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### Mark Your Calendar for These Events

- June 24<sup>th</sup> *Senior Center Reunion*, 10:30 am to 1:30 pm.
- August 14<sup>th</sup> *Fourth Annual Family and Senior Citizen Health Fair* at the Proviso Mathematics and Science Academy in Forest Park.
- September 9<sup>th</sup> *Cell Phones for Seniors* – Sponsored by the Cook County Sheriff's Department, this program provides cell phones that are able to access 911 emergency services only.
- September 30<sup>th</sup> *Senior Citizen Law Enforcement Academy*

### Take Charge of Your Health!

**W**est Suburban Senior Services is hosting another session of the *Take Charge of Your Health!* program beginning May 25<sup>th</sup> at the Senior Citizen Center in Bellwood. The class is designed to help seniors with a chronic disease and caregivers of others with a chronic disease cope instead of letting the disease control their lives.

The program consists of six, 2 ½ hour classes taught by two trained class leaders. Previous class participants rated the sessions as “valuable,” “practical” and “easy to follow.” Discussion includes techniques on how to communicate needs and feelings with family, friends and health professionals.

Classes are scheduled May 25<sup>th</sup>, June 1<sup>st</sup>, June 8<sup>th</sup>, June 15<sup>th</sup>, June 22<sup>nd</sup> and June 29<sup>th</sup>, 10:00 am to 12:30 pm. *Enrollment is allowed only through the second class session.*

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

### Five Straight Facts for Senior Citizens on Health Reform

**F**act One The new law will provide health coverage for millions of uninsured Americans—plus extra protections for most people who currently have insurance.

It will provide coverage for 32 million uninsured Americans, and

It prevents insurance companies from denying coverage due to pre-existing conditions.

**Fact Two** The new law will not cut any benefits provided under traditional Medicare—and it will even improve some benefits.

More help with prescription drug costs,

Better chronic care, and

Better preventive care.

**Fact Three** The new law will help you find and afford long-term care at home.

Spouses of people on Medicaid will not be forced to spend-down into poverty before they get help, and

A new national insurance plan called CLASS

will help future retirees receive \$75 a day to pay for services they need to stay at home.

**Fact Four** The new law will improve care for older Americans in other ways. It will:

Help prevent and combat elder abuse, neglect, and exploitation,

Improve the workforce caring for seniors—and increase the number of primary care physicians,

Improve nursing home quality, and

Reduce health insurance premiums for Americans aged 55-65.

**Fact Five** The new law will reduce Medicare spending growth—and it's fully paid for.

Over the next 10 years, Medicare spending will continue to grow, but at a slightly slower rate,

Slow the rate of payment increases to Medicare providers,

Reduce payments to Medicare Advantage plans,

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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

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keep only what you need.

→ Clean up loose papers, old rags and any debris in the garage that could contribute to a fire.

### In the Yard

→ Use non-toxic fertilizers, insecticides and gardening supplies.

→ Check the yard for sharp objects, poisonous plants and tripping hazards before doing yard work.

→ Be sure to stay hydrated while doing any spring cleaning.

Information from [www.aap.org](http://www.aap.org)

## Stop By and Say Hello

**W**est Suburban Senior Services is participating in several community events this spring. Seniors are invited stop by and to learn more about programs and services available to them:

□ *Health and Information Fair*, Saturday, May 15<sup>th</sup>, 10:00 am to 2:00 pm, Neighborhood United Methodist Church, 1817 Washington Boulevard in Maywood. The event is sponsored by the church.

□ *Invest in Your Health Fair*, Saturday, May 22<sup>nd</sup>, 9:00 am to 2:00 pm, Garfield Elementary School, 1814 S. Ninth Avenue, Maywood. Sponsored by School District 89, the event includes party bingo from 10:30 am to 11:30 am.

□ *Berwyn Health Fair*, Wednesday, June 16<sup>th</sup>, 10:00 am to 2:00 pm, Lesak Town Park. The

event is sponsored by Berwyn Township and the Berwyn Public Health District.

## Super Senior Program

**T**he Illinois Secretary of State's mobile driver services facility is coming to the Senior Citizen Center in Bellwood May 17<sup>th</sup>. The Super Senior is a convenient and voluntary program that combines Rules of the Road classroom instruction, a vision screening test and a driver safety program. Senior citizens may

- participate in a Rules of the Road class from 9:30 am to 11:00 am. The course includes a review of safe driving techniques, Illinois driving laws and a practice written exam. Class reservations are required and may be made by telephoning West Suburban Senior Services.

- obtain a free Illinois photo identification card (residents age 65 and older) between 10:00 am and 2:00 pm. Senior citizens must provide proof of birth date.

- renew their driver's license (senior citizens aged 74 and younger) between 10:00 am and 2:00 pm. Drivers aged 75 and older are required to take a road test for license renewal and must visit a Secretary of State drivers' services facility. To apply for or to renew a driver's license, seniors must provide acceptable identification to verify their name, date of birth, Illinois residency, Social Security number and signature.

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7<sup>th</sup>, 10:30 am to 1:00 pm, at the Senior Citizen Center in Bellwood. The \$2.00 cost includes lunch. Reservations are required by 12:00 noon on May 5<sup>th</sup>.

**Creative Writing** This class is scheduled May 25<sup>th</sup>, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no fee, and new students are welcome.

**Debt Management** This program gives tips to help seniors evaluate their current financial situation, and control and pay off their debt. University of Illinois Extension is presenting this information May 10<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and May 3<sup>rd</sup>. 10:30 am to 11:30 am, at the Hodgkins meal site.

**Dessert Days** For \$1.00, senior citizens may enjoy these tasty desserts at the Senior Citizen Center in Bellwood. Serving time is 12:15 pm to 12:30 pm: May 13<sup>th</sup>, banana splits; May 20<sup>th</sup>, pie a la mode; and May 27<sup>th</sup>, strawberry shortcake.

**Edible Vegetable Boxes** With the help of a University of Illinois Extension horticulturist, senior citizens are invited to plant their own mini, take-home vegetable garden May 25<sup>th</sup> 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no charge, but reservations are encouraged by May 19<sup>th</sup>. The program is being presented May 24<sup>th</sup>, 12:15 pm to 1:00 pm, at the meal site in Hodgkins. Participants receive a gardening kit to take home.

**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, and 10:30 am to 11:00 am, at the Hodgkins meal site.

**Five Ways to Improve Your Memory** This interactive program provides practical ways to deal with “senior moments.” It is scheduled May 27<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Rush-Oak Park Hospital is the presenter.

**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.

**Good Eatin’ Café** West Suburban Senior Services and University of Illinois Extension announce this new nutrition program at the Senior Citizen Center in Bellwood.

**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 meetings are May 3<sup>rd</sup> and May 17<sup>th</sup> from 1:00 pm to 3:00 pm.

**Haircuts** Looking for a trim? West Suburban Senior Services offers haircuts for senior citizens at the discounted price of \$8.00. Our hairstylist is at the Bellwood site May 11<sup>th</sup> and May 25<sup>th</sup> at 10:30 am.

**International Cuisine** Foods from Greece are being featured May 20<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Participants may taste recipes prepared by University of Illinois Extension.

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

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**Briefly Stated**

**Advisory Council**  
10:00 am  
May 12<sup>th</sup>  
Bellwood

1:00 pm  
May 12<sup>th</sup>  
Hodgkins

**Aging Care Connections Day**  
10:30 am  
May 4<sup>th</sup>  
Hodgkins

**Art Class**  
9:00 am  
Tuesdays  
Bellwood

**Arthritis Foundation Exercise Class**  
10:00 am  
May 4<sup>th</sup>, May 11<sup>th</sup> & May 13<sup>th</sup>  
Bellwood

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

**Bingo Bonanza**  
10:15 am  
May 3<sup>rd</sup> Bellwood  
May 18<sup>th</sup> Hodgkins

**Bingo Galore!**  
12:15 pm  
May 10<sup>th</sup>, May 17<sup>th</sup> & May 24<sup>th</sup>  
Bellwood

**Brain Games**  
12:15 pm  
May 5<sup>th</sup>, May 12<sup>th</sup>, May 19<sup>th</sup> & May 26<sup>th</sup>  
Bellwood & Hodgkins

**Caregiver Support Group**  
2:00 pm  
May 5<sup>th</sup> & May 19<sup>th</sup>  
Bellwood

**Choosing the Best Credit Card**  
10:30 am  
May 17<sup>th</sup> Bellwood  
May 11<sup>th</sup> Hodgkins

**Cinco de Mayo Celebration**  
10:30 am  
May 7<sup>th</sup>  
Bellwood

**Creative Writing**  
10:00 am  
May 25<sup>th</sup>  
Bellwood

**Debt Management**  
10:30 am  
May 10<sup>th</sup> Bellwood  
May 3<sup>rd</sup> Hodgkins

**Dessert Days**  
12:15 pm  
May 13<sup>th</sup>, May 20<sup>th</sup> & May 27<sup>th</sup>  
Bellwood

**Edible Vegetable Boxes**  
10:30 am  
May 25<sup>th</sup> Bellwood  
May 24<sup>th</sup> Hodgkins

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

10:30 am  
Weekdays  
Hodgkins

**Five Ways to Improve Your Memory**  
10:30 am  
May 27<sup>th</sup>  
Bellwood

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

**Good Eatin’ Café**  
10:30 am  
May 19<sup>th</sup>  
Bellwood

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

**Grief Support Group**  
1:00 pm  
May 3<sup>rd</sup> & May 17<sup>th</sup>  
Bellwood

**Haircuts**  
10:30 am  
May 11<sup>th</sup> & May 25<sup>th</sup>  
Bellwood

**International Cuisine**  
10:30 am  
May 20<sup>th</sup>  
Bellwood

**Internet Café**  
10:00 am  
Mondays, Wednesdays & Thursdays  
Bellwood

**Legal Assistance**  
By Appointment  
Bellwood

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

12:15 pm  
Fridays  
Hodgkins

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

**Meditation & Centering Class**  
12:15 pm  
May 14<sup>th</sup> & May 28<sup>th</sup>  
Bellwood

**Memorial Day Festivities**  
10:30 am  
May 28<sup>th</sup>  
Bellwood

**Mother’s Day Luncheon**  
11:30 am  
May 6<sup>th</sup> Bellwood  
May 7<sup>th</sup> Hodgkins

**Movie Days**  
12:30 pm  
May 4<sup>th</sup>, May 11<sup>th</sup>, May 18<sup>th</sup> & May 25<sup>th</sup>  
Bellwood

**Mystery Reading Club**  
9:30 am  
May 3<sup>rd</sup>  
Bellwood

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

**Pokeno Blow-Out**  
9:30 am  
May 21<sup>st</sup>  
Bellwood

**Senior Jamboree**  
10:30 am  
May 18<sup>th</sup>  
Hillside

**Seniors’ Night Out**  
5:30 pm  
May 26<sup>th</sup>  
Berkeley

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**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, and Fridays, 12:15 pm to 1:15 pm, at the congregate meal site in Hodgkins. There is no charge.

**Lunch Reservations** Our two nutrition sites offer seniors an opportunity to enjoy lunch at the location closest to their home, as well as the chance to socialize with good friends and maybe meet some new friends as well. All meals are nutritious, delicious and contain 1/3 of RDA for seniors. Both nutrition sites 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 May 14<sup>th</sup> and May 28<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

**Memorial Day Festivities** West Suburban Senior Services invites seniors to start their holiday weekend with special activities May 28<sup>th</sup> at the Senior Citizen Center in Bellwood. An appreciation service for past and present members of the Armed Services is planned from 10:30 am to 11:30 am. Following an Italian lunch at 11:30 am, participants may enjoy a Yankee Doodle sundae and patriotic party bingo from 12:15 pm to 1:15 pm. Cost for all is \$3.00; suggested donation for lunch only is \$2.00. Reservations are required.

**Mother's Day Lunch** This event features a candlelight lunch, refreshments and door prizes. It is being held May 6<sup>th</sup> 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood, and May 7<sup>th</sup>, 11:30 am to 12:30 pm, at the meal site in Hodgkins. Suggested meal donation is \$2.00, and reser-

vations are required by 12:00 noon on May 4<sup>th</sup> and May 5<sup>th</sup>, respectively.

**Movie Days** Seniors are invited to enjoy complimentary refreshments and a movie every Tuesday at the Senior Citizen Center in Bellwood. Show time is 12:30 pm. This month's selections are *Have You Heard about the Morgans?* on May 4<sup>th</sup>, *The Informant* on May 11<sup>th</sup>, *An Education* on May 18<sup>th</sup> and *Beyond a Reasonable Doubt* on May 25<sup>th</sup>.

**Mystery Reading Club** Senior citizens are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting May 3<sup>rd</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 Blow-out** Three hours of Pokeno are planned May 21<sup>st</sup> at the Senior Citizen Center in Bellwood. The event begins with a French toast and sausage breakfast at 9:30 am. Pokeno is played from 10:00 am to 11:00 am, and from 12:30 pm to 2:30 pm. Cost for the breakfast and Pokeno is \$2.00. Lunch at 11:30 am is an additional donation. Reservations are required by May 19<sup>th</sup>, and a minimum registration is required for this activity to take place.

**Senior Jamboree** This event is scheduled May 18<sup>th</sup>, 10:30 am to 2:30 pm, at the Holiday Inn Express and Suites, Chicago West O'Hare Airport Area, 200 South Mannheim Rd. in Hillside. It is being hosted by Holiday Inn Express and Suites,

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Proviso Township, Village of Hillside and West Suburban Senior Services. The following activities are scheduled:

*Art Show*, 10:30 am to 1:00 pm. Students in West Suburban Senior Services' art class are displaying their paintings.

*Complimentary Snacks*, 12:15 pm to 1:00 pm. Hillside Town Center restaurants Home Run Inn Pizza and Jimmy Johns are serving complimentary menu samples.

*Free Health Screenings and Information*, 10:30 am to 12:30 pm. Available screenings include blood pressure, body mass index, bone density, cholesterol and glucose (Westlake Hospital); podiatry (WSSS podiatrist Gary Trent, DPM) and spinal (Celar Chiropractic). A pharmacist from the Target Pharmacy in the Hillside Town Center is available to answer seniors' medication questions. Additional services were being scheduled when *The Senior Chronicle* went to press.

*Old-Fashioned Sing Along*, 10:30 am to 11:30 am. Half & Half Singers are performing favorite tunes.

*Party Bingo*, 1:00 pm to 2:00 pm.

### Join Us for Greek Night!

The Women's Philoptochos Society of Holy Apostles Greek Orthodox Church in Westchester is hosting an evening of Greek food and entertainment May 22<sup>nd</sup>, 4:00 pm to 6:30 pm, at the Senior Citizen Center in Bellwood.

The event begins with entertainment from 4:00 pm to 5:00 pm. Dinner is served to senior citizens

s age 60 and older between 5:15 pm and 6:30 pm. There is no fee for this event, but seating is limited. Reservations are due at the Senior Citizen Center by 12:00 noon on May 14<sup>th</sup>.

### Older Americans Month Luncheon

Senior citizens age 60 and older are invited to attend this special meal May 14<sup>th</sup>, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood. Bellwood Mayor Frank Pasquale is the guest of honor, and he is presenting a proclamation declaring May as *Older Americans Month* in Bellwood.

The lunch menu features chicken Kiev, herb potatoes, peas, wheat roll, cherry pie, and milk and coffee. Suggested meal donation is \$2.00, and reservations are required by May 11<sup>th</sup>.

### Older Americans Month Observance

May is *Older Americans Month*, and West Suburban Senior Services has planned programs and activities that accent the 2010 national theme of *Age Strong! Live Long!* This year's theme recognizes the diversity and vitality of today's older Americans, who span three generations.

Senior Citizen Center  
439 Bohland Avenue in Bellwood

*Let Me Be a Kid Again - Playing with Colors*, May 24<sup>th</sup>, 10:15 am to 11:15 am. Life review is an important part of the healthy aging process, and seniors have the opportunity to express their creativity with some favorite activities of the past including spin art, spot painting and others. Refreshments are being served.

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My Funniest Experience of Being a Senior Contest, May 11<sup>th</sup>, 11:00 am to 11:30 am. Senior citizens may pick up an entry form on the noted date and share, in a short paragraph, their most humorous experience related to being a senior. Entries must be received at the Senior Citizen Center by 4:00 pm May 24<sup>th</sup>, and the winner will be announced May 27<sup>th</sup> at 11:00 am.

Pen Pals, May 4<sup>th</sup>, 11:00 am to 11:30 am. Have you ever been lonely and not able to get out? West Suburban Senior Services announces a pen pal program that allows active seniors to correspond with the agency's homebound Home Delivered Meal clients. Letters will be written on a first-name basis only, and they will be exchanged via the Home Delivered Meals drivers, so no confidential information is being disclosed.

Senior Talent Quest, May 13<sup>th</sup>, 10:45 am to 11:30 am. Categories of competition are vocal, instrumental, dance and other. Individuals and groups are welcome; performances are limited to ten minutes each. Interested seniors must register for the competition by May 10<sup>th</sup>, and a minimum number of contestants are required. Prizes are being awarded for performances.

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

Coloring Contest, May 14<sup>th</sup>, 12:15 pm. Senior citizens may pick up the contest picture at the meal site beginning May 10<sup>th</sup>. Completed entries must be returned by 11:30 am on May 14<sup>th</sup>. Winners are being announced at that time.

Senior Talent Show, May 10<sup>th</sup>, 12:15 pm to 1:00 pm. Categories of competition are vocal, instrumental, dance and other. Individuals and groups are welcome. Performances are limited to ten minutes each. Prizes are being awarded for first, second and third place performances.

### Pet Bereavement Support Group

Our pets are part of the family, and their loss can be devastating. West Suburban Senior Services is in the process of starting a pet bereavement support group. For additional information, contact Tami Jimenez, LCSW, at (708) 547-5600, extension 227.

### Spring Cleaning Safety Tips

Spring is finally here, and it's time for spring cleaning around the house and in the yard. Here are some spring cleaning tips that may help keep you safe this year.

#### Around the House

- Use non-toxic products such as vinegar and water. It is inexpensive and effective solution for cleaning your windows.
- Test your smoke alarms and carbon monoxide alarms in your home to make sure that they are working properly. Change the batteries at least once a year. Most alarms need some spring cleaning maintenance, so be sure to check your manual.

#### In the Garage

- Discard toxic and flammable materials you no longer need.
- Keep toxic materials in their original containers.
- Check the garage for flammable liquids such as gasoline, paint thinner, paint and cleaners and make sure that they are properly capped and not near any heat sources. Be sure to

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Reduce fraud and waste to make Medicare more efficient,

Ask high-income beneficiaries to pay higher Medicare premiums. The law will affect individuals with annual incomes above \$85,000 and couples with incomes above \$170,000 and,

Creates a new Medicare Advisory Board to recommend ways to reduce costs in the future.

From the National Council on Aging

### Coming in June... Fit and Fabulous

This two-part interactive class is designed for those senior citizens who want either to shed a few pounds or to maintain their present weight through healthy eating and exercise. It is scheduled June 11<sup>th</sup> and June 25<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

### Good Eatin' Café

West Suburban Senior Services and University of Illinois Extension invite seniors to participate in the new Good Eatin' Café at the Senior Citizen Center in Bellwood. Here's how it works:

Senior citizens participate in a pre-preparation class May 19<sup>th</sup>, 10:30 am to 11:30 am. In addition to discussing critical elements of food safety and food preparation, senior citizens learn about the meal they will prepare the following week.

Actual cooking takes place on May 26<sup>th</sup> at 10:00 am. The first menu features a *quick and easy meal* consisting of stir fry chicken with red pep-

pers served over ginger fried rice, ginger snow peas and mango sorbet. Participants then can enjoy their specially cooked lunch at 11:30 am.

There is no class fee, but seniors *must participate in both the pre-preparation and cooking sessions. Registrations are required by May 14<sup>th</sup>.*

### Grilling Safety Tips

It's that time of year to bring out the grill for some family get-togethers and to enjoy the nice weather. Here are some safety tips for grilling.

- ❑ Be sure to place your grill at least 10 feet away from objects such as houses, bushes, plants or fences,
- ❑ Don't leave the grill unattended, especially when small children are around,
- ❑ Only use started fluid made for charcoal grills,
- ❑ If using a gas grill, make sure that the connections between the propane tank and the fuel line are properly working and not leaking, and
- ❑ Do not use a match to check for leaks.

Information from the Home Safety Council

### Join Us for a Day of Fun, Food and Information at Our Senior Jamboree!

An art show; complimentary snacks; entertainment; free health screenings, information and services; and party bingo are planned for the *Senior Jamboree* May 18<sup>th</sup>, 10:30 am to 2:30 pm, at the Holiday Inn Express and Suites, Chicago West O'Hare Airport Area, 200 South Mannheim Road in Hillside. The event is being hosted by Holiday Inn Express and Suites,

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**Super Seniors**  
9:30 am  
May 17<sup>th</sup>  
Bellwood

**Spanish Club**  
11:00 am  
May 7<sup>th</sup>  
Bellwood

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

**Take Charge of Your Health**  
10:00 am  
May 25<sup>th</sup>, 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

**Wheel of Fortune Day**  
10:30 am  
May 12<sup>th</sup>  
Bellwood

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

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Proviso Township, the Village of Hillside and West Suburban Senior Services.

**Seniors' Night Out** West Suburban Senior Services is hosting a dinner outing to Southern Exposure Restaurant and Catering in Berkeley May 26<sup>th</sup> at 5:30 pm. Participants are responsible for providing their own transportation and for paying their own bill at the restaurant. To facilitate planning, seniors planning to attend the dinner are asked to call West Suburban Senior Services by May 21<sup>st</sup>.

**Spanish Club** This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting May 7<sup>th</sup>, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.



**Stepper Dance Class** Beginners and advanced students are welcome in this free class. It is offered Thursdays, 10:30 am to 11:00 am, at the Senior Citizen Center in Bellwood.

**Super Senior Program** The Secretary of State's mobile driver services facility is coming to the Senior Citizen Center in Bellwood May 17<sup>th</sup> 9:30 am to 2:00 pm. It combines Rules of the Road classroom instruction, a vision screening test and a driver safety program.

**Take Charge of Your Health!** This six-week class is designed to help seniors with a chronic disease and caregivers of others with a chronic disease cope instead of letting the disease control their lives. It is being held 10:00 am to 12:30 pm at the Senior Citizen Center in Bellwood on May 25<sup>th</sup>, June 1<sup>st</sup>, June 8<sup>th</sup>, June 15<sup>th</sup>, June 22<sup>nd</sup> and June 29<sup>th</sup>. Pre-registration is required. The program is sponsored by AgeOptions and made possible through a grant from the U.S. Department on Aging via the Illinois Department of Public Health.

**Wheel of Fortune Day** Seniors are invited to have some fun and maybe win a prize at this event May 12<sup>th</sup>, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. Lunch follows for the suggested donation of \$2.00.

**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.

# 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 representatives, and agency and catering staff. The Advisory Council is meeting May 12<sup>th</sup>, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood and 1:00 pm to 2:00 pm at the Hodgkins' site located in Salerno Pincente Ristorante.

**Aging Care Connections Day** Circuit Breaker benefits and applications are the focus of this program May 4<sup>th</sup>, 10:30 am to 11:15 am, at the Hodgkins meal site. Aging Care Connections in LaGrange is the presenter.

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

**Arthritis Foundation Exercise Class** These complimentary classes are being offered at the Senior Citizen Center in Bellwood from 10:00 am to 11:00 am May 4<sup>th</sup>, May 11<sup>th</sup> and May 13<sup>th</sup>.

**Bingo** Party bingo is held every Thursday beginning at 12:15 pm at both the Bellwood and Hodgkins congregate meal sites.

**Bingo Bonanza** A double session of party bingo is planned May 3<sup>rd</sup>, 10:15 am to 1:15 pm, at the Senior Citizen Center in Bellwood, and May 18<sup>th</sup>, 10:15 am to 1:15 pm, at the meal site in Hodgkins. The \$1.00 cost includes prizes and refresh-

ments. Lunch is served at 11:30 am for the suggested donation of \$2.00.

**Bingo Galore!** Party bingo players are invited to participate in these games at the Senior Citizen Center in Bellwood: Farmer's Market on May 10<sup>th</sup>, Everything Sweet on May 17<sup>th</sup> and Mystery on May 24<sup>th</sup>. Cost for each party is \$1.00. Games start at 12:15 pm.

**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, and at the congregate meal site in Hodgkins. There is no charge for this activity.

**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 May 5<sup>th</sup> and May 19<sup>th</sup> from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

**Choosing the Best Credit Card** Participants gain information for understanding the different available credit cards, for selecting the best credit card and interest rate, and for understanding the new credit card reform act and rules. University of Illinois Extension is presenting this program May 17<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and May 11<sup>th</sup>, 10:30 am to 11:30 am, at the Hodgkins meal site.

**Cinco de Mayo Celebration** Spanish foods, entertainment and games highlight this event May

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