

(Continued from page nine)

**Things You Wanted to Know about Chocolate** Rocky Mountain Chocolate Factory in Elmhurst is presenting this program February 26<sup>th</sup>, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Topics include the history of chocolate and the evolution of the product to its present form.

**Triton Dinner** West Suburban Senior Services is hosting a dinner outing to Triton College on February 20<sup>th</sup>, 5:30 pm to 7:00 pm. Additional information is provided in a separate article.

**Valentine Lunch and Party** Seniors are invited to this special meal February 14<sup>th</sup>, 11:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood and at OARS Center. The menu features seasoned chicken breast, herb potatoes, baby carrots, garden salad, wheat roll, German chocolate cake, and milk and coffee. Suggested meal donation is \$1.75, and reservations are required by 12:00 noon on February 11<sup>th</sup>. In addition to lunch, other treats, party bingo and door prizes are planned.

**Vegetable Flowers** Seniors are invited to participate in this unique craft class February 19<sup>th</sup>, 10:00 am to 11:00 am, at OARS Center. The class is free, and lunch is served at 11:30 am for the suggested donation of \$1.75. Class reservations are required by 12:00 noon on February 14<sup>th</sup>.

**Waffle Ice Cream Cones** This tasty treat is being served February 28<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.

**Wedding Vow Renewal Ceremony** West Suburban Senior Services invites seniors to renew their wedding vows February 5<sup>th</sup>, 10:30 am, at the Senior Citizen Center in Bellwood. Circuit Court Judge Noreen Love is presiding. A reception follows the ceremony. Couples wanting to participate are asked to register by telephoning the agency.

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

## Hispanic Family Health Fair

West Suburban Senior Services and Proviso Township are co-sponsoring their Second Annual Hispanic Family Health Fair March 15<sup>th</sup>, 9:00 am to 2:00 pm, in the gymnasium at the Melrose Park Civic Center, 1000 North 25<sup>th</sup> Street in Melrose Park. Complimentary health information and screenings are available for the entire family --- children through senior citizens. Additional information is being shared in the March edition of *The Senior Chronicle*.

## Arts and Aging

A recent Creativity and Aging Study conducted at the George Washington University Center on Health, Aging and Humanities (Cohen, 2005) examined the influence of professionally conducted community art programs on the general health, mental health and social activities of older people. Among its findings, the study concluded that participants in these programs experienced increased feelings of empowerment and a greater sense of control. Scientists note that these positive feelings trigger a response in the brain that tells the immune system to produce more immune cells that help to keep the body healthy.

West Suburban Senior Services invites seniors to participate in its weekly art class on Tuesdays from 9:00 am to 11:00 am at the Senior Citizen Center in Bellwood. Taught by a professional artist and sculptor, the classes give both beginners and advanced students the opportunity to work in various media such as water colors, acrylics, pastels and oils, and to receive instruction in basic drawing. The fee is \$2.00 per session.

## Black History Month

West Suburban Senior Services is celebrating Black History Month with a variety of programs and activities.

The following events have been scheduled at the Senior Citizen Center in Bellwood:

- February 5<sup>th</sup>, 12:15 pm, *Emmanuel's Gift*. Narrated by Oprah Winfrey, this movie tells the story of a disabled orphan from Ghana who overcame poverty and severe physical challenges to become a hero.
- February 11<sup>th</sup>, 10:30 am, *Live Jazz for the Seniors Performance*. Musician Rob Juice is playing classic and recent jazz selections.

(Continued on page seven)

### 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.

### Board of Directors

The Board of Directors elected, during the 35<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. 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, DDS
- 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

**West Suburban Senior Services invites you to participate in a wedding vow renewal ceremony**

**Tuesday, February 5<sup>th</sup> 10:30 am**  
**Senior Citizen Center**  
**439 Bohland Avenue Bellwood**

**Honorable Noreen Love officiating.**

**RSVP by February 4th**

(Continued from page ten)

Limited mobility (use of wheelchairs, canes, walkers or crutches)

Make sure door openings are at least 32 inches wide (36 inches preferred).

Do not use scatter rugs. If these rugs are used, anchor them with foam mats.

Floors and floor coverings should have no holes or tears.

Interior doors should not have thresholds, tracks or other projections that can cause tripping.

If possible, the entrance should be well-lighted with no steps.

### Triton Dinner

West Suburban Senior Services is hosting a dinner outing to Triton College on February 20<sup>th</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, cheeses, rolls, desserts, and coffee and hot tea. The \$9.50 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 payments* are due at the time reservations are made. The reservation deadline is February 10<sup>th</sup>.

### Valentine Lunch and Party

Seniors age 60 and older are invited to this special celebration February 14<sup>th</sup>, 11:00 am to 12:00 noon, at the Senior Citizen Center in Bellwood and at OARS Center. The lunch menu features seasoned chicken breast, herb potatoes, baby carrots, garden salad, wheat roll, German chocolate cake, and milk and coffee. Suggested meal donation is \$1.75, and reservations are required by 12:00 noon on February 11<sup>th</sup>. Other treats, door prizes and party bingo are also planned.

(Continued from page four)

<b>Spa Days</b> 9:30 am February 8 <sup>th</sup> & February 15 <sup>th</sup> Bellwood	<b>Surprise Bingo</b> 12:15 pm February 11 <sup>th</sup> Bellwood	<b>Things You Wanted to Know about Chocolate</b> 10:30 am February 26 <sup>th</sup> Bellwood	<b>Vegetable Flowers</b> 10:00 am February 19 <sup>th</sup> OARS
<b>Spanish Club</b> 11:00 am February 8 <sup>th</sup> & February 22 <sup>nd</sup> Bellwood	10:00 February 25 <sup>th</sup> OARS	<b>Triton Dinner</b> 5:30 pm February 20 <sup>th</sup> River Grove	<b>Waffle Ice Cream Cones</b> 12:15 pm February 28 <sup>th</sup> Bellwood & OARS
<b>Strength for Caring</b> 10:30 am February 13 <sup>th</sup> Bellwood	<b>Tax Filing Assistance</b> 8:30 am Thursdays, February 7 <sup>th</sup> through April 3 <sup>rd</sup> Bellwood	<b>Valentine Lunch &amp; Party</b> 11:00 am February 14 <sup>th</sup> Bellwood & OARS	<b>Wedding Vow Renewal Ceremony</b> 10:30 am February 5 <sup>th</sup> Bellwood
	<b>Tea &amp; Talk</b> 10:30 am February 13 <sup>th</sup> Bellwood		

**Briefly Stated**

**Advisory Council Meeting**

10:00 am  
February 20<sup>th</sup>  
Bellwood

11:00 am  
February 20<sup>th</sup>  
OARS

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

**Best Sellers Reading Club**

9:30 am  
February 26<sup>th</sup>  
Bellwood

**Bingo**  
10:00 am  
Thursdays  
OARS

12:15 pm  
Thursdays  
Bellwood

**Bingo Bonanza**

10:15 am  
February 4<sup>th</sup>  
Bellwood

10:15 am  
February 5<sup>th</sup>  
OARS

**Black History Month  
Observance**

Times & Dates Vary  
Bellwood & OARS

**Blood Sugar Screening**

10:00 am  
February 13<sup>th</sup>  
OARS

**Brain Exercises**

10:45 am  
February 12<sup>th</sup>  
Bellwood

**Caregiver Education**

10:30 am  
February 6<sup>th</sup>  
Bellwood

**Dealing with Doctors**

10:30 am  
February 25<sup>th</sup>  
Bellwood

**Early Bird Bingo**

9:15 am  
February 22<sup>nd</sup>  
Bellwood

**Everything Sweet Bingo**

12:15 pm  
February 19<sup>th</sup>  
Bellwood

**Exercise Class – Audio Tape**

10:30 am  
Monday through Friday  
Bellwood

**Fun with Computers  
Classes**

10:00 am  
February 12<sup>th</sup> & February 26<sup>th</sup>  
Forest Park

**Gift Shop**

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

**Haircuts**

10:30 am  
February 12<sup>th</sup> & February 26<sup>th</sup>  
Bellwood

**Harmony Home Health  
Bingo**

10:00 am  
February 12<sup>th</sup>  
OARS

**Hispanic Family Health  
Fair**

9:00 am  
March 15<sup>th</sup>  
Melrose Park

**Ice Cream & Fruit Parfaits**

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

**Just for Men**

10:30 am  
February 20<sup>th</sup>  
Bellwood

**Line Dancing**

10:30 am  
Fridays  
Bellwood

**Luncheon**

11:30 am  
Weekdays  
Bellwood & OARS

**Mardi Gras Celebration**

10:00 am  
February 1<sup>st</sup>  
OARS

**Mardi Gras Tea Party**

10:00 am  
February 1<sup>st</sup>  
Bellwood

**Meditation & Centering**

10:30 am  
February 8<sup>th</sup> & February 22<sup>nd</sup>  
Bellwood

**Monday Madness**

12:15 pm  
February 25<sup>th</sup>  
Bellwood

**Movie Day**

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

9:30 am  
February 11<sup>th</sup>  
OARS

**Mystery Reading Club**

9:30 am  
February 5<sup>th</sup>  
Bellwood

**Navigator Computer Lab**

10:00 am  
Weekdays  
Bellwood

**Officers' Club**

10:30 am  
February 25<sup>th</sup>  
Bellwood

**Pie A la Mode**

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

**Podiatry Clinic**

9:30 am  
Thursdays  
Bellwood

**Pokeno Parties**

12:15 pm  
February 1<sup>st</sup> & February 29<sup>th</sup>  
Bellwood

**Robber Bingo**

10:15 am  
February 6<sup>th</sup> & February 20<sup>th</sup>  
Bellwood

**Second Shift**

7:00 pm  
February 20<sup>th</sup>  
Forest Park

**Self-Awareness & Self-  
Protection**

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

**Senior Forum**

10:45 am  
February 7<sup>th</sup>  
Bellwood

**Senior Safety**

10:00 am  
February 22<sup>nd</sup>  
OARS

(Continued from page eight)

quired and may be made by telephoning West Suburban Senior Services.

**Second Shift** West Suburban Senior Services is pleased to announce this new caregiving group; it is meeting February 20<sup>th</sup>, 7:00 pm to 8:00 pm, at River Park Center. The group focuses on the challenges of balancing work and caregiving duties.

**Self-Awareness and Self-Protection** The Illinois State Police are presenting this program February 28<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Home invasion, street and elevator safety, offender profiles and police report filing are among the topics to be discussed.

**Senior Forum** State Representative Karen Yarbrough is meeting with seniors February 7<sup>th</sup>, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. In addition to discussing recent legislation affecting seniors, the representative is seeking their input about other issues of special concern.

**Senior Safety** The Cook County Sheriff's Department is presenting the do's and don'ts of personal safety February 22<sup>nd</sup>, 10:00 am to 10:45 am, at OARS Center. Lunch follows the presentation for the suggested donation of \$1.75.

**Spa Days** West Suburban Senior Services is pleased to offer seniors this opportunity for relaxation and revitalization February 8<sup>th</sup> and February 15<sup>th</sup> 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*. Lunch is being served in a private dining area from 11:45 am to 12:15 pm. An afternoon activity is scheduled until 1:00 pm. Cost for all is \$2.00. Spa Day reservations are required by February 7<sup>th</sup> and February

14<sup>th</sup>, respectively. The monthly spa program is scheduled to continue through March.

**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 February 8<sup>th</sup> and February 22<sup>nd</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.

**Strength for Caring** On February 13<sup>th</sup>, 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 storytelling.

**Tax Filing Assistance** American Association of Retired Persons (AARP) is providing free tax filing assistance at the Senior Citizen Center in Bellwood for low- and middle-income seniors age 60 and older. The service is available on Thursdays, February 7<sup>th</sup> through April 3<sup>rd</sup>, 8:30 am to 12:30 pm. *Appointments are required.* Seniors should bring their 2006 tax return, all records that show income for 2007 and documents for possible deductions if they plan to itemize on their return.

**Tea and Talk** This new program is scheduled February 13<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Seniors may enjoy a cup of tea and a pastry, and visit with a local dignitary or a representative of a community organization.

(Continued on page back cover)

(Continued on page eleven)

### Congregate and Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements</p>				
<p>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.</p>				
<b>February 4, 2008</b>	<b>February 5, 2008</b>	<b>February 6, 2008</b>	<b>February 7, 2008</b>	<b>February 8, 2008</b>
Hamburger on Bun Baked Beans Confetti Coleslaw Tomato Soup Tangerine	Chicken Filet Rice Pilaf Sliced Carrots Tossed Salad Tropical Fruit	Polish Sausage on Bun Whipped Potatoes Sauerkraut Pineapple and Orange Juice Applesauce	Meatballs Mashed Potatoes California Vegetables Pineapple Orange Gelatin Vanilla Pudding	Baked Chicken Breast Herb Stuffing Peas and Carrots Spiced Apple Rings Fruit Yogurt
<b>February 11, 2008</b>	<b>February 12, 2008</b>	<b>February 13, 2008</b>	<b>February 14, 2008</b>	<b>February 15, 2008</b>
Spinach Ravioli and Meat Sauce California Vegetables Lettuce Wedge Orange	Turkey ala King White Rice Broccoli Spears Beef Noodle Soup Pineapple Chunks	Meatloaf Mashed Potatoes Green Beans Orange Pineapple Juice Applesauce	Italian Baked Chicken Breast Rice Pilaf Italian Mixed Vegetables Minestrone Soup Orange	Oven Fried Chicken Leg Au Gratin Potatoes Peas and Carrots Cream of Broccoli Soup Cantaloupe
<b>February 18, 2008</b>	<b>February 19, 2008</b>	<b>February 20, 2008</b>	<b>February 21, 2008</b>	<b>February 22, 2008</b>
<i>Closed for President's Day</i>	Barbecued Chicken Macaroni and Cheese Green Peas Coleslaw Banana	Meatball Sandwich Whole Potatoes Green Beans Vegetable Soup Apricots	Chili Mac Carrots Tossed Salad Butterscotch Pudding	Turkey Mashed Potatoes Cottage Cheese and Pear Salad Mandarin Orange
<b>February 25, 2008</b>	<b>February 26, 2008</b>	<b>February 27, 2008</b>	<b>February 28, 2008</b>	<b>February 29, 2008</b>
Chicken Parmesan Rotini Italian Green Beans Tossed Salad Chocolate Pudding	Stuffed Green Pepper Creamed Potatoes Carrot Slices Mushroom Soup Lemon Cake	Beef Stroganoff White Rice Broccoli Cottage Cheese and Peaches Chilled Pears	Salisbury Steak Whipped Potatoes Stewed Tomatoes Cream of Chicken Soup Banana	Baked Chicken Breast Herb Stuffing Peas and Carrots Spiced Apple Rings Fruit Yogurt

Senior Citizen Center  
439 Bohland  
Bellwood, Illinois 60104

OARS Center  
712 Elm  
LaGrange, Illinois 60525

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### Circuit Breaker Applications

The 2007 Circuit Breaker Illinois Cares Rx applications/booklets are not yet available. The 2007 Circuit Breaker Illinois Care Rx internet filing is available after February 14<sup>th</sup>. Income guidelines for this program have not changed. When filing, seniors must show proof of 2007 income, including Social Security benefits, and rent or property tax payments. Also, seniors must provide their Medicare card and proof of Medicare Part D coverage. Additional information is available by contacting the Senior Advocates at West Suburban Senior Services.

### Safely Aging in Place

As people age, their senses of sight, hearing, touch and smell decline, as does their strength, and abilities to lift, move and bend. University of Illinois Extension offers these suggestions to help seniors adapt their homes to these physical changes:

#### Decreased ability to see objects clearly

Use large, contrasting letters on clocks and appliance dials.

Post emergency numbers in large letters near the phone.

Mark the first and last steps with contrasting colors to make them more visible.

#### Difficulty seeing in reduced or dim light

Use a night light in the bedroom and in the bathroom.

Install under-cabinet lights in the kitchen and in work areas.

(Continued on page ten)

- February 21<sup>st</sup>, 10:00 am, *Black History Month Program*. Members of the Proviso East High School African American Heritage Club and other students are presenting a tribute to African American history, culture, music, prose and poetry.

February 29<sup>th</sup>, 10:00 am, *African American Fiction*. Seniors are invited to enjoy a cup of tea and discuss Victoria Christopher Murray's *The Ex Files*. The novel tells the story of how four unique women handled heartbreak. Seniors planning to participate in this activity should contact the Senior Center director as soon as possible to obtain a copy of the book.

At the OARS Center, the following events are being offered:

- February 6<sup>th</sup>, 10:00 am, *Emmanuel's Gift*.
- February 26<sup>th</sup>, 10:00 am, *Black History Month Program*. George Washington Middle School, Lyons School District 103, is presenting a musical performance in honor of Black History Month.
- February 27<sup>th</sup>, 10:00 am, *Cooking for the Soul*. University of Illinois Extension is sharing recipes for creating healthy and tasty soul food. Participants may also sample a soul food.

In addition, West Suburban Senior Services is hosting an outing to a performance of *A Lonely Woman's Heart* at Triton College on February 23<sup>rd</sup> at 8:00 pm. Written by Shawn Henderson, the serious but comical theatrical stage production evaluates love, life and relationships. Tickets for seniors are \$13.00, and participants must furnish their own transportation. Telephone for more information.

(Continued from page five)

**Mardi Gras Tea Party** This festive event takes place February 1<sup>st</sup>, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. Participants are asked to bring a small and inexpensive (\$2.00) wrapped gift --- something they would choose for themselves --- for a special gift exchange.

**Meditation and Centering** Basic meditation and relaxation techniques are the focus of this class February 8<sup>th</sup> and February 22<sup>nd</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

**Monday Madness** Fifty-cent party bingo and a fifty-cent dessert highlight this event February 25<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Lunch is served at 11:30 am for the suggested donation of \$1.75. Reservations are required by February 21<sup>st</sup>.

**Movie Day** This month's selection is *Reign Over Me* featuring Don Cheadle and Adam Sandler. A man who lost his family in the September 11<sup>th</sup> attack on New York City runs into his old college roommate, and rekindling the friendship helps the man recover from his grief. It is being shown February 12<sup>th</sup>, 12:15 pm to 2:15 pm, at the Senior Citizen Center in Bellwood, and February 11<sup>th</sup>, 9:30 am to 11:30 am, at OARS Center. Refreshments are served.

**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 February 5<sup>th</sup>, 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.

**Navigator Computer Lab** West Suburban Senior Services invites seniors to use its computer lab

at the Senior Citizen Center in Bellwood. Staff is available Monday through Friday between 10:00 am and 12:00 noon to help seniors 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. Appointments for the computer lab are required.

**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 February 25<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

**Pie A La Mode** For \$1.00, seniors may enjoy this dessert February 7<sup>th</sup> at the Senior Citizen Center in Bellwood and at OARS Center. Serving time is 12:15 pm to 12:30 pm.

**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 February 1<sup>st</sup> and February 29<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card; the fee includes prizes and refreshments.

**Robber Bingo** This entertaining form of party bingo is being played February 6<sup>th</sup> and February 20<sup>th</sup>, 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 Illinois Secretary of State's office is presenting this free class April 18<sup>th</sup>, 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 re-

(Continued on page nine)

(Continued from page three)

\$5.00 of casino coins. Paid *cash* reservations are due at the Senior Citizen Center in Bellwood by March 10<sup>th</sup>, and a minimum registration is required for this activity to take place.

**Dealing with Doctors** Rainbow Hospice is presenting this program February 25<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Asking questions and understanding medical diagnoses are among the topics being discussed.

**Early Bird Bingo** West Suburban Senior Services is hosting a breakfast-bingo party February 22<sup>nd</sup>, 9:15 am to 11:00 am, at the Senior Citizen Center in Bellwood. Pancakes, 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 February 20<sup>th</sup>, and a minimum registration is required.

**Everything Sweet Bingo** This special party bingo game is scheduled February 19<sup>th</sup>, 12:15 pm to 1:15 pm, 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, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

**Fun with Computers Classes** West Suburban Senior Services and Proviso Township High School District 209 are continuing basic computer classes for seniors at the Proviso Mathematics and Science Academy in Forest Park. The class is meeting February 12<sup>th</sup> and February 26<sup>th</sup>, 10:00 am to 11:00 am, and new students are welcome. There is no fee, but registration is required.

**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 February 12<sup>th</sup> and February 26<sup>th</sup> at 10:30 am. Appointments are required.

**Harmony Home Health Bingo** This complimentary activity is taking place February 12<sup>th</sup>, 10:00 am to 10:45 am, at OARS Center. Reservations are required by February 8<sup>th</sup> and may be made by telephoning West Suburban Senior Services.

**Hispanic Family Health Fair** Proviso Township and West Suburban Senior Services are cosponsoring this second annual event March 15<sup>th</sup>, 9:00 am to 2:00 pm, in the gymnasium at the Melrose Park Civic Center. Free health information and health screens are available for the entire family -- children through senior citizens. Additional information is being provided in the March edition of *The Senior Chronicle*.

**Ice Cream and Fruit Parfaits** This dessert is being served February 21<sup>st</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

**Just for Men** This new care giving group meets February 20<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. It is designed to meet the unique needs and challenges of male caregivers.

**Line Dancing** Seniors are invited to participate in this enjoyable form of exercise Fridays at the Senior Citizen Center in Bellwood between 10:30 am and 11:30 am. There is no charge.

**Mardi Gras Celebration** Seniors are invited to participate in this annual party February 1<sup>st</sup>, 10:45 am to 11:30 am, at OARS Center. Lunch is served at 11:30 am for the suggested donation of \$1.75.

(Continued on page eight)

(Continued from page seven)

Use adequate lighting in reading areas, stairs and entryways.

Paint walls a light color to reflect light.

*Decreased hearing and inability to hear high-frequency sounds*

Use amplified phones and closed captioning on television.

Install smoke detectors, telephones and doorbells that have blinking lights.

Use telephones that ring at a different frequency.

*Difficulty with glare*

Install vinyl floors with some texture and in slightly darker shades; this causes less glare than smooth, light floors.

Use a low-buffed wax finish.

Install carpet; it causes less glare.

Select glare-reducing, translucent shades.

Control glare with roof overhangs and trees near windows.

*Reduced strength in legs and arms*

Install grab bars around the toilet and the bath.

Keep sleeping, eating and bathing areas on ne floor.

Use sturdy handrails on both sides of the stairs.

Store heavy items on reachable shelves.

Make sure windows are easy to open.

*Reduced strength in hands and fingers*

Use lever-type door handles and faucet controls.

Use D-shaped handles on cupboard doors and appliances; they are easier to grasp than knobs.

Install large appliance dials or push-button controls.

Use touch-on, touch-off, table lamps and rocker-type switch plates.

*Reduced ability to bend and stoop*

Locate electrical outlets at least 15 inches above the floor.

Install pull-out shelves in base cabinets.

Locate the dishwasher and front-loading washer higher than normal.

Use side-by-side refrigerators to provide storage space that doesn't require bending or reaching.

*Decreased flexibility for reaching*

Avoid high cupboards, especially over ranges.

Install closet rods that are adjustable or at a lower position.

Be sure drapery pulls are easy to reach.

Choose appliances with controls that are easily reached in front or on the side.

Place a phone and a light within easy reach of the bed.

(Continued on page eleven)

# 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 February 20<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, 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 February 26<sup>th</sup>, 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 February 4<sup>th</sup> at the Senior Citizen Center in Bellwood, and February 5<sup>th</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 fee includes prizes and refreshments.

**Black History Month Observance** West Suburban Senior Services has planned a series of events and activities in celebration of Black History Month.

**Blood Sugar Screening** Care Centers is conducting a free blood sugar test February 13<sup>th</sup>, 10:00 am to 10:45 am, at OARS Center. Fasting is not required.

**Brain Exercises** West Suburban Senior Services' new healthy aging counselor is presenting strategies to improve memory and other functions of daily living. The program is schedule February 12<sup>th</sup>, 10:45 am to 11:15 am, at the Senior Citizen Center in Bellwood.

**Caregiver Education** West Suburban Senior Services' caregiver specialist is conducting a session February 6<sup>th</sup> to provide skill building and problem solving strategies for those caring for seniors age 60 and older. This month's focus is home safety. 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.

**Casino Trip** West Suburban Senior Services is planning a trip to the Resorts Casino in East Chicago, Indiana, on March 19<sup>th</sup>. The \$25 per-person fee includes round trip bus transportation, an all-you-can-eat buffet lunch, five hours of gaming and

(Continued on page five)