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ish 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 December 14th and December 28th, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

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

Tax Aide Program American Association of Retired Persons (AARP) is seeking volunteers for its tax aide program. (The tax aides receive no compensation for their service.) Applicants are required to complete two weeks of training during the weeks of January 7th and January 14th, 2008, at Katherine Legge facility in Hinsdale and to pass an examination. The tax aide program runs February 1st through April 15th and is geared to help low- and middle-income seniors age 60 and older. The tax aide service is again

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.

being offered at the Senior Citizen Center in Bellwood beginning February 2008.

Westchester Health and Rehabilitation Center Breakfast Bingo Seniors are invited to this complimentary meal and party bingo December 11th, 9:15 am to 11:00 am, at the Senior Citizen Center in Bellwood. Reservations are required by December 6th and may be made by telephoning West Suburban Senior Services.

Wills, Trusts, Estates and More The legal advisor to the Cook County Recorder of Deeds is presenting this program December 11th, 10:00 am to 10:30 am, at OARS Center, and December 13th, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Lunch follows the presentations for the suggested donation of \$1.75.

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

Be Prepared with a Three Day Emergency Food Supply

Having an emergency food supply means you won't go hungry when weather, transportation, health or other problems prevent you from getting your usual supply of groceries or meals. The University of Illinois Extension and the University of Maine Cooperative Extension suggest the following grocery list. The items are based for one person; the list should be increased as needed for a household.

Applesauce – One four-pack of 6 ounce containers
Beef Stew – One small can or container
Bottled Water – One gallon
Canned Juice – One six-pack
Chili – One small can or container
Cocoa – One box of individual packets
Corn – One 8 ounce can
Crackers – One box 8 ounces or larger
Dry Cereal – One 7 ounce box
Fruit Cocktail – One 8-ounce can
Nonfat Dried Milk – One box
Peaches – One 8-ounce can
Peanut Butter – One 12-ounce jar
Peanuts or Other Nuts – One package or jar
Pork and Beans – One 8 ounce can
Processed Cheese Spread – One 8 ounce box
Pudding – One four-pack of 4 ¼ ounce containers
Raisins or Dried Prunes – One 12 ounce package

Tea – One box or one 12 ounce jar of coffee
Tomato or Other Soup – One can
Tuna – One 3¼ ounce can

The above grocery list assumes that you have one quart of milk and a half-loaf of bread – per person – on hand. Also, all of the emergency foods will not likely be eaten in three days. If your food budget is tight, buy one or two items each week until you have your emergency food supply.

Emergency foods should be stored in a cool place away from any direct source of heat. Date the foods when you buy them. If they haven't used by an emergency by their use date, use them for your regular meals and replace them. Generally, crackers and cereals should be used within three months. Dried fruit, peanut butter, dry milk, instant coffee and cocoa mix should be used within six months. Canned foods may keep indefinitely, but it is a good idea to use and replace them within a year.

Hiring Someone for Snow Removal

Before you hire a snow removal contractor, the Better Business Bureau recommends the following tips:

□ Get more than one estimate. Prices are usually based on the amount of

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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. 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.

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.

Mission

The mission of West Suburban Senior Services is to provide direct community services to area senior citizens aged 60 and above with the goal of preventing premature and inappropriate nursing home placement. 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 the 35th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

- Mrs. Elaine Reno, President
- Mrs. Debbie Nowader, Vice President
- Ms. Carole Kulinski, Secretary
- Mrs. Lois Albers, Treasurer

Directors

- Mrs. Mary Conti
- Mrs. Kathleen Contuchio
- Honorable James Discipio
- Mrs. Lela Grimble
- Honorable Noreen Love
- Honorable Anthony Peraica
- Ms. Tywana Rand
- Honorable Donald Sloan
- Dr. Robert Strnad, MD
- Ms. Catherine Swan
- Mrs. Jimmi Wooten

Honorary Directors

- Honorable Anthony Calderone
- Honorable Gary Woll,

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hours or more. *Do not trust your sense of smell.* Food may be unsafe even if it doesn't smell bad.

- Hard cheese usually keeps well at room temperatures. Other cheeses, such as cream cheese, opened containers of cheese spreads and cottage cheese, spoil quickly. Throw them out when an off-flavor or an unusual mold develops.
- Custard, gravies, creamed foods, chopped meats, poultry and seafood sandwich fillings spoil quickly when unrefrigerated. They are ideal growing places for organisms that can make you sick. Dispose of these foods if they have warmed to over 40 degrees or room temperatures. Spoilage is hard to detect since they may not smell or taste bad.
- Commercially made baked goods with cream fillings are not safe if unrefrigerated.
- Accidentally frozen canned goods can present health problems. If they are merely swollen --- and you are sure the swelling was caused by freezing --- the cans may still be usable. Let the can thaw in the refrigerator before opening it. If the product does not look or smell normal, throw it out. *Do not taste it!* However, if the food does look and smell normal, thoroughly cook it by boiling for 10 to 20

minutes right away. However, if the seams have rusted or burst, throw the cans out immediately.

Be Sure to Visit the Sharing Tree

West Suburban Senior Services' Fifth Annual Sharing Tree is located in the lobby of the Senior Citizen Center in Bellwood. It is decorated with ornaments that indicate items designated agency clients would enjoy. All gift selections are \$3.00 or less. Ornaments are coded; no names appear on them.

Area residents are invited to select an ornament from the Sharing Tree through December 7th, weekdays between 8:30 am and 4:00 pm, and purchase one of the listed items. The wrapped gift should then be tagged with the tree ornament and returned to the Senior Citizen Center by December 12th for distribution to our Home Delivered Meal participants and other clients. Additional information is available at the Senior Citizen Center.

Wedding Vow Renewal Ceremony

West Suburban Senior Services invites seniors to renew their wedding vows February 5th, 2008, 10:30 am, at the Senior Citizen Center in Bellwood. Circuit Court Judge Noreen Love is presiding. A reception and lunch follow the ceremony. Couples wanting to participate are asked to register by telephoning the agency.

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	Tax Aide Program	Westchester Health & Rehabilitation Center	Wills, Trusts, Estates and More
	Weeks of January 7 th & January 14 th	Breakfast Bingo	10:00 am
	Hinsdale	9:15 am	December 11 th
		December 11 th	OARS
		Bellwood	
Spanish Club			10:30 am
11:00 am			December 13 th
December 14 th & December 28 th			Bellwood
Bellwood			

Briefly Stated

Advisory Council Meeting 10:00 am December 12 th Bellwood	Concord Place Bingo Party 1:00 pm December 10 th Northlake	Holiday Tea Party 10:00 am December 14 th Bellwood	Oreo Frosty Parfaits 12:15 pm December 13 th Bellwood & OARS
11:00 am December 12 th OARS	Early Bird Bingo 9:15 am December 21 st Bellwood	Holidays Around the World 10:30 am December 17 th & December 27 th Bellwood	Peppermint Ice Cream Cake Delight 12:15 pm December 6 th Bellwood & OARS
Best Sellers Reading Club 9:30 am December 18 th Bellwood	Eddie Lopez Concert 10:30 am December 10 th Bellwood	Jingle Bell Bingo Party 10:00 am December 17 th OARS	Podiatry Clinic 9:30 am Thursdays Bellwood
Bingo 10:00 am Thursdays OARS	Exercise Class – Audio Tape 10:30 am Monday through Friday Bellwood	12:15 pm December 17 th Bellwood	Pokeno Parties 12:15 pm December 14 th & December 28 th Bellwood
12:15 pm Thursdays Bellwood	Gift Shop 10:30 am to 1:30 pm Monday through Friday Bellwood	Legal Assistance 9:00 am December 18 th Bellwood	10:00 am December 18 th OARS
Bingo Bonanza 10:15 am December 3 rd Bellwood & OARS	Haircuts 10:30 am December 11 th Bellwood	Line Dancing 10:30 am Fridays Bellwood	Robber Bingo 10:15 am December 12 th Bellwood
Caregiver Education 10:30 am December 5 th Bellwood	Holiday Film Festival 12:15 pm December 4 th , December 11 th & December 18 th Bellwood	Meditation & Centering 10:30 am December 28 th Bellwood	Rules of the Road Review Class 1:30 pm December 17 th Bellwood
Caregiver Support Group 10:30 am December 12 th Bellwood	10:00 am December 5 th , December 12 th & December 19 th OARS	Mystery Reading Club 9:30 am December 4 th Bellwood	Sharing Tree 8:30 am to 4:00 pm through December 7 th Bellwood
Catalogue and Internet Shopping 10:30 am December 4 th Bellwood	Holiday Luncheon 11:00 am December 20 th Bellwood	New Year’s Lunch & Party 11:00 am December 28 th OARS December 31 st Bellwood	Spa Day 9:30 am December 7 th Bellwood
10:00 am January 10 th OARS	Holiday Madness 9:30 am December 26 th Bellwood	Officers’ Club 10:30 am December 17 th Bellwood	

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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 December 17th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Oreo Frosty Parfaits This holiday dessert is being served December 13th, 12:15 pm to 12:30 pm, at OARS Center and at the Senior Citizen Center in Bellwood. Cost is \$1.00.

Peppermint Ice Cream Cake Delight For \$1.00, seniors may enjoy this dessert December 6th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center.

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.



Pokeno Parties This game is being played December 14th and December 28th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. At OARS Center, the game is being played December 18th between 10:00 am and 11:00 am. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Robber Bingo This entertaining form of party bingo is being played December 12th, 10:15 am to 11:15 am, at the Senior Citizen Center in Bellwood. Cost is 50 cents per card.

Rules of the Road Review Class The Secretary of State is presenting this free class December 17th, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. A practice test is given as part of the class. Appointments are required and may be made by telephoning West Suburban Senior Services.

Spa Day West Suburban Senior Services is pleased to offer seniors this opportunity for relaxation and revitalization December 7th at the Senior Citizen Center in Bellwood. The event begins with a breakfast snack bar at 9:30 am. From 10:00 am to 11:00 am, seniors participate in the University of Illinois Extension’s program titled *A New You*. At 11:00 am, participants may make a holiday corsage. Lunch is being served in a private dining area from 11:45 am to 12:30 pm. The day concludes with special holiday party bingo until 1:00 pm. Cost for all is \$2.00. Spa Day reservations are required by December 7th. The monthly spa program is scheduled to continue through March, 2008.

Spanish Club Everyone is welcome to participate in Club Latino. This club welcomes Spanish speakers and seniors interested in practicing Span-

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Congregate and Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
West Suburban Senior Services is supported by the AgeOptions, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commissions of Berwyn and Proviso Townships, local villages, and donations.				
December 3, 2007	December 4, 2007	December 5, 2007	December 6, 2007	December 7, 2007
Beef Stew Chopped Spinach Cottage Cheese and Pear Salad Carrot Muffin	Chicken Breast Quarter Cornbread Stuffing California Blend Vegetables Mandarin Oranges	Tuna Salad on Bun Three Bean Salad Chicken Gumbo Soup Pudding	Taco Salad Tortilla Chips Apple Juice Tropical Fruit	Stuffed Green Pepper Buttered Macaroni Carrots Pineapple Juice Grapes
December 10, 2007	December 11, 2007	December 12, 2007	December 13, 2007	December 14, 2007
Pepper Steak White Rice Mixed Vegetables Pickled Beets Applesauce	Swedish Meatballs Mashed Potatoes Zucchini & Tomatoes Fruited Gelatin Fruit Yogurt	Roast Pork Sweet Potatoes Black Eyed Peas Smothered Cabbage Apricot Halves	Roast Turkey Breast Sweet Potatoes Cornbread Carrots Fruit Mix	Chicken Salad on Bun Pickled Cucumbers Tomato and Rice Soup Marble Pound Cake
December 17, 2007	December 18, 2007	December 19, 2007	December 20, 2007	December 21, 2007
Baked Chicken Leg Quarter Au Gratin Potatoes Green Beans Carrot and Raisin Salad Chilled Peaches	Hot Dog on Bun Baked Beans Peas and Carrots Fruit Juice Chocolate Cake	Stuffed Cabbage Roll Mixed Vegetables Three Bean Salad Fruit Juice Orange	Chicken Cordon Beu Rice Pilaf Green Beans Tossed Salad Pie	Spaghetti and Meatballs Carrots Tossed Salad Fruit Gelatin
December 24, 2007	December 25, 2007	December 26, 2007	December 27, 2007	December 28, 2007
Spinach Ravioli Green Beans Tossed Salad Apple Pie	Closed for Christmas	Cheeseburger on Bun Scalloped Potatoes Macaroni Salad Pineapple Juice Fruit Yogurt	Meatball Sandwich on Bun Mashed Potatoes Mixed Vegetables Tossed Salad Banana	Bar-B-Que Ribbets Macaroni and Cheese Mixed Greens Coleslaw Fruit Gelatin
December 31, 2007	All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements		Please telephone each site by 12:00 p.m. the prior day for lunch reservation.	
Beef Stew Chopped Spinach Cottage Cheese and Pear Salad Carrot Muffin				

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

OARS Center
712 Elm
LaGrange, Illinois 60525

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work. This includes the layout and size of the area to be cleared. The least expensive service is not always the best service.

- ❑ Ask about additional charges and price options. Beside the quoted price, some snow removal contractors charge by the inch after the snow reaches a certain depth.
- ❑ Find out exactly what's included in the estimate you receive. For example, are the steps and walks included? What about the cost of sand and salt? Will the contractor clear only after the storm or during the storm as well?
- ❑ Ask for references and check them out.
- ❑ Check with the Better Business Bureau for a business reliability report on the snow removal contractor.
- ❑ Do not settle on an agreement over the telephone. You should receive a written agreement after the snow removal contractor or a representative comes out to examine your property. Also, ask who is responsible for damages, if the contractor is insured or bonded, and how you can terminate the agreement if necessary.

Holiday Concerts

West Suburban Senior Services is pleased to host two concerts during this holiday season at the Senior Citizen Center in Bellwood.

- ❑ The Proviso East High School African-American Heritage Club is presenting a program December 6th, 10:00 am to 11:15 am.
- ❑ On December 10th, Eddie Lopez returns for a keyboard performance from 10:30 am to 11:00 am.

Refreshments are being served at both concerts, and lunch follows both performances. The suggested meal donation is \$1.75.

Holiday Luncheon

Seniors aged 60 and older are invited to a holiday lunch December 20th, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. The menu features chicken cordon bleu, rice pilaf, green beans, tossed salad, dinner roll, pie, and milk and coffee.

Suggested meal donation is \$1.75. *Reservations are required by 12:00 noon on December 17th.*

Holiday Traditions from Around the World

Various countries and cultures are being represented during a month-long holiday celebration at the Senior Citizen Center in Bellwood. Seniors are invited to learn about holiday customs and to enjoy traditional holiday refreshments from each area.

At the time *The Senior Chronicle* went to press, the following events were scheduled. However, plans for representatives from other countries are still being finalized.

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Holidays Around the World Various cultures and countries are being represented during a month-long celebration at the Senior Citizen Center in Bellwood. Details are presented in a separate article.

Jingle Bell Bingo Party Holiday music, treats and party bingo are featured at this event December 17th, 10:00 am to 11:00 am, at OARS Center, and December 17th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. The \$2.00 fee includes lunch at 11:30 am. Reservations are required by 12:00 noon on December 14th.

Legal Assistance On December 18th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is available to come to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services



for more information regarding appointments.

Line Dancing Seniors are invited to participate in this enjoyable form of exercise every Friday at the Senior Citizen Center in Bellwood between 10:30 am and 11:30 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 offer the same menu and require advance reservations. Suggested contribution for meals is \$1.75. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

Meditation and Centering Basic meditation and relaxation techniques are the focus of this class December 28th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

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

New Year's Lunch and Party Seniors are invited to join with friends to celebrate the end of 2007 and the beginning of 2008 on December 28th at OARS Center and December 31st at the Senior Citizen Center in Bellwood. Festivities begin with appetizers at 11:00 am. Lunch is served at 11:30 am for the suggested donation of \$1.75. Party bingo follows the meal. Reservations are required by 12:00 noon December 27th.

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pm to 2:00 pm, at Concord Place in Northlake. Limited bus transportation is available from the Senior Citizen Center in Bellwood. The bus leaves at 12:30 pm and returns at 2:30 pm. Reservations for both the bus and the bingo party are required by December 7th.

Early Bird Bingo West Suburban Senior Services is hosting a breakfast-bingo party December 21st, 9:15 am to 11:00 am, at the Senior Citizen Center in Bellwood. French toast, sausage, juice, milk and coffee are served at 9:15 am; party bingo is played from 10:00 am to 11:00 am. Cost for the meal and game is \$2.00. Reservations are required by 12:00 noon on December 18th and a minimum registration is required.

Eddie Lopez Concert Seniors are invited to enjoy the keyboard music of Eddie Lopez December 10th, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The concert is free, and refreshments are being served. Lunch is served at 11:30 am for the suggested donation of \$1.75.

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, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

Gift Shop West Suburban Senior Services' Gift Shop offers a variety of handmade craft items, baby gifts and seasonal decorations at a reasonable price. Shoppers may purchase items between 10:30 am and 1:30 pm Monday through Friday at the Senior Citizen Center in Bellwood. Gift certificates are also available.

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 December 11th at 10:30 am. Appointments are required.

Holiday Film Festival West Suburban Senior Services is showing a variety of holiday movies this month at the Senior Citizen Center in Bellwood and at OARS Center. At the Senior Citizen Center in Bellwood, movies begin at 12:15 pm. Dates and titles are *Christmas with the Kranks* on December 4th, *Christmas Shoes* on December 11th, *Deck the Halls* on December 18th and *White Christmas* on December 19th. The movie schedule at OARS Center is *Christmas with the Kranks* on December 5th, *Christmas Shoes* on December 12th and *Deck the Halls* on December 19th. Movies at the OARS site begin at 10:00 am.

Holiday Luncheon West Suburban Senior Services is hosting a holiday lunch December 20th, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. The menu features chicken cordon bleu, rice pilaf, green beans, tossed salad, dinner roll, pie, and milk and coffee. Suggested meal donation is \$1.75. Reservations are due by 12:00 noon on December 17th.

Holiday Madness This party bingo marathon is scheduled December 26th at the Senior Citizen Center in Bellwood. Bingo is being played from 10:15 am to 11:15 am, and again from 12:15 pm to 1:15 pm. Lunch is served at 11:30 am. The \$3.00 cost includes bingo, lunch and a special dessert. A minimum registration is required by December 23rd for this activity to take place.

Holiday Tea Party *Christmas Memories* is the theme of this activity December 14th, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. Participants are asked to bring a favorite item from a past Christmas to share with the group. Tea party cost is \$1.00; reservations are required by December 12th.

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- ❑ December 17th, 10:30 am, the Middle East
- ❑ December 27th, 10:30 am, Mexico

Medicare Navigator Class

Seniors are invited to attend a special internet clinic November 19th, 12:00 noon to 1:00 pm, at the Senior Citizen Center in Bellwood. Conducted by West Suburban Senior Services' Senior Advocate, the workshop features instruction to access various internet sites including Google, Medicare, Illinois Rx and Blue Cross Insurance. With this knowledge, seniors can research supplemental insurance coverage, and also manage Medicare and prescription drugs on-line. Registration for the internet workshop is encouraged; space may be reserved by contacting the Senior Citizen Center.

Medicare Part D Reminder

The Social Security Administration has designated November 15th through December 30th as the next enrollment period for prescription drug coverage under Medicare Part D. Seniors who recently turned 65 are encouraged to apply for this assistance. Also, updated information is available for seniors who are currently enrolled in Medicare Part D but wish to make changes in their coverage. Seniors who have questions may call the Senior Health Insurance Program (SHIP) volunteers at West Suburban Senior Services.

Safety of Refrigerated Foods After a Power Outage

Fall and winter storms often cause short-term and extended power outages, and the University of Illinois Extension and University of Maine Cooperative Extension offer these food safety tips:

- All chopped meats, poultry and seafood sandwich fillings should not be left without refrigeration for more than two hours. If you have to leave your home without an ice chest containing ice, take cold ingredients to mix and eat as soon as you arrive. If any is left over, throw it away.
- You can extend your food supply by cooking all unspoiled meat immediately. Cooked meat needs to be kept above 140 degrees F if it cannot be cooled below 40 degrees F within two hours. A food thermometer can help accurately check food temperatures.
- Large, solid, unbound pieces of fresh beef or lamb, such as rump roast or leg of lamb, are least susceptible to quick spoilage.
- Uncured sausage is vulnerable to contamination because it is free of preservatives. Keep it frozen as long as possible, and then cook before it completely thaws.
- Raw chopped meats, like hamburger, spoil quickly. Pork, fish and poultry spoil quickly, too. Dispose of these foods if they have been in a well-insulated, good-working refrigerator without power for 12

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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 at the agency's nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior representatives, Open Kitchens catering and agency staff. The Advisory Council is meeting December 12th, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 am at OARS Center.

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, and are instructed by a competent artist and sculptor. There is a fee for enrollment.

Best Sellers Reading Club West Suburban Senior Services and the Bellwood Public Library are cosponsoring a Best Sellers reading group. Each month, seniors may read a recent selection from the Best Sellers list, alternating fiction and non-fiction. The reading group's next meeting is December 18th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Seniors planning to participate should telephone the agency now to sign out copies of the current reading selection.

Bingo Party bingo is held every Thursday at the Bellwood and OARS sites. Friends can join together for a lively game beginning at 12:15 pm at the Senior Citizen Center and 10:00 am at the OARS Center.

Bingo Bonanza A double session of party bingo is planned December 3rd at the Senior Citizen Center in Bellwood and at OARS Center. For \$1.00, seniors play from 10:15 am to 11:15 am and from 12:15 pm to 1:15 pm. The fee includes prizes and refreshments.

Caregiver Education West Suburban Senior Services' caregiver specialist is conducting a session December 5th to provide skill building and problem solving strategies for those caring for seniors age 60 and older. The class is scheduled from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. Subsequent meetings are the first Wednesday of each month.

Caregiver Support Group On December 12th, West Suburban Senior Services' caregiver specialist is leading this group from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. The session focuses on maintaining emotional health and reducing stress through peer support and story telling, and finding ways to relieve tension. Subsequent support group meetings are scheduled the second Wednesday of each month.

Catalogue and Internet Shopping University of Illinois Extension is presenting this program December 4th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and January 10th, 2008, 10:00 am to 11:00 am, at OARS Center. Participants are receiving security and ordering tips.

Concord Place Bingo Party Seniors are invited to this complimentary event December 10th, 1:00

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