

(Continued from page eleven)

tions are required by 12:00 noon on August 29<sup>th</sup>.

Party Bingo from 12:30 pm to 1:30 pm. Cost is \$1.00.

### What is Your Best Bet?

Whether you go on the West Suburban Senior Services' Potawatomi Bingo Casino outing, buy lottery tickets, or go to the horse races or one of the riverboat casinos, how to place the best bet is always a critical question. Of course, some of the wagering is just by luck or chance. Other casino betting depends on odds, the advantage of the "house" or casino, or, in some cases, skill. Some bets appear to have better odds than others. According to consensus among gamblers, these games are the top 10 winners and losers:

#### The Top 10 Best Casino Bets

- Casino Poker
- Blackjack Card Counting
- Video Poker
- Blackjack Basic Strategy
- Craps Don't Pass/Don't Come
- Craps Passline/Come
- Pai Gow Banker
- Baccarat Banker
- Baccarat Player
- Craps Place 6 and 8

#### Top 10 Worst Casino Bets

- Live Keno
- Big Six Wheel (Wheel of Fortune)
- Caribbean Stud Side Bet
- Baccarat Tie Bet
- Blackjack Insurance Bet
- Blackjack Hunch Play
- Let It Ride Side Bet
- Craps Proposition Bets
- Roulette
- Casino War Tie

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

Volume XXIV, Issue 8  
August, 2011

### Casino Trip Reservation Deadline

August 10<sup>th</sup> is the deadline for paid cash reservations to the Potawatomi Bingo Casino in Milwaukee, Wisconsin. The \$25.00 per-person cost includes round-trip transportation on motor coach, an all-you-can-eat buffet or a \$10.00 food credit, and a \$5.00 slot play credit when a participant earns 25 slot points. The casino is providing an additional \$10.00 bonus when a participant earns 150 slot points.

The casino trip takes place August 24<sup>th</sup>. The bus leaves from the Senior Citizen Center in Bellwood at 8:30 am and returns there at approximately 6:00 pm. A minimum registration is required for the trip to take place.

### Circuit Ride Free Program Formerly Senior Ride Free Program

In January, 2008, then-governor Rod Blagojevich created the Seniors Ride Free Program to provide all seniors citizens, regardless of income, the benefit of riding the state's five mass transit systems without being charged. According to the Regional Transportation Authority, the program placed significant strains on the region's transit operating budgets, where revenues are down 20 percent due to the economic downturn.

New limitations being put in place will save the state millions of dollars while ensuring that our

state's most dependant seniors will still be able to benefit from the program. Free rides are limited to only those senior citizens who meet the income eligibility limitations set forth under the Circuit Breaker Program. These include household income levels ranging from \$27,610 or less for an individual and \$36,635 for a two-person household to \$45,657 for a household of three or more people. Seniors that do not qualify will remain eligible for the 50 percent subsidy offered prior to the change in 2008.

Senior citizens currently enrolled in the Circuit Breaker program, but do not have a RTA Circuit Ride Free Permit, may pick up an application at the Senior citizen Center in Bellwood. When applying, senior citizens will need a government-issued picture ID and a photo of themselves that is 1.5 inch square. The RTA will verify eligibility and issue a magnetic stripe card called a Circuit Ride Free Permit within three to four weeks. This permit will allow for free rides on Pace, Metra, and CTA fixed-route buses and trains.

Senior citizens who do not qualify for the Circuit Breaker program but would like to apply for the Reduced Fare permit may use the same application. Senior citizens in need of applying for the Circuit Breaker Program may pick up the 2010 Form IL 1363 at the Senior Citizen Center or make an appointment for assistance applying online.

According to state estimates, about 426,500 senior citizens are currently registered under the pro-

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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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### Watermelon Day

West Suburban Senior Services is hosting its annual Watermelon Day August 18th at the Senior Citizen Center in Bellwood. This year's activities include

Watermelon Recipe Tasting from 10:15 am to 10:45 am. Samples include watermelon checkers, cupcakes and kebabs.

Watermelon Games Competition from 10:30 am to 11:00 am. Participants compete in watermelon bowling, broom sweep, picture decorating and trivia.

In addition, participants may purchase watermelons and other produce at a Farm Stand open between 10:00 am and 12:00 noon.

### Food Tasting Event

Senior citizens age 60 and older are invited to a taste party August 1st from 11:30 am to 12:30 pm at the Senior Citizen Center in Bellwood. On that day, diners will sample roast beef and Italian sausage as the lunch entrée. The entrée is served with whipped potatoes, green peas, applesauce, and milk and coffee. Suggested meal donation is \$2.00, and reservations are required.

### WSSS Fun Ship

Senior citizens are invited to a day of crafts, entertainment and games this month aboard the Fun Ship at West Suburban Senior Services' two congregate meal sites.

Senior Citizen Center  
439 Bohland Avenue, Bellwood

The Fun Ship "docks" August 27th 10:00 am to 2:00 pm. The schedule includes: Crafts and Relaxation Therapy on the lower deck from 10:00 am to 11:00 am. Participants may make a sand craft.

Dancing with Dante on the upper deck from 11:00 am to 12:00 noon. Participants are line dancing.

Captain's Lunch in his lower deck dining room from 12:00 noon to 12:45 pm. Participants may order either a turkey boxed lunch or a ham and cheese boxed lunch. Reservations are required by August 24th.

Party Bingo on the lower deck from 12:45 pm to 1:45 pm.

Cost for all is \$3.00; suggested meal donation for lunch only is \$2.00.

Salerno Pincente Ristorante  
9301 63rd Street, Hodgkins

The Fun Ship "docks" at this site August 30th from 10:00 am to 2:00 pm. The itinerary includes

Captain's Continental Breakfast from 10:00 am to 10:30 am. Suggested donation is \$1.00.

Ship Shape Exercises from 10:30 am to 11:00 am. Participants may enjoy chair exercise, beach ball ping pong or both.

Nautical Entertainment from 11:00 am to 11:30 am. Activities include Spin the Bottle and a sing-along.

Captain's Lunch from 11:30 am to 12:30 pm. Suggested meal donation is \$2.00, and reserva-

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Bellwood. Festivities begin with theme-related picture taking from 10:00 am to 10:45 am. Country pokeno is being played from 10:45 am to 11:30 am, and prizes are related to the theme. Also, lunch participants who wear country attire to lunch that day are eligible to enter a door prize drawing. The event concludes with a cow poke dessert. Cost for all is \$3.00; suggested donation for lunch only is \$2.00.

**Creative Writing** This class is scheduled August 23<sup>rd</sup>, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. New and returning students are welcome. There is no fee.

**Early Bird Pokeno** A pancake and sausage breakfast is featured at this event August 26<sup>th</sup> at the Senior Citizen Center in Bellwood. Breakfast is served at 9:30 am, and Pokeno is played from 10:00 am to 11:00 am. Cost for all is \$2.00, and a minimum registration is required by August 23<sup>rd</sup>.



**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 August 8<sup>th</sup>.

**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 August 12<sup>th</sup> and August 26<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor, and there is no fee.

**Movie Days** Senior citizens are invited to watch a movie each Tuesday at the Senior Citizen Center in Bellwood. Show time is 12:30 pm. This month's selections are *Big Momma's Like Father, Like Son* on August 2<sup>nd</sup>, *Country Strong* on August 9<sup>th</sup>, *The Adjustment Bureau* on August 16<sup>th</sup>, *Conviction* on August 23<sup>rd</sup> and *Fair Game* on August 30<sup>th</sup>.

**Party Bingo Days** The following dates and party bingo themes have been scheduled this month at the Senior Citizen Center in Bellwood: *Tea Party* on August 8<sup>th</sup>, *Dog Days of Summer* on August

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**Briefly Stated**

**Activity Ship**  
10:00 am  
August 27<sup>th</sup>  
Bellwood

10:00 am  
August 30<sup>th</sup>  
Hodgkins

**Adult Immunizations:  
Fact versus Fiction**  
10:30 am  
August 8<sup>th</sup>  
Bellwood

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

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

**Arts & Crafts Days**  
10:30 am  
August 10<sup>th</sup>  
Bellwood

12:15 pm  
August 9<sup>th</sup>  
Hodgkins

**Bargain Auction**  
10:30 am  
August 23<sup>rd</sup>  
Bellwood

**Bingo**  
12:15 pm  
Thursdays  
Bellwood & Hodgkins

**Bingo Bonanza**  
10:15 am  
August 1<sup>st</sup>  
Bellwood

**Brain Games**  
12:15 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

12:15 pm  
August 2<sup>nd</sup>  
Hodgkins

**Caregiver Support Group**  
2:00 pm  
August 3<sup>rd</sup> & August 17<sup>th</sup>  
Bellwood

**Casino Trip**  
8:00 am  
August 24<sup>th</sup>  
Milwaukee, WI

**Chair Exercise**  
10:00 am  
August 1<sup>st</sup>, August 5<sup>th</sup>,  
August 8<sup>th</sup>, August 12<sup>th</sup>,  
August 15<sup>th</sup>, August 19<sup>th</sup>,  
August 22<sup>nd</sup>, August 26<sup>th</sup> &  
August 29<sup>th</sup>  
Hodgkins

**Classic Movie Day**  
12:15 pm  
August 26<sup>th</sup>  
Bellwood

**Colorful Lunch Series**  
11:30 am  
August 30<sup>th</sup>  
Bellwood

11:30 am  
August 2<sup>nd</sup>  
Hodgkins

**Country Hoedown**  
10:00 am  
August 9<sup>th</sup>  
Bellwood

**Creative Writing**  
10:00 am  
August 23<sup>rd</sup>  
Bellwood

**Early Bird Pokeno**  
9:30 am  
August 26<sup>th</sup>  
Bellwood

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

**Free Programs for Cancer  
Patients & Their Families**  
10:30 am  
August 15<sup>th</sup>  
Bellwood

12:15 pm  
August 16<sup>th</sup>  
Hodgkins

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

**Glucose Screenings**  
10:00 am  
August 9<sup>th</sup>  
Bellwood

**Grandparents Raising  
Grandchildren Support  
Group**  
August 8<sup>th</sup>  
1:00 pm  
Bellwood

**Haircuts**  
10:30 am  
August 9<sup>th</sup> & August 23<sup>rd</sup>  
Bellwood

**Health Screens**  
10:00 am  
August 18<sup>th</sup>  
Bellwood

**Healthy Cooking Series  
for Seniors**  
10:30 am  
August 25<sup>th</sup>  
Bellwood

**Insuring for  
Health & Safety**  
10:30 am  
August 11<sup>th</sup>  
Bellwood

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

**Internet Café**  
9:30 am  
Mondays  
Bellwood

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

**Legal Assistance**  
By Appointment  
Bellwood

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

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

**Meditation &  
Centering Class**  
12:15 pm  
August 12<sup>th</sup> & August 26<sup>th</sup>  
Bellwood

**Movie Days**  
12:30 pm  
August 2<sup>nd</sup>, August 9<sup>th</sup>,  
August 16<sup>th</sup>, August 23<sup>rd</sup> &  
August 30<sup>th</sup>  
Bellwood

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15<sup>th</sup>, *Twisted* on August 22<sup>nd</sup> and *Mystery* on August 29<sup>th</sup>. At Hodgkins, themes are *Progressive* on August 8<sup>th</sup> and *Illinois State Fair* on August 15<sup>th</sup>. Games at both sites begin at 12:15 pm, and there is a fee.

**Peach Festival** This event is scheduled August 2<sup>nd</sup> at the Senior Citizen Center in Bellwood. Activities begin with a peach trivia contest from 10:00 am to 10:30 am. Peachy Pokeno is being played from 10:30 am to 11:15 am. Following lunch at 11:30 am, participants may enjoy peach pie a la mode from 12:15 pm to 12:30 pm. Cost for all is \$3.00; suggested donation for lunch only is \$2.00.

**Pokeno Parties** This game is scheduled August 5<sup>th</sup>, August 12<sup>th</sup> and August 19<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. At the Hodgkins meal site, the game is scheduled August 1<sup>st</sup> and August 22<sup>nd</sup> from 12:15 pm to 1:00 pm. There is a fee.

**Reverse Mortgages** Money Management International is conducting this informational workshop August 4<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The benefits, consequences, options and processes involved in obtaining a Home Equity Conversion Mortgage are being discussed.

**Rules of the Road Class** Office of the Illinois Secretary of State is conducting this free class at the Senior Citizen Center in Bellwood August 19<sup>th</sup> from 1:30 pm to 3:30 pm. Reservations are encouraged.

**Spanish Club** This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting August 12<sup>th</sup> and August 26<sup>th</sup>, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

**Sweet Treats** The following goodies are being served this month at the Senior Citizen Center in Bellwood: *goldbrick sundaes* on August 4<sup>th</sup>, *strawberry shortcake* on August 11<sup>th</sup>, *waffle sundaes* on August 18<sup>th</sup> and *cake and ice cream* on August 25<sup>th</sup>. Serving time is 12:15 pm, and there is a charge for each dessert. At the congregated meal site in Hodgkins, treats include *ice cream sandwiches* on August 2<sup>nd</sup>, *chocolate chip cookies* on August 4<sup>th</sup>, *apple turnovers* on August 10<sup>th</sup>, *sponge cake* on August 23<sup>rd</sup> and *peach pie* on August 24<sup>th</sup>. Serving time is 12:15 pm, and there is a charge for each dessert.

**Taste the World** University of Illinois Extension is presenting this program September 1<sup>st</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Participants learn about cultural diversity through foods of different cultures. Also, participants prepare a simple but nutritious ethnic recipe.

**Wii Bowling** This activity is scheduled at the Hodgkins meal site on the following dates from 10:00 am to 11:00 am: August 2<sup>nd</sup>, August 3<sup>rd</sup>, August 9<sup>th</sup>, August 10<sup>th</sup>, August 16<sup>th</sup>, August 17<sup>th</sup>, August 23<sup>rd</sup> and August 24<sup>th</sup>.

**Yahtzee** Seniors are invited to this friendly competition August 17<sup>th</sup>, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood, and August 5<sup>th</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

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completion of this course is a pre-requisite for preparing a healthy meal in September. Enrollment is limited to eight participants.

Salerno Pincente Ristorante  
9301 63<sup>rd</sup> Street, Hodgkins

*Free Programs for Cancer Patients and Their Families*, August 16<sup>th</sup>, 12:15 pm to 1:15 pm. American Cancer Society is the presenter.

*Insuring for Safety and Health*, August 23<sup>rd</sup>, 12:15 pm to 1:15 pm. Identity theft and elder financial abuse are the topics of discussion. University of Illinois Extension is the presenter.

*Putting Balance in Your Life*, August 17<sup>th</sup>, 12:15 pm to 1:15 pm. University of Illinois Extension helps participants set priorities, and make choices to reduce stress and achieve balance concerning family and other relationships, and personal growth.

*Relationships: Fabulous and Not So Much So*, August 26<sup>th</sup>, 12:15 pm to 1:15 pm. Through a participant-centered activity that identifies relationship abuse, senior citizens learn about the components of healthy relationships from the University of Illinois Extension.

### Illinois in the Balance

Illinois residents and businesses recycle only 25.0% of potential recyclable waste materials. Just think if we could reverse the figures and recycle 75.0% of potential recyclable waste. This would be an effective way to add jobs to the economy and keep our state cleaner. Don't we owe it to ourselves?

### Join Us at Luv2Laff Day!

It's often said that laughter is the best medicine, and senior citizens are invited to join in the fun at a Laffshop August 16<sup>th</sup> from 10:30 am to 11:15 am at the Senior Citizen Center in Bellwood. Fifteen to 30 minutes of sustained laughter has several benefits including fatigue and stress reduction, weight loss, lowered blood pressure, improved cholesterol levels, heart protection and decreased insomnia. Guy Lawson is the workshop leader.

### Pictures Say a Thousand Words

Have you ever caught yourself saying, "One of these days, I'm going to label those old pictures and put them in an album"? Summer is a time of family reunions, church and community get togethers and either visiting or being visited by old friends and family. How many times have you referred to an event, or a close friend, former neighbor or family member, and wanted to show someone a picture from that time? However, you do not know exactly where it is or are unable to retrieve it from the attic, basement or somewhere else where it is stored?

Today, there are a variety of computer-based ways to record events. However, this was not always the case. Most of our memories are recorded on still photographs. A few family portraits, usually family portraits posed and taken in studios, are found displayed on mantles, dressers or desks. Other "snap shots" also can be found, with negatives, returned to the envelopes from the processor and stuffed into drawers or stored in the basement. It is these informal pictures that tell many of the most memorable stories of our lives.

Photos from your past are part of your legacy to

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your children and family. You are probably the only one who can identify many of the people who are in the pictures, where and when they were taken. If you do not identify them, no one will know about important parts of your past and a chapter of your family history may be incomplete. Here are a few tips on adding to your history:

- ❑ Buy a sturdy album that has plastic pages that protect the photos.
- ❑ Label the back of photographs with the names of the people, dates and places as best you can remember them and lace them in chronological order.
- ❑ Save negatives in an envelope at the back of the album. If you cannot find a negative for a picture, a photography store can create one for you by "photo reflex."
- ❑ While you are creating the album, ask a family member or friend to join you. By telling the stories associated with the picture, you can enjoy reminiscing and tell important stories from your life.
- ❑ Keep the albums handy so that you can refer to important events and people from when you think about them.

### Warnings for Older Adults about Ready-to-Eat Meats

**T**he Centers for Disease Control and Prevention caution senior citizens about eating ready-to-eat hot dogs, lunch meats and cold cuts. These foods can be contaminated with the bacteria that cause Listeriosis, a serious disease that primarily affects older adults, adults with weakened immune systems, pregnant women and

newborns. Individuals in this high risk group are urged to take the following precautions:

- Do not eat hot dogs, luncheon meats, cold cuts or other deli meats unless they are heated to an internal temperature of 165 degrees Fahrenheit or until steaming hot.
- Do not eat soft cheese such as feta, queso blanco, queso fresco, brie, Camembert, blue-veined or panela (queso panela) unless it is labeled as made with pasteurized milk.
- Do not eat refrigerated smoked seafood unless it is contained in a cooked dish, such as a casserole, or unless it is a canned or shelf-stable product. Refrigerated smoked seafood, such as salmon, trout, whitefish, cod, tuna and mackerel, is most often labeled as "nova style," "lox," "kippered," "smoked" or "jerky." Canned and shelf stable tuna, salmon and other fish products are safe to eat.
- Do not eat refrigerated pates or meat spreads from a deli or meat counter, or from the refrigerated section of a store.
- Also, precooked or ready-to-eat food should be used as soon as possible. These products should not be stored in the refrigerator beyond the use-by date. The United States Department of Agriculture recommends that an opened package of hot dogs be stored in the refrigerator no longer than one week and an unopened package no longer than two weeks. Factory-sealed, unopened luncheon and deli meats should not be stored in the refrigerator for more than two weeks. Opened packages of these meats and meat sliced at a deli should not be refrigerated longer than three to five days.

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gram, which is more than double the 142,000 senior citizens who previously had a Reduced Fare card that allowed them to ride mass transit at a 50 percent discount. With the projected doubling of the region's senior population between 2009 and 2030, the revenue losses from the program will only grow larger over time.

### Dare to Eat a Peach

**A**ugust is National Peach Month. We tend to think of peaches as being very American, and the U.S. does produce one-fourth of the world's peaches. However, peaches were first discovered in China where over 700 varieties are grown. It is thought that Spanish explorers brought peaches to this country, and Native Americans cultivated them widely, especially in the southern states where warm weather is conducive to their growth. Today, peaches are cultivated across the country, and we often find them grown in Michigan, Illinois and Indiana at open air markets in July and August.

There are many sayings using the word "peach" that refer to the sweetness associated with ripe peaches. The most common adage using peaches is, "You're a real peach." This phrase originated from a Chinese tradition of giving a peach to someone special. Because peaches require hot, humid growing conditions, their growing season is relatively short. So, enjoy peaches while they are available in August and, maybe can a few for the winter.

### Here's to Your Good Health

**W**est Suburban Senior Services has scheduled various health-related programs this month at its two nutrition sites:

Senior Citizen Center  
439 Bohland Avenue, Bellwood

*Adult Immunizations: Fact and Fiction*, August 8<sup>th</sup>, 10:30 am to 11:30 am. Target Pharmacy in Hillside is sharing this information.

*Free Programs for Cancer Patients and Their Families*, August 15<sup>th</sup>, 10:30 am to 11:30 am. American Cancer Society is the presenter.

*Glucose Screenings*, August 9<sup>th</sup>, 10:00 am to 11:00 am. Westlake Hospital is conducting the screenings. Fasting is recommended but not required.

*Health Screenings*, August 18<sup>th</sup>, 10:00 am to 12:00 noon. Students and instructors from Sanford-Brown College in Hillside are conducting blood pressure and weight screenings.

*Insuring for Safety and Health*, August 11<sup>th</sup>, 10:30 am to 11:30 am. Identity theft and elder financial abuse are the topics of discussion. University of Illinois Extension is the presenter.

*Putting Balance in Your Life*, August 29<sup>th</sup>, 10:30 am to 11:30 am. University of Illinois Extension helps participants set priorities, and make choices to reduce stress and achieve balance concerning family and other relationships, and personal growth.

*Relationships: Fabulous and Not So Much So*, August 22<sup>nd</sup>, 10:30 am to 11:30 am. Through a participant-centered activity that identifies relationship abuse, senior citizens learn about the components of healthy relationships from the University of Illinois Extension.

*Senior Healthy Cooking Series*, August 25<sup>th</sup>, 10:30 am to 11:30 am. Participants learn proper food storage techniques, healthy meal preparation tips and safe food handling techniques. Successful

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**Party Bingo Days**  
12:15 pm  
August 8<sup>th</sup>, August 15<sup>th</sup>,  
August 22<sup>nd</sup> & August 29<sup>th</sup>  
Bellwood

12:15 pm  
August 8<sup>th</sup> & August 15<sup>th</sup>  
Hodgkins

**Peach Festival**  
10:00 am  
August 2<sup>nd</sup>  
Bellwood

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

**Pokeno Parties**  
12:15 pm  
August 5<sup>th</sup>, August 12<sup>th</sup> &  
August 19<sup>th</sup>  
Bellwood

12:15 pm  
August 1<sup>st</sup> & August 22<sup>nd</sup>  
Hodgkins

**Putting Balance in Your Life**

10:30 am  
August 29<sup>th</sup>  
Bellwood

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

**Relationships: Fabulous & Not So Much So**

10:30 am  
August 22<sup>nd</sup>  
Bellwood

12:15 pm  
August 26<sup>th</sup>  
Hodgkins

**Reverse Mortgages**

10:30 am  
August 4<sup>th</sup>  
Bellwood

**Rules of the Road Class**

1:30 pm  
August 19<sup>th</sup>  
Bellwood

**Spanish Club**  
11:00 am  
August 12<sup>th</sup> & August 26<sup>th</sup>  
Bellwood

**Sweet Treats**  
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 2<sup>nd</sup>, August 4<sup>th</sup>,  
August 10<sup>th</sup>, August 23<sup>rd</sup> &  
August 24<sup>th</sup>  
Hodgkins

**Taste the World**  
10:30 am  
September 1<sup>st</sup>  
Bellwood

**Watermelon Day**  
10:00 am  
August 18<sup>th</sup>  
Bellwood

**Wii Bowling**  
10:00 am  
August 2<sup>nd</sup>, August 3<sup>rd</sup>,  
August 9<sup>th</sup>, August 10<sup>th</sup>,  
August 16<sup>th</sup>, August 17<sup>th</sup>,  
August 23<sup>rd</sup> & August 24<sup>th</sup>  
Hodgkins

**Yahtzee Party**  
10:30 am  
August 17<sup>th</sup>  
Bellwood

12:15 pm  
August 5<sup>th</sup>  
Hodgkins

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

# 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 citizen representatives, and agency and catering staff. The Advisory Council is meeting August 10<sup>th</sup>, 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.

**Arts and Crafts Days** Senior citizens are invited to decorate cloth utility bags August 10<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Registration is required by August 8<sup>th</sup>, and class enrollment is limited to twelve participants. At the Hodgkins meal site, participants are decorating picture frames August 9<sup>th</sup> from 12:15 pm to 1:15 pm. Participation is limited to fourteen senior citizens; registration is required by August 8<sup>th</sup>.

**Bargain Auction** A variety of merchandise is being sold at bargain prices August 23<sup>rd</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Proceeds benefit West Suburban Senior Services. Donations (no clothing) may be brought to the agency August 19<sup>th</sup> and August 22<sup>nd</sup>.

**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. Also, this activity is scheduled at the

Hodgkins meal site August 2<sup>nd</sup> from 12:15 pm to 1:00 pm.

**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 3<sup>rd</sup> and August 17<sup>th</sup> from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

**Chair Exercise** Senior citizens at the Hodgkins meal site are invited to join in this class from 10:00 am to 10:30 am on the following dates: August 1<sup>st</sup>, August 5<sup>th</sup>, August 8<sup>th</sup>, August 12<sup>th</sup>, August 15<sup>th</sup>, August 19<sup>th</sup>, August 22<sup>nd</sup>, August 26<sup>th</sup> and August 29<sup>th</sup>. There is no fee.

**Classic Movie Day** *Some Like It Hot* is the featured film August 26<sup>th</sup>, 12:15 pm to 2:15 pm, at the Senior Citizen Center in Bellwood. Refreshments are served.

**Colorful Lunch Series** Each month on designated dates, decorations at the agency's two nutrition sites are a specific color. On August 30<sup>th</sup>, the color is maroon at the Senior Citizen Center. Lunch participants who wear maroon attire that day are eligible to enter a door prize drawing at 12:15 pm. Beige is the designated color at the Hodgkins meal site on August 2<sup>nd</sup>. Senior citizen diners who wear beige attire that day are eligible for a door prize drawing at 12:15 pm.

**Country Hoedown** Everyone is a little bit country August 9<sup>th</sup> at the Senior Citizen Center in

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## Welcome, Courtney and Melodie

Courtney Firak is summer intern who works three days per week in the agency's Bellwood and River Park offices. Courtney recently completed her Bachelor of Social Work degree at Northeastern Illinois University. Courtney has long-standing interests in community-based work with senior citizens. Courtney's career goal after completing her graduate studies in public health is to continue in geriatrics at the policy level as a program developer and advocate for senior services.

One of our two summer interns, who will continue at West Suburban Senior Services in the fall as Kott Gerontology Scholar, is Melodie

Davis. Melodie has a BA from Columbia College in Chicago and will complete her MSW at DePaul University. Melodie's career goals are to hone her skills in working with seniors and continue to provide services to ensure as high quality a life as possible for seniors. Commenting on her first couple of weeks at West Suburban Senior Services, Melodie states, "It has been a positive learning experience. I look forward to interacting with participants and learning about the impact of the agency on the communities that it serves."

During the summer, Melodie works full time out of the Bellwood and River Park offices and finds that one very desirable benefit of working at West Suburban Senior Services is a short commute. She resides in Maywood.