

(Continued from page eleven)

### Taking Time for Yourself

**W**est Suburban Senior Services is hosting a morning of relaxation for senior citizens June 28<sup>th</sup>, 10:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood. The agenda includes senior skin and hair care, relaxation techniques and a special lunch. In addition, one participant is being treated to a new hairstyle by the agency's stylist. Reservations are due by June 13<sup>th</sup>, and the winner of the make-over will be notified on June 14<sup>th</sup>.

### West Suburban Senior Services Hosts Summer Food Tasting Events

**S**enior citizens age 60 and older are invited to taste parties this summer at the agency's two nutrition sites. A *Taste of Salernos* is scheduled June 24<sup>th</sup> from 11:30 am to 12:30 pm. On that day, diners will sample sweet and sour chicken, and barbecued ribs as the lunch entree. The entrée is served with rice, mixed vegetables, cottage cheese and pears, cranberry juice, and milk and coffee. Suggested meal donation is \$2.00, and reservations are required by 12:00 noon on June 23<sup>rd</sup>.

A *Taste of Italy* is being planned during July at the Senior Citizen Center in Bellwood. Diners will sample Italian beef and sausage as the lunch entrée. Additional information is being included in next month's newsletter.

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.

# The Senior Chronicle



West Suburban Senior Services

(708) 547-5600

Hodgkins Meal Site 9301 63rd Hodgkins, Illinois 60525  
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

### Club Latino Program

**M**iguel Herrera, Deputy Chief of the Bellwood Police Department, is speaking to members of West Suburban Senior Services' Club Latino Friday, June 3<sup>rd</sup>, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. Gang activity, drugs and personal safety are among the topics being discussed. The program is being presented in Spanish. Lunch follows at 11:30 am for the suggested donation of \$2.00. Meal reservations are required by 12:00 noon on June 2<sup>nd</sup>.

### Exercise

**T**here are four types of exercise. The four areas are (a) flexibility (b) strength (c) endurance, and (d) balance.

*Flexibility.* Stretching is a great way to improve flexibility but never force the body into an uncomfortable position when stretching. Avoid jerky movements that may cause strains. Do not try to stretch too fast or too far. Start off slow.

*Strength.* Before starting an exercise program it is important to check to see if it okay with the doctor. Lift plastic half gallon containers that are filled with sand. Basic calisthenics will improve muscular strength.

*Endurance* Activities such as biking, walking, jogging or swimming will increase endurance. Do activities at least three times a week.

*Balance.* Stand on one foot for a few seconds at a time. Hold onto furniture if needed. When exercising make sure one has plenty of fluids. Remember it is better to start off slow and make steady progress rather than to rush the body too quickly. Think safety.

### Health Risks that Occur in the Summer

**L**ong-term heat exposure can cause multiple illnesses or symptoms, such as:

*Heat Exhaustion* Heat exhaustion is not measured by how much physical activity is undertaken, but rather the struggle for the body to maintain a stable temperature. When the body can no longer cool itself, the person will begin to feel thirsty, dizzy, weak and nauseated.

*Heat Edema* Edema happens when the body retains water. Ankles and feet swell when the temperature gets hot.

*Heat Cramps* Painful tightening of muscle in the stomach area, arms, or legs. Cramps can result from hard work or exercise.

(Continued on page five)

## 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. Lela Grimble, Vice President  
Mr. Arthur Grapenthein, Vice President  
Mr. Robert A. Jones, Treasurer  
Mr. Ted Griffin, Secretary

### Directors

Mrs. Janice Carter  
Mrs. Mary Conti  
Mrs. Kathleen Contuchio  
Mr. Luigi Mazzei  
Mrs. Debbie Nowader  
Ms. Tywana Rand  
Honorable Donald Sloan  
Dr. Robert Strnad, MD  
Ms. Catherine Swan  
Mrs. Jimmi Wooten

### Honorary Directors

Mrs. Jann Beauchamp

(Continued from page five)

11:15 am, en el Centro de la Tercera Edad en Bellwood. La actividad de pandillas, las drogas y la seguridad personal son algunos de los temas que se discutirán. El programa se presenta en español. Almuerzo siguiente a las 11:30 am para la donación sugerida de \$ 2.00. Reservas de comida son necesarios antes de las 12:00 del mediodía del 2 de junio.

## Senior Center Reunion

**W**est Suburban Senior Services is hosting its annual Senior Center reunion June 23<sup>rd</sup> in Bellwood. This is an opportunity for senior citizens who have moved out of the area and for those who have not been able to visit the Senior Center for other reasons to reunite with friends. First-time visitors are also welcome. Activities begin with a dance party from 10:00 am to 10:45 am. Eddie Lopez entertains from 11:00 am to 12:00 noon. A chicken lunch is served from 11:30 am to 12:15 pm. Events conclude with candy sundaes and party bingo at 12:15 pm. Cost for all is \$3.00; suggested donation for lunch only is \$2.00. Reservations are required by 12:00 noon on June 21<sup>st</sup>.

## Signs That a Senior Citizen May Need Assistance

**H**ere are signs that a senior citizen may be in need of some help. This list is not inclusive and should be individualized for the senior citizens. Also, ask and look. Spend some time and look around and ask questions.

- Check the refrigerator, freezer and drawers. Has food spoiled and is still in the refrigerator? Is the refrigerator clean or cluttered because of difficulty to get to small tight places?
- Check the types of foods that the person is eat-

ing to ensure they have proper nutrition.

- Look on the top of furniture and countertops. Are dust and dirt signs that household tasks are becoming more difficult?
- Look at fans and ceilings. Has the inability to lift arms or climb stepstools preventing the person from cleaning soot and grime from high places?
- Look down at floors and stairways. Have shaky hands spilled drinks and food soiled vinyl, wood, carpets and walkways? Are frayed carpets, throw rugs, objects and furniture creating tripping hazards?
- Look under beds and sofas. Are there newspapers, books and magazines which can cause a potential fire hazard?
- Check the mail. Is it stacked up? Are the bills current?
- Look below bathroom and kitchen sinks. Is poor eyesight making it difficult to clean those cabinet areas?
- Check the senior citizen's appearance. Is clothing dirty and unkempt?
- Is the senior citizen watching television avoiding conversation and companionship?

Remember early intervention is the key for senior citizens to remain self-sufficient and independent in their own home.

(Continued on back cover)

(Continued from page three)

served at 9:30 am, and Pokeno is played from 10:00 am to 11:00 am. Cost for all is \$2.00, and a minimum registration is required by June 15<sup>th</sup>.

**Easy Beauty** Senior hair and skin care are the focus of this class June 6<sup>th</sup>, 12:15 pm to 1:00 pm, at the congregate meal site in Hodgkins. Sally Beauty Supply is the presenter.

**Father's Day Celebration** West Suburban Senior Services is observing Father's Day at its two nutrition sites. Door prizes, treats and surprises are included in this celebration June 16<sup>th</sup>, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood, and June 17<sup>th</sup>, 11:30 am to 12:30 pm, at the meal site in Hodgkins.

**Grandparents Raising Grandchildren Support Group** Many grandparents raising grandchildren are overwhelmed by the emotional, financial and physical strain. They are invited to join this support group to share stories with other grandparents and to learn about legal issues, community resources, advocacy, financial assistance and self-care. This support group meets the second Monday of each month between 1:00 pm and 2:00 pm at the Senior Citizen Center in Bellwood. This month's meeting is June 13<sup>th</sup>.

**Ice Cream Social and Party Bingo** Renaissance of Hillside is hosting this event June 20<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. There is no participation charge, but reservations are required by June 16<sup>th</sup>.

**Independent Energy Suppliers** Citizens Utility Board (CUB) is addressing this issue and ways to reduce utility costs during a program at the Senior Citizen in Bellwood June 29<sup>th</sup> from 10:45 am to 11:15 am. To facilitate planning, pre-registration is encouraged.

**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.

**Meditation and Centering Class** Basic meditation and relaxation techniques are the focus of this class June 10<sup>th</sup> and June 24<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

**Memory Loss: Alzheimer Disease and Dementia** Rainbow Hospice is discussing the truths and myths about memory disorders June 15<sup>th</sup>, 12:15 pm to 1:00 pm, at the Hodgkins meal site.

**Movie Days** Senior citizens are invited to watch a movie each Tuesday at the Senior Citizen Center in Bellwood. Show time is 12:30 pm. This month's selections are *Get Low* on June 7<sup>th</sup>, *How Do You Know?* on June 14<sup>th</sup>, *Why Did I Get Married, Too?* on June 21<sup>st</sup> and *The Switch* on June 28<sup>th</sup>.

**Party Bingo Days** The following dates and party bingo themes have been scheduled this month at the Senior Citizen Center in Bellwood: *All Beverages* on June 13<sup>th</sup>, *Everything Summer* on June 14<sup>th</sup> and *Bargain* on June 27<sup>th</sup>. At Hodgkins, themes are *Summertime* on June 13<sup>th</sup> and *Father's Day* on June 17<sup>th</sup>. Games at both sites begin at 12:15 pm, and there is a fee.

**Personal Safety** Cook County Sheriff's Department is presenting this program June 14<sup>th</sup>, 12:15

(Continued on page six)

**Briefly Stated**

**Advisory Council**  
10:00 am  
June 8<sup>th</sup>  
Bellwood & Hodgkins

**Bingo**  
12:15 pm  
Thursdays  
Bellwood & Hodgkins

**Bingo Blow-Out**  
10:30 am  
June 24<sup>th</sup>  
Bellwood

**Bingo Bonanza**  
10:15 am  
June 6<sup>th</sup>  
Bellwood

**Brain Games**  
12:15 pm  
June 1<sup>st</sup>, June 8<sup>th</sup>, June 15<sup>th</sup>,  
June 22<sup>nd</sup> & June 29<sup>th</sup>  
Bellwood

**Building a Better Memory for Everyday Living**  
10:30 am  
June 28<sup>th</sup>  
Bellwood

12:15 pm  
June 24<sup>th</sup>  
Hodgkins

**Caregiver Support Group**  
2:00 pm  
June 1<sup>st</sup> & June 15<sup>th</sup>  
Bellwood

**Chair Exercise**  
10:00 am  
June 3<sup>rd</sup>, June 6<sup>th</sup>, June 10<sup>th</sup>,  
June 13<sup>th</sup>, June 17<sup>th</sup>, June  
20<sup>th</sup>, June 24<sup>th</sup> & June 27<sup>th</sup>  
Hodgkins

**Classic Movie Day**  
12:30 pm  
June 10<sup>th</sup>  
Bellwood

**Colorful Lunch Series**  
11:30 am  
June 21<sup>st</sup>  
Bellwood

11:30 am  
June 10<sup>th</sup>  
Hodgkins

**Creative Writing**  
10:00 am  
June 28<sup>th</sup>  
Bellwood

**Early Bird Pokeno**  
9:30 am  
June 17<sup>th</sup>  
Bellwood

**Easy Beauty**  
12:15 pm  
June 6<sup>th</sup>  
Hodgkins

**Exercise Class**  
10:00 am  
Weekdays  
Bellwood

**Father's Day Celebration**  
11:30 am  
June 16<sup>th</sup>  
Bellwood

11:30 am  
June 17<sup>th</sup>  
Hodgkins

**Gift Shop**  
10:30 am to 1:30 pm  
Monday through Friday  
Bellwood

**Grandparents Raising Grandchildren Support Group**  
June 13<sup>th</sup>  
1:00 pm  
Bellwood

**Haircuts**  
10:30 am  
June 14<sup>th</sup> & June 28<sup>th</sup>  
Bellwood

**Ice Cream Social & Party Bingo**  
12:15 pm  
June 20<sup>th</sup>  
Bellwood

**Independent Energy Suppliers**  
10:45 am  
June 29<sup>th</sup>  
Bellwood

**Internet Café**  
9:30 am  
Mondays  
Bellwood

**Legal Assistance**  
By Appointment  
Bellwood

**Line Dancing**  
9:30 am  
Fridays  
Bellwood

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

**Mad Money Auctions**  
10:30 am  
June 27<sup>th</sup>  
Bellwood

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

**Meditation & Centering Class**  
12:15 pm  
June 10<sup>th</sup> & June 24<sup>th</sup>  
Bellwood

**Memory Loss: Alzheimer Disease & Dementia**  
12:15 pm  
June 15<sup>th</sup>  
Hodgkins

**Movie Days**  
12:30 pm  
June 7<sup>th</sup>, June 14<sup>th</sup>, June 21<sup>st</sup>  
& June 28<sup>th</sup>  
Bellwood

**Mystery Reading Club**  
9:30 am  
June 6<sup>th</sup>  
Bellwood

**Party Bingo Days**  
12:15 pm  
June 13<sup>th</sup>, June 20<sup>th</sup> & June  
27<sup>th</sup>  
Bellwood

12:15 pm  
June 13<sup>th</sup> & June 17<sup>th</sup>  
Hodgkins

**Personal Safety**  
12:15 pm  
June 14<sup>th</sup>  
Hodgkins

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

**Pokeno Parties**  
12:15 pm  
June 3<sup>rd</sup>  
Bellwood

10:00 am  
June 10<sup>th</sup>  
Bellwood

12:15 pm  
June 10<sup>th</sup>  
Hodgkins

(Continued on page ten)

(Continued from page four)

pm to 1:00 pm, at the Hodgkins meal site. Crime prevention is one of the topics being discussed.

**Pokeno Parties** This game is scheduled June 3<sup>rd</sup>, 12:15 pm to 1:15 pm, and June 10<sup>th</sup>, 10:00 am to 11:15 am, at the Senior Citizen Center in Bellwood. At the Hodgkins meal site, the game is scheduled June 10<sup>th</sup> from 12:15 pm to 1:00 pm. There is a fee.

**Roses and More** June is *National Rose Month*, and senior citizens have the opportunity to learn more about this flower. Home Depot of Broadview is coming to the Senior Citizen Center in Bellwood June 2<sup>nd</sup> from 10:45 to 11:15 am to share information about selecting and caring for the flower. Menards of Hodgkins is presenting a program at the Hodgkins meal site June 21<sup>st</sup> from 12:15 pm to 1:00 pm.

**Spanish Club** This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting June 3<sup>rd</sup> and June 17<sup>th</sup>, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

**Spring Craft** Flower pot painting is scheduled June 15<sup>th</sup>, 10:45 am to 11:15 am, at the Senior Citizen Center in Bellwood. There is no fee, but reservations are required by June 13<sup>th</sup>.

**Summer Health Safety Program and Bingo** Converge Home Health Care LLC is sponsoring this program June 14<sup>th</sup>, 10:15 am to 11:00 am, at the Senior Citizen Center in Bellwood. Prizes for the party bingo are related to the theme.

**Summer Kick-off Festival** Door prizes, traditional summer games and watermelon highlight this event June 21<sup>st</sup> at the Senior Citizen Center in Bellwood. Games, including horse shoe toss and bouncing balls, begin at 10:30 am. Watermelon is

being served to lunch participants at 12:00 noon. Diners are also eligible for door prize drawings at 12:15 pm. Suggested meal donation is \$2.00.

**Sweet Treats** The following desserts are being served at the Senior Citizen Center in Bellwood this month for the cost of \$1.00 each: June 2<sup>nd</sup>, cheesecake; June 7<sup>th</sup>, chocolate ice cream cones; June 9<sup>th</sup>, pie a la mode; June 13<sup>th</sup>, brownie sundaes; June 22<sup>nd</sup>, éclairs and ice cream; June 23<sup>rd</sup>, candy sundaes; and June 30<sup>th</sup>, ice cream and cake. Serving time is 12:15 pm. At the meal site in Hodgkins, the menu is June 16<sup>th</sup>, fudge samples; June 20<sup>th</sup>, root beer floats; and June 23<sup>rd</sup>, pecan cookies. Cost is 50 cents, and serving time is 12:15 pm.

**Uno** This game is scheduled June 7<sup>th</sup>, 12:15 pm to 1:00 pm, at the Hodgkins meal site.

**Wii Bowling** This activity is scheduled at the Hodgkins meal site from 10:00 am to 11:00 am on the following dates: June 2<sup>nd</sup>, June 7<sup>th</sup>, June 9<sup>th</sup>, June 14<sup>th</sup>, June 15<sup>th</sup>, June 21<sup>st</sup>, June 22<sup>nd</sup>, June 28<sup>th</sup> and June 29<sup>th</sup>.

**Window Sill Gardening** University of Illinois Extension is presenting this interactive program at the agency's two nutrition sites. It is scheduled June 20<sup>th</sup>, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood, and June 27<sup>th</sup>, 12:15 pm to 1:00 pm, at the Hodgkins meal site.

**Yahtzee** Seniors are invited to this friendly competition June 3<sup>rd</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

(Continued from page five)

choosing to walk the stairs over taking the elevator, have been shown to slow cognitive deterioration.

Choose vegetable oils and margarine and limit foods that contain hydrogenated fats. Choose reduced-fat and no-fat items. Eat fatty fish, which include mackerel, lake trout, herring, sardines, albacore tuna and salmon, at least twice a week.

Reduce sodium intake. Sodium intake should be 2,300 mg or less daily. Remember that one teaspoon of table salt contains 2,300 mg.

Change one's diet to include low and non-fat dairy, beans, nuts, fish, lean meat and poultry.

Include fruits and vegetables of a variety of colors daily. Choose whole fruits over fruit juices. Use juices that are labeled on hundred percent juice and one hundred percent vitamin C.

Whole grains are the entire grain kernel, including the outer covering that contains the grains fiber. Eat three ounce servings per day of whole grain food such as whole wheat bread, crackers, pasta, buns, oatmeal, brown rice wild rice and whole grain cereals.

The suggestions listed above should be beneficial for everyone in general.

### 'Mad Money' Days

Everyone enjoys some extra spending money, and West Suburban Senior Services invites senior citizens to participate in its annual *Mad Money* Days this month at the Senior Citizen Center in Bellwood and at the congregate meal

site in Hodgkins.

West Suburban Senior Services is issuing its own currency in the form of *Mad Money* coupons June 1<sup>st</sup> through June 24<sup>th</sup> at its two nutrition sites. Here's how the coupons work: each time senior citizens have lunch at the Bellwood site or at the Hodgkins site in this time period, they will receive a *Mad Money* coupon. Only these *Mad Money* coupons can then be used to purchase items at a special auction. The auction is scheduled June 27<sup>th</sup>, 10:30 am, at the Senior Citizen Center and June 29<sup>th</sup>, 12:30 pm, at the Hodgkins meal site.

Coupons must be used at the site where they were earned, and seniors may not pool their coupons. Any coupons not used at the auctions will be void. Note: To help seniors earn more *Mad Money* coupons for the auctions, the agency has designated Tuesday as *Double Coupon Day*. Seniors having lunch on Tuesdays receive two *Mad Money* coupons.

Lunch reservations for the Bellwood and Hodgkins nutrition sites are required by 12:00 noon on the business day before senior citizens plan to eat. Suggested meal donation is \$2.00.

### Medical Clinic

**A**nand Gupta, M.D., is conducting glucose screenings the second Tuesday of each month from 10:00 am to 11:00 am at the Senior Citizen Center in Bellwood. The clinic opens June 14<sup>th</sup>. The program is sponsored by Westlake Hospital. There is no charge for the screenings.

(Continued on page eight)

(Continued from page seven)

### Preventing Unnecessary Falls

**F**alls in the home can occur in bathrooms, bedrooms and on stairs. The following checklist is designed to help anyone who has mobilization issues in the home. Mobility and fall issues have no boundaries when it comes to age, anyone can fall and anyone can help prevent a fall with a few simple tips.

- Paint the edges of outdoor steps and steps that especially narrow or higher or lower than the rest.
- Paint outside stairs with a mixture of sand and paint for better traction. Keep outdoor walkways clear and well-lit.
- Clear snow and ice from entrances and walkways.
- Inside the home, remove all extraneous clutter.
- Keep telephone and electrical cords out of pathways.
- Tack rugs and vinyl flooring so they lie flat. Remove or replace rugs or runners that tend to slip. Attach non-slip backing.
- Do not stand on a chair to reach things. Store frequently used objects where they can be easily reached.
- Have a lamp or light switch that can be easily reached without getting out of bed.
- Use night lights in the bedroom, bathroom and hallways.

- Keep a flashlight handy.
- Have light switches at both ends of the stairs and halls. Install handrails on both sides of the stairs.
- Add grab bars in shower, tub and toilet area.
- Use nonslip adhesive in shower or tub.
- Consider sitting on a bench or stool in the shower.
- Consider using an elevated toilet seat.
- Use helping devices such as canes or walkers.
- Wear low heel shoes or slippers that fit snugly. Avoid walking around in stocking feet.
- Have hearing and eyesight tested. Inner ear problems can affect balance. Vision problems make it difficult to see potential hazards.
- Exercise regularly to improve muscle flexibility, strength and balance.

Remember preventing falls that result in injuries can reduce or delay the need to move to a long term facility.

### Programa de Club Latinos

**M**iguel Herrera, subdirector del Departamento de Policía de Bellwood, está hablando a los miembros del Club Latino de West Suburban Senior Services, el viernes, 03 de junio, 10:30 am a

(Continued on page eleven)

(Continued from front cover)

**Heat Stroke** Signs of a Heat Stroke include fainting, lack of sweat despite heat, delirious behavior, coma or coma like symptoms, dry, flushed skin and a strong rapid pulse, slow, weak pulse, behavior change – confusion, ill-tempered, staggering, an above one hundred four Fahrenheit body temperature

A person should (a) drink plenty of liquids – heat tends to make the body lose fluids so it is very important to make sure that the fluid level is kept up. Avoid drinking an excess of coffee and tea since caffeine is a dehydrator, (b) keep windows open at night to allow cool air to pass through. Keep windows open during the day for cross ventilation, (c) pay attention to weather reports. There is more risk of heat related problems as the temperature or humidity rise or when there is an air pollution alert in effect, (d) dress in cooler natural fabrics such as cottons, rather than synthetic fibers. Wear light colored clothes because they reflect the sun and heat better than dark clothing and (e) avoid crowded places when it is hot outside and plan trips during non-rush hour times.

### Healthy but Inexpensive Foods

- *Almonds* are budget friendly. One ounce is the proper quantity for a snack.
- *Bananas* are a great source of fiber, potassium and vitamin B6. A medium one has about 100 calories.
- *Broccoli* has more vitamin C than an orange, and one cup has only 30 calories.
- *Brown rice* has the same calories but more nutrients than the white variety.
- *Canned beans* are nutritious and last in your pantry for up to a year.

- *Eggs* are a good source of protein and contain omega -3 fats and vitamin B-12 for energy production.
- *Frozen peas* are nutrient rich. One cup has 6 grams of fiber, 7 grams of protein and more than half day's worth of vitamin A.
- *Non-fat, plain yogurt* has a thicker texture and tangier flavor than regular yogurt.
- *Sweet potatoes* are an excellent source of vitamins A and C.
- *Whole grain pasta* has the same calories as refined pasta but more fiber, protein and vitamins.



### Keeping the Brain Sharp

**S**enior citizens can make lifestyle decisions that may keep their brain healthier. Research shows that diet can help prevent cognitive decline. Science-based dietary guidelines that are good for the heart are also good for the brain. Here are some suggested nutrition recommendations that will keep the brain sharp:

Balance “energy in” calories, which are consumed through food and beverage, with “energy out” calories, which is physical activity. Increases in physical activity, such as

(Continued on page seven)

(Continued from page nine)

**Roses & More**  
10:45 am  
June 2<sup>nd</sup>  
Bellwood

12:15 pm  
June 21<sup>st</sup>  
Hodgkins

**Senior Citizen Center Reunion**  
10:00 am  
June 23<sup>rd</sup>  
Bellwood

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

**Spring Craft**  
10:45 am  
June 15<sup>th</sup>  
Bellwood

**Summer Health Safety Program & Bingo**  
10:15 am  
June 14<sup>th</sup>  
Bellwood

**Summer Kick-Off Festival**  
10:30 am  
June 21<sup>st</sup>  
Bellwood

**Superman's Birthday Observance**  
Times Vary  
June 28<sup>th</sup>, June 29<sup>th</sup> & June 30<sup>th</sup>  
Bellwood

**Sweet Treats**  
12:15 pm  
June 2<sup>nd</sup>, June 7<sup>th</sup>, June 9<sup>th</sup>,  
June 13<sup>th</sup>, June 22<sup>nd</sup>, June 23<sup>rd</sup>  
& June 30<sup>th</sup>  
Bellwood

12:15 pm  
June 16<sup>th</sup>, June 20<sup>th</sup>, & June 23<sup>rd</sup>,  
Hodgkins

**Taking Time for Yourself**  
10:30 am  
June 28<sup>th</sup>  
Bellwood

**Taste of Salernos**  
11:30 am  
June 24<sup>th</sup>  
Hodgkins

**Uno**  
12:15 pm  
June 7<sup>th</sup>  
Hodgkins

**Wii Bowling**  
10:00 am  
June 2<sup>nd</sup>, June 7<sup>th</sup>, June 9<sup>th</sup>,  
June 14<sup>th</sup>, June 15<sup>th</sup>, June 21<sup>st</sup>,  
June 22<sup>nd</sup>, June 28<sup>th</sup> & June 29<sup>th</sup>  
Hodgkins

**Window Sill Gardening**  
10:30 am  
June 20<sup>th</sup>  
Bellwood

12:15 pm  
June 27<sup>th</sup>  
Hodgkins

**Yahtzee**  
12:15 pm  
June 3<sup>rd</sup>  
Hodgkins

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

# 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 citizen representatives, and agency and catering staff. The Advisory Council is meeting June 8<sup>th</sup>, 10:00 am to 11:00 am, at both the Senior Citizen Center in Bellwood, and at the Hodgkins site located in Salerno Pincente Ristorante.

**Bingo Blow-Out** This all-day event is scheduled June 24<sup>th</sup> at the Senior Citizen Center in Bellwood. Party bingo is played from 10:30 am to 11:15 am, and again from 12:15 pm to 1:15 pm. Lunch is served at 11:30 am. Cost for all is \$3.00. Suggested donation for lunch only is \$2.00.

**Brain Games** Senior citizens are invited to learn fun ways to improve their memory. Sessions are scheduled every Wednesday from 12:15 pm to 1:15 pm at the Senior Citizen Center in Bellwood.

**Building a Better Memory for Everyday Living** This interactive program is being presented by the University of Illinois Extension. It is scheduled June 28<sup>th</sup>, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood, and June 24<sup>th</sup>, 12:15 pm to 1:00 pm, at the congregate meal site in Hodgkins.

**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 June 1<sup>st</sup> and June 15<sup>th</sup> from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

**Chair Exercise** Senior citizens at the Hodgkins meal site are invited to join in this class from 10:00 am to 10:30 am on the following dates: June 3<sup>rd</sup>, June 6<sup>th</sup>, June 10<sup>th</sup>, June 13<sup>th</sup>, June 17<sup>th</sup>, June 20<sup>th</sup>, June 24<sup>th</sup> and June 27<sup>th</sup>. There is no fee.

**Classic Movie Day** This month's featured classic film at the Senior Citizen Center in Bellwood is *To Kill a Mockingbird*. It is being shown June 10<sup>th</sup> at 12:30 pm.

**Colorful Lunch Series** Each month on a designated date, decorations and dessert at the Senior Citizen Center in Bellwood and the congregate meal site in Hodgkins are centered on a specific color. On June 21<sup>st</sup>, the color is plaid at the Senior Citizen Center. Lunch participants who wear plaid attire that day are eligible to enter a door prize drawing at 12:15 pm. The color at the Hodgkins meal site on June 10<sup>th</sup> is pink. Senior citizens who wear pink to lunch that day are eligible to enter a door prize drawing at 12:15 pm.

**Creative Writing** This class is scheduled June 28<sup>th</sup>, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. New and returning students are welcome. There is no fee.

**Early Bird Pokeno** A pancake and sausage breakfast are featured at this event June 17<sup>th</sup> at the Senior Citizen Center in Bellwood. Breakfast is

(Continued on page four)

