

(Continued from page eight)

Center, and OARS and River Park Centers. The fun begins at 11:00 am, and lunch is served at 11:30 am for the suggested donation of \$1.50. Reservations are needed by 12:00 noon August 24th.

Super Senior The Illinois Secretary of State's mobile driver services facility is coming to Bellwood Senior Center August 23rd. Seniors can participate in Rules of the Road review classes, take the vision test, secure a free and non-expiring photo identification card, and renew their driver's license (seniors age 74 and younger). Additional information is available.

Take Off Pounds Sensibly Meeting An informational meeting about the Take Pounds Off Sensibly (TOPS) program is scheduled August 13th, 9:00 am, at Bellwood Senior Center. The TOPS mission is to support its members to lose weight and to keep it off. Components include weekly meetings, private weigh-ins, and a program to provide members with positive reinforcement and motivation to adhere to food and exercise plans. If there is enough interest, a TOPS chapter can be formed at Bellwood Senior Center. Additional information is available by telephoning the agency at (708) 547-5600, exten-

sion 235.

Terrific Tuesday To help beat the summer heat, West Suburban Senior Services is serving a complimentary lunch to seniors age 60 and older August 24th, 11:30 am, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are needed by 12:00 noon August 23rd.

Watermelon Day Celebration This traditional summer treat is being served August 3rd, 12:15 pm, at Bellwood Senior Center, and August 6th, 12:15 pm, at OARS and River Park Centers. For 25 cents, seniors can feast on a slice of melon. Reservations are required by 12:00 noon August 2nd and August 5th, respectively.

The Senior Chronicle

West Suburban Senior Services

(708) 547-5600

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

Kott Gerontology Scholars

West Suburban Senior Services, in cooperation with Southwest Suburban Center on Aging, PLOWS Council on Aging and North Shore Senior Center gratefully acknowledges the Russell and Josephine Memorial Charitable Trust that provides funding to support paid internship for graduate level students interesting in pursuing careers in the field of aging. Up to twelve paid internships are available each year and the agencies are finalizing field placements, curriculum, supervision activities and an evaluation of the program.

SHIP Helps Seniors Through Medicare, Health Insurance Maze

Seniors are able to receive help filing Medicare claims, and processing appeals to Medicare and Medicare supplement insurance companies at Bellwood Senior Center.

Senior volunteers trained by the Illinois Department of Insurance provide this assistance through the Senior Health Insurance Program (SHIP). In addition to claims assistance, the volunteers are available to objectively counsel Medicare beneficiaries about Medicare, Medicare supplement, Medicare managed care, and long-term care insurance. Volunteers are also available to answer questions about other facets of Medicare.

This service is offered at no cost. Appointments may be made at (708) 547-5600.

Join Us for Breakfast

West Suburban Senior Services is pleased to announce a breakfast program. On August 13th and August 20th, breakfast is being served at Bellwood Senior Center from 8:30 am to 10:00 am. Suggested meal donation is \$1.50. The August 13th menu is grits, sausage, and orange juice. On August 20th, seniors can enjoy a ham and cheese English muffin and juice.

Breakfast reservations are required by 12:00 noon August 11th and August 18th, respectively. When making their reservations, seniors should specify they are signing up for breakfast. A minimum registration is required to serve breakfast.

Super Senior Program

The Illinois Secretary of State's mobile driver services facility is coming to Bellwood Senior Center August 23rd. Seniors can

participate in Rules of the Road review classes either from 9:00 to 11:00 am or from 12:00 to 2:00 pm. The course reviews safe driving techniques and Illinois driving laws.

(Continued on page 3)

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.

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

All sites operate between 8:00 am and 4:30 pm.

Some of the activities are newly scheduled or require advanced reservations. Please telephone (708) 547-5600, extension 238, for costs, more information and for reservations. Space, many times, is limited.

The Senior Chronicle

The *Senior Chronicle* is published by West Suburban Senior Services (formerly Proviso Council on Aging) and is distributed at no cost to area senior citizens. Time dated material is published including menus and special events. Additional information is available at the the Senior Center, River Park Center, at the OARS Center or on our buses.

Funding

West Suburban Senior Services (formerly Proviso Council on Aging) is supported by the Suburban Area Agency on Aging 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, Westlake Health Foundation, the 708 Mental Health Commissions of Berwyn, the Community Development Block Grant program of the City of Berwyn, 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 additional information, telephone (800) 252-8966 or telephone West Suburban Senior Services at (708) 547-5600.

Mission

The mission of West Suburban Senior Services is to prevent premature and inappropriate nursing home placement by providing direct community services to senior citizens aged 60 and above. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

Board of Directors

The Board of Directors elected, during their 30th Annual Meeting held in Rosemont, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

- Mr. Michael Sturino, Esq., President
- Ms. Carole Kulinski, Vice President
- Honorable Gary Woll, Treasurer
- Mrs. Elaine Reno, Secretary

Directors

- Mrs. Lois Albers
- Mrs. Annette Barker
- Honorable Anthony Calderone
- Mrs. Mary Conti
- Ms. Carole Kulinski
- Mrs. Dorothy Lindsey
- Mr. John O'Sullivan
- Honorable Lawrence Terrell
- Mr. Gary Woll

Honorary Directors

- Mr. Arthur Diaz
- Rev. Willie Dugan
- Mrs. Alberta Steele

(Continued from page ten)

pudding mixes, cream soups, or one pound of hamburger.

If you don't like milk,

- add nonfat dry milk to mashed potatoes, pancake batters, hamburger or meatloaf.
- serve puddings and make soups made with milk.
- add cheese to grits, eggs, soups, casseroles, and sandwiches.
- serve vegetables with cheese sauce and cottage cheese with fruit, or add extra cheese to



tacos and pizza.

- make a fruit and yogurt shake.
- serve vegetables high in calcium such as greens, cabbage, and broccoli.
- toast an English muffin or bagel and top with grated cheese or cottage cheese.

- sprinkle grated cheese on top of salads, casseroles, and cooked vegetables.
- make dips using yogurt, cream cheese, or cottage cheese.
- make a frozen yogurt and fruit dessert.

This month's featured recipes include baked grits and cheese, baked custard, macaroni and cheese, and crustless quiche. These recipes may be picked up at the agency's Bellwood, Forest Park, and LaGrange sites. Recipes cannot be mailed unless a stamped, self-addressed envelope is provided.

Where's the Fat in Fast Foods?

In an average fast food meal, 40 to 50 percent of the calories come from fat. You can make wise choices and cut down on fat in fast foods:

- Cheese Pizza (2 slices) = 20 g fat
- Pepperoni Pizza (2 slices) = 36 g fat
- English Muffin = 5 g fat
- Cinnamon Roll = 18 g fat
- Chef Salad (light dressing) = 9 g fat
- Taco Salad = 57 g fat
- Plain Baked Potato = trace
- Cheese Baked Potato = 24 g fat

Briefly Stated

Advisory Council Meeting

August 11th
10:30 am
Bellwood

Art Class

9:00 am
Tuesdays
Bellwood

Beginning Spanish Class

10:30 am
August 5th & August 19th
Bellwood

Bingo

12:15 pm
Thursdays in Bellwood
Fridays in Forest Park

Bingo Bonanza

10:00 am
August 2nd Bellwood
August 5th Forest Park

Breakfast

8:30 am
August 13th & August 20th
Bellwood

Craft Co-op

12:15 pm
Fridays
Bellwood

Declutter Club

12:15 pm
August 30th
Bellwood

Exercise Class – Audio Tape and Video Tape

10:15 am
Monday through Friday
Bellwood

Fight the Bite

11:00 am
August 10th
Bellwood

Foster Grandparents

10:30 am
Monthly
Bellwood

Fun and Fitness

10:30 am
Monday through Friday
Bellwood, Forest Park & OARS

Gift Shop

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

Glaucoma and Vision Screening

2:00 pm
August 5th
Bellwood

Haircuts

10:30 am
August 11th & August 24th
Bellwood

Hearing Clinic

9:30 am
August 12th
Bellwood & Forest Park

Heat Buster Parfaits

12:15 pm
August 31st
Bellwood

Helping Hands Workshops

10:30 am
August 10th & August 11th
Bellwood

Ice Cream Cones

12:15 pm
August 26th Bellwood
August 27th Forest Park & OARS

Ice Cream Sodas

12:15 pm
August 12th Bellwood
August 13th Forest Park & OARS

Luncheon

11:30 am

Monday through Friday
Bellwood, Forest Park & OARS

Military Aviation Awareness

11:00 am
August 12th
Bellwood

Movie Day

12:15 pm
August 25th
Bellwood

Mystery Reading Club

9:30 am
August 3rd
Bellwood

Mystery Wednesday

11:00 am
August 18th
Bellwood, Forest Park & OARS

Officers' Club

10:30 am
August 30th
Bellwood

Parkinson's Disease – Just the Basics

11:00 am
August 26th Bellwood
August 27th Forest Park

Pet Therapy

11:00 am
August 9th
Bellwood

Pie A la mode Day

12:15 pm
August 19th Bellwood
August 20th Forest Park & OARS

Pinochle Party

12:15 pm
August 2nd, August 9th, August 16th,
August 23rd, & August 30th
Bellwood

Podiatry Clinic

(Continued on page seven)

(Continued from the front cover)

Participants also take a practice written exam.

- take the vision test between 10:00 am and 2:00 pm. Illinois law requires seniors age 75 and older to take a road test and a vision test each time they renew their licenses. These seniors who pass the vision test at Super Senior Day have up to 90 days to take their road test without needing an additional vision screening.

- secure a free, non-expiring Illinois photo identification card between 9:30 am and 2:30 pm. Residents age 65 and older must provide proof of birth date. This can be done with a valid Illinois driver's license. Seniors who do not have a driver's license should bring a valid passport or a certified copy of their birth certificate, their Social Security card with signature, and one additional form of identification such as a voter registration card, a utility bill, or another piece of mail with their current address.

- renew their driver's license (seniors age 74 and younger) between 9:30 am and 2:30 pm. The renewal fee is \$10.00 (a four-year license) for seniors under age 69 and \$5.00 for seniors age 69 and older.

Appointments are not required to participate in the Super Senior program. However, driver's license renewals and identification card photos are limited to 100 participants on a first come, first serve basis. Additional information is available from West Suburban Senior Services, (708) 547-5600, and the Illinois Secretary of State, (800) 252-2904.

Sodium Alternatives

Which food is higher in sodium?
 □ Five saltine crackers or one slice of American cheese?

- A fast food milkshake or fast food French fries?
- Old-fashioned oats or one packet of instant oatmeal?
- Chicken noodle soup (1 ½ cups) or ½ teaspoon of table salt?

Answers:

American cheese: One slice of American cheese contains about 450 mgs of sodium; the five saltine crackers contain about 180 mgs.

Milkshake: A fast food milkshake contains 300 mgs of sodium; regular size fast food french fries contain about 110 mgs.

Instant oatmeal: One packet of instant oatmeal contains about 285 mgs of sodium; old-fashioned oats contain less than 5 mgs.

Soup: One cup of soup contains about 1,100 mgs of sodium. The ½ teaspoon of table salt contains 1,050 mgs.

Unless a product is a low-salt or no-salt-added item, the more it has been processed, the more salt it contains. However, just because foods are low in salt, they don't have to lack flavor. Spices and herbs can be added to food instead of salt. Here are some suggestions for

Meats Paprika and parsley flakes add color to light meats such as pork, chicken, and fish. Celery seed, garlic and onion powder, curry or chili powder offer flavor and color to all types of meat.

(Continued on page 6)

Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 2, 2004 Roast Beef Whipped Potatoes Green Peas Lettuce Wedge Brownie	August 3, 2004 Creamy Chicken & Broccoli Steamed Rice Carrot Raisin Salad Fresh Grapes	August 4, 2004 Hamburger on Bun Tater Tots Sliced Tomato on Lettuce Banana Pudding	August 5, 2004 Beef Chop Suey Steamed Rice Lettuce Salad Fortune Cookie	August 6, 2004 Smothered Chicken Breast Quarter Mashed Potatoes California Vegetables Chilled Pears
August 9, 2004 Turkey Tetrizzini Green Beans Sliced Cucumbers Peach Pie	August 10, 2004 Salisbury Steak Whipped Potatoes Mixed Vegetables Tossed Salad Fresh Cantaloupe	August 11, 2004 Baked Chicken Leg Quarter Herb Stuffing Succotash Pineapple Chunks	August 12, 2004 Ribette Spaghetti Greens Creamy Coleslaw Chilled Peaches	August 13, 2004 Swedish Meatballs Wild Rice Sliced Carrots Angel Food Cake with Strawberries
August 16, 2004 Veal Parmesan Rotini Italian Mixed Vegetables Tossed Salad Fresh Honey Dew Melon	August 17, 2004 Oven Roasted Chicken Breast Quarter Mashed Potatoes Peas and Pearl Onions Sweet & Sour Coleslaw Frosted Lemon Cake	August 18, 2004 BBQ Pork Au gratin Potatoes Okra and Tomatoes Banana	August 19, 2004 Seafood Salad on Bun Three Bean Salad Chicken Gumbo Soup Sliced Tomatoes Hot Cinnamon Apples	August 20, 2004 Hot Dog on Bun Potato Salad Mandarin Orange Gelatin Brownie
August 23, 2004 Grecian Chicken Leg Quarter Herb Rice Zucchini and Tomatoes Plum or Nectarine	August 24, 2004 Stuffed Green Peppers Potatoes O'Brien Corn Tossed Salad Tapioca Pudding	August 25, 2004 Mexican Pork Chop Roasted Potatoes Stewed Tomatoes Banana	August 26, 2004 BBQ Chicken Fillet on Bun Pasta Salad Tossed Salad Tropical Fruit	August 27, 2004 Baked Ham Macaroni and Cheese Spinach Pineapple Rings on Lettuce Gelatin with Fruit
August 30, 2004 Roast Beef Whipped Potatoes Green Peas Lettuce Wedge Brownie	August 31, 2004 Creamy Chicken and Broccoli Steamed Rice Carrot Raisin Salad Fresh Grapes	<p><i>West Suburban Senior Services is supported by the Suburban Area Agency on Aging, Illinois Department on Aging, Westlake Health Foundation, United Way, Veteran's Administration, Proviso Township, Lyons Township, the 708 Mental Health Commission of Berwyn, local villages, and donations</i></p>		

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104
(708) 547-5600
River Park Center

8300 Roosevelt Road
Forest Park, Illinois 60130
(708) 771-0101
OARS Center
712 Elm

LaGrange, Illinois 60525
(708) 547-5600

(Continued from page five)

National Aviation Month, Chief Warren Officer D. J. Warren, Illinois Army National Guard, is coming to Bellwood Senior Center August 12th, 11:00 am. The focus of his presentation is the black hawk helicopter. Seniors planning to have lunch afterward need a reservation by 12:00 noon August 11th. Suggested meal donation is \$1.50.

Movie Day Popcorn, soft drinks, good company, and an entertaining movie are being featured August 25th, 12:15 pm, at Bellwood Senior Center. Reservations are required by August 24th.

Mystery Reading Club Seniors who enjoy figuring out *who did it* are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting August 3rd, 9:30 am, at Bellwood Senior Center. Reading selections are available in regular and large print. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

(Continued from page four)

Thursdays in Bellwood
August 6th in Forest Park

Pokeno
12:15 pm
August 6th, August 13th & August 27th
Bellwood

Spanish Club
11:00 am
August 6th, August 17th, & August 27th
Bellwood

Summer Cookouts
11:00 am
August 4th & August 20th
Bellwood, Forest Park & OARS

Summer Festival
10:00 am
August 24th
Bellwood, Forest Park & OARS

Terrific Tuesday
11:30 am

Mystery Wednesday One Wednesday of each month is designated as Mystery Wednesday at Bellwood Senior Center, and River Park and OARS Centers. Surprises are planned for the day, and the only way to find out what they are is to be there. This month's Mystery Wednesday is August 18th.

Officers' Club Officers from area senior clubs are invited to join this monthly meeting where ideas are shared, information is given and special events are announced. Our next meeting is at 10:30 am, August 30th, at Bellwood Senior Center.

Parkinson's Disease – Just the Basics If you have been diagnosed with Parkinson's disease, or perhaps are wondering if you or someone you know may have it, then be sure to attend this informal dialogue August 26th, 11:00 am, at Bellwood Senior Center, and August 27th, 11:00 am, (Continued on page eight)

August 16th
Bellwood

Watermelon Day Celebration
11:00 am
August 3rd Bellwood
August 6th Forest Park & OARS

Summer Picnic
11:00 am
August 27th
Bellwood, Forest Park & OARS

Super Senior
9:00 am
August 23rd
Bellwood

Take Off Pounds Sensibly Meeting
9:00 am
August 13th
Bellwood

(Continued from page five)

at River Park Center. Information about the disease and available treatments, and the effect the disease has on day-to-day living is being presented. Reservations are recommended.

Pet Therapy Staff from the Anti-Cruelty Society in Chicago are coming to Bellwood Senior Center August 9th, 11:00 am, to discuss the benefits of pet therapy, the Pets for People program, and an animal fostering program. Reservations are recommended.

Pie A la mode This delicious dessert is being served August 19th, 12:15 pm, at Bellwood Senior Center, and August 20th, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00. Reservations are needed by 12:00 noon August 18th and August 19th, respectively.

Pinochle Party Seniors are invited to play this challenging card game August 2nd, August 9th, August 16th, August 23rd, and August 30th, 12:15 pm, at Bellwood Senior Center. Refreshments are being served.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (August 6th), and through pre-arranged home visits. Podiatry services include routine nail and foot care. Dr. Trent ac-



cepts Medicare assignment. Appointments are necessary for all services.

Pokeno Pokeno is being played August 6th, August 13th, and August 27th, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Spanish Club Everyone is welcome to participate in Club Latino. This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. Meetings are held monthly and are facilitated by our Senior Advocate, Consuelo LeZama. This month's meetings are to be held at 11:00 am, August 6th, August 17th, and August 27th at Bellwood Senior Center.

El Nuevo Club Latino invita cordialmente a personas mayores de sesenta años pasar un rato agradable, llame a Consuelo LeZama (708) 547-5600.

Summer Cookouts Seniors are invited to enjoy grilled sandwiches and other summer goodies August 4th and August 20th, 11:00 am, at Bellwood Senior Center, and OARS and River Park Centers. Suggested lunch donation is \$1.50. Reservations are required by 12:00 noon August 3rd and August 19th.

Summer Festival Pokeno, bingo, ice cream cones, and door prizes are being featured at West Suburban Senior Services' Summer Festival August 16th at Bellwood Senior Center. The schedule is as follows: 10:00 to 11:00 am, Pokeno; 12:00 noon, complimentary ice cream cones; 12:15 to 1:15 pm, bingo; and 1:15 to 1:30 pm, door prizes. Seniors planning to eat lunch at 11:30 am need a reservation by 12:00 noon August 13th. Suggested lunch donation is \$1.50.

Summer Picnic Boxed lunches and games highlight this event August 27th at Bellwood Senior

(Continued on back cover)

(Continued from page three)

endurance and improve movement. The class is held weekdays, 10:15 am to 10:45 am, at Bellwood Senior Center.

Fight the Bite The Cook County Department of Public Health is coming to Bellwood Senior Center August 10th, 11:00 am, to present an update on West Nile Virus. The program focuses on the history of the virus in Illinois, and its prevention, symptoms, and treatment.

Foster Grandparents West Suburban Senior Services is pleased to co-sponsor the Foster Grandparent Program. The monthly meeting is held at the Bellwood site and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care.

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 Bellwood Senior Center. Gift certificates are also available.

Glaucoma and Vision Screening Free glaucoma and vision screenings, courtesy of Kirk Eye Center, are being done August 5th, 2:00 to 4:00 pm, at Bellwood Senior Center. Space is limited, and appointments are required. Call to register.

Haircuts Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site August 11th and August 24th at 10:30 am. Appointments are required.

Hearing Clinic Hearing Specialist Brian Courtneyman is available the second Thursday of each

month. On August 12th, he is at Bellwood Senior Center in the morning and River Park Center in the afternoon. Appointments are required.

Heat Buster Parfaits This delicious ice cream and cake dessert is being served August 31st, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00. Reservations are needed by August 30th.

Helping Hands Workshops On August 10th and August 11th at 10:30 am, volunteers are meeting at Bellwood Senior Center to prepare cards and gifts for homebound seniors. A complimentary continental breakfast is served at each workshop, and supplies are furnished. Additional information is available.

Ice Cream Cones For 25 cents, seniors can cool off with a tasty ice cream cone. This treat is being served August 26th, 12:15 pm, at Bellwood Senior Center, and August 27th, 12:15 pm, at OARS and River Park Centers. Reservations are needed by August 25th.

Ice Cream Sodas This summer treat is being served August 12th, 12:15 pm, at Bellwood Senior Center, and August 13th, 12:15 pm, at OARS and River Park Centers. Cost is \$1.00, and reservations are required by August 11th.

Lunch Reservations Our three nutrition sites offer senior citizens 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 delicious, nutritious and contain 1/3 of RDA for seniors. All of our nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.50. Transportation to the Bellwood, and River Park and OARS Centers can be arranged.

Military Aviation Awareness In recognition of

(Continued on page seven)

(Continued from page nine)

Breads Nutmeg, ginger, cinnamon, and allspice are found in many bread and cookie recipes. Onion, dill, and garlic also add flavor to breads.

Vegetables Cinnamon, ginger, and allspice add flavor to carrots and winter squash. Chives, parsley, dill, and basil can be sprinkled on most vegetables. Use oregano with zucchini, carrots, and spinach.

You can also experiment with different spice blends until you find the one you like. Begin by adding ¼ teaspoon for each four servings; cut back if you find them too strong. Spice blends can also be purchased at the supermarket.

Stretching Your Food Dollar

There are many ways to stretch your food dollar in the grocery store. You can take a list, buy foods in season, use coupons, and buy store brands. However, meat is often the most costly part of a meal, so how can you stretch meat to serve more people?

One of the best ways to stretch meat dishes is to add grain products. Use more bread, macaroni, and rice to extend a small amount of meat. For example, serve a chicken stir-fry over rice, creamed turkey over noodles, or beef stew over corn cakes.

Fruits and vegetables also extend meat dishes. Lettuce, green peppers, tomatoes or celery can be added to small amounts of tuna, chicken or turkey to make salads. Fruits --- such as apples and pineapple --- can be added to meat to make such dishes as ham and fried apples or sweet and sour pork. Legumes --- such as pinto beans, lentils or navy beans --- extend soups, casseroles and stews.

Eggs and cheese also replace or extend a small

amount of meat. Shredded cheese can be added to soups, sandwiches, and casseroles. Add chopped or sliced hard-boiled eggs to salads and casseroles.

Ways to Increase Calcium in Your Diet

It is well known that calcium is needed for bone growth. In fact, most of the calcium in the human body is found in the bones. Even after bones have stopped growing, calcium is needed. A very small – but vital – amount of calcium is found in the blood. Calcium helps blood to clot, muscles to squeeze and relax, and the heart to beat at a steady rate.

Adults need three to four servings of calcium daily. Common calcium servings are 1 cup milk, 1 cup yogurt, 2 cups ice cream, 1 3/4 cups cottage cheese, and 1 1/2 ounces of cheese.

Here are some additional ways to increase calcium in your diet with yogurt:

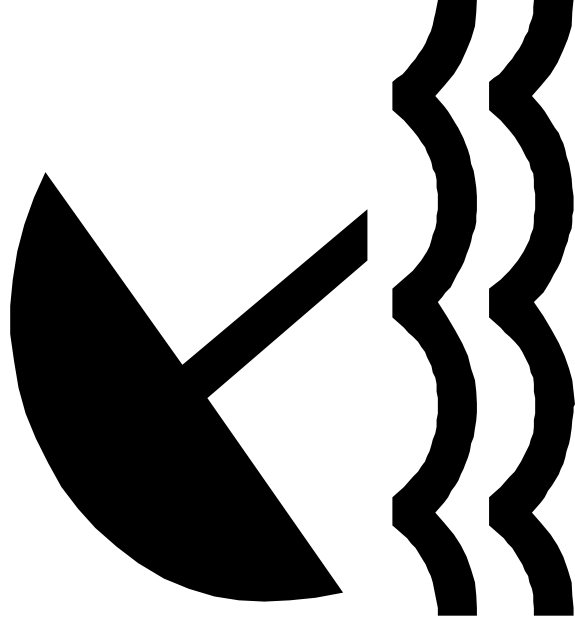
- Use yogurt instead of milk with cold cereal such as Grape Nuts.
- Substitute yogurt for the second cup of water in gelatin.
- Make dips, salad dressings, and vegetable sauces from yogurt.
- Use plain yogurt instead of sour cream in stroganoff, on baked potatoes, and in baked products.
- Your calcium intake can also be increased by using dry milk. Add 2 tablespoons nonfat dry milk to a glass of skim milk, waffle and pancake batters, and 1 cup of yogurt, hot cereal, or mashed potatoes. ¼ cup nonfat dry milk to

(Continued on page eleven)

Briefly Noted

Advisory Council Meeting Seniors are invited to give their input about the agency's congregational meal program and to share their ideas about activities at the agency's three nutrition sites during this month's meeting of the Advisory Council. (The council is composed of senior representatives from each nutrition site, Open Kitchens catering, and agency staff.) The Advisory Council is meeting August 11th, 10:30 am, at Bellwood Senior Center.

Art Class The Bellwood Senior Center offers seniors a chance to paint for pleasure. Classes take place every Tuesday at 9:00 am and cost only \$20.00 for ten lessons. Both beginners and experienced students are welcome.



Beginning Spanish Class Seniors learn basic conversational Spanish during this class. This month's sessions are August 5th and August 19th,

10:30 am, at Bellwood Senior Center.

Bingo Party bingo is held every Thursday at the Bellwood site and every Friday at River Park Center. Friends can join together for a lively game beginning at 12:15 pm.

Bingo Bonanza A double session of party bingo is planned August 2nd at Bellwood Senior Center, and August 5th at River Park Center. For \$1.00, seniors can play from 10:00 am to 11:00 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Breakfast Breakfast is being served at Bellwood Senior Center August 13th and August 20th from 8:30 am to 10:00 am. The August 13th menu features grits, sausage, and orange juice; the August 20th menu is a ham and cheese English muffin and juice. Suggested meal donation is \$1.50. Reservations are required by 12:00 noon August 11th and August 18th, respectively. A minimum registration is required to serve the breakfast.

Craft Co-op Every Friday at 12:15 pm in Bellwood, seniors meet and do various crafts. All crafters are welcome.

Declutter Club How are you decluttering your home and life? Seniors are invited to share their ideas at West Suburban Senior Services' Declutter Club. The group is meeting August 30th, 12:15 pm, at Bellwood Senior Center.

Exercise Class – Audio Tape and Video Tape This class is a fun way to increase strength, build

(Continued on page five)