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### Terrific Tuesdays

**W**est Suburban Senior Services announces alternative menu options three Tuesdays this month at the Senior Citizen Center in Bellwood. On those days, seniors may order either the catered lunch listed on the menu or the alternative meal listed below. Suggested meal donation for all meals is \$2.00. The deadline for each alternative menu item is listed. Lunches are served between 11:30 am and 12:30 pm to seniors age 60 and older.

*August 3<sup>rd</sup>*  
Sausage Pizza (two slices)  
Salad with Tomatoes  
Banana  
Milk

Reservation deadline is 12:00 noon August 2<sup>nd</sup>.

*August 17<sup>th</sup>*  
Beach Club Sandwich (four- inch) with turkey, cheese, avocados, tomatoes, cucumbers and lettuce.  
Applesauce  
Cranberry Juice  
Milk

Reservation deadline is 12:00 noon August 15<sup>th</sup>.

*August 24<sup>th</sup>*  
Mini Southern Rib Tips  
Green Beans  
Hamburger Bun  
Orange Juice  
Milk

Reservation deadline is 12:00 noon August 20<sup>th</sup>.

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 63<sup>rd</sup> 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 (708) 547-5600, extension 238, for costs, more information and for reservations.

# 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

### Bring a Friend to Lunch

**W**est Suburban Senior Services has designated August as *Bring a Friend to Lunch Month* at its congregate meal sites located in the Senior Citizen Center in Bellwood and Salerno's Restaurant in Hodgkins. Here's how the program works: Every time current senior lunch participants bring a friend to lunch this month, first-time diners receive a free meal, and current lunch participants receive a ticket for a raffle to be held September 1<sup>st</sup>. Senior citizens age 60 and older may participate in the congregate lunch program, and there is no residency requirement. Reservations are required by 12:00 noon on the business day before seniors plan to eat. The suggested meal donation is \$2.00.

### Celebrate with Us!

**W**est Suburban Senior Services is marking the seven-month anniversary of its congregate meal site at Salerno's Restaurant in Hodgkins with a party there August 2<sup>nd</sup>. From 10:00 am to 11:00 am, party-goers enjoy a variety of games and win door prizes. Following lunch at 11:30 am, seniors play ice cream party bingo with prizes related to the theme. Suggested meal donation is \$2.00, and reservations are required.

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**W**est Suburban Senior Services is marking the seven month anniversary of its congregate meal site at Salerno's Restaurant in Hodgkins with a party there August 2<sup>nd</sup>. From 10:00 am to 11:00 am, party-goers enjoy a variety of games and win door prizes. Following lunch at 11:30 am, seniors play ice cream party bingo with prizes related to the theme. Suggested meal donation is \$2.00, and reservations are required.

### Fall Fashion Show

**N**ew to You Upscale Resale Shop in Broadview and West Suburban Senior Services are cosponsoring their annual Fall Fashion Show and Tea October 14<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Senior citizens who would like to model in the show should contact the Senior Center Director. Participants visit the resale shop a week before the fashion show and select the outfits they would like to model. They are not required to purchase these outfits. Additional information is being provided in next month's issue of *The Senior Chronicle*.

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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](http://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 37<sup>th</sup> Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

### Officers

Mrs. Debbie Nowader, President  
Mrs. Lela Grimble, Vice President  
Mrs. Tywana Rand, Secretary  
Mrs. Jann Beauchamp, Treasurer

### Directors

Mrs. Janice Carter  
Mrs. Mary Conti  
Mrs. Kathleen Contuchio  
Mr. Arthur Grapenthein  
Mr. Ted Griffin  
Mrs. Lela Grimble  
Mr. Robert A. Jones  
Mr. Luigi Mazzei  
Ms. Tywana Rand  
Honorable Donald Sloan  
Dr. Robert Strnad, MD  
Ms. Catherine Swan  
Mrs. Jimmi Wooten

### Honorary Directors

Mrs. Lois Albers  
Commissioner Anthony Peraica

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staff from the Illinois Secretary of State's office. There is no fee, but reservations are encouraged.

**Safely Aging in Place** This program provides information to make simple, low cost or more expensive home or apartment modifications so seniors can safely adapt to physical and sensory aging changes. It is scheduled August 30<sup>th</sup>, 12:15 pm to 1:15 pm, at the meal site in Hodgkins. University of Illinois Extension is the presenter.

**Senior Health** Topics related to aging are being discussed by a physician from Westlake Hospital August 19<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

**Should I Move, or Should I Stay?** This program helps seniors identify later life housing needs and wants. They explore whether or not to stay in an existing home, learn how to modify their home to age safely in place, and evaluate their finances in relation to housing expenses. University of Illinois Extension is presenting the program August 3<sup>rd</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

**Site Anniversary Party** The congregate meal site at Salernos Restaurant in Hodgkins is marking its seventh-month anniversary with a party there August 2<sup>nd</sup>. Additional information is presented in a separate article.

**Spanish Club** This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting August 13<sup>th</sup> and August 27<sup>th</sup>, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

**Stepper Dance Class** Beginners and advanced students are welcome in this free class. It is offered Thursdays, 10:30 am to 11:00 am, at the

Senior Citizen Center in Bellwood.

**Summer Madness** Party bingo, Pokeno and a special dessert are featured at this activity August 30<sup>th</sup> at the Senior Citizen Center in Bellwood. Activities begin with Pokeno from 10:30 am to 11:15 am. Lunch is served at 11:30 am, with dessert following at 12:15 pm. Party bingo is played from 12:30 to 1:30 pm. Cost for all is \$3.00, and a minimum registration is required by August 26<sup>th</sup> for this activity to take place.

**Twisted Party** This activity is scheduled August 9<sup>th</sup>, 10:30 am to 1:15 pm, at the Senior Citizen Center in Bellwood. Esee ouy tree!

**Watermelon Festival** West Suburban Senior Services is hosting this event August 12<sup>th</sup> at the Senior Citizen Center in Bellwood, and August 13<sup>th</sup> at the meal site in Hodgkins. Contests, including watermelon rolling, are scheduled from 10:30 am to 11:00 am. An oldies but goodies sing-along takes place from 11:00 am to 11:30 am. Lunch is served at 11:30 am for the suggested donation of \$2.00. The event concludes with prizes being awarded for the best decorated watermelon picture at 12:15 pm. Seniors may pick up the contest picture at both sites beginning August 6<sup>th</sup>; contest entries must be returned to the site by August 11<sup>th</sup>.

**Wii Bowling** Senior citizens are invited to participate in this computerized bowling August 17<sup>th</sup>, 12:15 pm to 1:15 pm, at the congregate meal site in Hodgkins.

**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.

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**Chill-Out Movie Days** Seniors are invited to beat the heat and enjoy a classic movie August 6<sup>th</sup> and August 20<sup>th</sup>, 12:30 pm to 2:30 pm, at the Senior Citizen Center in Bellwood. There is no fee, and refreshments are served.

**Creative Writing** This class is scheduled August 24<sup>th</sup>, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no fee, and new students are welcome.

**Dessert Days** Seniors may enjoy the following treats at the Senior Citizen Center in Bellwood for the cost of \$1.00 each: August 5<sup>th</sup>, cheese cake; August 12<sup>th</sup>, sherbert cones; August 19<sup>th</sup>, pie a la mode; and August 26<sup>th</sup>, chocolate lovers delight plate.

**Early Bird Pokeno Parties** Two morning Pokeno parties are planned this month at the Senior Citizen Center in Bellwood. On August 6<sup>th</sup> at 9:30 am, seniors can enjoy a continental breakfast and play Pokeno until 11:00 am. On August 20<sup>th</sup>, a French toast breakfast is being served at 9:30 am, and Pokeno is played until 11:00 am. The cost for each Pokeno party is \$2.00, and reservations are needed by August 4<sup>th</sup> and August 18<sup>th</sup>, respectively. A minimum registration is required for these activities to take place.

**Exercise Class – Audio Tape** This class is an enjoyable way to increase strength, build endurance and improve movement. The class is held Monday through Friday, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood, and 10:00 am to 11:00 am, at the Hodgkins meal site.

**Family and Senior Health Fair** A variety of health screens, health vendors and activities for seniors are included in this event August 14<sup>th</sup>, 9:00 am to 1:00 pm, at the Proviso Mathematics and

Science Academy in Forest Park. Additional information is presented in a separate article.

**Farmers’ Market Party Bingo** This activity is scheduled August 23<sup>rd</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00, and prizes are related to the theme.

**Farmers’ Market Shopping Tips** University of Illinois Extension helps seniors understand the differences and benefits of ethnic and organic produce. The program is scheduled August 9<sup>th</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

**Forensic Audits** Cook County Recorder of Deeds shares information about various financial scams against seniors August 23<sup>rd</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and September 27<sup>th</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

**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.

**Grandchildren’s Day** West Suburban Senior Services is hosting this event August 9<sup>th</sup> at the congregate meal site in Hodgkins. Additional information is presented in a separate article.

**Grief Support Group** West Suburban Senior Services invites seniors to join an ongoing grief support group at the Senior Citizen Center in Bellwood. This month’s meetings are August 2<sup>nd</sup> and August 16<sup>th</sup> from 1:00 pm to 3:00 pm.

**Growing Tomatoes Upside Down** Seniors learn about this process August 17<sup>th</sup>, 10:30 am to 11:30

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**Briefly Stated**

**Advisory Council**  
10:00 am  
August 11<sup>th</sup>  
Bellwood

1:00 pm  
August 11<sup>th</sup>  
Hodgkins

**Aging Care Connections Day**  
10:30 am  
August 10<sup>th</sup>  
Hodgkins

**Art Class**  
9:00 am  
Tuesdays  
Bellwood

**Arthritis Foundation Exercise Class**  
10:00 am  
August 24<sup>th</sup> & August 26<sup>th</sup>  
Bellwood

10:00 am  
August 25<sup>th</sup> & August 27<sup>th</sup>  
Hodgkins

**Brain Games**  
12:15 pm  
August 4<sup>th</sup>, August 11<sup>th</sup>,  
August 18<sup>th</sup> & August 25<sup>th</sup>  
Bellwood

12:15 pm  
August 4<sup>th</sup>, August 11<sup>th</sup>,  
August 18<sup>th</sup> & August 25<sup>th</sup>  
Hodgkins

**Bring a Friend Month**  
11:00 am  
Monday through Friday in  
August  
Bellwood & Hodgkins

**Caregiver Support Group**  
2:00 pm  
August 4<sup>th</sup> & August 18<sup>th</sup>  
Bellwood

**Chill-Out Movie Days**  
12:15 pm  
August 6<sup>th</sup> & August 20<sup>th</sup>  
Bellwood

**Creative Writing**  
10:00 am  
August 24<sup>th</sup>  
Bellwood

**Dessert Days**  
12:15 pm  
August 5<sup>th</sup>, August 12<sup>th</sup>,  
August 19<sup>th</sup> & August 26<sup>th</sup>  
Bellwood

**Early Bird Pokeno Parties**  
9:30 am  
August 6<sup>th</sup> & August 20<sup>th</sup>  
Bellwood

**Exercise Class**  
10:00 am  
Weekdays  
Bellwood & Hodgkins

**Family & Senior Health Fair**  
9:00 am  
August 14<sup>th</sup>  
Forest Park

**Farmers’ Market Party Bingo**  
12:15 pm  
August 23<sup>rd</sup>  
Bellwood

**Farmers’ Market Shopping Tips**  
12:15 pm  
August 9<sup>th</sup>  
Hodgkins

**Forensic Audits**  
10:30 am  
August 23<sup>rd</sup>  
Bellwood

12:15 pm  
September 27<sup>th</sup>  
Hodgkins

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

**Grandchildren’s Day**  
10:00 am  
August 9<sup>th</sup>  
Hodgkins

**Grief Support Group**  
1:00 pm  
August 2<sup>nd</sup> & August 16<sup>th</sup>  
Bellwood

**Growing Tomatoes Upside Down**  
10:30 am  
August 17<sup>th</sup>  
Bellwood

12:15 pm  
August 23<sup>rd</sup>  
Hodgkins

**Guess the Price Game Day**  
10:30 am  
August 11<sup>th</sup>  
Bellwood

**Haircuts**  
10:30 am  
August 10<sup>th</sup>  
Bellwood

**Health Jamboree**  
10:00 am  
August 27<sup>th</sup>  
Hodgkins

**Healthy Vices**  
10:30 am  
August 16<sup>th</sup>  
Bellwood

**Home Safety Checklist**  
12:15 pm  
August 3<sup>rd</sup>  
Hodgkins

**Later Life Housing Options**  
10:30 am  
August 13<sup>th</sup>  
Bellwood

**Line Dancing**  
9:30 am  
Fridays  
Bellwood

**Luncheon**  
11:30 am  
Weekdays  
Bellwood & Hodgkins

**Mad Money Auction**  
10:30 am  
August 31<sup>st</sup>  
Bellwood

12:15 pm  
August 31<sup>st</sup>  
Hodgkins

**Maywood Park Outing**  
6:00 pm  
August 27<sup>th</sup>  
Melrose Park

**Meditation & Centering Class**  
12:15 pm  
August 13<sup>th</sup> & August 27<sup>th</sup>  
Bellwood

**Minute to Win It Game Day**  
10:30 am  
August 4<sup>th</sup>  
Bellwood

10:30 am  
August 6<sup>th</sup>  
Hodgkins

**Movie Days**  
12:30 pm  
August 3<sup>rd</sup>, August 10<sup>th</sup>,  
August 17<sup>th</sup>, August 24<sup>th</sup> &  
August 31<sup>st</sup>  
Bellwood

12:30 pm  
August 24<sup>th</sup>  
Hodgkins

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am, at the Senior Citizen Center in Bellwood, and August 23<sup>rd</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

**Guess the Price Game Day** Seniors are invited to have fun and the opportunity to win prizes at this event August 11<sup>th</sup>, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. There is no participation fee.

**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 August 10<sup>th</sup> at 10:30 am.

**Health Jamboree** This interactive event is scheduled August 27<sup>th</sup>, 10:00 am to 11:30 am, at the Hodgkins meal site. Additional information is presented in a separate article.

**Healthy Vices** Is wine bad for your health? Is there healthy chocolate? Seniors find out answers to these and other questions during a program August 16<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Elmhurst Memorial Healthcare is the presenter.

**Home Safety Checklist** This program is designed to decrease the risk of seniors' getting injured in their home. It is scheduled August 3<sup>rd</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site. University of Illinois Extension is the presenter.

**Later Life Housing Options** This program helps seniors explore housing options including retirement communities, assisted living and nursing homes. University of Illinois Extension is sharing this information August 13<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

**Line Dancing** Senior citizens are invited to participate in this enjoyable form of exercise Fridays

at the Senior Citizen Center in Bellwood between 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.

**Mad Money Auction** Seniors who participate in the agency's congregate lunch program this month are eligible for this activity August 31<sup>st</sup> at the Senior Citizen Center in Bellwood and the congregate meal site in Hodgkins. Additional information is presented in a separate article.

**Maywood Park Outing** West Suburban Senior Services is hosting this event August 27<sup>th</sup> at 6:00 pm. Additional information is presented in a separate article.

**Meditation and Centering Class** Basic meditation and relaxation techniques are the focus of this class August 13<sup>th</sup> and August 27<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

**Minute to Win It Game Day** Modeled after the popular television show, seniors test their skills playing games with common household objects. The fun is scheduled August 4<sup>th</sup>, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood, and August 6<sup>th</sup>, 10:30 am to 11:15 am, at the meal site in Hodgkins.

**Movie Days** Seniors are invited to enjoy complimentary refreshments and a movie every Tuesday at the Senior Citizen Center in Bellwood. Show time is 12:30 pm. This month's selections are *Re-*

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**Exercise Station** – An Arthritis Foundation Exercise class takes place between 10:00 am and 11:00 am. Also, senior citizens receive an Estimated Average Glucose Monitor and instructions for using it.

**Home Safety Station** – Information for aging safely at home, severe weather preparation and radon testing is available. While supplies last, seniors receive a radon testing kit and a severe weather preparation kit.

**Physical Health Station** – Senior citizens test their grip strength and receive help for improving it.

**Planting Station** – To improve their physical dexterity and coordination, participants prepare potting soil mixtures and receive a seedling for planting.

Lunch is served at 11:30 am for the suggested donation of \$2.00. Meal reservations are required.

### 'Mad Money' Days

Everyone enjoys some extra spending money, and West Suburban Senior Services invites senior citizens to participate in *Mad Money Days* this month at the Senior Citizen Center in Bellwood and at the congregate meal site in Hodgkins.

West Suburban Senior Services is issuing its own currency in the form of *Mad Money* coupons August 2<sup>nd</sup> through August 27<sup>th</sup> at its two nutrition sites. Here's how the coupons work: Each time seniors have lunch at the Bellwood site or at the Hodgkins site in this time period, they will receive a *Mad Money* coupon. *Only these mad Money coupons* can then be used to purchase items at an auction August 31<sup>st</sup>. At the Senior Center, the auction begins at 10:30 am; sale time at Hodgkins is

12:30 pm. Coupons must be used at the site where they were earned, and seniors may not pool their coupons. Any coupons not used at the auction will be void. Note: To help seniors earn more *Mad Money* coupons for the auction, the agency has designated Tuesday as *Double Coupon Day*. Seniors having lunch on Tuesdays receive two *Mad Money* coupons.

Lunch reservation for the Bellwood and Hodgkins nutrition sites are required by 12:00 noon on the business day before seniors plan to eat. Suggested meal donation is \$2.00.

### Maywood Park Outing

West Suburban Senior Services is planning an outing to Maywood Park August 27<sup>th</sup> at 6:00 pm. For \$5.00, seniors receive admission to the park, parking, a race dedication and a photo in the Winner's Circle. Senior citizens may then enjoy barbecue items in the first floor Saddle and Saluki Grill. Food items may be purchased for \$2.00 each. Seniors are responsible for paying their own bill at the race track, and for providing their own transportation. Senior citizens planning to participate in this activity must register at West Suburban Senior Services by August 13<sup>th</sup>. Payment of the \$5.00 admission package fee is due at the time of registration, and this fee is nonrefundable.

### Respite Care-Help for Caregivers

For many, the challenges of caring for a loved one are part of daily life. Caregiving is a demanding, difficult job, and no one is equipped to do it alone. Getting help is essential for your health, and your resilience is critical for your loved one.

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Respite care provides short term breaks that relieve stress, restore energy, and promote balance in your life. Working with family members or friends may be difficult, but there are many respite care options and strategies of which you may not be aware. Seeking support and maintaining one's own health are keys to managing the caregiving years. Using respite care before you become exhausted, isolated, or overwhelmed is ideal, but just anticipating regular relief can become a lifesaver. Respite can take many forms, but boils down to two basic ideas: sharing the responsibility for caregiving and getting support. Finding the right balance requires persistence, patience, and preparation.

Planning starts with analyzing needs...both yours and your loved ones. As a caregiver, is support what you need most? Some free time? Help with transportation? Keep track of your daily activities; then make a list of the areas and times when you most need help. Identifying your loved one's requirements, abilities, and preferences will also help you find the right match. Are social activities primary? Assistance with walking, eating or medications? Mental stimulation? Exercise? Answering these questions will help you determine which respite options to pursue.

When you have identified potential out-of-home programs, plan to visit at least three. Observe the care participants and their interactions with the staff. Try to picture your loved one there, and check your instincts to see if you're on the right track.

*Be sure to ask the following questions*

How are care providers screened?  
What is the training and level of experience of the care providers?  
Will care providers need additional training to meet specific family needs?

How, and by whom, are the care providers supervised?

What procedures does the program have for emergencies?

Are families limited to a certain number of hours of services?

Does the program provide transportation and meals?

What is the cost of services?

How is payment arranged?

### Senior Law Enforcement Academy

Senior citizens interested in law enforcement and crime awareness issues are invited to enroll in the Cook County Sheriff's Senior Citizen Law Enforcement Academy to be held at the Senior Citizen Center in Bellwood.

The academy begins September 30<sup>th</sup> and meets on consecutive Thursdays through November 4<sup>th</sup> from 9:30 am to 11:30 am. Participants are honored at a graduation ceremony and reception after the final class session. The Law Enforcement Academy is designed to open the lines of communication between senior citizens and law enforcement officials. Participants gain a better understanding of the responsibilities and duties of law enforcement officials, and receive advice on personal safety and crime prevention. Discussion topics include crimes against seniors, gang and drug awareness, the sheriff's role in the criminal justice system, an overview of alternative sentencing programs and functions of the Cook County jail.

The program is free to all Cook County seniors, but pre-registration is required. Reservations may be made by telephoning West Suburban Senior Services.

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### Things You Can Do to Prevent Falls

Exercise regularly. Exercise makes you stronger and improves your balance and coordination. Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy. Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling. Get up slowly after you sit or lie down. Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers. Improve the lighting in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use. It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare. Paint a contrasting color on the top edge of all steps so you can see the stairs better. For example, use light color paint on dark wood.

*2005 Center for Disease Control and Prevention*

### Make Plans to Stop by the Family and Senior Health Fair!

The *Fourth Annual Family and Senior Citizen Health Fair* is being held August 14<sup>th</sup>, 9:00 am to 1:00 pm, at Proviso Mathematics and Science Academy, First Avenue and Roosevelt Road in Forest Park.

Senior citizens may enjoy a turkey boxed lunch between 11:00 am and 11:45 am for the suggested donation of \$2.00. Lunch reservations are required and may be made by telephoning West Suburban Senior Services by August 10<sup>th</sup>.

For adults, the health fair features blood pressure,

bone density, cholesterol, glucose, hearing, prostate cancer and vision screenings. In addition, line dancing is scheduled from 10:45 am and 11:15 am, and senior party bingo is being played from 11:30 am to 12:30 pm. Screens, information and snacks are available from 9:00 am to 1:00 pm.

For children, the event features free back to school and sports physicals performed by Loyola University Medical Center. Appointments for the physicals are limited and may be made by contacting Proviso Mathematics and Science Academy. A parent must be present at the time of the physical and present the appropriate school forms, including the signed parental consent. In addition to receiving health screens, participants may visit with other area health services providers.

The health fair is sponsored by Proviso Township, Proviso Township High School District 209 and West Suburban Senior Services.

### Grandchildren's Day

West Suburban Senior Services is hosting Grandchildren's Day August 9<sup>th</sup>, 10:00 am to 11:30 am, at its congregate meal site in Hodgkins. Senior citizens may bring their grandchildren to lunch that day for a meal donation of \$5.00 per grandchild. A coloring contest and an intergenerational sing-along are among the activities planned. Reservations are required by 12:00 noon on August 6<sup>th</sup>.

### Health Jamboree

University of Illinois Extension and West Suburban Senior Services invite seniors to an educational and fun-filled health jamboree August 27<sup>th</sup>, 10:00 am to 11:30 am, at the congregate meal site in Hodgkins. Senior citizen visit four health stations and participate in activities at each station.

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**Mystery Bingo**  
12:15 pm  
August 16<sup>th</sup>  
Bellwood & Hodgkins

**Mystery Reading Club**  
9:30 am  
August 2<sup>nd</sup>  
Bellwood

**Nickels**  
10:30 am  
August 25<sup>th</sup>  
Bellwood

**Podiatry Clinic**  
9:00 am  
Thursdays  
Bellwood

**Pokeno Parties**  
12:15 pm  
August 13<sup>th</sup> & August 27<sup>th</sup>  
Bellwood

**Rules of the Road Review**  
1:30 pm  
August 20<sup>th</sup>  
Bellwood

**Safely Aging in Place**  
12:15 pm  
August 30<sup>th</sup>  
Hodgkins

**Senior Health**  
10:30 am  
August 19<sup>th</sup>  
Bellwood

**Should I Move, or Should I Stay?**  
10:30 am  
August 3<sup>rd</sup>  
Bellwood

**Site Anniversary Party**  
10:00 am  
August 2<sup>nd</sup>  
Hodgkins

**Spanish Club**  
11:00 am  
August 13<sup>th</sup> & August 27<sup>th</sup>  
Bellwood

**Stepper Dance Class**  
10:30 am  
Thursdays  
Bellwood

**Summer Madness**  
10:30 am  
August 30<sup>th</sup>  
Bellwood

**Twisted Party**  
10:30 am  
August 9<sup>th</sup>  
Bellwood

**Watermelon Festival**  
10:30 am  
August 12<sup>th</sup>  
Bellwood

10:30 am  
August 13<sup>th</sup>  
Hodgkins

**Wii Bowling**  
12:15 pm  
August 17<sup>th</sup>  
Hodgkins

**Yoga Class**  
9:00 am  
Monday, Wednesday & Friday  
Bellwood

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member *Me* on August 3<sup>rd</sup>, *State of Play* on August 10<sup>th</sup>, *Our Family Wedding* on August 17<sup>th</sup>, *The Greatest* on August 24<sup>th</sup> and *Bounty Hunter* on August 31st. In addition, a movie is being shown at the Hodgkins meal site August 24<sup>th</sup> at 12:30 pm.

**Mystery Bingo** This party bingo is scheduled August 16<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood and the meal site in Hodgkins. Cost is \$1.00.

**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 August 2<sup>nd</sup>, 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.

**Nickels** A variation of this original game is being played August 25<sup>th</sup>, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. There is no participation fee.

**Pokeno Parties** These events are scheduled August 13<sup>th</sup> and August 27<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card.

**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.

**Rules of the Road Review** This class is scheduled August 20<sup>th</sup>, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. It is conducted by

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# 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 August 11<sup>th</sup>, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood, and 1:00 pm to 2:00 pm at the Hodgkins site located in Salerno Pincente Ristorante.

**Aging Care Connections Day** Aging Care Connections in LaGrange is sharing information about various programs and services available to senior citizens. The program is scheduled August 10<sup>th</sup>, 10:30 am to 11:15 am, at the Hodgkins meal site.

**Art Class** The Senior Citizen Center in Bellwood offers seniors 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.

**Arthritis Foundation Exercise Class** This program continues at the Senior Citizen Center in Bellwood from 10:00 am to 11:00 am on August 24<sup>th</sup> and August 26<sup>th</sup>. Class days at Hodgkins are August 25<sup>th</sup> and August 27<sup>th</sup>. There is no participation fee.

**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 August 2<sup>nd</sup>, 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, and every Wednesday, 12:15 pm to 1:15 pm, at the congregate meal site in Hodgkins. There is no charge for this activity.

**Bring a Friend Month** West Suburban Senior Services has designated August as Bring a Friend Month at its two congregate meal sites. Additional information is presented in a separate article.

**Card Bingo** This party bingo without a board is being played August 18<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no participation fee.

**Card Games** This activity is being offered August 20<sup>th</sup>, 12:15 pm to 1:15 pm, at the congregate meal site in Hodgkins. A variety of games are being played.

**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 August 4<sup>th</sup> and August 18<sup>th</sup> from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

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