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The role of area foundations cannot be understated. The Chicago Community Trust was instrumental in establishing our adult day health care program, Westlake Health Foundation assisted in a number different ways and, currently, the Kott Memorial Trust has assisted in training future leaders in gerontology.

During the fiscal year that ended June 30, 2008, the agency assisted

- 82 individuals in our adult day health care program,
- 260 individuals in are caregiver support program,
- 91 individuals in our caregiver education program,
- 1,577 individuals in our case management program,
- 53 individuals in our chore housekeeping program,
- 42 individuals in our emergency food program,

- 16 individuals in our friendly visiting program,
- 228 individuals in our health screening program,
- 147 individuals in our home delivered meals program,
- 2,169 individuals in our information and assistance program,
- 93 individuals in our mental health counseling program,
- 140 individuals in our podiatry program,
- 49 individuals in our respite program,
- 92 individuals in our transportation program,
- 1,433 individuals in our senior center program,
- 547 individuals in our congregate meals program, and
- 31 individuals in our telephone reassurance program.

Now, over 800 different individuals are assisted each day by one service or another. Quite a difference 36 years had made.

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*

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

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

# The Senior Chronicle



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

## Flu Shots

**W**est Suburban Senior Services has a small amount of the flu vaccine available at the Senior Citizen Center in Bellwood. Seniors age 60 and older are being seen *only by appointment*. Appointments may be made by calling West Suburban Senior Services. The flu shots are free.

## Foods That Seniors Should Avoid

**T**he Food and Drug Administration, and the U. S. Department of Agriculture advise seniors not to eat the following foods to reduce the risk of illness from bacteria in the foods:

- ❑ Raw fin fish and shellfish, including oysters, clams, mussels and scallops.
- ❑ Raw or unpasteurized milk or cheese.
- ❑ Soft cheeses such as feta, Brie, Camembert, blue-veined and Mexican-style cheese. (Hard cheeses, processed cheeses, cream cheese, cottage cheese or yogurt need not be avoided.)
- ❑ Raw or lightly cooked egg or egg products including salad dressings, cookie or cake batter, sauces and beverages such as egg nog. (Foods made from commercially pasteurized eggs are safe to eat.)

- ❑ Raw meat or poultry.
- ❑ Raw sprouts (alfalfa, clover and radish).
- ❑ Unpasteurized or untreated fruit or vegetable juice.

## Grief Support Group

**W**e can never choose how or when we lose our loved ones, but we can choose how to cope and celebrate life. West Suburban Senior Services invites seniors to join a new grief support group at the Senior Citizen Center in Bellwood. It meets on the first and third Mondays of each month from 2:00 pm to 3:00 pm. Additional information may be obtained from Tami Jimenez, LCSW, ACSW.

## Menu Choice Days

**W**est Suburban Senior Services is pleased to offer seniors at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange meal options on designated dates. On these dates, senior citizens may order either the lunch on the menu or a gourmet boxed lunch for the suggested donation of \$1.75. Reservations for the hot meals are required by 12:00 noon on the business day before seniors plan to eat; the boxed lunches have different reser-

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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.

### 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.

### Board of Directors

The Board of Directors elected, during the 36<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. Lois Albers, Treasurer

#### Directors

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

#### Honorary Directors

- Ms. Carole Kulinski
- Judge Noreen Love
- Mrs. Elaine Reno

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**Pokeno Parties**  
12:15 pm  
December 5<sup>th</sup>, December 19<sup>th</sup> & December 29<sup>th</sup>  
Bellwood

**Resiliency: Bouncing Back from Adversity**  
10:30 am  
December 15<sup>th</sup>  
Bellwood

**Robber Bingo**  
10:15 am  
December 3<sup>rd</sup>  
Bellwood

**Rules of the Road Class**  
1:30 pm  
December 19<sup>th</sup>  
Bellwood

**Senior Health & Safety**  
10:00 am  
December 3<sup>rd</sup>  
OARS

**Shopping Safety**  
10:30 am  
December 9<sup>th</sup>  
Bellwood

**Spanish Club**  
11:00 am  
December 5<sup>th</sup> & December 19<sup>th</sup>  
Bellwood

**Tool Kit for Seniors Who Interact with Persons Suffering from Dementia**  
10:30 am  
December 8<sup>th</sup>  
Bellwood

**Volunteer Appreciation Breakfast**  
9:00 am  
December 17<sup>th</sup>  
Bellwood

On June 30, 2008, the agency completed its 36<sup>th</sup> year of providing assistance for senior citizens and their families. Over the years, the agency changed and changed again as senior citizens have also changed and changed again. In 1972, the year the agency was founded, the average World War II veteran was 54 years old. Most of the senior citizens that the agency assisted were born at the turn of the century. Medicare was just seven years old. The RTA was not yet established.

Many of the early members of the Board of Directors have died. Individuals such as Edith Rush, Charles Stevens, Sister Shirley Fineran, Mayor Sigel Davis and Mayor Merritt Braga were instrumental in those early days. The organization had an original focus of providing transportation services and operated with two small vans taking senior citizens shopping and to medical appointments.

The agency moved a number of times in the early years. It was located in a church basement, a senior high rise building in Northlake and a small storefront in Bellwood. Now, operating out of

three sites, the agency has over 35,000 square feet of space to operate programs and services.

Over the years, the agency grew and developed. It established the Senior Citizen Center in Bellwood in the mid-1980s along with the Adult Day Health Care program. Programs such as Benefits Assistance and Case Management exploded and grew as the needs of senior citizens grew.

As the agency's services grew and developed, some services were well accepted by the community and other were not. The agency experimented with programs and services it believed would be successful in the community. Some services were discontinued because of the lack of interest, funding or a combination of funding and interest.

In 1989, the organization began the process of computerizing its client records. At first, we collected just names and addresses. Now, the agency scans documents, has electronic case recording and electronic photographs of some clients. In the intervening years, the agency has assisted 40,594 different individuals.

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**Briefly Stated**

**Advisory Council**

10:00 am  
December 10<sup>th</sup>  
Bellwood

11:00 am  
December 10<sup>th</sup>  
OARS

**Art Class**

9:00 am  
Tuesdays  
Bellwood

**Arthritis Foundation Exercise Class**

9:30 am  
December 2<sup>nd</sup>, December 9<sup>th</sup>,  
December 16<sup>th</sup>, December  
23<sup>rd</sup> & December 30<sup>th</sup>  
Bellwood

10:00 am  
December 1<sup>st</sup>, December 8<sup>th</sup>,  
December 15<sup>th</sup>, December  
22<sup>nd</sup> & December 29<sup>th</sup>  
OARS

**Bingo**

10:00 am  
Thursdays  
OARS

12:15 pm  
Thursdays  
Bellwood

**Bingo Bonanza**

10:15 am  
December 1st  
Bellwood

10:15 am  
December 2<sup>nd</sup>  
OARS

**Brain Games**  
12:15 pm  
December 3<sup>rd</sup>, December 10<sup>th</sup>  
& December 17<sup>th</sup>  
Bellwood

**Breakfast Bingo**

9:30 am  
December 22<sup>nd</sup>  
Bellwood

**Christmas Surprises**

10:30 am  
December 12<sup>th</sup>  
OARS

10:30 am  
December 23<sup>rd</sup>  
Bellwood

**Dessert Party**

12:15 pm  
December 15<sup>th</sup>  
Bellwood

**Exercise Class**

10:00 am  
Monday through Friday  
Bellwood

**Gifts from the Kitchen**

10:30 am  
December 16<sup>th</sup>  
Bellwood

**Gift Shop**

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

**Haircuts**

10:30 am  
December 9<sup>th</sup> & December  
23<sup>rd</sup>  
Bellwood

**Healthy Aging**

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

**Hearing Screenings**

10:00 am  
December 11<sup>th</sup>  
Bellwood

**Holiday Luncheon**

11:30 am  
December 18<sup>th</sup>  
Bellwood & OARS

**Holiday Madness**

10:15 am  
December 12<sup>th</sup>  
Bellwood

9:30 am  
December 16<sup>th</sup>  
OARS

**Holiday Movies**

12:15 pm  
December 2<sup>nd</sup>, December 9<sup>th</sup>,  
December 16<sup>th</sup> & December  
23<sup>rd</sup>  
Bellwood

**Holiday Tea Party**

10:00 am  
December 10<sup>th</sup>  
Bellwood

10:00 am  
December 5<sup>th</sup>  
OARS

**Jingle Bell Bingo Party**

12:15 pm  
December 8<sup>th</sup>  
Bellwood

10:00 am  
December 23<sup>rd</sup>  
OARS

**Karaoke Party**

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

10:00 am  
December 17<sup>th</sup>  
OARS

**Legal Assistance**

By Appointment  
Bellwood

**Line Dancing**

9:30 am  
Fridays  
Bellwood

**Luncheon**

11:30 am  
Weekdays  
Bellwood & OARS

**Meditation & Centering Class**

12:15 pm  
December 5<sup>th</sup>  
Bellwood

**Mystery Reading Club**

9:30 am  
December 2<sup>nd</sup>  
Bellwood

**New Year's Eve Party**

10:15 am  
December 31<sup>st</sup>  
Bellwood & OARS

**Oreo Frosty Parfaits**

12:15 pm  
December 4<sup>th</sup>  
Bellwood & OARS

**Peppermint Ice Cream Cake Delight**

12:15 pm  
December 11<sup>th</sup>  
Bellwood & OARS

**Podiatry Clinic**

9:00 am  
Thursdays  
Bellwood

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minimum registration is required at each site for the Holiday Madness parties to take place.

**Holiday Movies** Seniors are invited to enjoy a variety of seasonal movies this month at the Senior Citizen Center in Bellwood. Show time is 12:15 pm, and refreshments are served. The schedule is December 2<sup>nd</sup>, *The Christmas Blessing*; December 9<sup>th</sup>, *Perfect Holiday*; December 16<sup>th</sup>, *This Is Christmas*; and December 23<sup>rd</sup>, *All I Want for Christmas*.

**Holiday Tea Party** *Secret Santa* is the theme of this year's event December 10<sup>th</sup>, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood, and December 5<sup>th</sup>, 10:00 am to 11:00 am, at OARS Center. Participants are asked to bring an inexpensive (a \$3.00 limit) wrapped gift for a gift exchange. Reservations are required two days before each event.

**Jingle Bell Bingo Party** Holiday music, treats and party bingo are highlighted at this event December 8<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen center in Bellwood, and December 23<sup>rd</sup>, 10:00 am to 11:00 am, at OARS Center. A \$2.00 fee includes lunch and all activities.

**Karaoke Party** Seniors are invited to showcase their talents December 29<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and December 17<sup>th</sup>, 10:00 am to 11:00 am, at OARS Center. Refreshments are being served.

**Legal Assistance** Legal Assistance Foundation of Metropolitan Chicago is available to assist seniors with legal concerns. Seniors should contact West Suburban Senior Services for more information regarding appointments.

**Line Dancing** Seniors 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 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 Class** Basic meditation and relaxation techniques are the focus of this class December 5<sup>th</sup>, 12:15 pm to 1:15 pm, 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 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.

**New Year's Eve Party** Seniors are invited to celebrate the end of 2008 and the beginning of 2009 with friends December 31<sup>st</sup> at the Senior Citizen Center in Bellwood and at OARS Center. Festivities begin with appetizers at 10:00 am. Special party bingo follows at 10:30 am; lunch is served at 11:30 am for the suggested donation of \$1.75. Reservations are required.

**Oreo Frosty Parfaits** This holiday treat is being served December 4<sup>th</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

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**Congregate Meals Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>December 1, 2008</b> Beef Stew Spinach Cottage Cheese and Pear Salad Carrot Muffin	<b>December 2, 2008</b> Chicken Breast Cornbread Stuffing California Vegetables Apple Juice Mandarin Orange	<b>December 3, 2008</b> Tuna Salad on Bun Three Bean Salad Chicken Gumbo Soup Pudding	<b>December 4, 2008</b> Chicken Marinara on Roll Whole Potatoes Green Beans Tossed Salad Apple Chunks	<b>December 5, 2008</b> Stuffed Green Peppers Buttered Macaroni Carrots Pineapple Juice Grapes
<b>December 8, 2008</b> Pepper Steak White Rice Mixed Vegetables Confetti Coleslaw Applesauce	<b>December 9, 2008</b> Swedish Meatballs Mashed Potatoes Peas and Corn Cucumber Salad Banana	<b>December 10, 2008</b> Roast Pork Sweet Potatoes Black-Eyed Peas Smothered Cabbage Apricot Halves	<b>December 11, 2008</b> Chicken Breast Cacciatore Whole Potatoes Carrots Orange Juice Fruit Mix	<b>December 12, 2008</b> Chicken Salad on Roll Pickled Cucumbers Tomato Rice Soup Marble Pound Cake
<b>December 15, 2008</b> Baked Chicken Au Gratin Potatoes Green Beans Carrot-Raisin Salad Chilled Peaches	<b>December 16, 2008</b> Hot Dog on Bun Baked Beans Peas and Carrots Fruit Juice Chocolate Cake	<b>December 17, 2008</b> Stuffed Cabbage Roll Mixed Vegetables Three Bean Salad Fruit Juice Orange	<b>December 18, 2008</b> Turkey Cornbread Stuffing Sweet Potatoes Peas Pumpkin Pie	<b>December 19, 2008</b> Spaghetti and Meatballs Carrots Tossed Salad Fruit Gelatin
<b>December 22, 2008</b> Spinach Lasagna Green Beans Tossed Salad Applesauce	<b>December 23, 2008</b> Grecian Chicken Whole Potatoes Carrots Tossed Salad Chocolate Chip Cookie	<b>December 24, 2008</b> Cheeseburger on Bun Scalloped Potatoes Pineapple Juice Fruit Yogurt	<b>December 25, 2008</b> Closed For Christmas	<b>December 26, 2008</b> Bar-B-Que Pork Ribette Macaroni and Cheese Mixed Greens Coleslaw Fruited Gelatin
<b>December 29, 2008</b> Beef Stew Spinach Cottage Cheese and Pear Salad Carrot Muffin	<b>December 30, 2008</b> Chicken Breast Cornbread Stuffing California Vegetables Apple Juice Mandarin Orange	<b>December 31, 2008</b> Tuna Salad on Bun Three Bean Salad Chicken Gumbo Soup Pudding	All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA Requirements	

West Suburban Senior Services is supported by AgeOptions, FEMA, The Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, US Department of Veterans Affairs, Proviso Township, Lyons Township, the Mental Health Commission of Berwyn, the Mental Health Commission of Proviso Township, local villages and donations.

Senior Citizen Center  
439 Bohland  
Bellwood, Illinois 60104

OARS Center  
712 Elm  
LaGrange, Illinois 60525

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- ❑ Discussion centers on coping with fatigue, frustration and isolation related to ongoing health conditions,
- ❑ exercising to maintain and improve strength and flexibility,
- ❑ using medications.
- ❑ communicating with family, friends and health professionals,
- ❑ practicing good nutrition, and,
- ❑ evaluating new treatment options.

Classes are scheduled January 6<sup>th</sup>, January 13<sup>th</sup>, January 20<sup>th</sup>, January 27<sup>th</sup>, February 3<sup>rd</sup> and February 10<sup>th</sup> from 10:00 am to 12:30 pm. They are free, but pre-registration is required. Seniors may register by telephoning West Suburban Senior Services, (708) 547-5600.

*Take Charge of Your Health!* Is sponsored by AgeOptions. The program is made possible through a grant from the U.S. Administration on Aging via the Illinois Department of Public Health.



**Triton Holiday Dinner**

**W**est Suburban Senior Services is hosting a dinner outing to Triton College on December 3<sup>rd</sup>, 5:30 pm to 7:00 pm. Prepared by the school's chefs and culinary art students, the buffet includes an assortment of hot entrees, salads, cold cuts, cheeses, rolls, desserts, coffee and hot tea. The \$15.00 per-person cost includes the buffet; tip is extra.

Seating is limited, and reservations are being accepted at the Senior Citizen Center in Bellwood on a first come, first serve basis. *Nonrefundable cash reservations are due at the time reservations are made.*

**Holiday Hours**

**T**his month, West Suburban Senior Services is closing only on Christmas Day. The Bellwood and LaGrange nutrition sites are serving lunch at 11:30 am on Christmas Eve, December 24<sup>th</sup>, and on December 26<sup>th</sup> for the suggested donation of \$1.75. Regular Home Delivered Meal service is also taking place on those days.

In addition, West Suburban Senior Services is hosting a Holiday Recuperation Party December 26<sup>th</sup> from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. It features games and a special dessert. Cost is \$1.00. Reservations are required by December 23<sup>rd</sup>.

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**Christmas Surprises** This event is scheduled December 12<sup>th</sup>, 10:30 am to 11:00 am, at OARS Center, and December 23<sup>rd</sup>, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

**Dessert Party** On December 15<sup>th</sup> from 12:00 noon to 12:30 pm, seniors may enjoy a variety of holiday treats at the Senior Citizen Center in Bellwood. Cost is \$1.00.

**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.

**Gifts from the Kitchen** University of Illinois Extension is presenting this program December 16<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Participants learn suggestions for making inexpensive holiday gifts. There is no charge, but pre-registration is required by December 11<sup>th</sup>.



**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 9<sup>th</sup> and December 23<sup>rd</sup> at 10:30 am. Appointments are required.

**Healthy Aging** Seniors are invited to participate in this interactive program December 4<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Gottlieb Memorial Hospital is the program presenter.

**Hearing Screens** Beltone Hearing Care is conducting these complimentary screenings December 11<sup>th</sup>, 10:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Appointments are required and may be made by telephoning the agency.

**Holiday Luncheon** West Suburban Senior Services is serving its annual holiday lunch December 18<sup>th</sup>, 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, salad, roll, pie, and milk and coffee. Suggested meal donation is \$1.75. *Reservations are required by 12:00 noon on December 16<sup>th</sup>.*

**Holiday Madness** A party bingo marathon is scheduled December 12<sup>th</sup>, 10:15 am to 1:15 pm, at the Senior Citizen Center in Bellwood. The \$3.00 fee includes two sessions of bingo, lunch and a special dessert. The event is planned December 16<sup>th</sup> from 9:30 am to 1:00 pm at OARS Center. A

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vation deadlines noted below.

December 3<sup>rd</sup> Ham and cheese croissant boxed lunch option. *Reservation deadline is 12:00 noon on December 1st.*

December 18<sup>th</sup> Turkey croissant boxed lunch option. *Reservation deadline is 12:00 noon on December 16<sup>th</sup>.*

### Sharing Tree

**W**est Suburban Senior Services announces its annual Sharing Tree in the lobby of the Senior Citizen Center in Bellwood. The tree 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 9<sup>th</sup> 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 12<sup>th</sup> for distribution. Additional information is available at the Senior Citizen Center.

### Snow Trivia

**T**he following information is provided by the National Snow and Ice Data Center:

- It is never too cold to snow as long as there is some source of moisture and some way to lift or cool the air.
- Most snowflakes are less than one-half inch across. However, much larger and irregular flakes close to two inches across in the longest

dimension can form.

- Clean snow is edible but should be restricted to wilderness areas because snow in urban areas may contain pollutants. Sometimes snow contains algae, which gives it a red color. This snow may be eaten.
- Snow forecasting is one of the most difficult challenges for meteorologists because for many of the more intense snows, the heaviest snow amounts fall in surprisingly narrow bands that are on a smaller scale than observing networks and forecast zones. Also, extremely small temperature differences that define the boundary line between rain and snow make night and day differences in snow forecasts.
- Thunder and lightning can be associated with snowstorms, but they are rare and occur more often near the coast.
- A snow layer is mostly empty air space. When people step on the snow layer, the snow is compressed. As snow compresses, the ice grains rub against each other, creating a friction or resistance. The colder the temperature, the greater the friction between the grains of ice. This produces the familiar cracking or crunching sound.

### Take Charge of Your Health!

**S**eniors who want to thrive ---and not just survive ---with a chronic illness are invited to participate in this new class at the Senior Citizen Center in Bellwood.

The program consists of six, 2 1/2 hour classes taught by two trained class leaders.

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**Peppermint Ice Cream Cake Delight** For \$1.00, seniors may enjoy this ice cream and cake dessert December 11<sup>th</sup>, 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 scheduled December 5<sup>th</sup>, December 19<sup>th</sup> and December 29<sup>th</sup> 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card, and refreshments are served.

**Resiliency: Bouncing Back from Adversity** White Crane Wellness Center is presenting practical tips to help seniors move beyond personal challenges. The program is scheduled December 15<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

**Robber Bingo** This challenging form of party bingo is scheduled December 3<sup>rd</sup>, 10:15 am to 11:15 am, at the Senior Citizen Center in Bellwood. Cost is 50 cents.

**Rules of the Road Class** Illinois Secretary of State staff are conducting this review class December 19<sup>th</sup>, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. A practice test is also given. The class is free, but reservations are needed.

**Senior Health and Safety** The LaGrange Fire Department is presenting this program December 3<sup>rd</sup>, 10:15 am to 11:00 am, at OARS Center. Dis-

cussion topics include personal safety.

**Shopping Safety** Staff from the Office of the Illinois Attorney General are presenting this program December 9<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Identity theft and other shopping hazards during the holiday season are being discussed.

**Spanish Club** Everyone is welcome to participate in Club Latino. This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. Meetings are held monthly and are facilitated by our Senior Advocate, Consuelo LeZama. This month's meetings are to be held December 5<sup>th</sup> and December 19<sup>th</sup>. 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.

**Tool Kit for Seniors Who Interact with Persons Suffering from Dementia** Rainbow Hospice is presenting this program December 8<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Topics include communication strategies.

**Volunteer Appreciation Breakfast** West Suburban Senior Services is hosting a holiday breakfast for its volunteers December 17<sup>th</sup>, 9:00 am to 10:30 am, at the Senior Citizen Center in Bellwood. At 9:30 am, management staff from the Hyatt Lodge in Oak Brook are sharing their insights on providing effective customer service. Agency volunteers are asked to RSVP to the Senior Center Director by December 11<sup>th</sup>.

# 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 10<sup>th</sup>, 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. There is a fee for enrollment.

**Arthritis Foundation Exercise Class** West Suburban Senior Services is again pleased to host this class. This month's sessions are December 2<sup>nd</sup>, December 9<sup>th</sup>, December 16<sup>th</sup>, December 23<sup>rd</sup> and December 30<sup>th</sup>, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. The class schedule at OARS Center is December 1<sup>st</sup>, December 8<sup>th</sup>, December 15<sup>th</sup>, December 22<sup>nd</sup> and December 29<sup>th</sup>, 10:00 am to 11:00 am.

**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 1st at the Senior Citizen Center in Bellwood, and December 2<sup>nd</sup> 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 cost includes prizes and refreshments.

**Brain Games** Seniors are invited to learn fun ways to improve their memory. Sessions are scheduled from 12:15 pm to 1:00 pm on December 3<sup>rd</sup>, December 10<sup>th</sup> and December 17<sup>th</sup> at the Senior Citizen Center in Bellwood. There is no charge for this activity.

**Breakfast Bingo** This session of party bingo is scheduled December 22<sup>nd</sup>, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 cost includes a pancake and sausage meal and the bingo. Reservations are required by 12:00 noon on December 18<sup>th</sup>, and a minimum registration is required for this activity to take place.

*(Continued on page eight)*