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Hágase cargo de su diabetes! está patrocinado por AgeOptions. El programa es posible gracias, en parte, con fondos del Departamento de Salud Pública de Illinois

Time Traveling Together

West Suburban Senior Services and MECA Elementary Christian Academy are partnering in a seven-week intergenerational activity designed to help students better understand the process of aging. The academy's sixth, seventh and eighth graders are matched up with a senior citizen buddy. Following an initial getting acquainted session, each student and senior partner then participate in various activities and discussions centered on age-related changes. These include sight, touch and dexterity, smell and taste, heart problems and physical limitations. At the conclusion of the activity in May, students will be surveyed to see if their perceptions

Many of the activities and events scheduled are available for no or minimum cost and we schedule the activities and events at each of the agency's sites. In addition, please feel free to join us for lunch as many activities are scheduled at midday. If you have suggestions for different activities, please contact us. We attempt to provide a variety of events that are of interest to area senior citizens. West Suburban Senior Services does not have a membership fee and area senior citizens are welcome to attend any and all events that they find interesting.

More information may be available in a separate article.

The River Park Center is located at 8300 Roosevelt Road in Forest Park.

The Senior Center is located at 439 Bohland Avenue in Bellwood.

The OARS Center is located at 712 Elm in LaGrange.

The Hodgkin's Meal Site is located at 9301 63rd in Hodgkins.

The River Park, Senior Center and OARS Center operate between 8:00 am and 4:30 pm.

The Hodgkin's Meal Site operates from 11:00 am to 2:30 pm

Some of the activities are newly scheduled or require advanced reservations.. Please telephone

about aging and senior citizens have changed. The agency thanks MECA administrators, staff and students, and senior citizens for their enthusiastic participation in this activity. Results of this activity will be reported in a future edition of *The Senior Chronicle*.

Update on Veterans' Benefits

Illinois Department of Veterans' Affairs is coming to the Senior Citizen Center in Bellwood April 28th, 10:30 am to 11:15 am, to provide current information about military and survivor benefits. A recent study determined that seventy three percent of veterans are eligible for up to \$1,949 per month to help pay their medical and care expenses, but many veterans are unaware of existing assistance programs.

The Senior Chronicle

West Suburban Senior Services

(708) 547-5600

Hodgkins Meal Site 9301 63rd Hodgkins, Illinois 60525
OARS Center 712 East Elm LaGrange, Illinois 60525
River Park Center 8300 Roosevelt Road Forest Park, Illinois 60130
Senior Center 439 Bohland Avenue Bellwood, Illinois 60104

Adult Day Health Care

Are you caring for a senior citizen or know someone who is caring for a senior citizen? Do you often feel worried or anxious to leave the senior citizen alone during the day? Do you feel that the senior citizen is not getting enough socialization during the day? If you answered yes to any of these questions, the Adult Day Health Care program at West Suburban Senior Services may be your answer. The Adult Day Health Care program at West Suburban Senior Services offers a variety of activities to increase socialization, exercise programs to help improve their physical well-being and mind games to simulate their memory. The program also has a registered nurse on staff to give medications, check vitals and staff to assist with activities of daily living. The program is open Monday through Friday from 8:00 am to 4:30 pm. To set up a tour of the program, or if you have any questions about the program, please call Sarah Krywulsky, Adult Day Health Care Director at (708) 234-1864.

Boot Camp Tour

The Cook County Sheriff's Department is conducting a tour of its Boot Camp May 24th. The tour departs from the Senior Citizen Center in Bellwood at 9:00 am. Participants tour the camp between 10:30 am and 11:30 am, and return to the Senior Center at approximately

12:00 noon. Some walking is involved in the tour. The \$6.00 per-person cost includes transportation on a school bus. Paid cash reservations are due at the Senior Center by 4:00 pm on May 13th, and a minimum registration is required for the outing to take place. Reservation fees will be refunded if the trip is cancelled.

Concerned about a Friend?

Do you have a friend who is no longer involved in his or her normal activities? Have you noticed that your friend is not eating or sleeping as much as usual? Has your friend turned down opportunities to socialize with you or others? Are you worried about your friend's ability to pay bills or take medication? It is possible that your friend needs some additional help. The friend might be experiencing depression or other changes. Some people stop caring about what they eat and stop leaving the house. Whatever it is that has you worried, please talk to someone about it. At West Suburban Senior Services, we can offer additional support to that senior citizen. Providing extra help and support in stressful times can keep the problem from deteriorating. If you want to talk to someone about a concern you have for a friend or for a family member, or even for yourself, call Lorene Kassis. Lorene is a Licensed Clinical Social Worker and works with vulnerable senior citizens in Proviso

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The Senior Chronicle

The Senior Chronicle is published by West Suburban Senior and is distributed at no cost to area senior citizens. We thank those organizations and businesses where the Senior Chronicle is distributed. The agency, however, does not mail the *Senior Chronicle* out due to increased postage costs. Time dated material is published including menus and special events. Additional information is available at the Senior Center, River Park Center, at the OARS Center or on our buses or our website.

Funding

West Suburban Senior Services is supported by the AgeOptions under Title III of the Older American's Act, the US Department of Veteran's Affairs, the Federal Emergency Management Agency, the Illinois Department on Aging, Kott Foundation, Commonwealth Edison, Westlake Health Foundation, the 708 Mental Health Commission of Berwyn and Proviso Townships, United Way of Metropolitan Chicago, Lyons and Proviso Townships, local villages and contributions from seniors and their families. We thank them for their continued support and assistance.

Non-Discrimination

West Suburban Senior Services does not discriminate in the admission to program or treatment of employment in its programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act and the U.S. and Illinois Constitutions. If anyone feels that they have been discriminated against, they have a right to file a complaint with the Illinois Department on Aging. For addition information, telephone (800) 252-8966 or telephone West Suburban Senior Services at (708) 547-5600.

Website

The Senior Chronicle is also available on the agency's website, www.wsseniors.org. Other information on the website includes monthly flyers, program information, annual reports and staff telephone extensions and email addresses.

Board of Directors

The Board of Directors elected, during the 37th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Mrs. Lela Grimble, Vice President
Mr. Arthur Grapenthein, Vice President
Mr. Robert A. Jones, Treasurer
Mr. Ted Griffin, Secretary

Directors

Mrs. Janice Carter
Mrs. Mary Conti
Mrs. Kathleen Contuchio
Mr. Luigi Mazzei
Mrs. Debbie Nowader
Ms. Tywana Rand
Honorable Donald Sloan
Dr. Robert Strnad, MD
Ms. Catherine Swan
Mrs. Jimmi Wooten

Honorary Directors

Mrs. Jann Beauchamp

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Super Senior Program

The Illinois Secretary of State's mobile driver services facility is coming to the Senior Citizen Center in Bellwood May 16th. The Super Senior is a convenient and voluntary program that combines Rule of the Road classroom instruction, a vision test and a driver safety program. Senior citizens may

- ❑ participate in a Rules of the Road class from 9:30 am to 11:00 am. The course includes a review of safe driving techniques, Illinois driving laws and a practice written exam. Class reservations are required and may be made by telephoning West Suburban Senior Services.
- ❑ obtain a free Illinois photo identification card (residents age 65 and older) between 10:00 am and 2:00 pm. Senior citizens who are getting the ID card for the first time must show a Social Security card, certified birth certificate and two forms of mail (such as bills) to prove address. However, a valid Illinois driver's license can take the place of *either* the Social Security card or the certified birth certificate.
- ❑ renew their driver's license (senior citizens age 74 and younger) between 10:00 am and 2:00 pm. Drivers aged 75 and older are required to take a road test for license renewal and must visit a Secretary of state drivers' services facility. To apply for or to renew a driver's license, seniors must provide acceptable identification to verify their name, date of birth, Illinois residency, Social Security number and signature.

Take Charge of Your Diabetes!

West Suburban Senior Services is hosting a session of *Take Charge of Your Diabetes!* (Spanish) this spring at the Senior Citizen Center in Bellwood. The class is designed to help seniors with diabetes thrive rather than just survive. The program consists of six 2½ hour classes taught by two trained leaders. Senior citizens learn about exercise, nutrition, using medications, communicating with family, friends and health professionals, and problem-solving around their diabetes. Also, participants set their own goals and make a step-by-step plan to improve their health and life. Classes are scheduled Wednesdays beginning April 6th through May 11th, 10:00 am to 12:30 pm. Enrollment is allowed only through the second class session. *Take Charge of Your Diabetes!* is sponsored by AgeOptions. The program is made possible, in part, by funding from the Illinois Department of Public Health.

Hacerse Cargo de su Diabetes

West Suburban Servicios para Personas Mayores tendrá lugar una sesión de *Hágase cargo de su diabetes!* (Español) esta primavera en el Centro de la Tercera Edad en Bellwood. La clase está diseñada para ayudar a los ancianos con diabetes prosperan más que sobrevivir. El programa consta de seis clases de 2½ horas impartido por dos líderes capacitados. Tercera edad aprenden sobre el ejercicio, la nutrición, el uso de medicamentos, la comunicación con familiares, amigos y profesionales de la salud, y la resolución de problemas en torno a su diabetes. Además, los participantes a establecer sus propios objetivos y hacer un plan paso a paso para mejorar su salud y la vida. Las clases están programadas los miércoles a partir de abril 6 al 11 de mayo, de 10:00 a 12:30 horas. La inscripción es permitido sólo a través de la sesión de segunda clase.

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pie is being served for 50 cents per slice on April 4th at 12:15 pm.

Early Bird Pokeno A French toast and sausage breakfast at 9:30 am begins these festivities April 15th at the Senior Citizen Center in Bellwood. Pokeno follows from 10:00 am to 11:00 am. Cost for all is \$2.00, and a minimum registration is required by 12:00 noon on April 13th.

Egg Hunt West Suburban Senior Services is hosting its annual egg hunt at its two nutrition sites on April 21st. In addition to hunting for tasty treats, seniors are searching for prize eggs. The egg hunt is scheduled from 12:15 pm to 12:30 pm at the Senior Citizen Center in Bellwood, and from 10:00 am to 10:15 am at the Hodgkins meal site. The event is being held rain or shine.



Exercise Class This class is an enjoyable way to increase strength, build endurance and improve movement. The class is held Monday through Friday from 10:00 am to 10:30 am at the Senior Citizen Center in Bellwood.

Gift Shop West Suburban Senior Services' Gift Shop offers a variety of handmade craft items, baby gifts and seasonal decorations at a reasonable price. Shoppers may purchase items between

10:30 am and 1:30 pm Monday through Friday at the Senior Citizen Center in Bellwood. Gift certificates are also available.

Grandparents Raising Grandchildren Support Group Many grandparents raising grandchildren are overwhelmed by the emotional, financial and physical strain. They are invited to join this support group to share stories with other grandparents and to learn about legal issues, community resources, advocacy, financial assistance and self-care. This support group meets the second Monday of each month between 1:00 pm and 2:00 pm at the Senior Citizen Center in Bellwood. This month's meeting is April 11th.

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of \$8.00. Our hairstylist is at the Bellwood site April 12th and April 26th at 10:30 am.

Heart Health Tips and Bingo Renaissance of Hillside is sponsoring this program and related party bingo April 12th, 9:45 am to 11:00 am, at the Senior Citizen Center in Bellwood. Reservations are required by April 8th.

Ice Cream Parlor Seniors may select either a budget sundae or an ice cream sundae at this special feature April 5th, 12:00 noon to 12:30 pm, at the Senior Citizen Center in Bellwood. Cost for each dessert is \$1.00, and entertainment is planned.

Internet Café Senior citizens are invited to learn basic computer skills every Monday between 9:30 am and 11:30 am at the Senior Citizen Center in Bellwood. There is no class fee.

Line Dancing Senior citizens are invited to participate in this enjoyable form of exercise Fridays at the Senior Citizen Center in Bellwood between

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Briefly Stated

Advisory Council
10:00 am
April 13th
Bellwood & Hodgkins

April Fool's Day Celebration
10:00 am
April 1st
Hodgkins

Art Class
9:00 am
Tuesdays
Bellwood

Bingo
12:15 pm
Thursdays
Bellwood & Hodgkins

Bingo Bonanza
10:15 am
April 4th
Bellwood

Blood Pressure Screenings
10:00 am
April 7th, April 13th, April
21st & April 27th
Hodgkins

Brain Games
12:15 pm
April 6th, April 13th, April
20th & April 27th
Bellwood

Caregiver Support Group
2:00 pm
April 6th & April 20th
Bellwood

Chair Exercise
10:00 am
April 4th, April 8th, April
11th, April 15th, April 18th,
April 25th & April 29th
Hodgkins

Colorful Lunch Series
12:15 pm
April 5th
Bellwood
12:15 pm
April 15th
Hodgkins

Creative Writing
10:00 am
April 26th
Bellwood

Dessert Days
12:15 pm
April 7th, April 14th, April
21st & April 28th
Bellwood

12:15 pm
April 4th
Hodgkins

Diabetes Awareness Fair
10:00 am
April 18th
Hodgkins

Early Bird Pokeno
9:30 am
April 15th
Bellwood

Egg Hunt
12:15 pm
April 21st
Bellwood

10:00 am
April 21st
Hodgkins

Emergency Call Center
10:30 am
April 26th
Bellwood

Exercise Class
10:00 am
Weekdays
Bellwood

Gift Shop
10:30 am to 1:30 pm
Monday through Friday
Bellwood

Grandparents Raising Grandchildren Support Group
April 11th
1:00 pm
Bellwood

Guardianship Workshop
10:30 am
April 18th
Bellwood

Haircuts
10:30 am
April 12th & April 26th
Bellwood

Heart Health Tips & Bingo
9:45 am
April 12th
Bellwood

Ice Cream Parlor
12:00 Noon
April 5th
Bellwood

Internet Café
9:30 am
Mondays
Bellwood

Legal Assistance
By Appointment
Bellwood

Lighting Your Way for Better Vision
10:30 am
April 19th
Bellwood

12:15 pm
April 26th
Hodgkins

Line Dancing
9:30 am
Fridays
Bellwood

Luncheon
11:30 am
Weekdays
Bellwood & Hodgkins

Meditation & Centering Class
12:15 pm
April 8th
Bellwood

Movie Days
12:30 pm
April 5th, April 12th, April
19th, April 20th & April 26th
Bellwood

9:30 am
April 29th
Bellwood

Mystery Reading Club
9:30 am
April 4th
Bellwood

Party Bingo Days
12:15 pm
April 11th, April 18th &
April 25th
Bellwood

12:15 pm
April 11th & April 21st
Hodgkins

Podiatry Clinic
9:00 am
Thursdays
Bellwood

Pokeno Parties
12:15 pm
April 1st, April 8th & April
29th
Bellwood

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9:30 am and 10:30 am. There is no charge.

Lunch Reservations Our two nutrition sites offer seniors an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are nutritious, delicious and contain 1/3 of RDA for seniors. Both nutrition sites require advance reservations. Suggested contribution for meals is \$2.00. Transportation to the Senior Citizen Center in Bellwood and to the Hodgkins meal site can be arranged.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class April 8th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Mystery Reading Club Senior citizens are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting April 4th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate contact the agency to sign out copies of the current reading selection.



Party Bingo Days The following dates and party bingo themes have been scheduled this month at the Senior Citizen Center in Bellwood: *Twisted* on April 11th, *Mystery* on April 18th and *Everything Cook-Out* on April 25th. At Hodgkins, themes are *Mystery* on April 11th and *Easter* on April 21st. Games at both sites begin at 12:15 pm, and there is a fee.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday and through pre-arranged home visits. Podiatry services include routine foot and nail care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

Pokemo Parties This game is scheduled April 1st, April 8th and April 29th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. The \$1.00 cost includes prizes and refreshments.

Reminiscing Time Seniors re invited to share memories and enjoy refreshments during this activity at the Senior Citizen Center in Bellwood. It is scheduled April 11th from 10:30 am to 11:00 am.

Rules of the Road Secretary of State staff is conducting this review class April 15th, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. There is no fee, but reservations are required.

Seniors' Night Out West Suburban Senior Services is hosting an outing to the Old Country Buffet in Northlake April 8th at 5:00 pm. The \$12.79 per-person cost includes the buffet, beverages and tax. Participants are responsible for paying their own bill at the restaurant and for providing their own transportation. However, to facilitate planning, seniors who are going to the buffet are asked to contact West Suburban Senior Services by April 7th.

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Safe Food Shopping Tips for Social Events, April 13th, 10:30 am to 11:30 am. University of Illinois Extension is the presenter. Participants may sample a recipe.

Serving Food Safely at Picnics and Bar-B-Ques, April 25th, 10:30 am to 11:30 am. University of Illinois Extension shares information to help seniors enjoy these events without the worry of food contamination.

Skin Issues Related to Aging, April 7th, 10:30 am to 11:30 am. University of Illinois College of Pharmacy is the program presenter. Seniors who want a skin screening should wear short-sleeved clothing. Also, seniors are encouraged to bring their prescriptions and over-the-counter medications for a review.

Salerno Pincente Ristorante
9301 63rd Street, Hodgkins

Diabetes Awareness Fair, April 18th, 10:00 am to 11:30 am. Participants receive information about diabetic recipes and cooking, diabetic foot care, diabetic testing devices and more. They also have the opportunity to exercise, and check their blood pressure and glucose levels.

Lighting Your Way for Better Vision, April 26th, 12:15 pm to 1:15 pm. University of Illinois Extension discusses how home lighting affects daily life and tasks, influences mood and impacts health.

Safe Food Shopping Tips for Social Events, April 27th, 12:15 pm to 1:15 pm. University of Illinois Extension is the presenter.

Serving Food Safely at Picnics and Bar-B-Ques, April 6th, 12:15 pm to 1:15 pm. University of Illinois Extension shares information to help seniors enjoy these events without the worry of food contamination.

Introducing Our New Clinical Director

Ben Friedman, Ph.D. recently joined the West Suburban Senior Services staff as Clinical Director and Coordinator of the Kott Gerontology Scholars Program. Ben has a background in social work and business. His academic background includes a BA in Psychology and English from the University of Michigan and MA and Ph. D. degrees from the University of Chicago School of Social Service Administration.

Ben's career has incorporated a mix of data-based and research-orientated approaches to working with people in both not-profit and business settings. He has worked extensively with children and families, most recently, for eight years, as Coordinator of Adoptive Parent Services at Family Resource Center in Chicago, a private, non-profit adoption agency. He has consulted on program development and research with Local Initiatives Support Corporation in Chicago, the largest non-profit funder of low cost housing in the country through community development corporations. In the private sector, Ben specialized in training and development, strategic planning and market research for a variety of companies in the health care, technology and financial services sectors.

Ben is responsible for consulting with staff and students on clinical issues and supervising the Kott Scholars and other student interns. In addition, his primary roles are to supervise the Kott Scholars and to provide overall coordination for the Kott Gerontology Scholars Program across the consortium of agencies that participate in the program. The Kott Gerontology Scholars Program provides scholarships to student interns from a variety of specialties who expect to continue in the gerontology field after graduation. The intense Kott Gerontology Scholars training program experiences include assignment to one of four agencies participating in the Kott Scholars Program where students work with gerontology professionals pro-

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viding a spectrum of services to seniors. Many of the students become valuable assets to their respective agencies and are often hired to continue their work after graduation.

In addition to direct practice experiences, the student interns work on group projects with students from other agencies. Ongoing research and development of the Kott Gerontology Program focuses on expanding the range of professionals participating in the program, improving the admissions process and enriching the experience.

Keeping an Eye on Diabetes: Food, Exercise, Information and More

How informed are you about diabetes? Do you or a family member have diabetes? To help seniors learn more about this disease, West Suburban Senior Services is hosting a morning of activities and information April 18th, 10:00 am to 11:30 am, at its Hodgkins meal site.

Eat Smart – Diabetic recipes and cooking tips are available.

Know Your Numbers – Participants may check their blood pressure and glucose level. Fasting is not necessary.

Take Care of Your Feet – Agency podiatrist Dr. Gary Trent is providing information about diabetic shoes, Medicare coverage for podiatric services and overall foot care.

Understand Your Medications – Pharmacists are explaining new prescription insurance coverage, changes in diabetic medications and testing devices, and more.

In addition, senior citizens may participate in a chair exercise class. The class helps senior citizens increase strength, build endurance and improve movement.

At 11:30 am, senior citizens age 60 and older may enjoy lunch for the suggested donation of \$2.00. Lunch reservations are required by 12:00 noon on April 15th.

The *Keeping an Eye on Diabetes* event kicks off a new diabetes management workshop scheduled to begin soon at the Hodgkins meal site. Interested senior citizens may learn more about and register for that workshop on April 18th.

Stop By and Say Hello

West Suburban Senior Services is participating in several community events this spring. Senior citizens are invited to stop by and to learn more about programs and services available to them:

- *Day of the Child*, Saturday, April 30th, 12:00 noon to 4:00 pm, Melrose Park Civic Center, 1000 North 25th Avenue, Melrose Park. Grandparents who are raising grandchildren receive information about available assistance.
- *2011 Community Health Fair*, Saturday, May 21st, 9:00 am to 2:00 pm, Garfield Elementary School, 1814 South Ninth Avenue, Maywood. Sponsored by School District 89, the event includes information and assistance for grandparents raising grandchildren. Party bingo for seniors is scheduled between 11:00 am and 11:45 am.

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Township. Confidential counseling services are provided free to senior citizens in their home. Lorene may be contacted at (708) 234-1872.

Do You Have Collectibles to Display?

West Suburban Senior Services is seeking items for its display case on the first floor of the Senior Citizen Center in Bellwood. Possibilities include cookie jars, model cars, cups and other collectibles. The display case is locked, and displays are changed monthly. Additional information is available from the Senior Center Director.

*You are invited to a
Spring Fashion Show and Tea*

*Thursday, April 14th
10:30 am to 11:30 am*

*Senior Citizen Center
439 Bohland Avenue
Bellwood*

*Fashions provided courtesy of
New to You Upscale Resale Shop in
Broadview*

*Lunch reservations required
by 12:00 noon on April 13th.*

Grandparents' Celebration

Proviso Township High School District 209's Board of Education and West Suburban Senior Services invite Proviso Township senior citizens to the *Third Annual Grandparents' Day* Saturday, May 14th, 10:00 am to 1:00 pm, at the Proviso Mathematics and Science Academy, First Avenue and Roosevelt Road in Forest Park.

The day is designed to honor all grandparents in Proviso Township. Grandparents are being treated to a stepper dance party, party bingo, door prizes a boxed lunch and more. In addition, West Suburban Senior Services staff will share information about services and assistance available to grandparents raising grandchildren. For more information or to make a reservation, please contact the agency.

Guardianship Workshop

West Suburban Senior Services is hosting this legal seminar April 18th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The Center for Disability and Elder Law is covering various aspects of guardianship; what it is, when a guardian is needed and what resources are available to help people petition for guardianship.

Here's to Your Good Health

West Suburban Senior Services is hosting a series of health and safety programs this month at its two nutrition sites:

Senior Citizen Center
439 Bohland Avenue, Bellwood

9-1-1 Education Challenge, April 26th, 10:30 am to 11:15 am. Norcomm emergency dispatchers discuss usage of the 9-1-1 system, its challenges and its future capabilities.

Lighting Your Way for Better Vision, April 19th, 10:30 am to 11:30 am. University of Illinois Extension discusses how home lighting affects daily life and tasks, influences mood and impacts health.

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<p>Reminiscing Time 10:30 am April 11th Bellwood</p> <p>Rules of the Road 1:30 pm April 15th Bellwood</p> <p>Safe Food Shopping Tips for Social Events 10:30 am April 13th Bellwood</p> <p>12:15 pm April 27th Hodgkins</p> <p>Seniors' Night Out 5:00 pm April 8th Northlake</p>	<p>Serving Food Safely at Picnics & Bar-b-ques 10:30 am April 25th Bellwood</p> <p>12:15 pm April 6th Hodgkins</p> <p>Skin Issues Related to Aging 10:30 am April 7th Bellwood</p> <p>Spanish Club 11:00 am April 1st & April 15th Bellwood</p>	<p>Spring Craft 10:30 am April 6th Bellwood</p> <p>12:15 pm April 29th Hodgkins</p> <p>Spring Fashion Show & Tea 10:30 am April 14th Bellwood</p> <p>Uno Card Game 12:15 pm April 8th Hodgkins</p> <p>Update on Veterans' Benefits 10:30 am April 28th Bellwood</p>	<p>Volunteer Appreciation Lunch 11:00 am April 27th Bellwood</p> <p>Wii Bowling 10:00 am April 5th, April 6th, April 12th, April 13th, April 19th, April 20th, April 26th & April 27th Hodgkins</p> <p>Yahtzee 12:15 pm April 5th Hodgkins</p> <p>Yoga Class 9:00 am Monday, Wednesday & Friday Bellwood</p>
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Spanish Club This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting April 1st and April 15th, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

Spring Craft On April 6th between 10:30 am and 11:00 am, seniors are invited to decorate Easter eggs at the Senior Citizen Center in Bellwood. On April 29th between 12:15 pm and 1:00 pm, seniors may paint a sun catcher at the Hodgkins meal site. Reservations for both activities are required.

Uno Card Game Seniors are invited to this friendly competition April 8th, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

Wii Bowling This activity is scheduled every Tuesday and Wednesday this month at the Hodgkins meal site. Seniors play between 10:00 am and 11:00 am.

Yahtzee Seniors are invited to this friendly competition April 5th, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

Yoga Class This free class is offered Monday, Wednesday and Friday, 9:00 am to 10:00 am, at the Senior Citizen Center in Bellwood. Participants learn basic movement and relaxation techniques that can improve health, body and mind. New students are welcome.

Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities during this month's meeting of the Advisory Council. The council is composed of senior representatives, and agency and catering staff. The Advisory Council is meeting April 13th, 10:00 am to 11:00 am, at both the Senior Citizen Center in Bellwood, and at the Hodgkins site located in Salerno Pincente Ristorante.

April Fool's Day Celebration Senior citizens are invited to join in the fun at the Hodgkins meal site April 1st from 10:00 am to 10:45 am.

Art Class The Senior Citizen Center in Bellwood offers senior citizens a chance to work in various media such as water colors, acrylics, pastels and oils, and to receive instruction in basic drawing. Classes take place every Tuesday at 9:00 am. There is a fee for enrollment.

Bingo Party bingo is held every Thursday beginning at 12:15 pm at both the Bellwood and Hodgkins congregate meal sites.

Bingo Bonanza A double session of party bingo is planned April 4th, 10:15 am to 1:15 pm, at the Senior Citizen Center in Bellwood. The \$1.00 cost includes prizes and refreshments. Lunch is served at 11:30 am for the suggested donation of \$2.00.

Brain Games Senior citizens are invited to learn fun ways to improve their memory. Sessions are scheduled every Wednesday from 12:15 pm to 1:15 pm at the Senior Citizen Center in Bellwood.

Caregiver Support Group West Suburban Senior Services offers this service to assist caregivers of older adults. Caregivers learn ways to cope with the demands of caring for an elderly relative and build relationships with those who are having similar experiences. The group meets April 6th and April 20th from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

Chair Exercise Senior citizens are invited to exercise Mondays and Fridays this month at the Hodgkins meal site. The class is scheduled from 10:00 am to 10:30 am.

Colorful Lunch Series Each month on designated dates, decorations and dessert at the agency's two nutrition sites are centered on a specific color. On April 5th, the color at the Senior Citizen Center in Bellwood is orange. Lunch participants who wear orange attire to lunch that day are eligible to enter a door prize drawing at 12:15 pm. The *Color Me Spring* theme at the Hodgkins meal site is yellow. Lunch participants who wear yellow on April 15th are eligible for the door prize drawing at 12:15 pm.

Creative Writing This class is scheduled April 26th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. New and returning students are welcome. There is no fee.

Dessert Days Senior citizens may enjoy the following treats at the Senior Citizen Center in Bellwood for the cost of \$1.00 each: pie a la mode on April 7th, cheesecake sundaes on April 14th, cake and ice cream on April 20th and cookie sundaes on April 27th. At the Hodgkins meal site,

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