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Center in Bellwood, and February 19<sup>th</sup>, 12:30 pm to 1:30 pm, at the congregate site in Hodgkins. University of Illinois Extension is the presenter.

**Understanding Food Labels** Healthy food selection is a key to good health, and seniors are encouraged to participate this program January 11<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and January 15<sup>th</sup>, 12:30 pm to 1:30 pm, at the congregate site in Hodgkins. University of Illinois Extension is the program presenter.

**Wii Bowling** This computerized recreation is being offered every Tuesday, 9:30 am to 10:30 am and 12:30 pm to 1:30 pm, and every Wednesday, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Reservations are required.

**Winter Auction** A good bargain can make the winter more tolerable, and West Suburban Sen-

ior Services is hosting a bargain auction January 19<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and January 29<sup>th</sup>, 12:30 pm to 1:30 pm, at the congregate meal site in Hodgkins. Sale donations (no clothing, please) are welcome, and may be brought to the agency January 14<sup>th</sup> and January 15<sup>th</sup> between 10:00 am and 2:00 pm, or to the site on the day of the auction.

**Winterfest** Pokeno, bingo and other games highlight this activity January 11<sup>th</sup>, 12:30 pm to 3:00 pm, at the Senior Citizen Center in Bellwood. Cost is \$2.00, and minimum registration is required.

**Yoga Class** This free class is offered Monday, Wednesday and Friday, 9:00 am to 10:00 am, at the Senior Citizen Center in Bellwood. Participants learn basic movement and relaxation techniques that can improve health, body and mind. New students are welcome.

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.*

*The Hodgkin's Meal Site is located at 9301 63<sup>rd</sup> in Hodgkins.*

The River Park, Senior Center and OARS Center operate between 8:00 am and 4:30 pm.

The Hodgkin's Meal Site operates from 11:00 am to 2:30 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.

## Be Counted in 2010!

**W**est Suburban Senior Services is partnering with the U.S. Census Bureau to remind seniors about the importance of the census and the effect census numbers have on their communities. Every year, the federal government can allocate more than \$300 billion to states and communities based, in part, on census data. Also, census data affect school budgets, including college tuition grant and loan programs. In addition, community planners use census data to determine where to build new schools, develop public transportation and create new roads. Lastly, census data can affect Illinois' voice in Congress as well as the re-districting of state legislatures, county and city councils, and voting districts.

Census questionnaires will be delivered to or mailed to households in March. The form is one of the shortest questionnaires in history, with only ten questions and an expected completion time of ten minutes. Additional census information is being shared in future editions of *The Senior Chronicle*.

## Family Caregiver Specialist Services

**W**est Suburban Senior Services recognizes that unpaid family caregivers provide the majority of care in the United States. Caregivers help their spouses, parents or other relatives or friends with personal care such as bathing and dressing, chores like cooking and cleaning, transportation and financial management.

For many caregivers, especially those caring for a loved one with dementia, caregiving can be emotionally and physically stressful. West Suburban Senior Services' Caregiver Specialist provides support and services designed to relieve caregiver stress. The following services are available to family caregivers:

*Caregiver Respite* – The purpose of caregiver respite is to provide short-term relief from caregiver duties. Respite service is provided in-home, at an adult day care center or out of home.

*Information, educational and support programs* – dates to be announced. The topics covered include General Caregiving Skills, Home Safety, Assisting with Personal Care, and Legal and Financial Issues.

*One to one support and assistance* - in person or over the phone for problem-solving around issues

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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 37<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. Jann Beauchamp, Treasurer

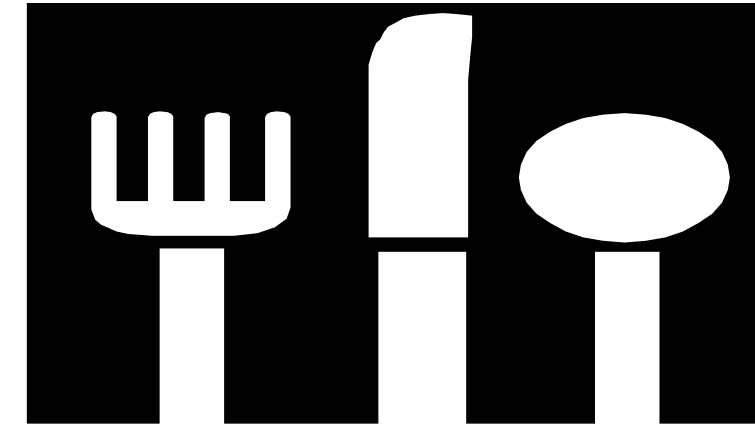
#### Directors

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

#### Honorary Directors

Mrs. Lois Albers  
Commissioner Anthony Peraica

## Be Sure to Visit Our New Senior Lunch Site Opening January 4th



**Salerno Pincente Ristorante**  
**9301 West 63<sup>rd</sup> Street in Hodgkins**

**Seniors age 60 and older may enjoy lunch between 11:30 am and 12:30 pm Monday through Friday for the suggested donation of \$2.00. Reservations are needed by noon on the business day before seniors plan to eat and may be made by calling (708) 547-5600.**

**The site is operated in a partnership between the Village of Hodgkins and West Suburban Senior Services.**

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**Circuit Breaker Update for 2010** Changes in Circuit Breaker eligibility are being explained January 7<sup>th</sup>, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The program is being repeated in Spanish January 8<sup>th</sup>, 12:15 pm to 12:45 pm, at the Senior Citizen Center. Following the programs, qualified seniors may receive help filing for benefits.

**Dessert Days** For \$1.00, seniors may enjoy these tasty treats at the Senior Citizen Center in Bellwood: January 7<sup>th</sup>, cheesecake; January 14<sup>th</sup>, chocolate bomb sundaes; January 21<sup>st</sup>, cream pie; and January 28<sup>th</sup>, cream cake. Serving time is 12:15 pm to 12:30 pm.

**English As a Second Language Class** This class meets January 4<sup>th</sup>, January 11<sup>th</sup> and January 25<sup>th</sup> from 10:00 am to 11:00 am at the Senior Citizen Center in Bellwood. There is no fee.

**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 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.

**Grief Support Group** West Suburban Senior Services invites seniors to join an ongoing grief support group at the Senior Citizen Center in Bellwood. This month's meeting is January 4<sup>th</sup> from 1:00 pm to 3:00 pm.

**Hat Day** January 15<sup>th</sup> is *National Hat Day*, and West Suburban Senior Services is marking the event with a contest to select the most uniquely decorated hat. Judging takes place in two categories: hats which seniors decorate and hats that are already decorated when purchased. Judging takes place at 12:30 pm at both the Senior Citizen Center in Bellwood and at the Hodgkins congregate site. Prizes are being awarded.

**Indoor Air Quality** University of Illinois Extension is sharing information for improving the air quality in seniors' homes. Discussion centers on the identification and prevention of air quality problems, and the necessary solutions for correcting them. This program is being given January 20<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and 12:30 pm to 1:30 pm, at the Hodgkins location.

**Internet Café** West Suburban Senior Services is hosting basic computer classes Mondays and Wednesdays, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. There is no charge. The Wednesday class is taught in Spanish.

**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.

**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.

**Living with Diabetes** University of Illinois Extension is presenting this program January 25<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and January 22<sup>nd</sup>, 12:30 pm to 1:30 pm, at the Hodgkins site. Discussion focuses on meal planning.

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**Living with Diabetes**  
10:30 am  
January 25<sup>th</sup>  
Bellwood

12:30 pm  
January 22<sup>nd</sup>  
Hodgkins

**Luncheon**  
11:30 am  
Weekdays  
Bellwood & Hodgkins

**Meal Planning Made Easy**  
12:30 pm  
January 8<sup>th</sup>  
Hodgkins

**Meditation & Centering Class**  
12:15 pm  
January 8<sup>th</sup> & January 22<sup>nd</sup>  
Bellwood

**Movie Days**  
12:15 pm  
January 5<sup>th</sup>, January 12<sup>th</sup>,  
January 19<sup>th</sup> & January 26<sup>th</sup>  
Bellwood

**Mystery Reading Club**  
9:30 am  
January 5<sup>th</sup>  
Bellwood

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

**Pokeno Parties**  
10:30 am  
January 8<sup>th</sup>, January 15<sup>th</sup> &  
January 27<sup>th</sup>  
Bellwood

12:30 pm  
January 12<sup>th</sup>, January 19<sup>th</sup> & January  
26<sup>th</sup>  
Hodgkins

**Properly Disposing of  
Pharmaceuticals**  
12:30 pm  
January 27<sup>th</sup>  
Hodgkins

**Remembering Dr. Martin  
Luther King, Jr.**  
10:30 am  
January 12<sup>th</sup>  
Bellwood

12:30 pm  
January 11<sup>th</sup>  
Hodgkins

**Robber Bingo**  
10:30 am  
January 6<sup>th</sup>  
Bellwood

**Sing-Out**  
10:30 am  
January 5<sup>th</sup>  
Bellwood

12:30 pm  
January 25<sup>th</sup>  
Hodgkins

**Spanish Club**  
11:00 am  
January 8<sup>th</sup> & January 22<sup>nd</sup>  
Bellwood

**Stepper Dance Class**  
10:30 am  
Thursdays  
Bellwood

**Thinking Green with  
Everyday Activities**  
10:30 am  
February 4<sup>th</sup>  
Bellwood

12:30 pm  
February 19<sup>th</sup>  
Hodgkins

**Understanding Food Labels**  
10:30 am  
January 11<sup>th</sup>  
Bellwood

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

**Wii Bowling**  
9:30 am & 12:30 pm  
Tuesdays  
Bellwood

9:30 am  
Wednesdays  
Bellwood

**Winter Auction**  
10:30 am  
January 19<sup>th</sup>  
Bellwood

12:30 pm  
January 29<sup>th</sup>  
Hodgkins

**Winterfest**  
2:30 pm  
January 11<sup>th</sup>  
Bellwood

**Yoga Class**  
Monday, Wednesday & Friday  
9:00 am  
Bellwood

**Briefly Stated**

**Advisory Council**

10:00 am  
January 13<sup>th</sup>  
Bellwood

11:00 am  
January 13<sup>th</sup>  
Hodgkins

**Art Class**

9:00 am  
Tuesdays  
Bellwood

**Bean Bag Competition**

12:15 pm  
January 5<sup>th</sup>, January 12<sup>th</sup>, January  
19<sup>th</sup> & January 26<sup>th</sup>  
Bellwood

**Beat the Blahs Party**

10:00 am  
January 26<sup>th</sup>  
Bellwood

**Bingo**

12:15 pm  
Thursdays  
Bellwood

12:30 pm

Thursdays  
Hodgkins

**Bingo Bonanza**

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

12:30 pm

January 5<sup>th</sup>  
Hodgkins

**Brain Games**

12:15 pm  
January 6<sup>th</sup>, January 13<sup>th</sup>, January  
20<sup>th</sup> & January 27<sup>th</sup>  
Bellwood

**Breakfast Bingo**

9:30 am  
January 29<sup>th</sup>  
Bellwood

**Caregiver Support Group**

2:00 pm  
January 6<sup>th</sup> and January 20<sup>th</sup>  
Bellwood

**Chair Yoga Class**

9:00 am  
January 7<sup>th</sup>, January 14<sup>th</sup>, January  
21<sup>st</sup> & January 28<sup>th</sup>  
Bellwood

**Chicken Fest & Party Bingo**

4:30 pm  
January 22<sup>nd</sup>  
Bellwood

**Circuit Breaker Update for 2010**

10:30 am  
January 7<sup>th</sup>  
Bellwood

12:15 pm (Spanish)

January 8<sup>th</sup>  
Bellwood

**Concord Place Party Bingo**

1:00 pm  
January 25<sup>th</sup>  
Northlake

**Dessert Days**

12:15 pm  
January 7<sup>th</sup>, January 14<sup>th</sup>, January  
21<sup>st</sup> & January 28<sup>th</sup>  
Bellwood

**English as a Second**

**Language Class**  
10:00 am  
January 4<sup>th</sup>, January 11<sup>th</sup> &  
January 25<sup>th</sup>  
Bellwood

**Exercise Class**

10:00 am  
Weekdays  
Bellwood

**Gift Shop**

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

**Grief Support Group**

1:00 pm  
January 4<sup>th</sup>  
Bellwood

**Haircuts**

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

**Hat Day**

12:15 pm  
January 15<sup>th</sup>  
Bellwood & Hodgkins

**Indoor Air Quality**

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

12:30 pm

January 20<sup>th</sup>  
Hodgkins

**Internet Café**

10:00 am  
Mondays & Wednesdays  
Bellwood

**Legal Assistance**

By Appointment  
Bellwood

**Line Dancing**

9:30 am  
Fridays  
Bellwood

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sure, guardianship.

□ Would it be helpful to have a Social Security representative on site monthly to answer questions about Medicare?

□ Would it be helpful to have a representative of the Illinois Department of Veterans Affairs on site quarterly?

□ Would it be helpful to have a representative of the Department of Human Services on site twice a month to answer questions regarding Medicaid and other assistance programs, and to provide help filing for those benefits?

□ Would you find it helpful to have programs about foreclosure assistance? Managing and eliminating debt? renters' rights and eviction?

*Recreational and Educational*

□ Would you participate in the following Senior Center activities (a) day trips at a \$25 to \$30 price range (b) overnight trips at a \$100 to \$200 price range (c) weeklong "medical school" where doctors address issues of concern to seniors (d) craft classes, sewing, knitting, or crocheting, (e) cooking classes, ethnic, diabetic, heart healthy (f) music (g) drama (h) weeklong law enforcement academy that promotes senior safety or (i) weekend activities such as bingo, dance, dinner party.

**Hispanic Family Health Fair**

**W**est Suburban Senior Services and Proviso Township are co-sponsoring their *Fourth Annual Hispanic Family Health Fair* April 10<sup>th</sup>, 9:00 am to 1:00 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*.

**Illinois State Budget Threatens to Cut Senior Support Services**

**T**he State of Illinois is behind in state payments that exceed hundreds of millions of dollars. These state payments are past due for months. Organizations such as West Suburban Senior Services have not been paid since July 2009. In addition service cuts are being sent out to organizations such as ours that will reduce help that frail older adults need to remain in their homes and in their community.

Thousands of elderly depend on the Illinois Department on Aging Community Care Program. For senior citizens who would otherwise need nursing home levels of care, case managers determine eligibility which allows them to remain in their own home with services such as adult day-care, homemaker, and the emergency home response system. These services cost the state less than sending senior citizens to nursing homes. Case Managers offer community options to every senior considering entering a nursing home. Case Managers assist the older adults to address

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their needs for in home care as well as shopping, medication, meals, caregiver help, transportation, legal and financial assistance. Senior citizens are connected with all available services including coordinating care management.

Senior citizens need to voice their need for continued services. Call the governor’s office at 1-888-616-3322 to restore state payments and keep funds to assist seniors citizens and their families.

### Laughter is the Best Medicine

- Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh.
- Laughter is good for your health:
- Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to forty-five minutes after.
- Laughter boosts the immune system. Laughter decreases stress hormones. Laughter increases immune cells and infection-fighting antibodies. This improves your resistance to disease.
- Laughter triggers the release of endorphins, the body’s natural feel-good chemical. Endorphins promote an overall sense of well-being and can temporarily relieve pain.
- Laughter protects the heart. Laughter promotes the function of blood vessels and increases blood flow, which can help protect against a heart attack and other cardiovascular problems.

- Best of all this priceless medicine is fun, free, and easy to use.

### Quotes About Age

“Age is strictly a case of mind over matter. If you don’t mind, it doesn’t matter.” Jack Benny

“Old age isn’t so bad when you consider the alternative.” Maurice Chevalier

“It is not the years in your life, but the life in your years that count.” Adlai Stevenson

“Old age is like everything else. To make a success of it, you’ve got to start young.” Fred Astaire

“Age is something that doesn’t matter, unless you are a cheese.” Billie Burke

“You’re only young once, but you can be immature forever.” John Greier

“Youth is the gift of nature, but age is a work of art.” Garson Kanin

“If I knew I was going to live this long, I would have taken better care of myself.” Eubie Blake

“I am not young enough to know everything.” Oscar Wilde

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such as stress-management and links to other financial, equipment and supplies and transportation resources.

*Gap-filling* – a program to help caregivers obtain durable medical equipment or supplies not covered by Medicare or Medicaid.

*Caregiver support groups* – share your story with someone who really understands the joys and sorrows of caregiving – another caregiver. Groups meet the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month at 2pm and focus on maintaining emotional health and stress reduction through peer support and story-telling.

For more information, please call Michelle Bonadies, MSW at 708-547-5600 extension 401, or Valerie Winterfeldt, MSW at 708-547-5600 extension 408.

### Circuit Breaker Update for 2010

**W**est Suburban Senior Services is hosting two workshops at the Senior Citizen Center to update seniors about Circuit Breaker changes in the coming year. One is scheduled January 7<sup>th</sup>, 10:30 am to 11:00 am; the Spanish presentation is scheduled for January 8<sup>th</sup>, 12:15 pm to 12:45 pm. Seniors may also receive assistance to file claims.

### Help Us to Serve You Better

**I**n its ongoing effort to provide seniors with the assistance they need, West Suburban Senior Services is seeking your input for expanding existing Senior Center services and possibly implementing new ones. Please take a few minutes to look over the following survey and then share your ideas with us. For

your convenience, you may phone in your comments to an agency volunteer Monday through Friday between 10:00 am and 1:00 pm, or you may return the survey by mail to 439 Bohland Avenue, Bellwood 60104. You do not have to disclose your name.

#### Health and Nutrition

- Would you use a weekly clinic for blood pressure and glucose checks, and other complimentary screenings such as hearing and dental?
- Would you participate in a weekend (Saturday) lunch program at the Senior Citizen Center? At a satellite community location such as a senior housing complex.
- Would you donate non-perishable foods, toiletries and other shelf stable items to a food pantry for income-qualified seniors in need? Do you need this service?
- Would you donate “gently used” clothing on a regular basis for distribution to seniors in need?
- Would you use the services of the agency’s Healthy Aging Counselor if they were offered in your church or senior housing complex, or at your senior club?
- Would you participate in CPR and/or first aid classes?

#### Legal and Financial

- Would you use legal services if they were provided on site monthly?
- If so, what types of legal services do you need. Living wills, trusts, power of attorney, foreclo-

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**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 require advance reservations. Suggested contribution for meals is \$2.00. Transportation to the Senior Citizen Center in Bellwood and to the Hodgkins meal site can be arranged.

**Meal Planning Made Easy** University of Illinois Extension is sharing this helpful information January 8<sup>th</sup>, 12:30 pm to 1:30 pm, at the Hodgkins meal site.

**Meditation and Centering Class** Basic meditation and relaxation techniques are the focus of this class January 8<sup>th</sup> and January 22<sup>nd</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

**Movie Days** Seniors may enjoy a complimentary movie and refreshments at the Senior Citizen Center in Bellwood. Show time is 12:15 pm. This month's selections are *Funny People* on January 5<sup>th</sup>, *American Violet* on January 12<sup>th</sup>, *The Taking of Phelman 123* on January 19<sup>th</sup> and *Angels and Demons* on January 26<sup>th</sup>.

**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 5<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.

**Podiatry Clinic** Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday and through pre-arranged home visits. Podiatry

services include routine foot and nail care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

**Pokeno Parties** This game is scheduled January 8<sup>th</sup>, January 15<sup>th</sup> and January 27<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. At the Hodgkins site, Pokeno is being played January 12<sup>th</sup> and January 26<sup>th</sup>, 12:30 pm to 1:30 pm. The \$1.00 cost includes prizes and refreshments.

**Properly Disposing of Pharmaceuticals** Water Reclamation District of Greater Chicago is presenting this program January 27<sup>th</sup>, 12:30 pm to 1:30 pm, at the congregate meal site in Hodgkins.

**Remembering Dr. Martin Luther King, Jr.** A program commemorating the life and legacy of this civil rights leader is planned January 12<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and January 12<sup>th</sup>, 12:30 pm to 1:30 pm, at the congregate meal site in Hodgkins. Seniors are encouraged to share their memories and experiences.

**Robber Bingo** This special form of party bingo encourages friendly competition and a lot of fun. It is scheduled January 6<sup>th</sup>, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. Cost is 50 cents.

**Spanish Club** This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting January 8<sup>th</sup> and January 22<sup>nd</sup>, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

**Thinking Green with Everyday Activities** Participants learn about simple solutions they can implement in everyday activities to help improve the environment. This program is scheduled February 4<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen

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# Briefly Noted

**Advisory Council Meeting** Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities during this month's meeting of the Advisory Council. The council is composed of senior and community representatives, and agency and catering staff. The Advisory Council is meeting January 13<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 the Hodgkins' site located in Salerno Pincente Ristorante.

**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.

**Bean Bag Competition** For seniors who enjoy friendly competition, this is the perfect activity. Points are tallied throughout the month, with a winner crowned on January 29<sup>th</sup>. Bean bag toss is scheduled every Tuesday, 12:15 pm to 1:00 pm, at the Senior Citizen Center in Bellwood.

**Beat the Blahs Party** Dancing, a sing-out and games are featured at this event January 26<sup>th</sup>, 10:00 am to 11:15 am, at the Senior Citizen Center in Bellwood. In addition, diners are being served in an elegant dining room setting. Reservations are required by 12:00 noon on January 25<sup>th</sup>. Suggested meal donation is \$2.00.

**Bingo Bonanza** A double session of party bingo is planned January 4<sup>th</sup>, 10:15 am to 1:15 pm, at the Senior Citizen Center in Bellwood and January 5<sup>th</sup>, 12:30 pm to 2:00 pm, at the congregate

meal site in Hodgkins. The \$1.00 cost includes prizes. Lunch is served at both locations at 11:30 am for the suggested donation of \$2.00.

**Brain Games** Seniors are invited to learn fun ways to improve their memory. Sessions are scheduled every Wednesday from 12:15 pm to 1:00 pm at the Senior Citizen Center in Bellwood. There is no charge for this activity.

**Breakfast Bingo** French toast and sausage, and party bingo are featured at this activity January 29<sup>th</sup>, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. Cost for all is \$2.00, and a minimum registration is required by January 26<sup>th</sup>.

**Caregiver Support Group** West Suburban Senior Services offers this service to assist caregivers of older adults. Caregivers learn ways to cope with the demands of caring for an elderly relative and build relationships with those who are having similar experiences. The group meets January 6<sup>th</sup> and January 20<sup>th</sup> from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

**Chair Yoga Class** This activity is scheduled January 7<sup>th</sup>, January 14<sup>th</sup>, January 21<sup>st</sup> and January 28<sup>th</sup>, 9:00 am to 10:00 am, at the Senior Citizen Center in Bellwood. New students are welcome.

**Chicken Fest & Party Bingo** This activity is scheduled at the Senior Citizen Center in Bellwood January 22<sup>nd</sup> from 4:30 pm to 6:00 pm. The \$5.00 fee includes the meal and bingo. Reservations are required by January 25<sup>th</sup>.

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