

(Continued from page eleven)

The menu features jumbo beef hot dogs. Reservations are required by 12:00 noon on May 2<sup>nd</sup>.

**Super Senior** The Illinois Secretary of State's mobile driver services facility is coming to the Senior Citizen Center in Bellwood May 22<sup>nd</sup>, 9:30 am to 2:30 pm. The event combines Rules of the Road classroom instruction, a vision screening test and a driver safety program.

**Sweetheart Sundaes** This special dessert is being served in conjunction with West Suburban Senior Services' Mothers Day observance May 10<sup>th</sup>, 12:00 noon, at OARS Center, and May 11<sup>th</sup>, 12:00 noon, at the Senior Citizen Center in Bellwood and River Park Center. Cost is \$1.00.

**Terrific (Free) Bingo Party** Westchester Health and Rehabilitation Center is hosting complimentary party bingo, May 23<sup>rd</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood. Seniors who want lunch beforehand need a res-

ervation by 12:00 noon on May 22<sup>nd</sup>.

**Trailside Museum Trip** Seniors are invited to tour the Trailside Museum in River Forest May 17<sup>th</sup>, 12:30 pm to 1:45 pm. There is no fee, but registration is limited.

**Women's Health and Wellness Series** West Suburban Senior Services is pleased to host this new program, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. May dates and topics are May 5<sup>th</sup>, benefits of regular exercise by fitness instructor Jackie Jones, and May 19<sup>th</sup>, stress reduction by Dr. Georgeann Russell of West Suburban Medical Center. June topics scheduled to date are living with diabetes by University of Illinois Extension, June 2<sup>nd</sup>; osteoporosis by Rush Oak Park Hospital, June 9<sup>th</sup>; and women and heart disease by University of Illinois Extension, June 16<sup>th</sup>. Additional information is being published in the June edition of *The Senior Chronicle*.

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

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

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

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

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

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

# The Senior Chronicle



West Suburban Senior Services

(708) 547-5600

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

## West Suburban Senior Services Celebrates Older Americans Month

West Suburban Senior Services announces a series of special events as part of its Older Americans Month celebration. These include

- Senior Job Fair, May 15<sup>th</sup>, 9:30 am to 11:30 am, at the Senior Citizen Center,
- Super Seniors mobile drivers' services facility, May 22<sup>nd</sup>, 9:30 am to 2:30 pm, at the Senior Citizen Center,
- Hair Styling Tips for Seniors, May 10<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center,
- Older Americans Day lunch, May 19<sup>th</sup>, at the Senior Citizen Center, OARS Center and River Park Centers.
- A benefits check up clinic May 18<sup>th</sup>, 9:00 am to 11:00 am, at River Park Center, and May 25<sup>th</sup>, 9:00 am to 11:00 am, at the Senior Citizen Center,
- Southern Belle Tea, May 8<sup>th</sup>, 10:00 am to 11:00 am, at River Park Center, and May 9<sup>th</sup>, 10:00 am to 11:00 am, at Senior Citizen Center.

- Montalbano Majestic Furniture Tour, May 23<sup>rd</sup>, 10:00 am to 11:30 am, Bellwood.
- American Silhouettes workshop, May 16<sup>th</sup>, 10:45 am to 11:30 am, at Senior Citizen Center.

The 2006 theme for Older Americans Month is *Choices for Independence*, and since 1973, West Suburban Senior Services has been assisting senior citizens and their families to remain healthy, secure and independent for as long as possible. Case managers work to assess seniors' needs and arrange appropriate services. Available programs and services include adult day health care, caregiver support, chore and housekeeping assistance, elder abuse investigation and intervention, emergency food, home delivered meals, congregate lunches at three locations, transportation, telephone reassurance, health screens, friendly visiting, podiatry and information services, and respite assistance.

## Super Seniors Program

The Illinois Secretary of State's mobile driver services facility is coming to the Senior Citizen Center in Bellwood on May 22<sup>nd</sup>. This Super Seniors is a convenient and voluntary program that combines Rules of the Road classroom instruction,

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### The Senior Chronicle

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

### Funding

West Suburban Senior Services (formerly Proviso Council on Aging) is supported by the Suburban Area Agency on Aging 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, United Way of Metropolitan Chicago, Lyons and Proviso Townships, local villages and contributions from seniors and their families. We thank them for their continued support and assistance.

### Non-Discrimination

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

### Mission

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

### Board of Directors

The Board of Directors elected, during the 32<sup>nd</sup> Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

#### Officers

Honorable Gary Woll, President  
Ms. Carole Kulinski, Vice President  
Mr. John O'Sullivan, Treasurer  
Mrs. Elaine Reno, Secretary

#### Directors

Mrs. Lois Albers  
Honorable Anthony Calderone  
Mrs. Mary Conti  
Mrs. Dorothy Lindsey  
Honorable Noreen Love  
Honorable Anthony Peraica  
Mr. Michael Sturino

*(Continued from page eight)*

**Mystery Reading Club** Seniors are invited to join this reading group cosponsored by West Suburban Senior Services and the Bellwood Library. The group is meeting May 2nd, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Reading selections are available in regular and large print. Persons planning to participate should telephone the agency to sign out copies of the current reading selection.

**Officers' Club** Officers from area senior clubs are invited to join this monthly meeting where ideas are shared, information is given and special events are announced. Our next meeting is at 10:30 am, May 22nd, at the Senior Citizen Center in Bellwood.

**Older Americans Day Lunch** West Suburban Senior Services invites seniors to this special lunch May 19<sup>th</sup>, 11:00 am, at the Senior Citizen Center in Bellwood, and OARS and River Park Centers. The menu features chicken kiev, herb flavored potatoes, green peas, tossed salad, a wheat roll, cherry pie, and milk and coffee. Suggested meal donation is \$1.50. Reservations are required by 12:00 noon on May 16<sup>th</sup>.

**Planning the Perfect Getaway** University of Illinois Extension is sharing information about the ten things every traveler should know to have a successful trip. The program is set for May 11<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

**Podiatry Clinic** Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (May 12th), and through pre-arranged home visits. Podiatry services include routine nail and foot care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

**Pokeno** This game is being played May 5<sup>th</sup> and May 19th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is \$1.00 per card; the fee includes prizes and refreshments.

**Senior Job Fair** West Suburban Senior Services announces its annual Senior Job Fair May 15<sup>th</sup>, 9:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Area employers and employment specialists are providing information about available job openings and training programs.

**Spanish Club** Everyone is welcome to participate in Club Latino. This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. Meetings are held monthly and are facilitated by our Senior Advocate, Consuelo LeZama. This month's meetings are to be held May 5<sup>th</sup> and May 19<sup>th</sup>, 11:00 am, 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.

**Southern Belle Tea** Seniors are invited to enjoy specially brewed iced tea and a compatible sweet treat at this event May 8<sup>th</sup>, 10:00 am to 11:00 am, at River Park Center, and May 9<sup>th</sup>, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood. Participants also have the opportunity to paint an umbrella that can help protect their skin from the hot southern rays. Cost is \$1.00, and reservations are required by 12:00 noon on May 5<sup>th</sup>.

**Spring Cookout** For the suggested donation of \$1.50, seniors can enjoy a picnic meal May 3rd, 11:30 am, at the Senior Citizen Center in Bellwood, and OARS and River Park Centers.

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a vision screening test and a driver safety program. Senior citizens may

- participate in Rules of the Road classes either from 9:30 am to 11:30 am or from 12:00 pm to 2:00 pm. The course includes a review of safe driving techniques, Illinois driving laws and a practice written exam. Class reservations are required.
- take the vision screening test required to obtain or to renew their driver's license. The vision test is valid for up to 90 days for driver's license renewal. Vision screenings will be done between 9:30 am and 2:30 pm.
- obtain a free, non-expiring Illinois photo identification card (residents age 65 and older) between 9:30 am and 2:30 pm. Seniors must provide proof of birth date.
- renew their driver's license (seniors age 74 and younger) between 9:30 am and 2:30 pm. The renewal fee is \$10.00 (a four-year license) for seniors under age 69 and \$5.00 for seniors age 69 and older. Drivers age 75 and older are required to take a road test for license renewal and must visit a Secretary of State driver services facility.

### Senior Job Fair

West Suburban Senior Services announces its Fourth Annual Senior Job Fair May 15<sup>th</sup> at the Senior Citizen Center. From 9:00 am to 9:30 am, seniors may attend a resume' writing and job interviewing workshop. Area employers and senior employment specialists are on hand between 9:30 am and 11:30 am to share information about available job openings and training programs for seniors.

### Older Americans Month Acknowledges Impact and Contributions of Seniors

Older Americans Month originated with a Presidential Proclamation in May 1963 and has been proclaimed by presidents every year since then. Historically, it has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country.

When Older Americans Month was first established, only 17 million living Americans had reached their 65<sup>th</sup> birthdays. About a third of older Americans lived in poverty, and there were few programs to meet their needs. The US Census Bureau provides an updated look at the changing numbers and impact of older Americans in today's society.

- The number of people 65 and older in the United States on July 1, 2004, was 36.3 million accounting for 12 percent of the total population. As of that date, the number of persons 85 and over in the United States totaled 4.9 million. The Census Bureau projects the number of seniors 65 and older in 2050 to be 86.7 million (21% of the total population).
- Overall, there were 71 men age 65 and older on July 1, 2003, for every 100 women in this age group. For those in the 65 to 74 age group, the ratio is 83 men for every 100 women. For those 85 and over, it drops to 44 men per 100 women.
- As of August 1, 2004, the estimated number of centenarians in the United States was 64,658.
- In 2003, the poverty rate for seniors age 65

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MSN, MAPC, West Suburban Hospital College of Nursing, is the presenter.

**Legal Assistance** On May 16th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to the Senior Citizen Center in Bellwood. Seniors who have legal concerns should telephone West Suburban Senior Services for more information regarding appointments.

**Living with Diabetes** University of Illinois Extension is presenting this program June 2<sup>nd</sup>, 9:30 am to 11:00 am, at the Senior Citizen Center in Bellwood. The presentation includes dietary tips and recipes. It is a must for seniors with diabetes, and for seniors who have friends and family members with diabetes. Reservations are recommended.

**Lunch Reservations** Our three nutrition sites offer senior citizens 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 delicious, nutritious and contain 1/3 of RDA for seniors. All of our nutrition sites offer the same menu and require advance reservations. Suggested contribution for meals is \$1.50. Transportation to the Bellwood, River Park and OARS Centers can be arranged.

**May Madness** A mini art workshop, bingo and refreshments are the focus of this event May 16<sup>th</sup>, 10:45 am to 1:00 pm, at the Senior Citizen Center in Bellwood. The \$2.00 fee includes the activities and lunch. Reservations are required by 12:00 noon on May 15<sup>th</sup>.

**Memorial Day Observance** This is a time to remember those persons ---past and present ---who

have served this country in the military. The service is scheduled May 26<sup>th</sup>, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. A Celebrate America Party follows the ceremony. Party reservations are needed by 12:00 noon on May 25<sup>th</sup>.

**Montalbano Majestic Furniture Tour** Seniors are invited to tour this Bellwood business May 23<sup>rd</sup>, 10:00 am to 11:30 am. Tour reservations are required at West Suburban Senior Services by May 19<sup>th</sup>. The business has ample parking; limited seating is available on the agency bus for seniors who do not drive.

**Mother's Day Celebration** Door prizes, refreshments and a candlelight lunch are being featured at a Mother's Day celebration May 10<sup>th</sup>, 11:00 am, at OARS Center, and May 12<sup>th</sup>, 11:00 am, at the Senior Citizen Center in Bellwood and River Park Center. Reservations are required by 12:00 noon on May 9<sup>th</sup>. Suggested meal donation is \$1.50.

**Movie Day** Popcorn, soft drinks, good company and an entertaining movie are planned for May 2<sup>nd</sup>, 12:15 pm, at the Senior Citizen Center in Bellwood. Interested seniors should telephone the agency for the title of this month's selection.

**Movie Sundaes** Strawberries and coconut highlight this festive dessert May 3<sup>rd</sup>, 12:00 noon, at OARS Center; May 4<sup>th</sup>, 12:00 noon, at the Senior Citizen Center in Bellwood; and May 5<sup>th</sup>, 12:00 noon, at River Park Center. Cost is \$1.00, and reservations are required.

**Mystery Luncheon** Suspense highlights this meal May 8<sup>th</sup>, 11:30 am, at the Senior Citizen Center in Bellwood. Participants have the opportunity to be detectives and solve a mystery. Registration is limited. Additional information is available from the Senior Center director.

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**Congregate and Home Delivered Meals Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>May 1, 2006</b> Stuffed Cabbage Roll Green Beans Cottage Cheese and Pear Salad Cream of Potato Soup Muffin	<b>May 2, 2006</b> Sliced Turkey Herb Stuffing Mixed Greens Orange	<b>May 3, 2006</b> Beef Hot Dog on Bun Baked Beans Coleslaw Apple Juice Fruit Gelatin	<b>May 4, 2006</b> Chicken Breast Scalloped Potatoes California Vegetables Minestrone Soup Chilled Peaches	<b>May 5, 2006</b> Cheese Ravioli Broccoli Kidney Bean Salad Banana
<b>May 8, 2006</b> Salisbury Steak Mashed Potatoes Sliced Tomatoes on Lettuce Wedge Vegetable Soup Tropical Fruit	<b>May 9, 2006</b> Spaghetti and Meatballs Green Beans Creamy Coleslaw Chocolate Cake	<b>May 10, 2006</b> Chicken Fajitas Spanish Rice Refried Beans Fruit Gelatin	<b>May 11, 2006</b> Herb Baked Chicken Leg Quarter Sweet Potatoes Brussels Sprouts Cranberry Juice Mandarin Oranges	<b>May 12, 2006</b> Seafood Salad on Bun Sliced Carrots Citrus Segments Salad Split Pea Soup Vanilla Pudding
<b>May 15, 2006</b> Meatloaf Whipped Potatoes Broccoli Spears Three Bean Salad Chilled Pears	<b>May 16, 2006</b> Swedish Meatballs White Rice Cauliflower Tossed Salad Hawaiian Dessert	<b>May 17, 2006</b> Barbecued Chicken Breast Macaroni and Cheese Confetti Coleslaw Fruit Juice Butterscotch Pudding	<b>May 18, 2006</b> Smothered Steak Scalloped Potatoes Stewed Tomatoes Carrot-Raisin Salad Fruit Yogurt	May 19, 2006 Chicken Kiev Herb Flavored Potatoes Green Peas Tossed Salad Cherry Pie
<b>May 22, 2006</b> Beef Stroganoff Buttered Noodles Green Beans Tossed Salad Pear Halves	<b>May 23, 2006</b> Roasted Chicken Rice Pilaf California Blend Vegetables Orange Juice Pineapple Chunks	<b>May 24, 2006</b> Barbecued Roast Pork Spaghetti Okra and Tomatoes Apple Sauce Banana	<b>May 25, 2006</b> Sloppy Joe on Bun Mexicorn Pear Salad Cream of Broccoli Soup Brownie	<b>May 26, 2006</b> Spinach Lasagna Italian Mixed Vegetables Tossed Salad Apricots
<b>May 29, 2006</b> <i>Closed for Memorial Day</i>	<b>May 30, 2006</b> Sliced Turkey Herb Stuffing Mixed Greens Orange	<b>May 31, 2006</b> Beef Hot Dog on Bun Baked Beans Coleslaw Apple Juice Fruit Gelatin	Please telephone each site by 12:00 p.m. the prior day for lunch reservations.  All meals include 2% milk, bread, coffee, and margarine. Each meal meets 1/3 of the Recommended RDA requirements	
West Suburban Senior Services is supported by the Suburban Area Agency on Aging, FEMA, Illinois Department on Aging, Westlake Health Foundation, Kott Foundation, United Way, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and donations				

**Senior Citizen Center**  
439 Bohland  
Bellwood, Illinois 60104  
(708) 547-5600

**River Park Center**  
8300 Roosevelt Road  
Forest Park, Illinois 60130  
(708) 771-0101

**OARS Center**  
712 Elm  
LaGrange, Illinois 60525  
(708) 547-5600

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- and older was 10.2 percent. The median 2003 income of households with householders 65 and older was \$23,787.
- The proportion of householders age 65 and older who own their homes was 81 percent, as compared with 68 percent for all householders.
- Thirteen percent (4.6 million) of people age 65 and over are still employed.
- Sixty-five percent of registered voters ages 65 to 74 voted in the 2002 Congressional election, and 72 percent of people in that age group voted in the 2000 presidential election. This age group had the highest rate of voter participation in both elections.
- An estimated 9.7 million people ages 65 and older are military veterans.
- Forty-four percent of women age 65 and over are widowed, greater than the 41 percent who are married and living with their spouses. Women age 65 and older are three times more likely to be widowed than their male counterparts. Among men in the same age group, 71 percent are married and living with their spouses, and only 14 percent are widowed.
- 12.4 million people 65 and over engage in exercise walking at least six times a year. The next most popular forms of exercise for this age group are exercising with equipment, net fishing and swimming.
- In 2004, 3.7 million U. S. residents 65 and over were foreign-born.
- Seventy-seven percent of people ages 65 to 69 graduated from high school. Seventy-three percent of people ages 70 to 74 and 68 percent

of those 75 and older are also high school graduates. Also, 20 percent of the population ages 65 to 69 have a bachelor's degree or higher education. Among people ages 70 to 74, 19 percent have achieved this level of education; for those 75 and over, 15 percent are college graduates. In October 2002, 73,000 people 65 and older enrolled in college.

Worldwide, 880,000 people are added each month to the world's population of people 65 and older. More than one-third of the world's oldest people (80 and above) live in China, the United States and India.

**Have You Had a Recent Benefits Check Up?**

West Suburban Senior Services is hosting two clinics to help seniors age 60 and over understand, and obtain benefits and services to which they are entitled. The clinic dates and locations are

- May 18<sup>th</sup>, 9:00 to 11:00 am, River Park Center in Forest Park.
- May 25<sup>th</sup>, 9:00 to 11:00 am, Senior Citizen Center in Bellwood.

This free and confidential service is provided through the Senior Advocate program. Seniors complete a questionnaire that generates a computerized report of benefits to which they are entitled. In addition to the benefits check up, West Suburban Senior Services' Senior Advocate Consuelo LeZama clarifies benefits, assists with paperwork, helps obtain necessary documents and advocates on behalf of seniors with other involved parties. Clinic appointments are recommended. Walk-in clients are welcome but may have to wait for service.

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### Obscure but Interesting Information about Some Famous Mothers

- The youngest mother whose history is authenticated is Lina Medina, who delivered a 6 1/2 pound boy by cesarean section in Lima, Peru, in 1939, at an age of five years and seven months.
- On April 9, 2003, a 65-year-old retired school-

teacher (Satyabhama Mahapatra) in India became the world's oldest mother when she gave birth to a baby boy. She and her husband had been married 50 years, and this was their first child.

- Bobbie McCaughey holds the record for the most surviving children from a single birth. She gave birth to the first set of surviving septuplets in November 1997.

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**Foster Grandparents** West Suburban Senior Services is pleased to co-sponsor the Foster Grandparent Program. The monthly meeting is held at the Bellwood site and offers an opportunity for enrolled Foster Grandparents to learn new methods of reaching children in their care.

**Gait Analysis** A physical therapist from Westlake Hospital is presenting this informative program May 18<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Reservations are recommended.

**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.

**Gourmet Dinner Party** West Suburban Senior Services continues its monthly gourmet dinner party at the Senior Citizen Center in Bellwood. The next dinner is May 26<sup>th</sup> from 5:00 pm to 7:00 pm. Cost per person is \$7.00, and prepaid, non-

refundable reservations are due at the Senior Citizen Center by May 18<sup>th</sup>. A minimum registration is required for this event to take place.

**Haircuts** Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of only \$8.00. Our hairstylist is at the Bellwood site May 10<sup>th</sup> and May 23<sup>rd</sup> at 10:30 am. Appointments are required.

**Hair Styling Tips for Seniors** A hairstylist is coming to the Senior Citizen Center in Bellwood May 8<sup>th</sup>, 10:30 am to 11:30 am, to share tips for enhancing gray/graying hair. The class is free, but reservations are required by May 5<sup>th</sup>.

**Hearing Screenings** The audiologist from Westlake Hospital is coming to Senior Citizen Center in Bellwood May 30<sup>th</sup>, 1:00 pm, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon on May 26<sup>th</sup>.

**Joint Health** Joint replacement, joint health and pain management are among the topics to be discussed May 4<sup>th</sup>, 10:30 am to 11:30 am, at Senior Citizen Center in Bellwood. Belen Zangrilli,

*(Continued on page nine)**(Continued from page three)*

**Breakfast Bingo** Pancakes, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo party May 26<sup>th</sup>, 9:00 am to 10:45 am, at the Senior Citizen Center in Bellwood. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on May 24<sup>th</sup>, and a minimum registration is required for this activity to take place.

**Centerpiece Class** Seniors are invited to create a spring centerpiece May 18<sup>th</sup>, 10:00 am to 11:30 am, at Senior Citizen Center in Bellwood. The \$5.00 fee includes supplies, instruction and lunch. Reservations are needed by May 11<sup>th</sup>, and a minimum registration is required for this activity to take place.

**Cernan Earth and Space Center Trip** Seniors are invited to view *Through the Eyes of Hubble* program May 15<sup>th</sup>, 12:10 pm to 1:10 pm, at the Cernan Earth and Space Center on the Triton College campus in River Grove. This show presents the history of the Hubble Space Telescope and its first ten years of observations that may shed new light on the fate of the cosmos. There is no fee for the show, and reservations are being accepted at West Suburban Senior Services on a first come, first serve basis. Limited seating is available on the agency bus; there is a transportation fee.

**Chair Yoga** West Suburban Senior Services and Loyola University Medical Center are cosponsoring a six-week chair yoga class for seniors at the Senior Citizen Center in Bellwood. The class begins May 25<sup>th</sup>, 10:30 am to 11:30 am, and continues on Thursdays through the end of June. There is no fee, but participating seniors have to complete a weekly attendance sheet.

**Chef Charles** University of Illinois Extension is conducting this hands-on, healthy eating/ cooking class May 30<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Reservations are required.

**Chicago Sundaes** Named in honor of the Windy City, this dessert is being served May 24<sup>th</sup>, 12:00 noon, at OARS Center; May 25<sup>th</sup>, 12:00 noon, at the Senior Citizen Center in Bellwood; and May 26<sup>th</sup>, 12:00 noon, at River Park Center. Cost is \$1.00; reservations are required.

**Concord Place Bingo Party** Concord Place is hosting a complimentary bingo party May 9<sup>th</sup>, 1:00 pm to 2:00 pm, at its facility in Northlake. Bus rides are available for seniors requiring transportation. The bus leaves the Senior Citizen Center in Bellwood at 12:30 pm and returns there at approximately 2:30 pm. Reservations for this event are required by May 4<sup>th</sup>.

**Creative Writing Class** This activity is open to all who love to capture their thoughts, inspirations, stories and experiences in writing. This class is May 23<sup>rd</sup>, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. It is free.

**Declutter Class** Seniors are invited to receive ideas for decluttering their homes and lives at this monthly workshop. It is scheduled May 15<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood.

**Exercise Class – Audio Tape** This class is a fun way to increase strength, build endurance and improve movement. The class is held weekdays, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

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- The highest officially recorded number of children born to one mother is 69, to the first wife of Feodor Vassilyev of Russia. Between 1725 and 1765, she gave birth to 16 pairs of twins, seven sets of triplets, and four sets of quadruplets; sixty-seven survived infancy. The modern world record for giving birth is held by a woman from San Antonio, Chile, who claims to be the mother of 64 children, although only 55 of them are documented.
- Monkee band member Mike Nesmith's mother, Bette Nesmith Graham, was the inventor of Liquid Paper correction fluid. She sold the rights to the Gillette Corporation in 1979 for \$47.5 million.
- Actress Kim Basinger's mother had been a champion swimmer who performed water ballets in several Esther Williams' movies in the 1940s.
- Elizabeth Ann Buttle is the mother who holds the record for the longest interval between the birth of two children. She gave birth to a daughter in May 1956 and then to a son 41 years and 185 days later. She was 60 years old when her son was born.
- Jayne Bleackley holds the record for the shortest interval between two children born in separate confinements. Her daughter was born in March 2000, just 208 days after the birth of her son in September 1999.
- Many of the sweaters worn by Mr. Rogers on the popular television show *Mr. Rogers' Neighborhood* were actually knitted by his real mother.
- Up until Elvis Presley entered high school, his

mother Gladys walked him back and forth to school every day and made him take along his own silverware so that he wouldn't catch germs from other kids. She also forbade young Elvis from going swimming or doing anything that might put him in danger.

- Actress Katherine Hepburn's mother was a dedicated suffragette and early crusader for birth control.
- Actresses Laura Dern and Diane Ladd were the first mother-daughter team ever nominated for Academy Awards for the same movie (*Rambling Rose*).
- James McNeill Whistler's best known painting, often called "Whistler's Mother," is actually titled "Arrangement in Black and Gray: The Artist's Mother."
- The mother of talk show host Conan O'Brien was a partner at a Boston-area law firm until her 1997 retirement.

*Happy Mother's Day from  
West Suburban Senior Services!*

### Special Assistance Available on May 15<sup>th</sup> for Medicare Part D Prescription Enrollment

May 15<sup>th</sup> is the deadline for seniors to enroll --- without penalty --- in the new Medicare Part D prescription coverage. To assist seniors on an individual basis, a *My Medicare Matters* team is coming to the Senior Citizen Center in Bellwood on May 15<sup>th</sup> at 10:00 am. Using laptop computers, these trained educators assist seniors in researching the best plan for their particular circumstance, sign up for a plan, and assist with Social Security extra help and Illinois Cares Rx applications. Appointments are not necessary for this service.

# 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 three 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 May 10<sup>th</sup>, 10:30 am, at the Senior Citizen Center in Bellwood.

**American Silhouettes Workshop** As part of Older Americans Month festivities, seniors are invited to develop their artistic talents and create American silhouettes May 16<sup>th</sup>, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. The \$2.00 fee includes supplies, instruction, lunch and afternoon bingo. Reservations are required.

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



structed by a competent artist and sculptor. There is a fee for enrollment.

**Banana Splits** For \$1.00, seniors may enjoy this delicious spring treat. It is being served May 17<sup>th</sup>, 12:00 noon, at OARS Center, and May 18<sup>th</sup>, 12:00 noon, at the Senior Citizen Center in Bellwood. Reservations are required.

**Beginning Spanish Class** Seniors learn basic conversational Spanish during this class. This month's sessions are May 4<sup>th</sup>, May 11<sup>th</sup>, May 18<sup>th</sup> and May 25<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

**Bingo** Party bingo is held every Thursday at the Bellwood site, and every Monday and Friday at River Park Center. Friends can join together for a lively game beginning at 12:15 pm.

**Bingo Bonanza** A double session of party bingo is planned May 1st 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 fee includes prizes and refreshments.

**Bingo Challenge** Seniors are invited to play unique forms of party bingo May 30<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Cost is 50 cents.

**Birthday Celebration** Seniors who are celebrating an April birthday are invited to this special party May 9<sup>th</sup>, 12:00 noon, at the Senior Citizen Center in Bellwood, and OARS and River Park Centers. Reservations are required by 12:00 noon on May 8<sup>th</sup>.

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