

(Continued from page nine)

age 60 and older. The service is available on Thursdays, February 7th through April 3rd, 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 Room Visit West Suburban Senior Services is hosting a visit to SereneTeaz in Elmhurst on January 26th. Between 10:00 am and 11:00 am, participants may enjoy a cup of tea and a pastry, and learn about various teas. Cost is \$5.00. Seniors must furnish their own transportation. Space is limited, and reservations are required by January 22nd: (708) 547-5600.

Wedding Vow Renewal Ceremony West Suburban Senior Services invites seniors to renew their wedding vows February 5th, 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.

Westchester Health and Rehabilitation Center Breakfast Bingo Seniors are invited to this complimentary meal and party bingo January 22nd, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Reservations are required by January 17th and may be made by telephoning West Suburban Senior Services.

Wills, Trusts, Estates and More The legal advisor to the Cook County Recorder of Deeds is presenting this program January 18th, 10:00 am to 11:00 am, at OARS Center, and January 29th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch follows the presentations for the suggested donation of \$1.75.

Winter Tea Party Tea, refreshments and lively conversation are the focus of this event January 4th, 10:00 am to 11:00 am, at the Senior Center in Bellwood. Partners in Senior Care, Inc., is presenting *Alphabet Soup – Understanding Senior Living Options*.

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



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

Food Freshness: Understanding the Date on the Label

Open dates are calendar dates that are imprinted or stamped on a food label. The date lets consumers know how long a product will remain fresh and safe. All package dates, except expiration dates, should be used as a guide. Companies are not required to print dates on food packages. It is a voluntary practice except for baby foods, which are regulated by the Food and Drug Administration.

Different companies often state dates in different ways. For example, January 1, 2008, could be written in three different ways: month and date such as Jan. 1 or by numbers: 1-8 or 0108.

University of Illinois Extension explains four types of dates on food labels:

Pull date or **Sell By** date. This is the last date the company wants the food to be sold. Even if the food is sold on the "sell by" date, it can still be eaten later. It is not a "use by" date for the consumer. Generally, milk is safe and wholesome 7 to 10 days after the date on the label.

Freshness date or **Quality Assurance** date.

This date suggests how long the manufacturer thinks the food will remain at peak quality. The label might read "Best if used by January 1, 2008". .

Pack date or **Package** date. This is the date the food was packaged or processed.

Expiration date. This is the last date a product should be eaten. It might read, "Do not use after January 2008."

Label dates should be used as a guide to freshness. Consumers should always look for signs of spoilage when using packaged foods. These include mold, an off color or a bad smell. Spoiled food should be discarded but never tasted.

Fun with Computers Class

Proviso High School District 209 and West Suburban Senior Services are continuing an introductory computer class for seniors at the Proviso Mathematics and Science Academy, First Avenue and Roosevelt Road in Forest Park. The next classes are scheduled January 8th and January 22nd, 2008 from 10:00 am to 11:00 am. There is no fee for the class, and new students are wel-

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The Senior Chronicle

The Senior Chronicle is published by West Suburban Senior and is distributed at no cost to area senior citizens. Time dated material is published including menus and special events. Additional information is available at the Senior Center, River Park Center, at the OARS Center or on our buses.

Funding

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

Non-Discrimination

West Suburban Senior Services does not discriminate in the admission to program or treatment of employment in its programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act and the U.S. and Illinois Constitutions. If anyone feels that they have been discriminated against, they have a right to file a complaint with the Illinois Department on Aging. For addition information, telephone (800) 252-8966 or telephone West Suburban Senior Services at (708) 547-5600.

Mission

The mission of West Suburban Senior Services is to provide direct community services to area senior citizens aged 60 and above with the goal of preventing premature and inappropriate nursing home placement. To achieve that mission, a comprehensive array of in-home, access and facility-based services, assistance and help is provided to senior citizens and their families.

Board of Directors

The Board of Directors elected, during the 35th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

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

Directors

- Mrs. Mary Conti
- Mrs. Kathleen Contuchio
- Honorable James Discipio, 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

Honorary Directors

- Honorable Anthony Calderone
- Honorable Gary Woll,

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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 January 9th, 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. Additional information is provided in a separate article.

Sundae Crumble For \$1.00, seniors may enjoy this cookie and ice cream treat January 17th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center.

Surprise Bingo This entertaining form of party bingo is being played January 14th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and January 29th, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00.

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

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| | | | |
|--|--|--|--|
| Navigator Computer Lab 10:00 am Weekdays Bellwood | Robber Bingo 10:15 am January 2nd & January 30th Bellwood | Strength for Caring 10:30 am January 9th Bellwood | Wedding Vow Renewal Ceremony 10:30 am February 5th Bellwood |
| Oatmeal Ice Cream Sandwiches 12:15 pm January 24th Bellwood & OARS | Second Shift 7:00 pm January 16th Forest Park | Sundae Crumble 12:15 pm January 17th Bellwood & OARS | Westchester Health & Rehabilitation Center Breakfast Bingo 9:30 am January 22nd Bellwood |
| Officers' Club 10:30 am January 28th Bellwood | Senior Forum 10:45 am January 3rd Bellwood | Surprise Bingo 12:15 pm January 14th Bellwood | Wills, Trusts, Estates & More 10:00 am January 18th OARS |
| Podiatry Clinic 9:30 am Thursdays Bellwood | Sing-Along & Ice Cream Social 12:15 pm January 29th Bellwood | Tax Filing Assistance 8:30 am Thursdays, February 7th through April 3rd Bellwood | Winter Tea Party 10:00 am January 4th Bellwood |
| Pokeno Parties 12:15 pm January 4th & January 18th Bellwood | Sing Away Your Stress 10:45 am January 14th Bellwood | Tea & Talk 10:30 am January 9th Bellwood | |
| | Spa Day 9:30 am January 11th Bellwood | Tea Room Visit 10:00 am January 26th Elmhurst | |
| | Spanish Club 11:00 am January 11th & January 25th Bellwood | | |

Briefly Stated

Advisory Council Meeting

10:00 am
January 9th
Bellwood

11:00 am
January 9th
OARS

All American Sundaes

12:15 pm
January 3rd
Bellwood & OARS

Art Class

9:00 am
Tuesdays
Bellwood

Banana Splits

12:15 pm
January 10th
Bellwood & OARS

Best Sellers Reading Club

9:30 am
January 29th
Bellwood

Bingo

10:00 am
Thursdays
OARS

12:15 pm
Thursdays
Bellwood

Bingo Bonanza

10:15 am
January 7th
Bellwood

10:15 am
January 8th
OARS

Black Cows
12:15 pm
January 31st
Bellwood & OARS

Caregiver Education

10:30 am
January 2nd
Bellwood

Catalogue Shopping

10:00 am
January 11th
OARS

Chicago Senior Legal Project

10:45 am
January 15th
Bellwood

Colds & Allergies

10:30 am
January 17th
Bellwood

Coping with Non-Death

Related Losses

10:45 am
January 31st
Bellwood

Crazy Eight Bingo

12:15 pm
January 16th
Bellwood

Decluttering Your Purse & Wallet

10:00 am
January 15th
OARS

Early Bird Bingo

9:15 am
January 25th
Bellwood

Everything Sweet Bingo

10:00 am
January 22nd

OARS
12:15 pm
January 28th
Bellwood

Exercise Class – Audio Tape

10:30 am
Monday through Friday
Bellwood

Fun with Computers Classes

10:00 am
January 8th & January 22nd
Forest Park

Gift Shop

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

Haircuts

10:30 am
January 8th & January 22nd
Bellwood

Hawaiian Luau

11:00 am
January 23rd
Bellwood

10:00 am
January 25th
OARS

Headaches

10:30 am
January 16th
Bellwood

Health Fair

9:30 am
January 24th
Bellwood

Healthy Living Overview: Where Are You Now?

12:15 pm
January 8th
Bellwood

Just for Men

10:30 am
January 16th
Bellwood

Line Dancing

10:30 am
Fridays
Bellwood

Live Theatre

10:30 am
January 8th
Bellwood

Local Legacies of Dr. Martin Luther King

10:30 am
January 28th
Bellwood

Luncheon

11:30 am
Weekdays
Bellwood & OARS

Meditation & Centering

10:30 am
January 11th & January 25th
Bellwood

Messenger Service

10:30 am
January 10th
Bellwood

Movie Day

12:15 pm
January 15th
Bellwood

10:00 am
January 16th
OARS

Mystery Reading Club

9:30 am
January 8th
Bellwood

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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.

Oatmeal Ice Cream Sandwiches This tasty dessert is being served January 24th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

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 January 28th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

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 January 4th and January 18th, 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 January 2nd and January 30th, 10:15 am to 11:15 am, at the Senior Citizen Center in Bellwood. Cost is 50 cents per card.

Second Shift West Suburban Senior Services is pleased to announce this new caregiving group; it is meeting January 16th, 7:00 pm to 8:00 pm, at River Park Center. Additional information is provided in a separate article.

Senior Forum State Representative Karen Yarbrough is meeting with seniors January 3rd, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Additional information is included in a separate article.

Sing-Along and Ice Cream Social Seniors are invited to this activity January 29th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00, and reservations are required by January 28th.

Sing Away Your Stress Elmhurst Memorial Hospital is presenting this interactive program January 14th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch follows for the suggested donation of \$1.75.

Spa Day West Suburban Senior Services is pleased to offer seniors this opportunity for relaxation and revitalization January 11th at the Senior Citizen Center in Bellwood. The event begins with a breakfast snack bar at 9:30 am. From 10:00 am to 11:00 am, seniors participate in the University of Illinois Extension's program titled *A New You*. At 11:00 am, participants may make a Valentine corsage. Lunch is being served in a private dining area from 11:45 am to 12:30 pm. The day concludes with party bingo until 1:00 pm. Cost for all is \$2.00. Spa Day reservations are required by January 9th. 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 January 11th and January 25th, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

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Congregate and Home Delivered Meals Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements | January 1, 2008 | January 2, 2008 | January 3, 2008 | January 4, 2008 |
| | <i>Closed for New Years Day</i> | 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 |
| January 7, 2008 | January 8, 2008 | January 9, 2008 | January 10, 2008 | January 11, 2008 |
| 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 | Oven Fried Chicken Leg Au Gratin Potatoes Peas and Carrots Cream of Broccoli Soup Cantaloupe |
| January 10, 2008 | January 11, 2008 | January 12, 2008 | January 13, 2008 | January 14, 2008 |
| Pepper Steak White Rice Mixed Vegetables Pickled Beets Applesauce | Swedish Meatballs Mashed Potatoes Zucchini & Tomatoes Fruited Gelatin Fruit Yogurt | Roast Pork Sweet Potatoes Black Eyed Peas Smothered Cabbage Apricot Halves | Roast Turkey Breast Sweet Potatoes Cornbread Carrots Fruit Mix | Chicken Salad on Bun Pickled Cucumbers Tomato and Rice Soup Marble Pound Cake |
| January 14, 2008 | January 15, 2008 | January 16, 2008 | January 17, 2008 | January 18, 2008 |
| 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 | Barbecued Roast Pork Macaroni and Cheese Sweet Potatoes Seasoned Greens Peach Pie |
| January 21, 2008 | January 22, 2008 | January 23, 2008 | January 24, 2008 | January 25, 2008 |
| <i>Closed for Martin Luther King Jr Holiday</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 |
| January 28, 2008 | January 29, 2008 | January 30, 2008 | January 31, 2008 | |
| 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 | |

Senior Citizen Center
439 Bohland
Bellwood, Illinois 60104

OARS Center
712 Elm
LaGrange, Illinois 60525

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come. Reservations may be made by contacting West Suburban Senior Services.

Caregivers' Corner

West Suburban Senior Services is pleased to offer several different resources for area caregivers of older adults. If you need elder care in order to attend, please call the Caregiver Specialist the week before to arrange. All groups (except 2nd Shift, and Meditation and Centering) meet in the third floor meeting room from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood.

Caregiver Education – Did you know that caregivers who know more about caregiving report lower levels of stress and depression? Classes meet the first Wednesday of each month and focus on skill-building and problem solving for those caring for persons 60 and older, and may include video presentations and guest speakers. There is a suggested donation of \$2.00 to cover the cost of take-home materials.

- January 2nd – General Caregiving Skills
- February 6th – Home Safety
- March 5th – Assisting with Personal Care
- April 2nd – Legal and Financial Issues

Strength for Caring – Caregiving can be a lonely endeavor – share your story with someone who can REALLY understand the joys and the sorrows – another caregiver. The groups meet the second Wednesday of each month and focus on maintaining emotional health and stress reduction through peer support and story-telling. The next meeting date is January 9th.

Just for Men – Caregiving is hard for anyone, but male caregivers face some unique challenges.

The groups meet the third Wednesday of the month and are intended to meet the particular needs of this growing population. The next date is January 16th.

2nd Shift – For many people, their workday begins when they come home from their job. Balancing work and caregiving duties has its own challenges, and this group is a place where those issues can be discussed. The group meets from 7:00 pm to 8:00 pm the third Wednesday of the month at River Park Center, 8300 Roosevelt Rd, Forest Park. The next date is January 16th.

Meditation and Centering – Open to all, Matt Barnes, our SHIP volunteer, teaches basic meditation and relaxation techniques to promote health and emotional well-being. Please see the *Briefly Speaking* section of this newsletter for dates and times.

Lending Library – The Caregiver Specialist has a small collection of books and videos on a variety of topics of interest to caregivers. These are available at the River Park Center, but please call first to insure that someone is available to assist you.

The Caregiver Specialist is also available for one-on-one consultations. For more information, please call Nicolette, Caregiver Specialist, at (708)547-5600, Extension 401.

Medicare Part D Reminder

The Social Security Administration has designated November 15th through December 30th as the next enrollment period for prescription drug coverage under Medicare Part D. Seniors who recently turned 65 are encouraged to apply for this assistance. Also, updated information is available for seniors who are cur-

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Health Fair West Suburban Senior Services is pleased to host a health fair January 24th, 9:30 am to 12:00 noon, at the Senior Citizen Center in Bellwood.

Healthy Living Overview: Where Are You Now? West Suburban Senior Services' new healthy living counselor is seeking seniors' input about programs and services that could enhance their lives. This informal get together is scheduled January 8th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Complimentary ice cream sundaes are being served.

Just for Men This new caregiving group begins January 16th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Additional information is provided in a separate article.

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

Live Theatre Seniors are invited to the performance of *I Always Wanted to Be* January 8th, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. This one-act play stars Betty Scott Smith, who also performs in various local theater productions. Refreshments are being served.

Local Legacies of Dr. Martin Luther King West Town Museum of Cultural History is presenting this program January 28th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch follows for the suggested donation of \$1.75.

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 nutri-

tious, delicious and contain 1/3 of RDA for seniors. Both nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.75. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

Meditation and Centering Basic meditation and relaxation techniques are the focus of this class January 11th and January 25th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

Messenger Service As part of its *Unusual Occupations* series, West Suburban Senior Services invites seniors to learn the nuts and bolts operations of U. S. Messenger and Logistics, Inc, of Hillside. The program is scheduled January 10th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Movie Day This month's selection is *Away from Her* featuring Julie Christie and Olivia Dukakis. The movie explores changes in a couple's relationship when the wife experiences physical setbacks. It is being shown January 15th, 12:15 pm to 2:15 pm, at the Senior Citizen Center in Bellwood, and January 16th, 10:00 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 January 8th, 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

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Cold and Allergies Rush-Oak Park Hospital is the program presenter January 17th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Diagnosis and treatment are among the topics being discussed.

Coping with Non-Death Related Losses No longer being able to drive, and loss of vision, hearing, physical mobility, or personal possessions are among the issues confronting seniors. West Suburban Senior Services' new healthy aging counselor is discussing strategies to cope with these and similar losses January 31st, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Refreshments are being served.

Crazy Eight Bingo This party bingo game is scheduled January 16th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is 50 cents per card.

Decluttering Your Purse and Wallet This program is being given January 15th, 10:00 am to 11:00 am, at OARS Center. Lois Albers is the presenter, and participants are receiving "hands-on" instruction.

Early Bird Bingo West Suburban Senior Services is hosting a breakfast-bingo party January 25th, 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 January 23rd, and a minimum registration is required.

Everything Sweet Bingo This party bingo offers sweet (including sugar-free) treats as prizes. It is being played January 22nd, 10:00 am to 11:00 am, at OARS Center, and January 28th, 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 January 8th and January 22nd, 10:00 am to 11:00 am, and new students are welcome. There is no fee, but registration is required.

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 January 8th and January 22nd at 10:30 am. Appointments are required.

Hawaiian Luau West Suburban Senior Services Center. The \$1.00 cost includes games and refreshments; lunch is served at 11:30 am for an additional donation of \$1.75. Reservations are required.

Headaches Types of headaches, their causes and treatments are the subject of this program January 16th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Following this presentation by Celar Chiropractic, complimentary neck and shoulder massages are being given. Space is limited, and appointments are required.

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rently enrolled in Medicare Part D but wish to make changes in their coverage. Seniors who have questions may call the Senior Health Insurance Program (SHIP) volunteers at West Suburban Senior Services.

Let Us Help You Keep Your New Year's Resolutions

Are any of the following among your New Year's resolutions?

| | |
|--------------|-------------------|
| Drink Less | Eat Right |
| Get Fit | Go Back to School |
| Lose Weight | Pay Off Debt |
| Quit Smoking | Reduce Stress |
| Save Money | Take a Trip |
| Volunteer | |

West Suburban Senior Services is hosting a series of programs during January, February and March to help seniors realize their personal goals for 2008. One way to help is by attending the Senior Citizen Health Fair on January 24th, 9:30 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Cosponsored by Proviso Township, the health fair is featuring the following free screenings:

9:30 am to 11:30 am Glucose, cholesterol and prostate cancer (PSA) blood tests sponsored by Westlake Hospital. Fasting is recommended.

11:00 am to noon Podiatry screenings sponsored by Gary Trent, DPM

9:30 am to 11:30 am Blood pressure checks sponsored by Bellwood Fire Department

10:00 am to noon Spinal screenings sponsored by Celar Chiropractic

In addition, senior citizens have the opportunity to participate in

9:30 am to 11:30 am A healthy living overview sponsored by West Suburban Senior Services

9:30 am to 10:30 am Food safety for seniors sponsored by the University of Illinois Extension

10:00 am to 11:00 am Healthy chili cooking demonstration sponsored by the University of Illinois Extension

Other January programs focus on specific physical health concerns such as headaches, stress, and colds and allergies. Additional information is available by telephoning West Suburban Senior Services.

West Suburban Senior Services Hosts Town Hall Meeting

State Representative Karen Yarbrough is coming to the Senior Citizen Center in Bellwood January 3rd, 10:45 am to 11:30 am. In addition to discussing recent legislation affecting seniors, the representative is seeking seniors' input about other issues of special concern. The event opens with refreshments at 10:15 am.

Casino Trip

West Suburban Senior Services is planning a trip to the Resorts Casino in East Chicago, Indiana, on March 19th, 2008. The \$25.00 per-person fee includes round trip bus transportation, an all-you-can-eat buffet lunch, five hours of gaming and \$5.00 of casino coins. Paid cash reservations are due at the Senior Citizen Center in Bellwood by March 10th, and a minimum registration is required for this activity to take place.

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 January 9th, 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.

All American Sundaes This ice cream and cake dessert is being served January 3rd, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

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.

Banana Splits For \$1.00, seniors may enjoy this ice cream treat January 10th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Reservations are required.

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 January 29th, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Seniors planning to par-

ticipate 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.

Black Cows Root beer floats are being served January 31st, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

Caregiver Education West Suburban Senior Services' caregiver specialist is conducting a session January 2nd to provide skill building and problem solving strategies for those caring for seniors age 60 and older. The class is scheduled from 10:30 am to 11:30 am at the Senior Citizen Center in Bellwood. Subsequent meetings are the first Wednesday of each month.

Catalogue Shopping University of Illinois Extension is presenting this program January 11th, 10:00 am to 11:00 am, at OARS Center. Participants are receiving ordering and security tips. Also, shopping on the internet and television shopping networks is being discussed.

Chicago Senior Legal Project Legal Assistance Foundation of Metropolitan Chicago is coming to the Senior Citizen Center in Bellwood January 15th, 10:30 am to 11:30 am, to discuss its programs and services available to seniors. Various legal issues are also being addressed.

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