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are to be held January 9<sup>th</sup> and January 23<sup>rd</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.

**Take Charge of Your Health** This new program begins January 6<sup>th</sup> at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

**Tea and Pastry Days** A variety of teas and pastries are being served on Wednesdays from 10:00 am to 10:30 am at the Senior Citizen Center in Bellwood. Cost is 50 cents.

**Water Reclamation District** Seniors are invited to learn about this governmental agency January 23<sup>rd</sup>, 10:00 am to 11:00 am, at OARS

Center. Lunch follows at 11:30 am for the suggested donation of \$1.75.

**Winter Dessert Delights** Seniors may enjoy an assortment of tasty treats January 29<sup>th</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood, and January 30<sup>th</sup>, 12:15 pm to 12:30 pm, at OARS Center. Cost is \$1.00.

**Winterfest** Games, a mini-rummage sale and special treats are featured at this event January 29<sup>th</sup>, 10:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood, and January 30<sup>th</sup>, 9:30 am to 11:30 am, at OARS Center.

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

More information may be available in a separate article.

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

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

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

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

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

# The Senior Chronicle



West Suburban Senior Services

(708) 547-5600

OARS Center 712 East Elm LaGrange, Illinois 60525  
River Park Center 8300 Roosevelt Road Forest Park, Illinois 60130  
Senior Center 439 Bohland Avenue Bellwood, Illinois 60104

## A Note of Appreciation

**T**hank you to everyone who donated Sharing Tree gifts. Your generosity brightened the holiday season for many seniors. Your kindness is appreciated.

## Get Older, Wiser and Healthier

**T**he US Department of Health and Human Services states that older adults need to follow these nutritional guidelines every day for a healthy diet:

- ❑ Eat foods that are fortified with vitamin D and vitamin B12. Seniors should check food labels.
- ❑ Eat whole grains, such as whole grain bread and shredded wheat cereal more often.
- ❑ Eat foods that provide no more than 1,500 milligrams of sodium per day. Seniors should check the Nutrition Facts label for the number of milligrams of sodium in a food. Seniors do not want to exceed a total of 65% Daily Value (DV) for sodium from all foods in a day.
- ❑ Meet the potassium recommendation of at least 4,700 milligrams a day with food. Seniors should get an adequate number of daily servings of vegetables, fruits and low-fat or fat-free milk products such as sweet potatoes,

beet greens, tomatoes, bananas, prune juice and low-fat or fat-free yogurt.

## Hispanic Family Health Fair

**W**est Suburban Senior Services and Proviso Township are co-sponsoring their Third Annual Hispanic Family Health Fair April 4<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 subsequent editions of *The Senior Chronicle*.

## Humorous Bumper Stickers

**T**hese bumper stickers are presented in the spirit of fun:

- Where there's a will ... I want to be in it.
- I took an IQ test, and the results were negative.
- A day without sunshine is, like, night.
- Two wrongs don't make a right, but two Wrights made an airplane.

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## The Senior Chronicle

*The Senior Chronicle* is published by West Suburban Senior and is distributed at no cost to area senior citizens. We thank those organizations and businesses where the Senior Chronicle is distributed. The agency, however, does not mail the *Senior Chronicle* out due to increased postage costs. Time dated material is published including menus and special events. Additional information is available at the Senior Center, River Park Center, at the OARS Center or on our buses or our website

## 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.

## Website

*The Senior Chronicle* is also available on the agency's website, [www.wsseniors.org](http://www.wsseniors.org). Other information on the website includes monthly flyers, program information, annual reports and staff telephone extensions and email addresses.

## Board of Directors

The Board of Directors elected, during the 36<sup>th</sup> Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

### Officers

Mrs. Debbie Nowader, President  
Mrs. Lela Grimble, Vice President  
Mrs. Tywana Rand, Secretary  
Mrs. Lois Albers, Treasurer

### Directors

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

### Honorary Directors

Ms. Carole Kulinski  
Judge Noreen Love  
Mrs. Elaine Reno

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class January 9<sup>th</sup> and January 23<sup>rd</sup> 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

**Movie Days** Each Tuesday, seniors may enjoy a complimentary movie and refreshments at the Senior Citizen Center in Bellwood. Show time is 12:15 pm.

**Mystery Bingo** This party bingo takes place January 12<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and January 20<sup>th</sup>, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00.



**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 6<sup>th</sup>, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate contact the agency to sign out copies of the current reading selection.

**Pie A la Mode** This dessert is being served January 8<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.

**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 Blow-Outs** A double session of Pokeno is planned January 2<sup>nd</sup> and January 23<sup>rd</sup> at the Senior Citizen Center in Bellwood. For \$1.00, seniors play from 10:15 am to 11:15 am, and from 12:15 pm to 1:15 pm. The cost includes prizes and refreshments. A minimum registration is required for this activity to take place.

**Resiliency: Bouncing Back from Adversity** White Crane Wellness Center is presenting practical tips to help seniors move beyond personal challenges. The program is scheduled January 8<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

**Robber Bingo** This challenging form of party bingo is scheduled January 21<sup>st</sup>, 10:15 am to 11:15 am, at the Senior Citizen Center in Bellwood. Cost is 50 cents.

**Sleep Disorders and Seniors** This program is taking place January 9<sup>th</sup>, 10:00 am to 11:00 am, at OARS Center. Lunch follows for the suggested donation of \$1.75.

**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

(Continued back cover)

<b>Briefly Stated</b>	<b>Bingo Bonanza</b> 10:15 am January 5 <sup>th</sup> Bellwood	<b>Dr. Martin Luther King, Jr. Day Observances</b> 10:30 am January 12 <sup>th</sup> Bellwood	<b>Legal Assistance</b> By Appointment Bellwood
<b>Advisory Council</b> 10:00 am January 14 <sup>th</sup> Bellwood	10:15 am January 6 <sup>th</sup> OARS	10:00 am January 16 <sup>th</sup> OARS	<b>Line Dancing</b> 9:30 am Fridays Bellwood
11:00 am January 14 <sup>th</sup> OARS	<b>Black Cows (Root Beer Floats)</b> 12:15 pm January 22 <sup>nd</sup> Bellwood & OARS	<b>Everything Sweet</b> <b>Bingo</b> 12:15 pm January 26 <sup>th</sup> Bellwood	<b>Luncheon</b> 11:30 am Weekdays Bellwood & OARS
<b>Art Class</b> 9:00 am Tuesdays Bellwood	<b>Brain Games</b> 12:15 pm January 7 <sup>th</sup> , January 14 <sup>th</sup> , January 21 <sup>st</sup> & January 28 <sup>th</sup> Bellwood	10:00 am January 13 <sup>th</sup> OARS	<b>Meditation &amp; Centering Class</b> 12:15 pm January 9 <sup>th</sup> & January 23 <sup>rd</sup> Bellwood
<b>Arthritis Foundation Exercise Class</b> 10:00 am January 5 <sup>th</sup> , January 12 <sup>th</sup> & January 26 <sup>th</sup> OARS	<b>Breakfast Bingo</b> 9:30 am January 16 <sup>th</sup> Bellwood	<b>Exercise Class</b> 10:00 am Monday through Friday Bellwood	<b>Movie Days</b> 12:15 pm January 6 <sup>th</sup> , January 13 <sup>th</sup> , January 20 <sup>th</sup> & January 27 <sup>th</sup> Bellwood
<b>Artificial Limbs</b> 10:30 am January 26 <sup>th</sup> Bellwood	<b>Chair Exercises</b> 10:00 am Wednesdays OARS	<b>Gift Shop</b> 10:30 am to 1:30 pm Monday through Friday Bellwood	<b>Mystery Bingo</b> 12:15 pm January 12 <sup>th</sup> Bellwood
<b>Banana Splits</b> 12:15 pm January 15 <sup>th</sup> Bellwood & OARS	<b>Debt Management</b> 10:30 am January 22 <sup>nd</sup> Bellwood	<b>Grief Support Group</b> 2:00 pm January 5 <sup>th</sup> Bellwood	10:00 am January 20 <sup>th</sup> OARS
<b>Bingo</b> 10:00 am Thursdays OARS		<b>Haircuts</b> 10:30 am January 13 <sup>th</sup> & January 27 <sup>th</sup> Bellwood	<b>Mystery Reading Club</b> 9:30 am January 6 <sup>th</sup> Bellwood
12:15 pm Thursdays Bellwood			

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### Take Charge of Your Health!

Seniors who have a chronic illness are invited to participate in this new class at the Senior Citizen Center in Bellwood. Class dates are January 6<sup>th</sup>, January 13<sup>th</sup>, January 20<sup>th</sup>, January 27<sup>th</sup>, February 3<sup>rd</sup> and February 10<sup>th</sup> from 10:00 am to 12:30 pm. Classes are free, but registration is required. Seniors may register by telephoning West Suburban Senior Services.

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

### 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 5<sup>th</sup> through April 9<sup>th</sup>, 8:30 am to 12:30 pm. *Appointments are required.*

Seniors should bring their 2007 tax return, all records that show income for 2008 and documents for possible deductions if they plan to itemize on their returns.

### Adult Day Services: Overview and Facts

Adult day service centers provide a coordinated program of professional and compassionate services for adults in a community-based group setting. Services are de-

signed to provide social and some health services to adults who need supervised care in a safe place outside the home during the day. They also afford caregivers respite from the demanding responsibilities of care giving. Adult day centers generally operate during normal business hours five days a week. Some programs offer services in the evenings and on weekends. Although each facility may differ in terms of features, these general services are offered by most adult day centers:

**Social activities**—interaction with other participants in planned activities appropriate for their conditions.

**Transportation**—door-to-door service.

**Meals and snacks**—participants are provided with meals and snacks, those with special dietary needs are offered special meals.

**Personal care**—help with toileting, grooming, eating and other personal activities of daily living.

**Therapeutic activities**—exercise and mental interaction for all participants.

In general, there are three types of adult day centers: social which provides meals, recreation and some health-related services, medical and health which provides social activities as well as more intensive health and therapeutic services and specialized which provide services only to specific care recipients, such as those with diagnosed dementias or developmental disabilities. Caregivers typically select the type of center a care recipient attends based on the care needed.

The National Adult Day Services Association formed in 1979. Since then, NADSA has made great progress in promoting the concept of adult day services as a viable community-based care option for people with disabilities within the larger constellation of long-term care services.

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**Congregate Meals Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>January 1, 2009</b>	<b>January 2, 2009</b>
			Closed for New Years Day	Baked Chicken Breast Herb Stuffing Peas & Carrots Spiced Apple Rings Fruit Yogurt
All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA Requirements				
<b>January 5, 2009</b>	<b>January 6, 2009</b>	<b>January 7, 2009</b>	<b>December 11, 2008</b>	<b>December 12, 2008</b>
Cheeseburger 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 Juice Applesauce	Meatballs Mashed Potatoes California Vegetables Pineapple Vanilla Pudding	Oven Fried Chicken Au Gratin Potatoes Peas and Carrots Cream of Broccoli Soup Cantaloupe
<b>January 12, 2009</b>	<b>January 13, 2009</b>	<b>January 14, 2009</b>	<b>January 15, 2009</b>	<b>January 16, 2009</b>
Spinach Ravioli Meat Sauce California Vegetables Lettuce Wedge Orange	Turkey a la King White Rice Broccoli Spears Beef Noodle Soup Pineapple Chunks	Meatloaf Mashed Potatoes Green Beans Coleslaw Applesauce	Italian Baked Chicken Rice Pilaf Italian Mixed Vegetables Minestrone Soup Mandarin Oranges	Bar B Que Roast Pork Macaroni and Cheese Sweet Potatoes Seasoned Greens Peach Pie
<b>January 19, 2009</b>	<b>January 20, 2009</b>	<b>January 21, 2009</b>	<b>January 22, 2009</b>	<b>January 23, 2009</b>
Closed for Martin Luther King Birthday	Bar B Que Chicken Macaroni and Cheese Green Peas Coleslaw Banana	Breaded Pork Cutlet Rice Pilaf Green Beans Vegetable Soup	Spaghetti with Meat Sauce Mixed Vegetables Cucumbers Fruit Cocktail	Sliced Turkey Mashed Potatoes Broccoli Cottage Cheese and Pears Mandarin Oranges
<b>January 26, 2009</b>	<b>January 27, 2009</b>	<b>January 28, 2009</b>	<b>January 29, 2009</b>	<b>January 30, 2009</b>
Chicken Parmesan Rotini Italian Green Beans Tossed Salad Chocolate Pudding	Stuffed Green Peppers 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 Sliced Apple Rings Fruit Yogurt

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

**Senior Citizen Center**  
439 Bohland  
Bellwood, Illinois 60104

**OARS Center**  
712 Elm  
LaGrange, Illinois 60525

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Soak for 30 minutes in one quart warm water with one tablespoon enzyme presoak products. If color stain remains, launder in chlorine bleach if safe for the fabric, or in oxygen bleach.

*Pumpkin*

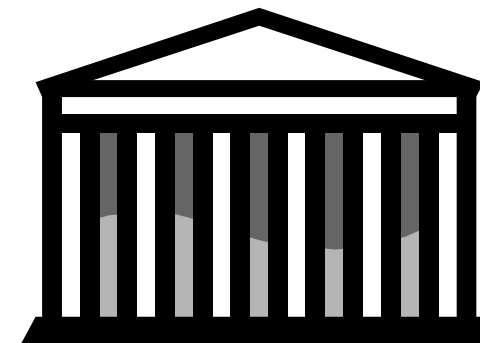
Using the hottest water safe for the fabric, clean the item with detergent. Avoid using natural soap since it could make the stain harder to remove.

*Black walnut hulls*

Sponge the stain with water. Apply a few drops of dishwashing detergent in water and add a few drops of white vinegar. Cover with paper toweling dampened with detergent solution and vinegar. Let stand for five minutes.

If fabric is strong enough, tamp with brush or spoon. Flush with water. Repeat until no more stain is removed. Bleach to remove final traces of stain. Apply bleach solution --- one teaspoon of bleach and one tablespoon of water --- by drops. *Do not use* chlorine solutions on wool, spandex or silk. Apply only for two minutes.

Flush with water after each bleach application. Apply vinegar solution (two-thirds cup of water to one-third cup white vinegar) to remove excess chlorine; then flush with water.



**Village Days**

**W**est Suburban Senior Services is hosting a series of *Village Days* this month at the Senior Citizen Center in Bellwood and at OARS Center. Seniors (age 60 and older) are invited to enjoy lunch and activities, and to learn more about available programs and services. Activities begin at 10:30 am; lunch is served at 11:30 am. Reservations are required by 12:00 noon on the day before seniors plan to eat. Additional information is available from the Senior Center Director.

*Senior Citizen Center*  
439 Bohland Avenue  
Bellwood

*Bellwood Senior Day, January 15<sup>th</sup>*  
*Berkeley Senior Day, January 16<sup>th</sup>*  
*Broadview Senior Day, January 30<sup>th</sup>*

*OARS Center*  
712 East Elm Street  
LaGrange

*LaGrange Senior Day, January 9<sup>th</sup>*  
*Westchester Senior Day, January 15<sup>th</sup>*  
*Brookfield Senior Day, January 20<sup>th</sup>*  
*Southwest Center on Aging Day, January 28<sup>th</sup>*

Additional *Village Days* are being planned for February.

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the Senior Citizen Center in Bellwood. There is no charge for this activity.

**Breakfast Bingo** This session of party bingo is scheduled January 16<sup>th</sup>, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The \$2.00 cost includes a French toast and sausage meal and the bingo. Reservations are required by 12:00 noon on January 14<sup>th</sup>, and a minimum registration is required for this activity to take place.

**Chair Exercises** This program takes place every Wednesday at OARS Center from 10:00 am to 10:30 am. There is no charge.

**Debt Management** This program is scheduled January 22<sup>nd</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. It is being presented by the State Treasurer's staff.

**Dr. Martin Luther King, Jr. Day Observances** West Town Museum of Cultural History is the program presenter January 12<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. The observance at OARS Center is scheduled for January 16<sup>th</sup>, 10:00 am to 11:00 am.

**Everything Sweet Bingo** This special party bingo is scheduled January 26<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood, and January 13<sup>th</sup>, 10:00 am to 11:00 am, at OARS Center. Cost is \$1.00.

**Exercise Class – Audio Tape** This class is an enjoyable way to increase strength, build endurance and improve movement. The class is held Monday through Friday, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood.

**Gift Shop** West Suburban Senior Services' Gift Shop offers a variety of handmade craft items, baby gifts and seasonal decorations at a reason-

able 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.

**Grief Support Group** West Suburban Senior Services invites seniors to join a new grief support group at the Senior Citizen Center in Bellwood. This month's meeting is January 5<sup>th</sup> from 2:00 pm to 3:00 pm.

**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 13<sup>th</sup> and January 27<sup>th</sup> at 10:30 am. Appointments are required.

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

**Line Dancing** Seniors are invited to participate in this enjoyable form of exercise Fridays at the Senior Citizen Center in Bellwood between 9:30 am and 10:30 am. There is no charge.

**Lunch Reservations** Our two nutrition sites offer seniors an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are nutritious, delicious and contain 1/3 of RDA for seniors. Both nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.75. Transportation to the Senior Citizen Center in Bellwood and to the OARS Center can be arranged.

**Meditation and Centering Class** Basic meditation and relaxation techniques are the focus of this

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- Honk if you love peace and quiet.
- If you think nobody cares, try missing a couple of payments.
- On the other hand, you have different fingers.
- Ever stop to think and forget to start again?
- 42.7 percent of all statistics are made up on the spot.

### Last Chance for a Flu Shot

**W**est Suburban Senior Services is hosting its final flu shot clinic of this season January 17<sup>th</sup> at the Senior Citizen Center in Bellwood. There is no charge for the inoculation, but appointments are required. Seniors wanting the flu shot must be healthy and must not have had a respiratory infection or the flu at least two weeks prior to receiving the flu shot.

### Smart Food Choices When You're on the Go

**H**ere are some tips to help you make smart food choices and watch portion sizes wherever you are:

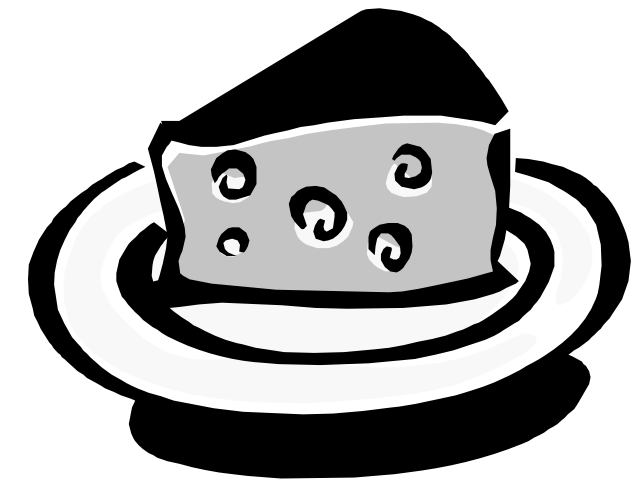
When eating out, try a sandwich on whole-grain bread, and choose low-fat/fat free milk, water or other drinks without added sugars. In a restaurant, opt for steamed, grilled or broiled dishes instead of those that are fried or sautéed. At the store, plan ahead by buying a variety of nutrient-rich foods for meals and snacks throughout the week.

### Stain Solutions

**U**niversity of Illinois Extension offers these suggestions to remove common stains:

*Gravy, tomato sauce, pizza, chocolate cake and salad dressing*

Saturate area with pretreatment laundry stain remover (aerosol types work better on greasy stains). Wait one minute for product to penetrate the stain. For stubborn stains, rub with heavy-duty liquid detergent. Launder immediately. If color stain remains, soak/wash in chlorine bleach if safe for fabric, or in oxygen bleach. For extra heavy stains, apply dry cleaning solvent to back of the stain over absorbent paper towels. Let dry and rinse. Proceed as above.



*Cranberries, cider and apples*

Soak for 15 minutes in mixture of one quart lukewarm water, one-half teaspoon liquid hand washing detergent and one tablespoon white vinegar. Rinse. Sponge with rubbing alcohol, using light motions from center to edge of stain.

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**Pie A la Mode**  
12:15 pm  
January 8<sup>th</sup>  
Bellwood & OARS

**Podiatry Clinic**  
9:00 am  
Thursdays  
Bellwood

**Pokeno Blow-outs**  
12:15 pm  
January 2<sup>nd</sup> & January  
23<sup>rd</sup>  
Bellwood

**Resiliency: Bouncing  
Back from Adversity**  
10:30 am  
January 8<sup>th</sup>  
Bellwood

**Robber Bingo**  
10:15 am  
January 21<sup>st</sup>  
Bellwood

**Sleep Disorders &  
Seniors**  
10:00 am  
January 9<sup>th</sup>  
OARS

**Spanish Club**  
11:00 am  
January 9<sup>th</sup> & January  
23<sup>rd</sup>  
Bellwood

**Take Charge of Your  
Health**  
10:00 am  
January 6<sup>th</sup>, January  
13<sup>th</sup>, January 20<sup>th</sup> &  
January 27<sup>th</sup>  
Bellwood

**Tea and Pastry Days**  
10:00 am  
Wednesdays  
Bellwood

**Water Reclamation  
District**  
10:00 am  
January 23<sup>rd</sup>  
OARS

**Winter Dessert  
Delights**  
12:15 pm  
January 29<sup>th</sup>  
Bellwood

January 30<sup>th</sup>  
12:15 pm  
OARS

**Winterfest**  
10:30 am  
January 29<sup>th</sup>  
Bellwood  
10:00 am  
January 30<sup>th</sup>  
OARS

# 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 14<sup>th</sup>, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood and 11:00 am to 11:30 am at OARS Center.

**Art Class** The Senior Citizen Center in Bellwood offers seniors a chance to work in various media such as water colors, acrylics, pastels and oils, and to receive instruction in basic drawing. Classes take place every Tuesday at 9:00 am. There is a fee for enrollment.



**Arthritis Foundation Exercise Class** West Suburban Senior Services is again pleased to host this class. This month's sessions are January 5<sup>th</sup>,

January 12<sup>th</sup> and January 26<sup>th</sup>, 10:00 am to 11:00 am, at OARS Center.

**Artificial Limbs** Bardach-Schoene Company, Inc., is the program presenter January 26<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Lunch follows at 11:30 am for the suggested donation of \$1.75.

**Banana Splits** For \$1.00, seniors may enjoy this dessert January 15<sup>th</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center.

**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 January 5<sup>th</sup> at the Senior Citizen Center in Bellwood, and January 6<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 cost includes prizes and refreshments.

**Black Cows (Root Beer Floats)** This old-fashioned ice cream creation is being served January 22<sup>nd</sup>, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center. Cost is \$1.00.

**Brain Games** Seniors are invited to learn fun ways to improve their memory. Sessions are scheduled from 12:15 pm to 1:00 pm on January 7<sup>th</sup>, January 14<sup>th</sup>, January 21<sup>st</sup> and January 28<sup>th</sup> at

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- The most recent nationwide survey of adult day centers confirmed over 3,400 centers operating in the United States providing care for 150,000 care recipients each day.
- Nearly 78 percent of adult day centers are operated on a nonprofit or public basis and the remaining 22 percent are for profit.
- 70 percent of adult day centers are affiliated with larger organizations such as home care, skilled nursing facilities, medical centers, or multi-purpose senior organizations.
- The average age of the adult day center care recipient is 72, and two-thirds of all adult day center care recipients are women.
- Fifty-two percent of the adult day center care recipients using adult day services centers nationwide have some cognitive impairment.
- Daily fees for adult day services vary depend-

ing upon the services provided. The national average rate for adult day centers is \$61 per day which includes 8-10 hours on average compared to an average rate for home health aides of \$19 per hour.

- Funding for adult day services comes from fees for service and third party payers, as well as public and philanthropic sources.

The average capacity of adult day centers is 40. The average adult day center care recipient to staff ratio is 6:1. West Suburban Senior Services Adult Day Health Care program has operated continuously since 1984 celebrating 25 years of service in 2009. For more information about this service, contact Brooke McMillin, ADHC Director (brooke@wsseniors.org) or at (708) 547-5600.

Reprinted from the  
National Adult Day Services association website.