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**Valentine's Day Party and Luncheon** West Suburban Senior Services is hosting a Valentine's celebration February 14<sup>th</sup>, 11:00 am to 12:30 pm, at Bellwood Senior Center, and OARS and River Park Centers. Lunch is served at 11:30 am. Reservations are needed by 12:00 noon on February 10<sup>th</sup>.

**Vision Screenings** Kirk Eye Center is performing complimentary vision screenings February 16<sup>th</sup>, 10:30 am to 11:30 am, at Bellwood Senior Center. These include general vision, glaucoma and cataracts. Appointments are required.

**Weight Loss Meeting** West Suburban Senior Services is pleased to sponsor a program to help seniors realize their weight loss needs. The group meets every Friday from 9:30 am to 10:30 am at Bellwood Senior Center.

**What I've Loved and What I've Learned** Rainbow Hospice is presenting this short course in creating a living legacy for family and friends. It is also an opportunity for seniors to put their life experiences in perspective. The program is

scheduled February 13<sup>th</sup>, 10:45 am to 11:30 am, at Bellwood Senior Center.

**Winter Delight Dessert** This tasty ice cream and cake dessert is being served February 23<sup>rd</sup>, 12:15 pm, at Bellwood Senior Center, and February 24<sup>th</sup>, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required by February 22<sup>nd</sup>.

**Winter Picnic** This "winter survival" event is planned February 6<sup>th</sup>, 11:00 am, at River Park Center. Lunch is served at 11:30 am for the suggested donation of \$1.50. Reservations are required by 12:00 noon on February 3<sup>rd</sup>.

**Widows & Widowers** West Suburban Senior Services is starting a NEW group for people whose significant other has died. The group is intended to give widows and widowers an opportunity to share stories, make connections, and discuss ways to manage the rough times while remembering the good times. The first meetings will take place on Wednesday February 8<sup>th</sup> and Wednesday February 22<sup>nd</sup> after lunch at the River Park location.

Many of the activities and events scheduled are available for no or minimum cost and we schedule the activities and events at each of the agency's sites. In addition, please feel free to join us for lunch as many activities are scheduled at midday. If you have suggestions for different activities, please contact us. We attempt to provide a variety of events that are of interest to area senior citizens. West Suburban Senior Services does not have a membership fee and area senior citizens are welcome to attend any and all events that they find interesting.

*The River Park Center is located at 8300 Roosevelt Road in Forest Park.*

*The Senior Center is located at 439 Bohland Avenue in Bellwood.*

*The OARS Center is located at 712 Elm in LaGrange*

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

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

# The Senior Chronicle

WSSSS

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

## It's Tea Time!

**W**est Suburban Senior Services invites seniors to enjoy the warmth of friends and beverages at three winter tea parties. Each party is being held at Bellwood Senior Center from 10:00 am to 11:00 am, and each features a special theme. The \$1.00 fee for each party includes refreshments and a program. Seniors are encouraged to mark their calendars now for this winter fun!

- January 17<sup>th</sup>, Russian Tea Party
- February 21<sup>st</sup>, Mad Hats Tea Party
- March 14<sup>th</sup>, Irish Tea Party

Additional information is available from the Senior Center Director.

## Monthly Senior Advocate, Medicare Part D Services

**W**est Suburban Senior Services' Senior Advocate Consuelo LeZama and Medicare Part D Specialist Doris Molette are available to help seniors February 16<sup>th</sup>, 9:00 am to 11:30 am, at River Park Center.

The Senior Advocate program helps seniors age 60 and older understand and obtain benefits and services. This program is free and confidential. Seniors may receive help with

- Social Security
- Supplemental Security Income (SSI)
- Senior Tax Exemption
- Senior Citizen Tax Freeze
- Illinois Cares RX (formerly Circuit Breaker)
- Food Stamps (LINK)
- Aid to Aged, Blind and Disabled Individuals (AABD)
- Money Management
- Energy Assistance (LIHEAP)
- Qualified Medicare Beneficiary (OMB)
- Specified Low Income Medicare Beneficiary (SLMB)

In addition, seniors may be screened for benefits by completing a Benefits Check Up questionnaire and report not only for Illinois but also for any state in the United States.

Medicare Part D services include assistance filing Extra Help applications for income-qualified seniors and applying for the different prescription plans available under the new coverage.

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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 (formerly Proviso Council on Aging) is supported by the Suburban Area Agency on Aging under Title III of the Older American's Act, the US Department of Veteran's Affairs, the Federal Emergency Management Agency, the Illinois Department on Aging, Kott Foundation, Commonwealth Edison, Westlake Health Foundation, the 708 Mental Health Commission of Berwyn, United Way of Metropolitan Chicago, Lyons and Proviso Townships, local villages and contributions from seniors and their families. We thank them for their continued support and assistance.

### Non-Discrimination

West Suburban Senior Services does not discriminate in the admission to program or treatment of employment in its programs or activities in compliance with the Illinois Human Rights Act, the U. S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act and the U.S. and Illinois Constitutions. If anyone feels that they have been discriminated against, they have a right to file a complaint with the Illinois Department on Aging. For 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 their 32<sup>nd</sup> Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

### Officers

Honorable Gary Woll, President  
Ms. Carole Kulinski, Vice President  
Mr. John O'Sullivan, Treasurer  
Mrs. Elaine Reno, Secretary

### Directors

Mrs. Lois Albers  
Honorable Anthony Calderone  
Mrs. Mary Conti  
Mrs. Dorothy Lindsey  
Honorable Noreen Love  
Honorable Anthony Peraica  
Mr. Michael Sturino

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### West Suburban Senior Services Hosts Senior Citizen Police and Fire Academy

The Village of Bellwood has announced the agenda for its next Senior Citizen Police and Fire Academy. Unless otherwise noted, sessions are scheduled from 10:30 am to 11:30 am at Bellwood Senior Center.

March 2 <sup>nd</sup>	Fundamentals of Investigation
March 9 <sup>th</sup>	Crime Scene Processing
March 16 <sup>th</sup>	Gang and Drug Awareness
March 23 <sup>rd</sup>	Juvenile Law
March 30 <sup>th</sup>	Law Enforcement Operations
April 6 <sup>th</sup>	Home Safety
April 13 <sup>th</sup>	Graduation

The academy welcomes any persons age 55 and older. Seniors may schedule free round-trip transportation to academy sessions by contacting the Bellwood Police Department.

### Black History Month Celebration

West Suburban Senior Services is pleased to host a series of activities and programs in honor of Black History Month. All of these events are scheduled at Bellwood Senior Center throughout February.

- The Proviso East High School African-American Heritage Club, Prestige Dancers, and Speech Club are presenting a program February 27<sup>th</sup> from 10:30 am to 11:30 am. Titled "Connecting African Roots with American Heritage," this event features traditional

songs and dances, and a look back at significant moments in African-American history.

- On February 21<sup>st</sup> at 12:15 pm, seniors are invited to a showing of *Having Our Say: The Delany Sisters' First 100 Years*. The film follows the true-life stories of Sadie and Bessie Delany, two Black sisters who were raised by a former slave who became the first African-American Episcopal bishop. The movie's all-star cast includes Diahann Carroll, Ruby Dee, Della Reese, Amy Madigan and Richard Roundtree.
- Motown's classic gold hits come alive on February 7<sup>th</sup>, 12:15 pm, during a video concert featuring Stevie Wonder, Marvin Gaye, The Supremes, The Jackson 5, and Smokey Robinson and the Miracles.

Additional programs were being scheduled when *The Senior Chronicle* went to press. Seniors are encouraged to telephone West Suburban Senior Services for more information.

### River Park Center Reunion

West Suburban Senior Services is pleased to announce its First Annual River Park Center reunion on February 24<sup>th</sup>. This is a special opportunity for seniors who have moved out of the area and for those who have not been able to visit the center recently for other reasons to reunite with friends. Festivities begin with appetizers at 11:00 am. Lunch follows at 11:30 am. Reservations are required by 12:00 noon on February 23<sup>rd</sup>. Seniors are encouraged to pass along information about the reunion to their friends.

**Briefly Stated****Advisory Council Meeting**

10:30 am  
February 8<sup>th</sup>  
Bellwood

**All My Money: Tips for Financial Wellness**

10:45 am  
February 16<sup>th</sup>  
Bellwood

**Art Class**

9:00 am  
Tuesdays  
Bellwood

**Banana Splits**

12:00 Noon  
February 27<sup>th</sup>  
Bellwood

**Beginning Spanish Class**

10:30 am  
February 2<sup>nd</sup>, February 9<sup>th</sup>, February 16<sup>th</sup>  
& February 23<sup>rd</sup>  
Bellwood

**Bingo**

12:15 pm  
Thursdays in Bellwood  
Fridays in Forest Park

**Bingo Bonanza**

10:15 am  
February 6<sup>th</sup>  
Bellwood

**Birthday Celebration**

Noon  
February 28<sup>th</sup>  
Bellwood, Forest Park & OARS

**Breakfast Bingo**

9:30 am  
February 24<sup>th</sup>  
Bellwood

**Caregiver Support Group**

11:00 am  
February 21st  
Forest Park

**Connecting African Roots With American Heritage**

10:30 am  
February 27<sup>th</sup>  
Bellwood

**Declutter Class**

12:15 pm  
February 27<sup>th</sup>  
Bellwood

**Exercise Class – Audio Tape**

10:30 am  
Monday through Friday  
Bellwood

**Foster Grandparents**

10:30 am  
Monthly  
Bellwood

**General Introduction to Medicare Part D**

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

**Gift Shop**

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

**Haircuts**

10:30 am  
February 8<sup>th</sup> & February 28<sup>th</sup>  
Bellwood

**Hearing Screenings**

9:00 am  
February 9<sup>th</sup>  
Bellwood

**Legal Assistance**

9:00 am  
February 21<sup>st</sup>  
Bellwood

**Luncheon**

11:30 am  
Monday through Friday  
Bellwood, Forest Park & OARS

**Mad Hats Tea Party**

10:00 am  
February 21st  
Bellwood

**Money Management Clinic**

February 8<sup>th</sup>  
10:00 am  
Bellwood

**Movie Day**

12:15 pm  
February 21<sup>st</sup>  
Bellwood

**Motown Gold on the Ed Sullivan Show**

12:15 pm  
February 7<sup>th</sup>  
Bellwood

**Mystery Reading Club**

9:30 am  
February 7<sup>th</sup>  
Bellwood

**Officers' Club**

10:30 am  
February 27<sup>th</sup>  
Bellwood

**Pie A la Mode**

12:15 pm  
February 23<sup>rd</sup> Bellwood  
February 24<sup>th</sup> Forest Park

**Podiatry Clinic**

Thursdays in Bellwood  
February 3rd in Forest Park

**Pokeno**

12:15 pm  
February 3<sup>rd</sup> & February 10<sup>th</sup>  
Bellwood

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class is scheduled March 27<sup>th</sup>, 1:30 pm, at Bellwood Senior Center. Reservations are encouraged.

**Saturday Lunch Outing** West Suburban Senior Services is hosting a lunch outing February 25<sup>th</sup>, 11:30 am, at Old Country Buffet, 139 West North Avenue, Northlake. Participating seniors are responsible for paying their own bill at the restaurant and for providing their own transportation. Reservations are required by February 24<sup>th</sup>.

**Senior Dating** February is a month of candy and flowers, and seniors are invited to learn about ways that Cupid can help them find that special someone. The program is scheduled February 9<sup>th</sup>, 10:45 am to 11:30 am, at Bellwood Senior Center.

**Shape Up for Spring 1** This workout consists of team games that incorporate physical activity and movement, and are fun to play. Seniors are invited to participate February 7<sup>th</sup>, 10:45 am, at Bellwood Senior Center, and February 15<sup>th</sup>, 10:45 am, at River Park Center.

**Shape Up for Spring 2** The "Sit Down Polka," hula hoop challenge and the hot potato competition are among the available exercise activities. They are scheduled February 28<sup>th</sup>, 10:45 am, at Bellwood Senior Center, and February 22<sup>nd</sup>, 10:45 am, at River Park Center.

**Snack Food Party** February is National Snack Food Month, and seniors are invited to enjoy tasty treats February 2<sup>nd</sup>, 12:15 pm, at Bellwood Senior Center, and February 3<sup>rd</sup>, 12:15 pm, at River Park Center. Cost is 50 cents.

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

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 February 3<sup>rd</sup> and February 17<sup>th</sup>, 11:00 am, at Bellwood Senior Center.

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

**Sweetheart Sodas** This treat is being served February 16<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00. Reservations are required by February 15<sup>th</sup>.

**Tax Filing Assistance** The American Association of Retired Persons (AARP) is providing free income tax filing assistance at Bellwood Senior Center for low- and middle-income seniors age 60 and older on Thursdays, February 2<sup>nd</sup> through April 13<sup>th</sup>, 8:30 am to 12:30 pm. Appointments are required. Seniors should bring their 2004 tax records, all documents that show income for 2005, and documents for possible deductions if they plan to itemize on their returns.

**Terrific (Free) Bingo Party** Westchester Health and Rehabilitation Center is hosting complimentary party bingo February 28<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Seniors who want lunch beforehand need a reservation by 12:00 noon on February 27<sup>th</sup>.

**Triton Buffet** Seniors are invited to enjoy the creative recipes of Triton College culinary students and chefs at an all-you-can-eat buffet March 1<sup>st</sup>, 5:30 pm to 7:00 pm, at the school. Beverage and dessert are included on the buffet; gratuities are extra. Paid cash reservations (\$11.00) are due at the Senior Center by February 22<sup>nd</sup>. Seating is limited, and fees cannot be refunded.

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### Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
West Suburban Senior Services is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way of Metropolitan Chicago, Veterans Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and donations.		<b>February 1, 2006</b> Beef Stroganoff White Rice Broccoli Cottage Cheese and Peaches Chilled Pears	<b>February 2, 2006</b> Salisbury Steak Whipped Potatoes Stewed Tomatoes Cream of Chicken Soup Banana	<b>February 3, 2006</b> Baked Chicken Breast Herb Stuffing Peas and Carrots Spiced Apple Rings Fruit Yogurt
<b>February 6, 2006</b> Hamburger on Bun Baked Beans Confetti Coleslaw Tomato Soup Tangerine	<b>February 7, 2006</b> Chicken Filet Rice Pilaf Sliced Carrots Tossed Salad Tropical Fruit	<b>February 8, 2006</b> Polish Sausage on Bun Whipped Potatoes Sauerkraut Pineapple-Orange Juice Applesauce	<b>February 9, 2006</b> Meatballs Mashed Potatoes California Vegetables Pineapple-Orange Gelatin Salad Vanilla Pudding	<b>February 10, 2006</b> Oven Fried Chicken Leg Quarter Au Gratin Potatoes Peas and Carrots Peanut Butter Cookie
<b>February 13, 2006</b> Spinach Ravioli California Blend Vegetables Lettuce Wedge Orange	<b>February 14, 2006</b> Chicken Filet Herb Flavored Potatoes Baby Carrots & Brussels Sprouts Tossed Salad German Chocolate Cake	<b>February 15, 2006</b> Meatloaf Mashed Potatoes Green Beans Orange-Pineapple Juice Applesauce	<b>February 16, 2006</b> Italian Baked Chicken Breast Rice Pilaf Italian Mixed Vegetables Minestrone Soup Marble Pound Cake	<b>February 17, 2006</b> Barbecued Pork Chop Macaroni and Cheese Sweet Potatoes Seasoned Greens Peach Pie
<b>February 20, 2006</b> Stuffed Cabbage Roll Whipped Potatoes Wax Beans Lettuce Wedge Pear Halves	<b>February 21, 2006</b> Barbecued Chicken Macaroni and Cheese Carrots Coleslaw Banana	<b>February 22, 2006</b> Pepper Steak Rice Italian Green Beans Vegetable Soup Crumb Cake	<b>February 23, 2006</b> Chili Mac Tossed Salad Apple Juice Butterscotch Pudding	<b>February 24, 2006</b> Seafood Salad on Bun Pickle Cucumbers Split Pea Soup Pineapple Juice Mandarin Oranges
<b>February 27, 2006</b> Chicken Parmesan Rotini Italian Green Beans Tossed Salad Chocolate Pudding	<b>February 28, 2006</b> Stuffed Green Peppers Creamed Potatoes Carrot Slices Mushroom Soup Lemon Cake	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 reservations.

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

River Park Center  
8300 Roosevelt Road  
Forest Park, Illinois 60130  
(708) 771-0101

OARS Center  
712 Elm  
LaGrange, Illinois 60525  
(708) 547-5600

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party February 21<sup>st</sup>, 10:00 am to 11:00 am, at Bellwood Senior Center. The \$1.00 fee includes refreshments and a program. Reservations are required by February 17<sup>th</sup>, and a minimum registration is needed for this activity to take place.

**Money Management Clinic** Trained volunteers are available to assist seniors with problems and questions related to utilities, credit agencies and other money management needs at a new clinic opening February 8<sup>th</sup>, 10:00 am to 12:00 noon, at Bellwood Senior Center. Appointments are encouraged. Walk-ins are welcome but may have to wait.

**Motown Gold on the Ed Sullivan Show** *The Ed Sullivan Show* presented the biggest pop stars of the day, and seniors are invited to enjoy this one-hour video concert featuring appearances by Stevie Wonder, Marvin Gaye, The Supremes, The Jackson 5, and Smokey Robinson and the Miracles. This activity is scheduled February 7<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. It is part of West Suburban Senior Services' celebration of Black History Month.

**Movie Day** Popcorn, soft drinks, good company and an entertaining movie are featured February 21<sup>st</sup>, 12:15 pm, at Bellwood Senior Center. This month's selection is *Having Our Say: The Delaney Sisters' First 100 Years* starring Diahana Carroll, Ruby Dee, Della Reese, Amy Madigan and Richard Roundtree. Reservations are required by February 20<sup>th</sup>.

**Mystery Reading Club** Seniors are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting February 7<sup>th</sup>, 9:30 am to 10:30 am, at Bellwood Senior Center. Reading

selections are available in regular and large print. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

**Officers' Club** Officers from area senior clubs are invited to join this monthly meeting where ideas are shared, information is given and special events are announced. Our next meeting is at 10:30 am, February 27<sup>th</sup>, at Bellwood Senior Center.

**Pie A la Mode** Cherry pie topped with vanilla ice cream is the featured dessert February 23<sup>rd</sup>, 12:15 pm, at Bellwood Senior Center, and February 24<sup>th</sup>, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required by February 22<sup>nd</sup>.

**Podiatry Clinic** Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (February 3<sup>rd</sup>), and through pre-arranged home visits. Podiatry services include routine nail and foot care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

**Pokeno** This game is being played February 3<sup>rd</sup> and February 10<sup>th</sup>, 12:15 pm to 1:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

**Robber Bingo** This challenging and entertaining form of party bingo is being played February 15<sup>th</sup>, 12:15 pm, at Bellwood Senior Center. Cost is 50 cents.

**Rules of the Road** This free course is offered by the Secretary of State to assist seniors in preparing for the vehicle exam. A practice test is given, and each student receives an instructional book. The

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**Robber Bingo**  
12:15 pm  
February 15<sup>th</sup>  
Bellwood

**Rules of the Road**  
1:30 pm  
March 27<sup>th</sup>  
Bellwood

**Saturday Lunch Outing**  
11:30 am  
February 25<sup>th</sup>  
Northlake

**Senior Dating**  
10:45 am  
February 9<sup>th</sup>  
Bellwood

**Shape Up for Spring 1**  
10:45 am  
February 7<sup>th</sup> Bellwood  
February 15<sup>th</sup> Forest Park

**Shape Up for Spring 2**  
10:45 am  
February 28<sup>th</sup> Bellwood  
February 22<sup>nd</sup> Forest Park

**Snack Food Party**  
12:15 pm  
February 2<sup>nd</sup> Bellwood  
February 3<sup>rd</sup> Forest Park

**Spanish Club**  
11:00 am  
February 3<sup>rd</sup> & February 17<sup>th</sup>  
Bellwood

**Sweetheart Sodas**  
12:15 pm  
February 16<sup>th</sup>  
Bellwood

**Tax Filing Assistance**  
By Appointment  
Thursdays, February 2<sup>nd</sup> through April  
13<sup>th</sup>  
Bellwood

**Terrific (Free) Bingo Party**  
12:15 pm  
February 28<sup>th</sup>  
Bellwood

**Triton Buffet**  
5:30 pm  
March 1<sup>st</sup>  
River Grove

**Valentine's Day Party and Luncheon**  
11:00 am  
February 14<sup>th</sup>  
Bellwood, Forest Park & OARS

**Vision Screenings**  
10:30 am  
February 16<sup>th</sup>  
Bellwood

**Weight Loss Meeting**  
9:30 am  
Fridays  
Bellwood

**What I've Loved & What I've Learned**  
10:45 am  
February 13<sup>th</sup>  
Bellwood

**Winter Delight Dessert**  
12:15 pm  
February 23<sup>rd</sup> Bellwood  
February 24<sup>th</sup> Forest Park

**Winter Picnic**  
11:00 am  
February 6<sup>th</sup>  
Bellwood & Forest Park

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**Connecting African Roots with American Heritage** The Proviso East High School African-American Heritage Club, Prestige Dancers and Speech Club are presenting this creative program as part of West Suburban Senior Services' celebration of Black History Month. The program is scheduled February 27<sup>th</sup>, 10:30 am to 11:30 AM, at Bellwood Senior Center.

**Declutter Class** Seniors are invited to receive ideas for decluttering their homes and lives at this monthly workshop. It is scheduled February 27<sup>th</sup>, 12:15 pm to 1:15 pm, at Bellwood Senior Center.

**Exercise Class – Audio Tape** This class is a fun way to increase strength, build endurance and improve movement. The class is held weekdays, 10:30 am to 11:00 am, at Bellwood Senior Center.

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

**General Introduction to Medicare Part D** The Social Security Administration is presenting this workshop February 23<sup>rd</sup>, 10:30 AM to 11:30 AM, at Bellwood Senior Center to help seniors learn more about insurance plan selections under the new Medicare Part D program. Also, a SHIP volunteer and West Suburban Senior Services' Medicare Part D specialist are available afterward to help income-qualified seniors apply for the Extra Help Program and to assist all seniors complete plan applications. Appointments for this individualized assistance are encouraged and may be made by telephoning West Suburban Senior Services.

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

**Haircuts** Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site February 8<sup>th</sup> and February 28<sup>th</sup> at 10:30 am. Appointments are required.

**Hearing Screenings** The audiologist from Westlake Hospital, is coming to Bellwood Senior Center February 9<sup>th</sup>, 9:00 am, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon on February 7<sup>th</sup>.

**Legal Assistance** On February 21<sup>st</sup> from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to Bellwood Senior Center. Seniors who have legal concerns should telephone West Suburban Senior Services for more information regarding appointments.

**Lunch Reservations** Our three nutrition sites offer senior citizens an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are delicious, nutritious and contain 1/3 of RDA for seniors. All of our nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.50. Transportation to the Bellwood, River Park and OARS Centers can be arranged.

**Mad Hats Tea Party** Participants are invited to create and wear their most outrageous hats to this

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Seniors are encouraged to telephone West Suburban Senior Services for an appointment. Walk-in clients are welcome but will likely have to wait for help.

## Communication and Hearing Loss

Communication problems are one sign of hearing loss. Communication may be difficult and sometimes frustrating not only for people suffering from hearing loss but also for

those communicating with them. The Department of Audiology at Westlake Hospital offers these suggestions to better communication for persons living with hearing loss.

- *Make eye contact* The speaker and the listener should face each other. The speaker should face toward the light, and the distance between the speaker and the listener should be minimized.
- *Eliminate noise* Background noise masks speech. To reduce unnecessary noise, speak-

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ers and listeners should turn off the television, radio, dishwasher and other distractions. If they are unable to eliminate noise, they should move to a more quiet area.

- **Alert the listener** Speakers should use a gentle touch or a raised finger to alert the listener that they are going to talk. A speaker should also establish the topic of conversation; for example, "I want to ask about your vacation." This will make it easier for the listener to decipher what is being said.
- **Clarify** The listener should never bluff or pretend to understand what is being said if the message is not clear. As a listener, one should ask questions to gain clarity in the conversation. The speaker should also ask questions to verify the listener's understanding. To create better clarity for the listener, the speaker may need to rephrase what he or she has said.
- **Repeat** The listener should ask for repetitions. Speakers should make a point to repeat key facts and ideas. If necessary, key words should be written down.
- **Slow down** The speaker should speak more slowly than usual but without exaggeration. Speakers should never shout, but speak naturally and distinctly. Simple vocabulary and short phrases should be used.
- **Relax** The listener should try to understand the main idea of the conversation, not each word. Also, the listener should attempt to cultivate a sense of humor and laugh at his or her mistakes.
- **Use the good ear** The listener should position his or her good ear toward the speaker. The speaker may as if the listener has a better ear.

- **Use nonverbal clues** The speaker should use simple gestures and facial expressions to enhance communication. The listener should tune into the speaker's non-verbal communications.
- **Remove obstacles** Gum chewing and facial hair, such as beards and mustaches, may make lip reading more difficult.

The Westlake Hospital audiologist is at Bellwood Senior Center on the second Thursday each month. The screenings are free, but appointments are required. Seniors may schedule an appointment by telephoning West Suburban Senior Services. To be screened on February 9<sup>th</sup>, seniors must make an appointment by 12:00 noon on February 7<sup>th</sup>.

### New Money Management Clinic Provides Answers and Assistance

**W**est Suburban Senior Services is pleased to announce a money management clinic that provides help to all interested seniors. The clinic opens February 8<sup>th</sup>, 10:00 am to 12:00 noon, at Bellwood Senior Center. Trained volunteers are available to help with budgeting, spending practices, paying bills, balancing checkbooks, dealing with credit agencies and related money management needs. Also, these volunteers help with problems and questions related to utilities and other businesses, and provide information about local consumer scams. Clinic appointments are recommended. Walk-in clients are welcome but may have to wait for assistance.

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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 three nutrition sites during this month's meeting of the Advisory Council. The council is composed of senior representatives from each nutrition site, Open Kitchens catering, and agency staff. The Advisory Council is meeting February 8<sup>th</sup>, 10:30 am, at Bellwood Senior Center.

**All My Money: Tips for Financial Wellness** The University of Illinois Extension is presenting this program February 16<sup>th</sup>, 10:45 am to 11:30 am, at Bellwood Senior Center. It covers expense tracking, and tips to help increase income while decreasing expenses. Reservations are recommended.

**Art Class** Bellwood Senior Center offers seniors a chance to work in various media such as water colors, acrylics, pastels and oils, and 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.

**Banana Splits** For \$1.00, seniors can enjoy this ice cream favorite. It is being served February 27<sup>th</sup>, 12:00 noon, at Bellwood Senior Center.

**Beginning Spanish Class** Seniors learn basic conversational Spanish during this class. This month's sessions are February 2<sup>nd</sup>, February 9<sup>th</sup>, February 16<sup>th</sup> and February 23<sup>rd</sup>, 10:30 am to 11:30 am, at Bellwood Senior Center.

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

**Bingo Bonanza** A double session of party bingo is planned February 6<sup>th</sup> at Bellwood Senior 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.

**Birthday Celebration** Seniors who are celebrating a January birthday are invited to this special party February 28<sup>th</sup>, 12:00 noon, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required by 12:00 noon on February 27<sup>th</sup>.

**Breakfast Bingo** Pancakes, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo party February 24<sup>th</sup>, 9:30 am to 11:00 am, at Bellwood Senior Center. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on February 22<sup>nd</sup>, and a minimum registration is required for this activity to take place.

**Caregiver Support Group** West Suburban Senior Services has a support group for family members who care for seniors with Alzheimer's, dementia or chronic illness. The group provides family members with an opportunity to meet others in similar situations and to discuss a variety of issues related to caring for loved ones. The group's next meeting is February 21<sup>st</sup> from 11:00 am to 12:00 noon at River Park Center.

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