class. Registration is required.

WANT TO LEARN MORE ABOUT MEDICARE DRUG PLANS AND MEDICARE ADVANTAGE PLANS?

We have two October presentations by SHIP counselors:

Part D Prescription Drug Coverage Thursday, October 24, 10:00 AM

How do Medicare's prescription drug plans work? Are there steps you can take to lower your prescription drug cost? What changes might be expected for 2025? This presentation will address these questions and offer pointers to help you determine if you could benefit from a review & compare this fall of available 2025 drug plans. The Plan Finder tool used by SHIP will be demonstrated. This presentation is Part D drug plan basic information in a group setting, not specific individual counseling. Information on scheduling time with SHIP counselors during the annual open enrollment can be found to the left.

Medicare Advantage Tuesday, October 29, 4:30 PM

This presentation will benefit anyone new to Medicare, someone currently with a Medicare Advantage (MA) plan & looking to change plans, or someone just wanting to better understand MA. Current statistics indicate that approximately one-half of those on Medicare now are enrolled in a MA plan.

General information will be provided in a group setting with Q&A to follow. Personal appointments are available with SHIP Counselors for more in-depth reviews.

Both the Medicare Advantage and Part D presentations will be held in the ARC Auditorium. Registration (encouraged) is available online using the Member Portal or by calling ARC at (309) 888-9099. You do not need to be an ARC member to attend. SHIP is a program of the State of Illinois, Illinois Department on Aging.

DIABETES PREVENTION PROGRAM WITH MCHD

In October, classes will take place once a week on Mondays at 9 AM. This class is an ongoing option that began in July. There will be no class on Indigenous Peoples' Day, Monday, September 2nd. Class that week will instead take place Friday, October 18th at 9 AM. Registration is closed.

SPECIAL SATURDAY EVENTS



JOIN ARC AT THE WALK TO END ALZHEIMER'S S, OCTOBER 5TH, 9 AM, OPENING CEREMONY

Join ARC staff members, volunteers and fellow members at Heartland Community College on Saturday, October 5th in raising awareness and funds to advance the fight against Alzheimer's. The opening ceremony begins at 9 AM. Contact Communications Coordinator Samantha Scott for more info on joining our team. Meet up with the team by the food trucks at 8:15 AM; look for ARC t-shirts and be sure to wear your own! Park in lots Q or N.

DOGTOBER FEST ADOPTION EVENT

with Deeby's Senior Chihuahua Rescue

S, OCTOBER 12TH, 10 AM - 12 PM

Deeby's Senior Chihuahua Rescue will be joining us at ARC once again for an adoption event. Come meet a variety of adorable and adoptable dogs of all ages and learn from special guest: ISU Indy-Pendence Service Dog Organization. No registration required. This event will be held in the Classroom.

CELEBRATE THE SEASON ART & CRAFT SALE

S, OCTOBER 26TH, 9 AM - 1 PM

Your Member Vendors *more on what they sell on flyer*

Tena Fowler
Nancy Bobic
Cindy Steimel & Lisa Flanagan
Charlotte Black
Ellen Jones
Sandra Coleman
Noresta Fowler
Linda Miller
Jackie Bottrell
Laura Bailey & Kathy Gildemeister
Kathy Purlee & Janet Blue
Ivy Silar
Pam Willmitch
Colleen Jeffers
Ary Anderson
Vicky Strauss
Debi Andrews
Cathie Lockwood
Linda Huber
Lee Lim
Sherry Phillips
Merilee Heinz
Glenda Stevens
baby blankets, cards
Faye Fisher - hanging dishcloths, dishcloths, tissue box holders
Susan Bormer
Marda Fox
Yvonne Clogston
Diane Wiman
Mary Wuhmann
Denise Myerscough
Joe Ramholz



ARC MEMBERSHIP INFORMATION

ARC'S INSURANCE INCENTIVE PARTNERS

Have SilverSneakers, Renew Active Silver & Fit, or Active & Fit through your insurance supplement?

If you are a member of any of the above listed insurance-based incentive programs, your \$30 membership fee can be waived! When you fill out your membership or renewal form, you'll also need to verify your incentive program name and member number. For SilverSneakers, you'll also need to sign a SilverSneakers-specific liability release.

Utilizing an insurance-based incentive program to pay for your membership at ARC is beneficial for both you and ARC! You receive the benefits of an ARC membership such as opportunities for socialization, access to a wide variety of exercise classes and services, and participation in ever-evolving educational programs, card and game groups, art and more, for free while ARC is reimbursed

per visit or up to \$20/month by the incentive partner as long as you scan your key fob at entry.

The money received by these partners that goes beyond what a standard membership can provide ultimately helps the ARC team provide members the program offerings you have come to love by improving the Normal Township budget for senior services!

If you are unsure if you have access to any of the insurance incentive programs mentioned, you can have the MSRs at either ARC desk check our databases, or you can call the customer service number on the back of your insurance card.

If you have ARC membership through an insurance incentive program, you will still need to renew membership each year and sign an updated liability form.

Change to Insurance?

If you've made changes or expect changes to your insurance or supplement programs during open enrollment or at any point throughout the year, please notify ARC as these changes could impact your enrollment in SilverSneakers, RenewActive or Silver & Fit. If unsure of any changes, contact your insurance provider for details or reach out to Elicssha Sanders at ARC.

REDUCED FEE ARC MEMBERSHIP INFO

Those interested in becoming a member of ARC or those renewing their membership who meet the following requirements are eligible for a hardship reduction of the membership fee: Annual income < \$19,391 for a single person or annual income < \$26,228 for a couple. Speak to a manager for further details on the process. Proof of income is required. (monthly income statement, tax form, SNAP card, etc.)

NEW MEMBER ORIENTATION

ARC will host a New Member Orientation October 23rd at 2:00 PM. Members who joined in September and October are encouraged to join ARC staff as they educate you on all that ARC has to offer! No registration required.

ARC VISITOR PASSES

The purchase of a \$5.00 visitor pass allows a non-member (55+) to visit ARC and participate in programs at the center that do not have a participation fee for the period of one day during hours of operation. Payments made toward visitor passes will not be applied to the future purchase of an annual membership. Visitor passes can be purchased in-person at the ARC front desk. Visitors must bring a photo ID and complete visitor paperwork.

MEMBERSHIP RENEWAL PROCESS

You can renew your ARC membership using the online GymMaster Member Portal on the ARC website or renew in person at ARC. **Membership Renewal When Soon to Expire:** Once logged in to the member portal, click the white "Renew" button under Membership Details. From the Choose a Membership screen, choose your membership type, then click the green "Continue" button. Tip: If you are not renewing through one of ARC's insurance-based incentive programs, you will choose the standard ARC Membership in red. Follow all on-screen prompts to sign a renewed liability waiver and submit any necessary payments. Payment will automatically process using the payment method used at last purchase, if you have a card saved to your profile and the card is not expired. **Membership Renewal if Expired:** Once logged in to the member portal, click the blue "Purchase" button and choose "Buy a New Membership." From the "Add New Membership" screen, choose your membership type, then click the green "Continue" button. Follow all on-screen prompts to sign a renewed liability waiver and submit any necessary payments.

Additional Member Portal Notes

If you are logging on to the Member Portal for the first time, use the email on file with ARC. Your temporary password is your cell phone number including area code and dashes. Use home phone number, if you don't have a cell phone.

The blue Booking button is used to register for one-time programs or classes, free or with a fee. The blue Purchase button is used to register for paid exercise classes or programs with multiple class dates in a session.

Use the Account button on the Member Portal welcome screen to find the Update Billing Info tab and the Account History tab. If you receive a failed billing notification, the Billing Info tab allows you to update payment details; the Account History tab shows successful & failed payments and allows you to resubmit payment for failed billings listed.

If your membership will expire before a class/program takes place, you won't be able to see or register for those programs in the Member Portal until you renew and have a membership that will be active on those program dates.



NORMAL TOWNSHIP ARC

600 E Willow Street
Normal, IL 61761

HELP US REACH OUR FUNDRAISING GOALS THIS FALL

Make a gift now through the end of the year to help ARC support whole health wellness and build social connectedness for years to come

The ARC Living Memorial Fund is proud to support ARC's mission to provide a modern, friendly atmosphere for socialization & fitness, recreational, nutritional & health support & assistance services for seniors by continuing to fund a comprehensive range of programs & services that promote wellness and build social connectedness.

We have many goals for the future of ARC as we grow & evolve to best meet the needs of our members and the community.

When you give a gift to the ARC Living Memorial Fund, you can choose to designate that gift to the green space project, fitness programming upgrades, classroom updates, or general support.

Two of the ARC team's goals for the next year are to expand the shaded area of our new green space and supplement maintenance of the condition and quality of our now 9-year-old equipment and facility, while also building a contingency reserve for unplanned future expenses not budgeted by Normal Township.

If each member made a gift of just \$30 to the Build the ARC Campaign from September through the end of the year, they could help raise nearly \$110,000 to support these goals.

Ways You Can Make a Donation Today

- On the ARC Living Memorial Fund page of ARC's website
- Stop by the center to fill out a donation form for cash or check gifts
- Use the "Donate" button on the ARC Facebook page - search @ARCNormal to find the page
- Send a gift by check in the mail using the donation envelope mailed to you by the ARC Living Memorial Fund Foundation Board

Gifts to the 2024 Build the ARC Campaign can be made now through the end of the year at ARC on our website at www.activityandrecreationcenter.org or on ARC's Facebook page.

FLU & UPDATED COVID VACCINE BOOSTER CLINIC WITH MCHD

Mark your calendars for Wednesday, October 16th from 9 AM - 3 PM as ARC will host a walk-in COVID vaccine booster and flu shot clinic in the Rec Room. This clinic is open to ARC members and the public. Insurance information must be provided - either private or Medicare Part B. For more information, call 309-888-5455.

PIGEON FORGE & SMOKY MOUNTAINS SHOW TRIP WITH FAITH IN ACTION

December 2nd—7th, 2024
\$955/person, double occupancy

- 5 nights lodging, including 3 consecutive nights
- 3 morning shows—Smith Morning Variety Show, Patty Waszak Show, & Christmas Memories Show
- One afternoon show—"Icons" - the original legends show
- 3 evening shows—Country Tonite, Paula Deen's Lumberjack Feud Show, & "Array"
- Free time in historic Downtown Gatlinburg

Contact Faith in Action at 309-827-7780 to register or for more info!

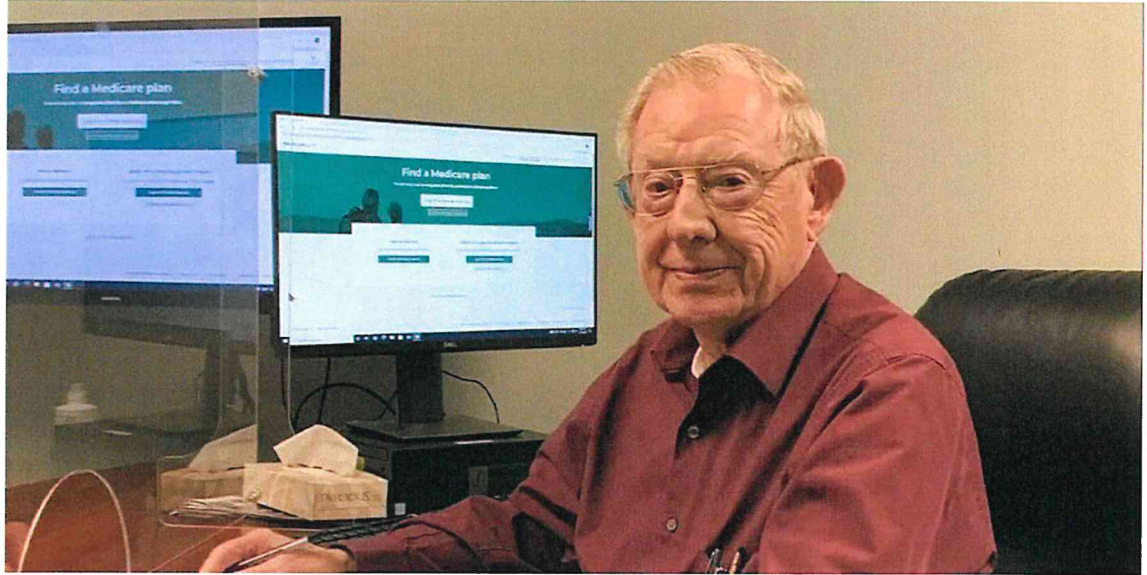
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APPENDIX

B

SHIP Information From ARC Website

Senior Health Insurance Program (SHIP) Services at ARC



What is SHIP?

SHIP counselors are trained, certified, and experienced in offering one-on-one information for all aspects of Medicare, health insurance and drug plans. A program of ARC, SHIP provides assistance, explanations, and plan comparisons. There is never a cost, sales, or any insurance affiliations. SHIP is especially helpful for those new to Medicare who are trying to navigate the system and meet deadlines or to anyone wanting to lower current costs and understand options. Help is available by individual appointment at various times each month. Call ARC at 309-888-9099, and a counselor will return your call to set an appointment. Walk-in hours are available on the 2nd Thursday and 4th Monday of each month ONLY. Walk-ins start at 1 PM with no appointment needed and operate on a first come, first served basis. Help is available by individual appointment various times each month as well. Call ARC at 309-888-9099 and press 3 to leave a message for the SHIP team. A counselor will return your call to set an appointment. SHIP is a program of the Illinois Department on Aging.

Click [HERE](#) to visit the official Medicare site.

Click [HERE](#) to learn more about SHIP & the Illinois Department on Aging.

Want to learn more about Medicare drug plans and Medicare Advantage plans?

We have two October presentations by SHIP counselors:

Part D Prescription Drug Coverage Thursday, October 24, 10:00 AM

How do Medicare's prescription drug plans work? Are there steps you can take to lower your prescription drug cost? What changes might be expected for 2025? This presentation will address these questions and offer pointers to help you determine if you could benefit from a review & compare this fall of available 2025 drug plans. The Plan Finder tool used by SHIP will be demonstrated. This presentation is Part D drug plan basic information in a group setting, not specific individual counseling. Information on scheduling time with SHIP counselors during the annual open enrollment can be found to the left.

Part D Prescription Drug Coverage Thursday, October 24, 10:00 AM

How do Medicare's prescription drug plans work? Are there steps you can take to lower your prescription drug cost? What changes might be expected for 2025? This presentation will address these questions and offer pointers to help you determine if you could benefit from a review & compare this fall of available 2025 drug plans. The Plan Finder tool used by SHIP will be demonstrated. This presentation is Part D drug plan basic information in a group setting, not specific individual counseling. Information on scheduling time with SHIP counselors during the annual open enrollment can be found to the left.

Medicare Advantage Tuesday, October 29, 4:30 PM

This presentation will benefit anyone new to Medicare, someone currently with a Medicare Advantage (MA) plan & looking to change plans, or someone just wanting to better understand MA. Current statistics indicate that approximately one-half of those on Medicare now are enrolled in a MA plan.

General information will be provided in a group setting with Q&A to follow. Personal appointments are available with SHIP Counselors for more in-depth reviews.

Both the Medicare Advantage and Part D presentations will be held in the ARC Auditorium. Registration (encouraged) is available online using the Member Portal or by calling ARC at (309) 688-9099. You do not need to be an ARC member to attend. SHIP is a program of the State of Illinois, Illinois Department on Aging.

APPENDIX

C

Local Government in Illinois: A Comparison of Township Government



LOCAL GOVERNMENT IN ILLINOIS: A COMPARISON OF TOWNSHIP GOVERNMENT

EXECUTIVE SUMMARY

1: Background

Illinois faces significant challenges in raising public revenue, with taxpayer concerns about high taxation levels. A proposed constitutional amendment for a graduated income tax by the Illinois General Assembly was rejected by voters in 2020. The level of taxation in Illinois has also been linked to net domestic outmigration, ranking behind only California and New York. Since the 2020 census, a net 364,000 residents have moved to other states and the District of Columbia.

Illinois has the most units of local governments in the United States, totaling 6,930, a factor that some interests have embraced as being responsible for the state's comparatively high tax rates. This has led to initiatives to abolish some local governments, consolidating their responsibilities into others. The targets of these campaigns are the state's townships, with proponents claiming that abolishment and consolidation with other governments would reduce the tax burden. This view is referred to as the "bigger is better" presumption.

The Township Officials of Illinois (TOI) has commissioned reports by *Demographia* to examine township financial performance, both statewide and in the Chicagoland area. This report updates the findings of the previous reports issued by TOI.

Most of the data analyzed for this report is from the Illinois State Comptroller's office for 2021.

2: Township Fiscal Performance

Each of the public services of Illinois townships and municipalities are provided exclusively to residents within non-overlapping geographic areas, avoiding duplication of the same services. Because of their materially differing mix of public services, direct fiscal per capita comparisons between townships and municipalities are not valid.

Township property tax revenues have increased at a slower rate than other local governments. From 2016 (the previous *Demographia* report) to 2021, township property tax revenues increased by 12.9 percent, compared to a 33.0 percent increase in municipalities and an 18.1 percent increase in special districts. Townships generally incur lower labor costs per employee than other types of local governments in Illinois. The salaries per employee in townships are the lowest among Illinois government types, partly due to greater use of part-time labor. This approach leads to savings in wages, salaries, and employer-paid benefit costs, ultimately resulting in lower tax rates for taxpayers, all else being equal.

3: Municipal Fiscal Performance by Population

This analysis indicates a strong relationship between the size (population) of municipalities and their fiscal performance in 2021 (as was also the case in the 2016 report). Larger municipalities have higher taxes, higher spending, and higher borrowing per capita. This contradicts the "bigger is better" presumption. That being the case, abolition of townships and consolidation of their services into municipalities is unlikely to improve cost effectiveness.

Efficiency in government spending depends on securing goods and services at the lowest possible cost, including labor. Smaller municipalities were found to rely more heavily on cost-effective part-time labor and paid substantially lower salaries compared to their larger counterparts. Contrary to the "bigger is better" presumption, smaller municipal governments account for a smaller percentage of statewide municipal taxes than their population share.

4: Illinois Compared to Other States

Illinois ranks 13th proportionately among the states in the number of local governments per million population. Taxation levels are not driven by the size of local governments. This is exemplified by Hawaii, that has the fewest local governments per million population, yet has higher taxation per capita. Similarly, Maryland has the second fewest number of local governments per million population, yet has taxation per capita nearly equal to that of Illinois. There is virtually no correlation between the number of governments per million and taxation per capita among the states.

5: Academic Research

While theoretical studies often predict cost savings through abolishment and consolidation with other governments, the literature on this topic often shows rising costs, and significant savings are virtually never reported.

Studies in Illinois and other states, as well as Pennsylvania, New York, and Ohio, have shown that smaller governments tend to maintain lower taxation, spending, and debt levels per capita than larger ones. This undermines the "bigger is better" presumption.

6: Underlying Factors

Factors that hinder cost reductions in abolishment and consolidations include the alignment of labor costs and service levels to those of the most expensive consolidating government and diminished political access for residents in the resulting larger jurisdictions. Larger governments often face stronger political pressures and may have higher costs.

7: Government Closer to the People

Larger municipal governments tend to tax, spend, and borrow more per capita. Research indicates that township governments have slower rising costs and less expensive labor structures compared to other types of governments.

LOCAL GOVERNMENT IN ILLINOIS: CLOSER TO THE PEOPLE

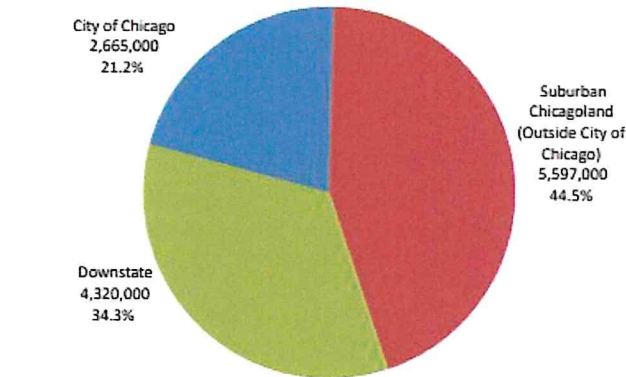
I: BACKGROUND

Governments face serious challenges in raising revenues to fund their operations and infrastructure. The public concern in Illinois about the level of taxation was perhaps most effectively indicated in the electoral failure of a proposed constitutional amendment that would have imposed a graduated income tax in 2020. Further, some sources indicate that the state's recent population loss and third ranking net domestic outmigration (movement to other states) have been influenced by Illinois tax policies.¹

Between the 2020 census (April 1) and the 2023 US Census Bureau population estimates (July 1), a net 364,000 Illinoisans moved to other states. Only California and New York suffered larger losses in net domestic migration.²

As of 2022, the population of Illinois, per the US Census Bureau, was 12.8 million.³ The Chicagoland area had 65.7 percent of the population with 8.3 million residents. More than two-thirds of the Chicagoland population is in the suburbs (5.6 million), while the city of Chicago has slightly less than one-third, at 2.7 million. Downstate has 34.3 percent of the state population, at 4.3 million (Figure 1). Downstate's population now exceeds that of the city of Chicago by more than 60 percent.

Chicago, Chicagoland Suburbs & Downstate
POPULATION & SHARE OF ILLINOIS: 2022



Source: US Census Bureau

Figure 1

¹ Tax Foundation (November 7, 2023, "How do taxes affect interstate migration."

[https://taxfoundation.org/data/all/state/taxes-affect-state-migration-trends-](https://taxfoundation.org/data/all/state/taxes-affect-state-migration-trends-2023/#:~:text=More%20Americans%20Moved%20to%20States,tax%20competitiveness%20and%20net%20migration.)

2023/#:~:text=More%20Americans%20Moved%20to%20States,tax%20competitiveness%20and%20net%20migration.

² US Census Bureau 2023 population estimates.

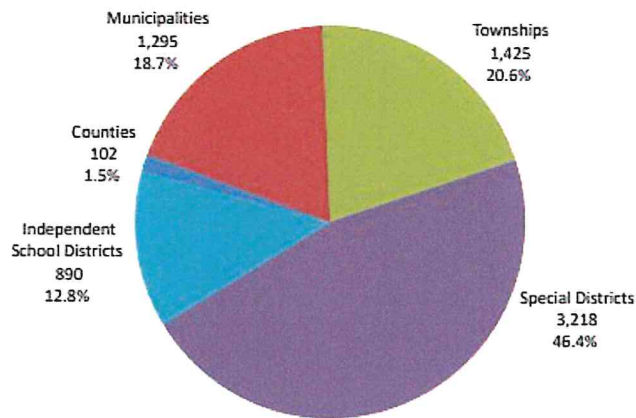
³ Populations below the state level have not been reported for 2023, so that the Census Bureau 2022 estimates are used.

Governments in Illinois

Recently released US Census of Governments data for 2022 indicates that Illinois has the most local government units of any state, with 6,930.⁴ There are 3,218 special districts, ranging in size from the Chicago Transit Authority, the Regional Transit Authority and the Metropolitan Water Reclamation District of Greater Chicago to smaller authorities, such as drainage districts, housing authorities, park districts, sanitary districts, water districts, etc. (Figure 2). Illinois has the most special districts of any state. Illinois also has the highest number of municipalities (cities, towns and villages) at 1,295. The state ranks third in the number of independent school districts, behind California and Texas, with 890, Illinois also ranks third in the number of township governments, with 1,425,⁵ behind Minnesota (1,779) and Pennsylvania (1,546).

These high numbers of local governments in the state seem indicative of an effectively operating local democracy, in which government is closer to the people.

Number of Local Governments in Illinois 2022



Source: US Census Bureau

Figure 2

This level of local democracy has led some to advocate abolishment of some governments and consolidation of their functions into others. A principal purpose of these consolidation initiatives is to reduce taxation, under the popular and long held belief that “bigger is better” in local government. Despite the popularity of this position, the evidence shows the opposite, that larger local governments tend to tax and spend *more per capita*. In effect, governments that tend to tax and spend less per capita tend also to be smaller, and closer to the people.

⁴ United States Census of Governments, 2022

⁵ The Township Officials of Illinois database indicates a township count of 1,426 as of 2024.

Assertions that larger government units are inherently more cost-effective per person (per capita) than smaller units are generally little more than theoretical - before consolidation or abolishment. Post-consolidation evaluations are rare. Moreover analysis of local government performance by size (population) usually reveals larger governments to be much more costly in a variety of measures (Section 5).

In Illinois, townships have been the object of repeated proposals for abolishment and consolidation. Advocates assume that the services provided by townships can be seamlessly absorbed by other government units, resulting in cost savings for taxpayers.

In response, the Township Officials of Illinois commissioned *Demographia* (Wendell Cox Consultancy) to conduct a review. The resulting policy report, (2016) "Townships and Local Democracy in Illinois: A Report to the People," found that larger municipalities (measured by population) in Illinois tended to be more costly per capita than smaller ones. Moreover, the report indicated that available indicators of financial performance between townships and other local government units were positive. Another report examined the Chicagoland area, and made similar findings ("Local Democracy and Townships in the Chicagoland Area").

These reports were updated in 2016, in "Local Government Efficiency and Size in Illinois. Counting Tax Revenues, Not Governments." The 2016 report examined municipal data in the state by population size, as well as in Chicagoland and Downstate. It concluded that larger municipal governments tend have higher taxes and debt levels per capita. It further concluded that township governments have lower labor costs and taxes that were rising more slowly than other local government types.

This 2024 report analyzes the fiscal performance of "sub-county general purpose governments" as defined by the United States Census Bureau (municipalities and townships). The report offers a comparative evaluation of township financial performance relative to other forms of government in Illinois, using the latest data available from 2021, sourced from the state of Illinois Comptroller's Office. It is supplemented by data from the US Bureau of the Census and other primary sources. The conclusions of this report confirm those of the earlier reports.

2: TOWNSHIP FISCAL PERFORMANCE

Illinois townships are sub-county units of governments, in contrast to municipalities (which include cities, towns and villages) are incorporated under state law and perform most local government services. Township responsibilities are discussed in Box 1 (About Townships in Illinois).

Each of the public services of Illinois townships and municipalities are provided exclusively to residents within non-overlapping geographic areas, avoiding duplication of the same services. Because of their materially differing mix of public services, direct fiscal per capita comparisons between townships and municipalities are not valid.

Property Tax Revenue Trend

Township property taxation indicates a positive trend compared to other types of local government. Township property tax revenues increased between 2014 (the data referenced in the 2016 *Demographia* report) and 2021 by 12.9 percent, compared to 33.0 percent in municipalities and 18.1 percent in special districts (Figure 3).

Box 1**About Townships in Illinois**

Township government, established in Providence, Rhode Island in 1636, is the oldest existing unit of government continuing to serve on the North American continent. Township government was in existence for 140 years prior to the signing of the Declaration of Independence in 1776. The wording of the Declaration of Independence reflects the fact that 38 of its 56 signers had experienced the benefits of township government.

The Declaration's statement that "government should derive its just powers from the consent of the governed" is demonstrated at the Annual Town Meeting held on the second Tuesday of each April. The Annual Town Meeting is still an important function of our nation's 17,000 townships after more than 360 years. The Illinois Constitution of 1848 gave voters in each county the opportunity to adopt Township Government. By 1850, the first township governments began operation. Today, 85 of Illinois 102 counties operate under the township form of government and the 1,426 townships serve more than 8 million citizens.

Functions of Illinois Townships

By law, Illinois townships are charged with three basic functions: 1) general assistance for the indigent; 2) the assessment of real property for the basis of local taxation; and 3) maintenance of all roads and bridges outside federal, state, and other local jurisdiction.

Road and Bridge Maintenance

Township Government maintains over 71,000 miles of roads in Illinois - a full 53 percent of all thoroughfares in the state.

General Assistance

Townships provide food, shelter and emergency relief for needy people until they are able to support themselves. Many townships in Illinois operate food banks that guarantee the necessities of life for children.

Property Assessment

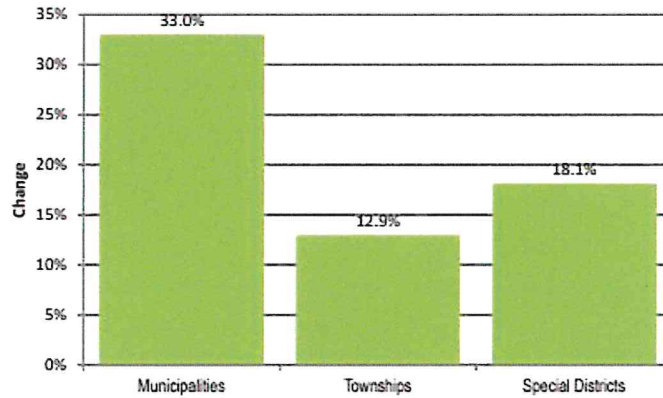
Townships establish the value of all real property in the township. The township assessor, in fact, is the only elected governmental official who must pass approved courses of instruction before standing for election to office.

Other Services

Beyond the three mandated services, Township Government provides other vital services to the people next door. This may include senior citizens programs, youth programs, assistance to the disabled, parks and recreational facilities, health services and cemetery maintenance. In this regard, township government serves its neighbors from the cradle to the grave.

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Property Tax Revenue Trend: 2014-2021
ILLINOIS: BY TYPE OF LOCAL GOVERNMENT



From: Illinois Comptroller data.

Figure 3

Employee Compensation by Type of Government

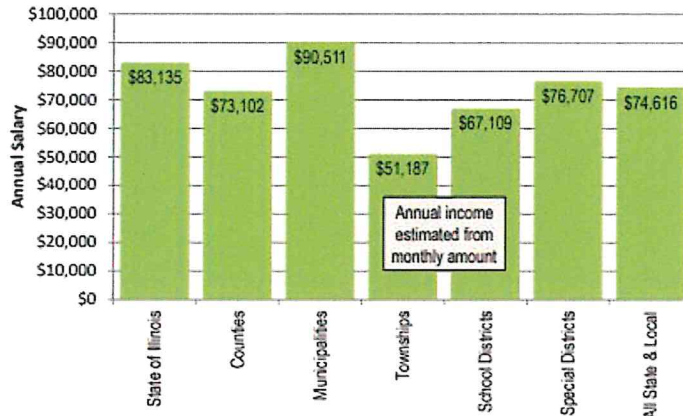
Townships have generally lower labor costs than other categories of Illinois local governments. In 2022, the highest average full-time salaries were in municipalities, at an annual rate of \$90,500 followed by the state, at \$83,100. Municipal full-time salaries were 77 percent higher than that of townships, which were the lowest, at \$51,200. County full-time salaries were approximately 30 percent higher than township salaries, at \$73,100. Special District average full-time salaries were \$76,700, 50 percent above township salaries. School district salaries were about 30 percent higher than township full-time salaries, with an average of \$67,100 (Figure 4).

Townships have the lowest average salaries per employee (full-time and part-time) among the types of Illinois governments (Figure 5).

This lower township figure is driven by the greater use of part-time labor. This not only results in savings on wages and salaries but also reduces employer paid fringe benefit costs. Wherever costs are minimized, in capital, materials or labor, taxpayers are best served, all else equal (Figure 6).

Average Salary by Type of Government

ILLINOIS: FULL TIME EMPLOYEES: 2022

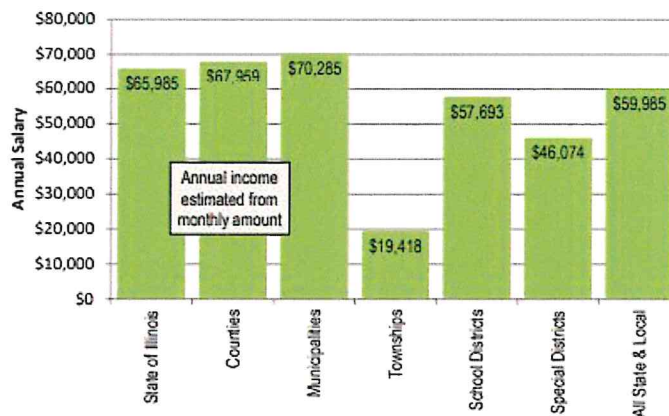


Derived from: Census Bureau

Figure 4

Average Salary by Type of Government

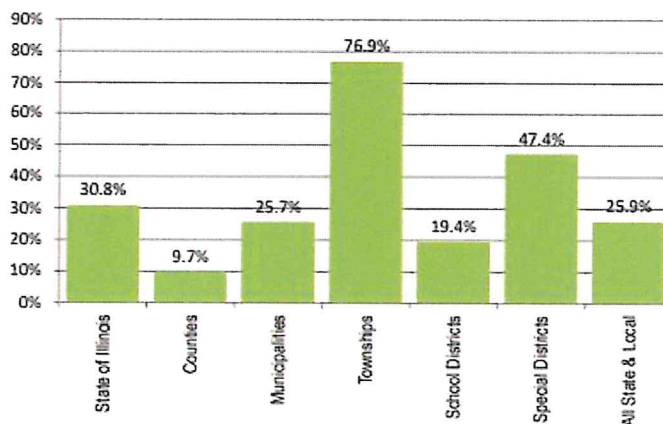
ILLINOIS: PART TIME & FULL TIME EMPLOYEES: 2022



Derived from: Census Bureau

Figure 5

Part Time Employment SHARE OF TOTAL EMPLOYMENT: 2022



From: Census Bureau Financial Data.

Figure 6

3: MUNICIPAL FISCAL PERFORMANCE BY POPULATION

The abolition of townships would involve consolidation of their functions principally in municipalities, which proponents contend would save taxpayers money. The reality is, however, that larger municipalities generally have higher taxes than smaller municipalities, and they are able to incur more debt.

This section analyzes the relationship between municipal population categories and fiscal performance in Illinois. The data is from the Illinois State Comptroller's office for 2021 (reported as of October 1, 2023), and includes 1,193 municipalities. Statewide data is also provided for the six county Chicagoland area (Cook, DuPage, Kane, Lake, McHenry and Will counties) and Downstate (balance of the state). Financial data is presented in medians, the middle point in each category, rather than the average. This reduces the upward skewing of values that can result from averages.

Local Taxation per Capita

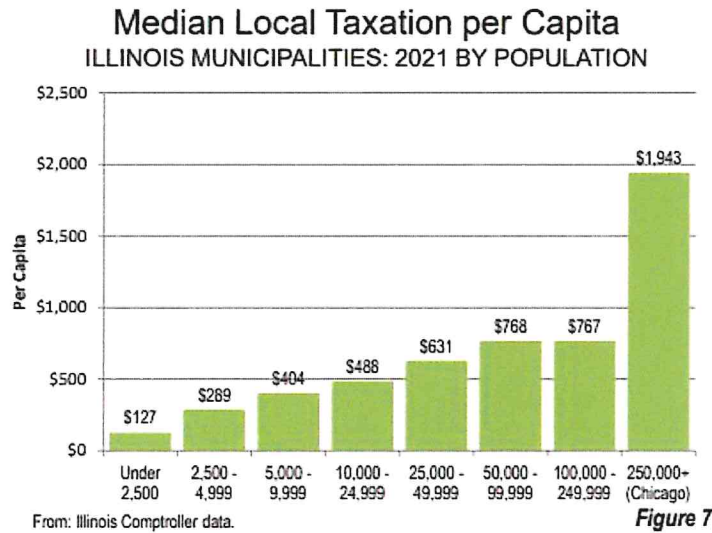
Local taxation per capita tends to exhibit a "stairstep" relationship, with larger jurisdictions, measured by population, generally exhibiting higher local taxes per capita.

The smallest municipalities (under 2,500 residents) have the lowest median local tax revenues of \$127 per capita (Figure 7). This rises to \$289 in the second smallest category (2,500 to 4,999 residents). Median local taxation generally rises through the population categories to \$768 annually in the second largest category (100,000 to 249,999 population). The largest category, which includes only the city of Chicago, had median per capita local tax revenues of \$1,943 annually. This is 15 times the \$127 in the smallest population category. This population category includes only the city of Chicago, which at 2.7 million residents, is about 15 times as large as the second most populous municipality (the city of Aurora, with 180,000 residents).

Excluding the highest population category (city of Chicago), the highest local taxation per capita was in the 100,000 to 249,999 population category, with its \$768 per capita, 6.0 times that of the smallest population category.

The stairstep relationship is generally evident both in the Chicagoland area and Downstate (Figure 8). In Chicagoland, median municipal taxation per capita ranges from \$357 in the smallest population category to \$1,943 in the largest, 5.5 times that of the smallest population category. Among municipalities from 50,000 to 99,999 and 100,000 to 249,999 population, municipal taxation was over \$750 per capita, nearly six times the level of the smallest population category.

Downstate, the range is from \$124 in per capita municipal taxation in the under 2,500 population category to \$808 in the 50,000 to 99,999 category. This is approximately six times that of the smallest population category.



Combined State and Local Tax Support per Capita

Higher combined state and local tax support per capita is associated with higher municipal population, again generally in a stairstep relationship. The lowest median municipal state and local tax support is in the smallest population category (under 2,500 residents), at \$437 (Figure 9) to \$705 in the second smallest category (2,500 to 4,999 residents). The highest median state and local tax support is in the most populous category (250,000 and over), at \$2,426.

The highest population category (250,000 and over) had median municipal state and local tax support 5.6 times that of the smallest population category (under 2,500). Excluding the city of Chicago, the largest population categories (over 50,000) had median municipal state and local tax support 2.9 times that of the smallest population category.

Median Local & State Tax Support per Capita ILLINOIS MUNICIPALITIES: 2021 BY POPULATION



The stairstep relationship is evident both in the Chicagoland area and Downstate. In Chicagoland, median state and local tax support per capita ranges from \$694 in the smallest population category to \$2,426 in the largest, 3.5 times that of the smallest population category (Figure 10). Among municipalities from 50,000 to 99,999 and 100,000 to 249,999 population, state and local tax support was approximately \$1,250, 1.8 times that of the smallest population category.

Among Downstate municipalities, the range is from \$435 per capita in the under 2,500 population category to between \$1,225 and \$1,245 in the 25,000 to 49,999, 50,000 to 99,999 and the 100,000 to 249,999 categories, nearly triple that of the smallest population category.

General Expenditures per Capita

General fund expenditures (General expenditures) per capita also exhibited a stairstep relationship. The lowest general expenditures were in the under 2,500 population category, at \$360 per capita (Figure 11). This rises to \$532 in the 2,500 to 4,999 population category. The largest population category (250,000 and over) had the highest municipal expenditures at \$1,737 per capita, 4.8 times that of the smallest population category.

Excluding the city of Chicago, the highest per capita municipal expenditures were in the 100,000 to 249,999 population category, at \$1,096, three times that of the smallest population category.

As with the measures of taxation, there was a strong association between higher median expenditures per capita and larger units of government statewide in both Chicagoland and Downstate (Figure 12).

Median Local & State Tax Support per Capita CHICAGO & DOWNSTATE MUNICIPALITIES BY POP.

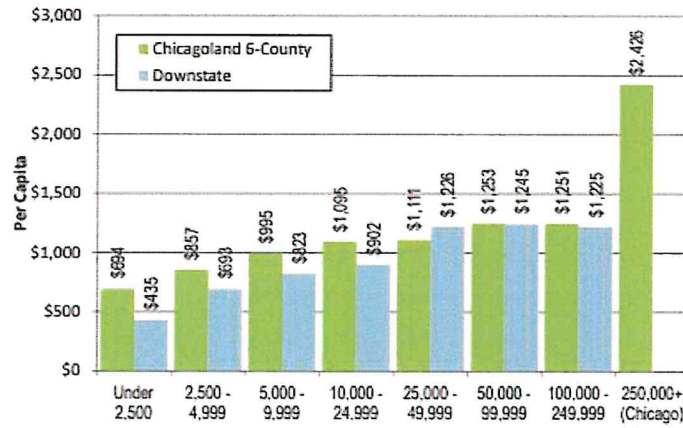


Figure 10

In Chicagoland, the range in municipal taxation per capita was from \$735 in the under 2,500 population category, to \$1,737 in the most populous category (Chicago). The largest population category had expenditures per capita 2.4 times that of the smallest population category. Outside of Chicago, the highest median municipal expenditure level was \$1,096 per capita, in the 100,000 to 249,999 population category, 1.5 times that of the lowest population category.

Downstate, the range in municipal taxation per capita was from \$354 in the smallest population category to \$1,077 in the 100,000 to 249,999 population category, 3.0 times that of the smallest population category.

Debt per Capita

The debt levels also generally illustrated a stairstep relationship. The smallest municipal categories exhibit the lowest debt levels with the smallest population categories (Under 2,500 and 2,500 to 4,000) having zero (\$0) debt (Figure 13).

In the 5,000 to 9,999 population category, municipal debt was \$72 per capita. Municipal debt per capita was highest in the highest population category (Chicago), at \$7.572 per capita. The highest debt per capita other than Chicago was in the 50,000 to 99,999 population category, at \$807 per capita.

In Chicagoland, the median debt level per capita was zero (\$0) in the municipal population categories with fewer than 5,000 residents (Figure 14). Municipalities from 5,000 to 9,999 population had debt per capita of \$144, rising to \$7.572 in Chicago. Among the Chicagoland municipalities outside the city of Chicago, the highest debt per capita was in the 50,000 to 99,999 population category, at \$877.

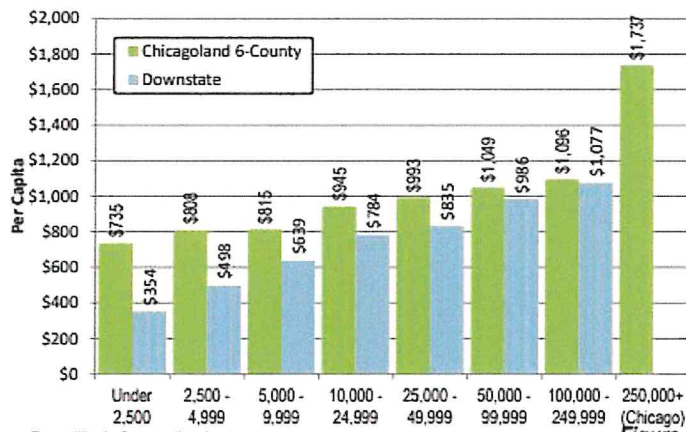
Median General Expenditures per Capita ILLINOIS MUNICIPALITIES: 2021 BY POPULATION



From: Illinois Comptroller data.

Figure 11

Median General Expenditures per Capita CHICAGO & DOWNSTATE MUNICIPALITIES: 2021 BY POP.

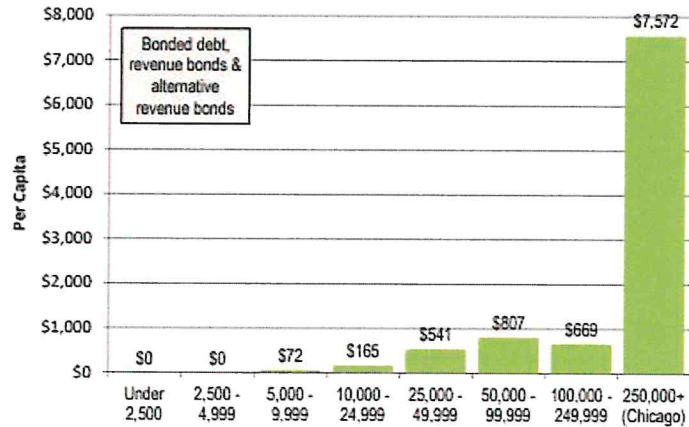


From: Illinois Comptroller data.

Figure 12

Downstate, the population categories under 5,000 had median debt per capita of zero (\$0). The debt per capita in the 5,000 to 9,999 population category was \$10. The highest Downstate municipal debt per capita was \$1,059 in the 100,000 to 249,999 population category.

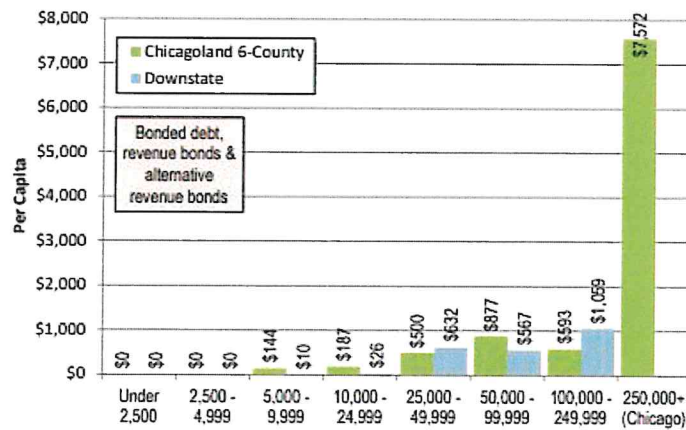
Median Debt per Capita: 2021 ILLINOIS MUNICIPALITIES: 2021 BY POPULATION



From: Illinois Comptroller data.

Figure 13

Median Debt per Capita: 2021 CHICAGO & DOWNSTATE MUNICIPALITIES BY POP.



From: Illinois Comptroller data.

Figure 14

This section has shown that larger municipalities have higher taxes per capita, spend more per capita, and have more debt per capita than smaller municipalities. This relationship is evident both in Chicagoland and Downstate.

Labor Indicators

Efficient public administration requires that governments purchase goods and services at no more than the market rate, including labor. US Census Bureau estimates indicate that wages and salaries accounted for approximately 36 percent of gross annual Illinois local government expenditures in 2022. This does not include fringe benefits (employer paid benefits). If the national state and local government fringe benefit rate (37.8 percent) is applied to Illinois municipal government employee compensation would account for 50 percent of total expenditures.⁶

Employee Compensation: Median municipal salaries also exhibit a stairstep relationship, with higher values in the higher population categories.

The lowest median municipal annual full-time salaries are observed in the smallest population category (under 2,500 residents), averaging approximately \$49,300 annually. The highest municipal full-time salaries are in the largest population category. (Chicago) at \$98,800 (Figure 15).

In Chicagoland, the lowest full-time annual salaries are in the smallest population category (under 2,500), at \$71,800 (Figure 16). The highest full-time salaries are in the 100,000 to 249,999 population category, at \$104,800.

Downstate, the lowest median full-time annual salaries were in the smallest population category, at \$48,600, while the highest were in the top population category (50,000 to 99,999), at \$87,700.

**Median Full-Time Annual Salary Per Employee
ILLINOIS MUNICIPALITIES: 2022 BY POPULATION**

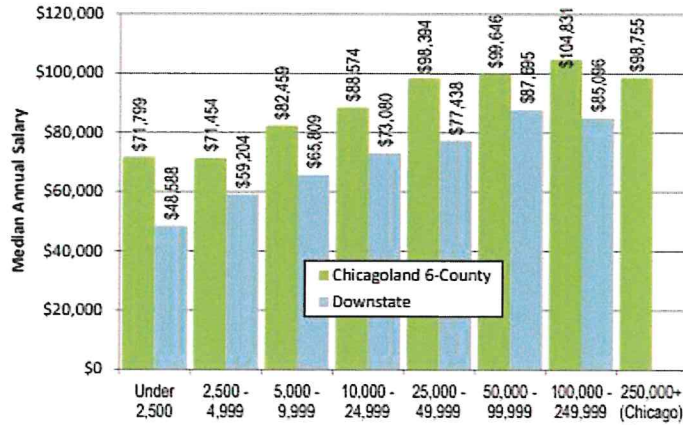


Derived from Census Bureau data.

Figure 15

⁶ Calculated from US Census Bureau government finance database and US Department of Commerce, Bureau of Economic Analysis data.

Median Full-Time Annual Salary Per Employee CHICAGO & DOWNSTATE MUNICIPALITIES BY POPULATION



Derived from Census Bureau data.

Figure 16

Full-Time and Part-Time Employment: The use of part-time labor is common practice in many Illinois municipal governments. Part-time employment can be more cost effective and is more prevalent in smaller municipalities, undermining the notion that "bigger is better." This metric also reveals a stairstep relationship, though it is *reverse* - lower use of part time labor is associated with smaller governments.

Among the smallest municipalities (with fewer than 2,500 residents), approximately 88 percent of employees work part-time. In the next population category (2,500 to 4,999 residents), part-time employment accounts for around 52 percent of total employment. The lowest prevalence of part-time employment is in municipalities with 100,000 to 249,999 population, at 3.8 percent. In the largest population category (the city of Chicago), part time employment is at 4.0 percent (Figure 17).

In Chicagoland and Downstate, higher rates of part-time employment are associated with smaller municipalities (Figure 18). In Chicagoland, the highest part-time employee rate is in the smallest population category (under 2,500) at 82 percent, while the lowest is in the largest population category (250,000 and over) at 4.0 percent.

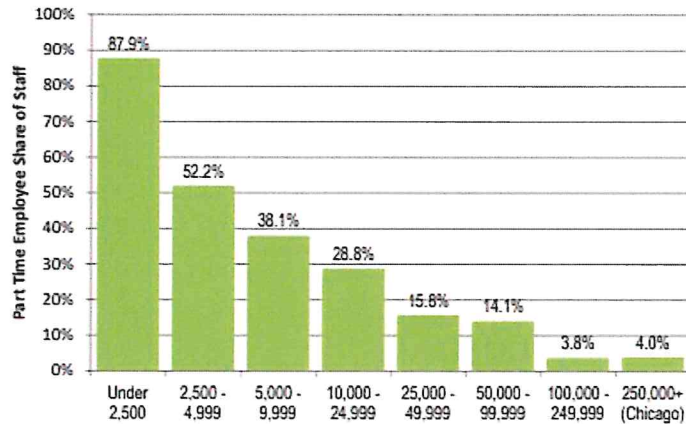
Downstate, the highest part-time employee rate is in the smallest population category (under 2,500) at 88 percent, while the lowest is in the largest population category (100,000 to 249,999) at 3.4 percent.

Municipal Financial Performance: The State Context

Outside of the city of Chicago, all of the municipal population size categories collect a smaller percentage of statewide municipal tax revenues than their share of population. Chicago accounts for more than 51 percent of the local taxes collected in the state, despite having only 26 percent of the state population (Figure 19).

A similar conclusion is drawn from the data on state and local tax support (Figure 20). The state and local tax support of municipalities is in the largest population category (Chicago) is 42 percent of the state total, significantly greater than Chicago's 26 percent of the state population. In all other population categories, the percentage state and local tax support to municipalities is less than their corresponding population.

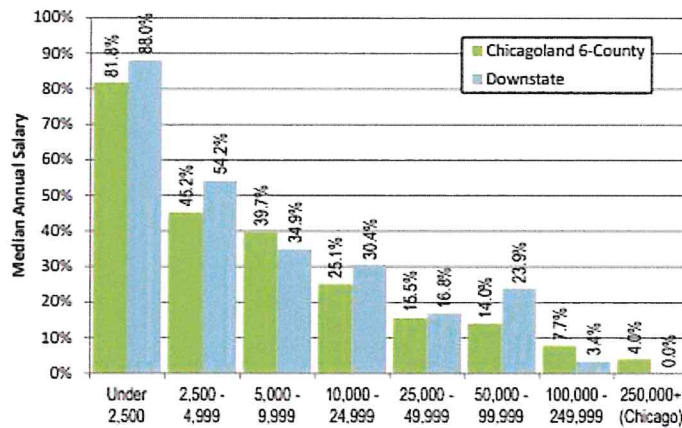
Part Time Employment ILLINOIS MUNICIPALITIES: 2021 BY POPULATION



From: Illinois Comptroller data.

Figure 17

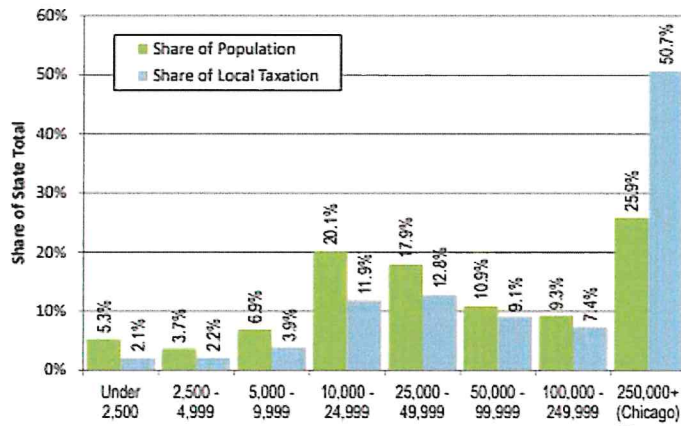
Part Time Employment CHICAGO & DOWNSTATE MUNICIPALITIES BY POP.



From: Illinois Comptroller data.

Figure 18

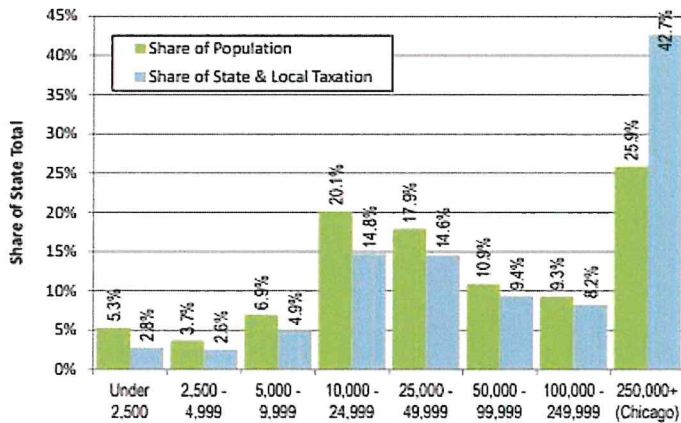
Local Tax Share v. Population Share ILLINOIS MUNICIPALITIES: 2021



From: Illinois Comptroller data.

Figure 19

State & Local Tax Share v. Population Share ILLINOIS MUNICIPALITIES: 2022



From: Illinois Comptroller data.

Figure 20

As noted above, there is a predominantly stairstep relationship between the population of municipalities in Illinois and their less effective financial performance per capita. The data shows that smaller municipalities, rather than larger municipalities, tax less per capita, spend less per capita and borrow less per capita, while their labor costs are lower.

All of this is contrary to the contention that “bigger is better” in municipal fiscal performance.

4: ILLINOIS COMPARED TO OTHER STATES

The presumption that more efficient local government is associated with higher taxation is not only refuted by Illinois data (Section 3) but also by data from the other states.

While Illinois has the most state and local governments, proportional adjustment for its large population drops its rank to 13th, at 545 governments per million population (Table: Comparing Local Taxes and Spending Between States: Caveats). Various observations undermine the premise that a larger number of local governments are associated with higher taxation.

- Hawaii has the *fewest* local governments per million population among the states, with only 15. Notably, Hawaii lacks municipalities, relying solely on counties as the only local general-purpose level of government as well as on the state. Moreover, Hawaii has no independent school districts, with elementary and secondary education administered by the Hawaii State Department of Education. Despite having *97 percent fewer* local governments per million population than Illinois, Hawaii has *higher* per capita state and local taxation. This is inconsistent with the “bigger is better” presumption that more governments is associated with greater taxation.

Table
Governments per Million Residents Compared to State & Local Taxation: 2021

Taxation per				Govts/1m			
State	Capita	Population	Rank	State	Capita	Population	Rank
1 New York	\$ 10,331	174	34	26 Indiana	\$ 5,361	387	20
2 Connecticut	\$ 9,424	172	35	27 Ohio	\$ 5,343	331	25
3 California	\$ 9,217	114	42	28 Wyoming	\$ 5,204	1,370	3
4 New Jersey	\$ 8,305	144	36	29 New Mexico	\$ 5,175	479	17
5 Massachusetts	\$ 8,107	123	40	30 Nevada	\$ 5,106	60	47
6 Hawaii	\$ 7,756	15	50	31 Montana	\$ 5,103	1,108	7
7 Vermont	\$ 7,528	1,127	6	32 Michigan	\$ 4,980	285	28
8 Minnesota	\$ 7,457	638	8	33 North Carolina	\$ 4,889	92	44
9 Illinois	\$ 7,350	545	13	34 Texas	\$ 4,861	181	33
10 Maryland	\$ 7,242	56	49	35 Arkansas	\$ 4,857	509	16
11 North Dakota	\$ 7,012	3,424	1	36 Louisiana	\$ 4,835	112	43
12 Maine	\$ 6,791	606	12	37 West Virginia	\$ 4,697	365	22
13 Delaware	\$ 6,717	332	24	38 Kentucky	\$ 4,674	293	27
14 Washington	\$ 6,663	245	29	39 South Dakota	\$ 4,655	2,138	2
15 Rhode Island	\$ 6,488	118	41	40 Arizona	\$ 4,640	91	45
16 Oregon	\$ 6,485	355	23	41 Missouri	\$ 4,638	611	10
17 Colorado	\$ 6,404	540	14	42 Idaho	\$ 4,582	614	9
18 Nebraska	\$ 6,353	1,293	4	43 Georgia	\$ 4,578	128	39
19 Pennsylvania	\$ 6,255	371	21	44 Oklahoma	\$ 4,465	459	18
20 Virginia	\$ 6,187	60	48	45 Mississippi	\$ 4,441	329	26
21 Kansas	\$ 5,944	1,291	5	46 South Carolina	\$ 4,413	129	38
22 Iowa	\$ 5,928	607	11	47 Florida	\$ 4,381	78	46
23 Wisconsin	\$ 5,705	527	15	48 Tennessee	\$ 4,259	130	37
24 Utah	\$ 5,652	185	32	49 Alabama	\$ 4,237	237	31
25 New Hampshire	\$ 5,409	390	19	50 Alaska	\$ 4,189	244	30
				50 States	\$ 6,320	272	

Sorted by taxation per capita
Source: Derived from Census Bureau data.

- Maryland has the second smallest number of local governments per million population, with only 56, barely one tenth that of Illinois. Yet, Maryland's state and local taxation per million residents is only 1.5 percent below that of Illinois. For a state with such a small number of local governments to virtually equal the taxation per million residents of Illinois undermines the "bigger is better" presumption that more governments is associated with greater taxation.
- There are eight states with higher taxation per capita than Illinois. Six of these eight states have *fewer* governments per million residents. This is inconsistent with the "bigger is better" presumption that more governments is associated with greater taxation.
- Among the 12 states with a larger number of state and local governments per million residents than Illinois, two exhibit higher state and local taxation rates, whereas 10 have lower state and local taxation per million population than Illinois. This is inconsistent with the "bigger is better" presumption that more governments is associated with greater taxation.

Indeed, there is virtually no correlation between the number of governments per million residents and state and local per capita taxation, with a correlation coefficient of 0.002 on a scale ranging from minus 1.000 (maximum negative correlation) to plus 1.000 (maximum positive correlation)

Finally, because of differences in the mix of state and local government responsibility between the states, comparison of taxation must be at the state and local level, rather than state to state or local to local (Box 2).

5: ACADEMIC RESEARCH

Various academic studies have concluded that local government abolishments and consolidations result in lower taxes and spending. However, the genuine effects of local government abolishments and consolidations become apparent only after their implementation. Such evaluations are rare, and the spending reductions promised are usually not achieved.

For example:

Economist Elinor Ostrom, in her Nobel Prize acceptance lecture for work in economic governance (2009), criticized the focus on the number of government agencies rather than understanding why they were created and how they performed. In her Nobel Prize lecture, she lamented that: "The changes recommended are presumed to lead to the postulated consequences without need for empirical investigation of the relationships involved."

The Toronto municipal consolidation (the largest in North American history except for the 1898 New York City consolidation) illustrates how projections of savings can turn into higher costs. Harvey Schwartz, an economics professor at the University of York (Canada) reported that huge cost savings were predicted by the government of Ontario, which forced the consolidation. Instead, costs rose.⁷ According to the Toronto Business Alliance, a central city business association:

The consolidation of the City of Toronto has not produced the overall cost savings that were projected. Although there have been savings from staff reductions, the harmonization of wages

⁷ Harvey Schwartz, "Toronto: Trouble in the Megacity facing a financial crisis in 2010" <https://policyoptions.irpp.org/magazines/after-copenhagen/toronto-trouble-in-the-megacity-facing-a-financial-crisis-in-2010/>

and service levels has resulted in higher costs for the new City. We will all continue to feel these higher costs in the future.⁸

**Box 2:
Comparing Local Taxes and Spending Between States: Caveats**

Interstate fiscal analyses often compare local taxation between states. However, interstate local or state comparisons can be inherently invalid, because of the substantial variation in functions performed by the two levels of government. Some states rely on local taxation more than others (Figure 21).

- The median local government taxation per capita among the states is 37.3 percent of combined state and local tax revenue, and 62.7 percent state taxation. Local tax revenues range from only 15.8 percent of total state and local taxation in Delaware to 65.7 percent in Alaska. There is a range of 4.2 times between the highest and lowest taxed states. In Illinois, 40.4 percent of state and local tax revenue is from local taxes.
- The median local direct expenditures per capita among the states is 48.9 percent the combined state and local direct expenditures, leaving 51.1 percent at the state level. Local direct expenditures range from only 24.6 percent of combined state and local expenditures in Hawaii to 60.7 percent in Nebraska. There is a range of 2.5 times between the highest and lowest states in direct expenditures per capita. In Illinois, 51.1 percent of combined state and local tax expenditures are at the local government level.

**Local Share of Taxation & Expenditures
UNITED STATES 2021**

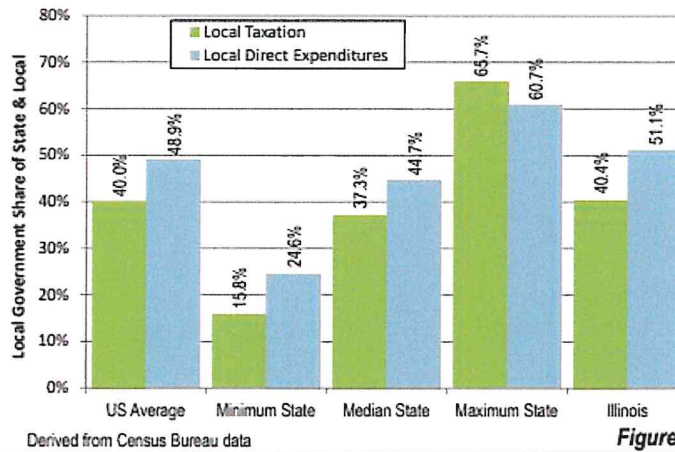


Figure 21

⁸ Toronto City Summit Alliance, *Enough Talk: An Action Plan for the Toronto Region*. April 2003; http://www.torontoalliance.ca/docs/TCSA_report.pdf, accessed April 14, 2007.

In an academic review conducted for the Michigan Senate, economist Eric Scorsone pointed out a common trend where the actual outcomes often fall short of the pre-consolidation and abolition expectations. Scorsone found that: ... *there is no clear relationship between spending per capita and total number of local governments or number of persons per local government* at the national level. He made a similar conclusion with respect to Midwestern states. Scorsone found that: *the evidence seems to point to the fact that a policy of local government consolidation may not be effective in reducing or slowing the growth rate of governmental costs.*⁹

A review of consolidation literature prepared by Mark Holzer at Rutgers University for the State of New Jersey Local Unit Alignment, Reorganization and Consolidation Commission indicates that "cost savings are not assured," and that "most consolidations fail."¹⁰

Nelson Wikstrom at Virginia Commonwealth University assessed that metropolitan government consolidation was "rather tired, weak and unimpressive" and such proposals have rarely been implemented. This has "demonstrated the wisdom of the electorate, as manifested by its general negative political behavior toward reform proposals, exceeded the perception of scholars of urban government."¹¹

Governance expert Robert Bish, from the University of Victoria (Canada), emphasized that the ultimate measure of local government efficiency is their relative expenditures per capita for quality public services, not a count of jurisdictions or taxing districts.

A US National Research Council study indicated: *There is general agreement that consolidation has not reduced costs (as indicated by some reform advocates) and, in fact, may have even increased total local expenditures.*¹² Relying on prospective studies to market abolition and consolidation proposals tends to be spurious, confusing announcement of a policy goal with achievement.

Sometimes higher level governments have established incentives for abolition and consolidation. This practice can distort decision making and result in less optimal outcomes.¹³ The fundamental problem with such incentives is that they are based on the usually unreliable "bigger-is-better" presumption.

Efficiency and Larger Local Governments: Research in Four U.S. States

Over the past 15 years, there have been proposals in at least four U.S. states (including Illinois) to either compel or strongly encourage local government abolishment and consolidations. The primary goal has been to enhance efficiency, with proponents contending that the multiplicity of local governments results in higher spending levels and higher taxes, and that reducing the number of governments would lower taxes and spending.

These four states rank in the top 10 in the number of local government units, including Illinois (#1 in number of governments), Pennsylvania (#3), Ohio (#5), and New York (#9).

⁹ Scorsone, 2010.

¹⁰ Marc Holzer, *Literature Review and Analysis Related to Municipal Government Consolidation*, State of New Jersey, Local Unit Alignment, Reorganization, and Consolidation Commission, 2009. nj.gov/dca/affiliates/luarcc/pdf/final_consolidation_report.pdf.

¹¹ Nelson Wikstrom (1978) "A Reassessment Metropolitan Governmental Consolidation," *Growth and Change* <https://onlinelibrary.wiley.com/doi/10.1111/j.1468-2257.1978.tb00353.x>

¹² Alan Altshuler and William Morrill and the Committee on Improving the Future of U.S. Cities Through Improved Metropolitan Area Governance, *Governance and Opportunity in Metropolitan America*, National Research Council.

¹³ Oakerson, *Governing local public economies*.

Supporters of consolidation generally claimed that there would be substantial savings, however cited theoretical “before the fact” evidence, rather than actual “after-the-fact” reality.

In response to these initiatives, *Demographia* was commissioned to produce reports analyzing Pennsylvania, New York, Ohio and Illinois (with both statewide and Chicago metropolitan area reports).¹⁴ Each of these reports tested the presumption that larger units of government were more efficient, with lower taxation and lower expenditure levels per capita. However, in each case, the opposite was observed: lower levels of taxation, spending and debt per capita were associated with *smaller* governments. This trend was consistent with analyses of municipality data in the United States Census Bureau database.

In Ohio, a well-financed campaign had claimed that small local governance structure “creates a staggering array of costs” and implied that this reality led to a “trade-off” between the “desire of citizens for more accessible and responsive governments” (smaller governments). Yet, with more than 2,200 local general purpose governments (municipalities and townships), expenditures were considerably less in the smaller population categories.

Two of the states, Pennsylvania¹⁵ and Ohio,¹⁶ have established programs to identify and assist local governments that become financially distressed. In both states, the incidence of financial distress (measured relative to the number of governments in population categories) is the lowest among smaller governments and rises to the highest among larger governments. In contrast, both of these states have seen their largest municipalities in financial distress, nearing or entering bankruptcy (Philadelphia, Cleveland and Pittsburgh).

6: UNDERLYING FACTORS

The following factors make it particularly difficult for abolitions and consolidations to reduce taxes and spending.¹⁷

Aligning Labor Costs and Service Levels

Government consolidations can result in increased costs due to the necessary alignment of labor costs with the structure of the most expensive consolidating government. Given that labor compensation constitutes the largest portion of local government expenditure, this “leveling up” can significantly inflate overall expenses.

¹⁴ Wendell Cox, *Growth, Economic Development and Local Government Structure in Pennsylvania*, Pennsylvania Association of Township Supervisors, 2005. <http://demographia.com/localgovtPA.pdf>, Wendell Cox, *Government Efficiency: The Case for Local Control*, Association of Towns of the State of New York, <http://www.nyassessor.com/Portals/3/documents/caseforlocalgovernment.pdf>, 2008, Wendell Cox, *Local Democracy in Ohio: A Review of City, Village and Township Performance by Size*, Ohio Township Association, 2012.

¹⁵ Demographia, *Policy Analysis: The Pennsylvania Distressed Municipalities Program (Act 47)*, <http://www.demographia.com/db-distress.pdf>, 2011.

¹⁶ Cox, 2012, *Local Democracy in Ohio*.

¹⁷ This section is partially adapted from our report entitled *Local Democracy and Townships in the Chicagoland Area* (<http://demographia.com/IL-CoxChicagolandReport.pdf>), prepared for the Township Officials of Illinois and *Local Democracy in Ohio: Review of City, Village and Township Financial Performance by Size* (<http://www.ohiotownships.org/sites/default/files/Report.pdf> prepared for the Ohio Township Association), prepared for the Ohio Township Association.

In their Marion County (Indianapolis) Consolidation Study Commission and the Indiana General Assembly research, Staley, et al found:¹⁸

In general, it is uncommon (although not impossible) for operating costs to decrease—due primarily to the “leveling up” of salaries and benefits. As local governments with differing compensation structures are consolidated, salaries and benefits are often standardized at the higher level.

Additionally, there is a tendency to elevate service levels to match those of the jurisdiction with the highest standards, further contributing to heightened costs.

Finally, there are inevitably “transition costs” that are necessary to move services from one government to another. These can be substantial, as the Toronto consolidation showed (above).

Diminished Political Access for Residents

Smaller local governments, while inherently more efficient, owe their effectiveness to being more under the direct influence of their local electorate. By definition, smaller local governments are closer to the people, which results in greater voter access, all else equal. The accessibility of these governments to taxpayers acts as a check against undue influence from special interests seeking elevated spending levels. Officials in smaller jurisdictions can oversee financial performance and public service delivery more directly, minimizing reliance on professional staff not directly accountable to voters.

Larger Governments and Political Realities

Larger jurisdictions can face much more difficult political pressures than those with smaller populations. Political interests (sometimes called special interests, which more often than not seek higher levels of expenditure) may be more powerful in larger governments, making it more difficult for elected officials to maintain sufficient fiscal control.

As spending levels rise, there is likely to be pressure to limit tax increases and to seek further funding from higher levels of debt, as is indicated above in their greater borrowing per capita in larger municipalities.

The next step may occur where, for legal or political reasons, a larger jurisdiction may not be able to enact higher taxes or incur further debt, may look to consolidation with nearby jurisdictions to obtain taxing and borrowing capacity. This would force taxpayers newly merged to “bail out” the surviving, especially high cost local government. This could permit the jurisdiction to begin another tax-debt-consolidation cycle.

Part of the problem may be that larger municipalities choose to provide more services than smaller municipalities. That may be an indication of the democratic preference of residents, or could indicate a disproportionate influence of larger administrative staffs on municipal decision making.

Improbability of Savings

The practicalities of governance, politics and labor relations outlined above make it improbable for the abolishment of local government units to result in savings. Moreover, the relatively lower cost structures

¹⁸ Samuel R. Staley, Dagny Faulk, Suzanne M. Leland and D. Eric Shansberg, 2005.
<http://www.state.in.us/legislative/interim/committee/2005/committees/prelim/MCCC02.pdf>

of Illinois townships relative to other governments make it unlikely that transferring services to other local governments would yield savings.

7: GOVERNMENT CLOSER TO THE PEOPLE

The following conclusions are drawn from the analysis above:

- (1) Larger municipal governments (categorized by population) continue to tax more, spend more, and borrow more per capita than smaller municipal governments. This “stairstep” relationship is an indication that consolidation and abolishment, which would lead to larger local government units, is likely to increase taxes and spending per capita. This is the opposite of the “bigger is better” theory of local government finance.
- (2) Labor costs are often the largest expenditure category in local governments. Larger municipal governments tend to have higher annual full-time salaries than smaller municipal governments. Further larger municipal governments rely substantially less on part-time labor, which reduces their labor costs significantly.
- (3) The available comparative indicators show that township governments have property taxes that are rising more slowly than other Illinois local governments. Further township labor expenses per employee are the lowest of any local government type in the state. These are indications that abolishment of townships in Illinois is unlikely to lead to lower taxes and expenditures. It could rather lead to higher taxes and expenditures, because the governments into which their services would be consolidated have higher cost structures.
- (4) Township debt per capita is generally lower than that found in other forms of government within Illinois. If townships were to be abolished and consolidated into municipal governments, it is probable that debt levels would increase. This is because municipal governments tend to depend more on borrowing.
- (5) A national analysis indicates that there is virtually no correlation between the number of local government units in a state per million residents and taxation per capita. For example, Hawaii has the least number of local governments per million, 97 percent fewer than in Illinois. Yet, Hawaii has *higher taxation per capita than Illinois*.
- (6) Academic research has often favored abolition and consolidation of local governments. Yet, this research is characterized by prospective analysis - expectations of lower taxes and spending that would occur at implementation. Indeed most abolition and consolidation proposals are not implemented. Among those that are implemented, actual abolition and consolidation is dominated by failures relative to expectations, as projected tax and spending reductions usually do not occur.
- (7) This Illinois research mirrors the conclusions of previous research in Pennsylvania, New York and Ohio, as well as two previous Illinois reports. Smaller governments tax, spend and borrow less than larger governments per capita.
- (8) Alignment of labor costs and less direct oversight by elected officials in larger jurisdictions make it unlikely that consolidation and abolition would lead to lower local government costs. Similarly, transferring services from the generally lower cost townships could result in higher costs.

Overall, the evidence indicates that local government consolidation and abolishments have virtually no potential to improve local government fiscal performance. This is because such strategies are generally associated with *higher* taxes per capita, *higher* spending per capita and *greater debt* per capita.

*Government of the people, by the people and for the people is
government that is closer to the people.*
Paraphrased from Abraham Lincoln, Gettysburg Address

For additional resources on Township Government please visit toi.org.

This report is provided as a resource to highlight the efficiencies provided to local government through township government. Please contact our office if you have any questions. (217) 744-2212.



Jerry Crabtree
Executive Director
Township Officials of Illinois

APPENDIX

D

Sample of Normal Township Website



Quick Links



Check out the solar array recently installed on our senior center ARC's roof through the Illinois Solar For All Program!



Normal Township Elected Officials Webpage

Elected Officials and Community Room Rental Information



Normal Township officials are elected every four years. The eight officials include Assessor, Clerk, Road Commissioner, Supervisor, and four Trustees. The current term runs from May 17, 2021 – May 17, 2025. Regular Township Board Meetings are on the third Thursday of the month at 8:15 AM at Normal Township Hall, which is located at 304 E Mulberry in Normal.

The Community Room at Normal Township Hall is available for use for groups of 30 or less. The room may be rented for private events or reserved for meetings of nonprofit community service groups. For information on availability, please contact the Supervisor's Office at 309-452-2060.

[Room Rental Fees](#)
[Room Rental Agreement](#)

Assessor: Kent DePew



Kent DePew was appointed the Normal Township Assessor December 21, 2023. Mr. DePew has over 30 years of experience working in Township Assessor offices. The last 21 years has been as Deputy Assessor at Normal Township. He also served as a Deputy Assessor in City of Bloomington Township. In addition to his experience in Assessor offices he has past experience as an independent fee appraiser and is a Certified Illinois Assessment Official. He has a Bachelor of Science degree from Illinois State University.

kdepew@normaltownship.org
1012 Porter Ln, Normal, IL

Clerk: Dayna Schickedanz



Dayna Schickedanz was appointed Normal Township Clerk August 2022. Her past community service includes a four year term as a Normal Township Trustee.

dschickedanz@normaltownship.org
1830 Chuck Murray Dr, Normal, IL

Highway Commissioner: Arin Rader



Arin Rader serves as Normal Township Highway Commissioner where he maintains the country roads north of Normal including snow removal, road maintenance and resurfacing, signage and right-of-way work. Arin grew up in Normal Township on his family's farm. He attended Normal Community West High school, graduating in 1999. After high school, he received an associates degree in Diesel Power Equipment Technology and then finished with a bachelors degree in Agriculture Industry Management from Illinois State University. He and his wife Abby and their children Kinslee and Kash live on the north side of Normal. Abby is a teacher at Thomas Metcalf School in Normal, where their kids attend, as well.

arader@normaltownship.org
1411 Ironwood Dr, Normal, IL

Supervisor and Chair of the Board of Trustees: Jess Ray



Jess Ray was appointed Normal Township Supervisor July 2022. Jess chairs the Normal Township Board, manages the township's finances, oversees the General Assistance Office, and works with the team at ARC to continue growth and innovation in senior services.

jray@normaltownship.org
1502 Estate Dr, Normal, IL

Township Trustees:

Floyd Aper – Trustee



Floyd Aper has been serving as Normal Township Trustee since May 2021. Floyd attended WIU after high school before going into the US Army. Once discharged, he joined the Illinois State Police and retired as Captain after 26 years. During his career in ISP, Floyd obtained an Associates Degree by going to night school. He was fortunate to have worked many facets of Law Enforcement. Upon retiring, he obtained his Real Estate License which has been his full-time occupation since. Floyd has managed many Real Estate Agents, created and taught a pre-license course, and owned his own brokerage. Floyd has always been in the community.

faper@normaltownship.org
606 Whispering Pines CC LN, Normal, IL

Arlene Hosea - Trustee



Arlene Hosea was been serving as a Normal Township Trustee since May 2017. Arlene was born and raised in Bloomington, attending District 87 schools and Illinois State University. She also spent her career at Illinois State, retiring after 25 years as the Director of Campus Dining Services. Arlene has an impressive record of community service including terms as a commissioner of the Town of Normal Human Relations Commission and the Town of Normal Planning Commission, as well as serving on boards for the Illinois Special Olympics, McLean County YWCA, The Baby Fold, and the Multicultural Leadership Program. Arlene is the former Health Chair for the Bloomington-Normal Branch of the NAACP.

ahosea@normaltownship.org
2619 Limestone Court, Normal, IL

Sally Pyne - Trustee



Sally Pyne was elected to a 4-year term as Normal Township trustee in April of 2017. She previously had been elected to the McLean County Board and served a 2-year term starting in 2013. Before running for public office, her community service started at age 26 as President and Grants Manager of the local Alzheimer's chapter. From there she served on the Board for Planned Parenthood of Mid-Central Illinois, showing an interest in the entire human age spectrum. While working at Illinois State University and Lincoln College-Normal, she was active in the McLean County Chamber of Commerce, serving in most roles available through Leadership McLean County, with her primary task force focus in Hispanic advocacy. She was awarded the Outstanding Alumni Achievement Award in 2012. Before her retirement from higher education in 2015, she served in the university and college settings as grievance administrator, Administrative Professional Council member, Committee member of the original "Educating Illinois" plan at Illinois State, and in an advisory role for athletics through the Redbird Club. Service also included her various professional organizations both local and national, primarily in the area of academic advisement. She was recognized for her service at Illinois State University with a Distinguished Service Award, the highest award given to an administrative professional in 2000.

spyne@normaltownship.org
216 Cambridge, Normal, IL

Art Rodriguez - Trustee



Art Rodriguez has been serving as Normal Township Trustee since May 2021. Art is a longtime resident of Normal. He graduated from NCHS in 1975 and received a B.S. and Graduate Study Degree at Western New Mexico University. Art serves as the current Chairman of the McLean County Veterans Assistance Commission and is AMVETS District IV Commander. He is a past member of the Vietnam Veterans Pocono Mountain Chapter and a past executive board member of the NAACP Pocono Chapter. Art is semi-retired, working in e-commerce and real estate.

arodriguez@normaltownship.org
1100 Karin Drive, Normal, IL

Board Meetings:

The monthly board meetings are held on the 3rd Thursday of each month at 8:15 AM, at the Normal Township Hall. All citizens of Normal Township are welcome to attend these meetings. [See a list of approved meeting dates.](#)

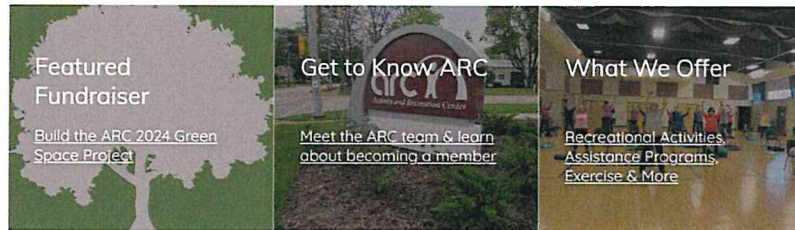
APPENDIX

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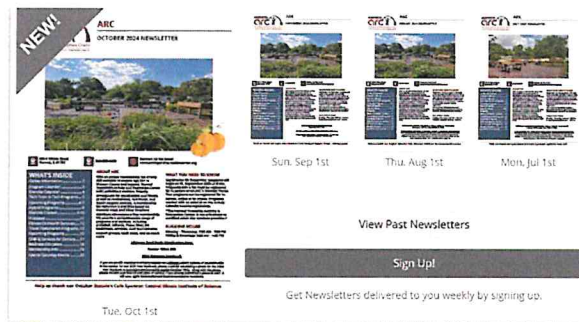
Sample of Normal Township Activity and Recreation (ARC)Website



About ARC



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Let us know how we can help!

Name*

Email*

Message*

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*This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply.

Better yet, check out ARC in person!

Prospective members can stop by for a tour during business hours and get any questions they have about programs and services ARC has to offer answered.

ARC Activity & Recreation Center

600 East Willow Street, Normal, Illinois 61761, United States

Phone: 309-688-9099

Dir. of Programming: mcamper@normaltownship.org

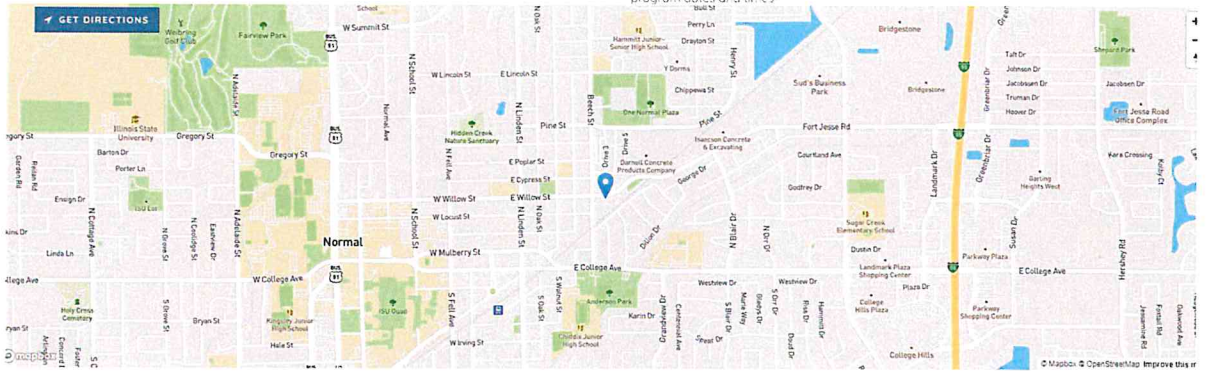
Communications Coord: sscott@normaltownship.org

Member Services Mgr: esanders@normaltownship.org

Hours

Open today 07:00 am - 07:00 pm

See our calendar pages or the monthly newsletter for specific program dates and times



Like ARC On Facebook & Follow Us On YouTube



Need More Info On Senior Resources?

Check out the McLean County Senior Resource Center Website

<https://about.illinoisstate.edu/mcsrc/>

NCOA's BenefitsCheckUp® helps find public and private benefits programs you may be eligible for

<https://benefitscheckup.org/>

APPENDIX

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Information about ARC Solar Panel Savings

Ameren IP history Normal Township ARC

2023-2024			Post Solar		2019-2020		Pre Solar	
Statement Date	Kilowatt Hrs	Payment Due Date	Amount Due	Balance Solar Bill	Statement Date	Kilowatt Hrs	Payment Due Date	Amount Due
3/14/2023	28310	5/15/2023	\$3,181.56	\$ 1,050.00	1/14/2020	38119	3/6/2020	\$5,691.42
4/11/2023	24728	6/12/2023	\$1,572.54	\$ 1,050.00	12/10/2019	30751	2/10/2020	\$4,885.65
5/11/2023	19312	7/10/2023	\$27.93	\$ 1,050.00	11/8/2019	29201	1/7/2020	\$6,591.65
6/12/2023	19788	8/11/2023	\$28.48	\$ 1,050.00	10/10/2019	41724	12/9/2019	\$8,830.70
7/11/2023	19814	9/11/2023	\$28.48	\$ 1,050.00	9/10/2019	41635	11/12/2019	\$9,422.51
8/10/2023	24839	10/9/2023	\$28.48	\$ 1,050.00	8/13/2019	45522	10/14/2019	\$9,689.35
9/11/2023	26744	11/13/2023	\$461.15	\$ 1,050.00	7/15/2019	43674	9/13/2019	\$8,729.47
10/10/2023	21949	12/1/2023	\$1,537.96	\$ 1,050.00	6/12/2019	41472	8/12/2019	\$7,096.72
11/7/2023	25745	1/8/2024	\$2,446.99	\$ 1,050.00	5/13/2019	39168	7/12/2019	\$5,894.28
12/11/2023	34252	2/9/2024	\$3,533.42	\$ 1,050.00	4/11/2019	32640	6/10/2019	\$5,083.28
1/12/2024	37225	3/12/2024	\$4,530.06	\$ 1,050.00	3/13/2019	28800	5/1/2019	\$4,991.38
2/12/2024	42061	4/12/2024	\$5,519.17	\$ 1,050.00	2/12/2019	30336	4/15/2019	\$5,360.40
2/28/2024	34252	Corrected Bill	no payment					
2/29/2024	42061	4/29/2024	\$5,490.47					
		12 month Total	\$28,386.69	\$12,600.00			12 month Total	\$82,266.81
		Cumulative 12 month Total	\$40,986.69					
		Solar Savings 2019 - 2023	\$41,280.12					