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Veteran's Day Observance A ceremony honoring veterans is planned November 11th, 10:45 am, at Bellwood Senior Center. Seniors are invited to lunch and to a Celebrate America party following the ceremony. Meal reservations are recommended by 12:00 noon on November 10th; suggested meal donation is \$1.50.

Veterans' Information A representative from the Illinois Department of Veterans Affairs is coming to Bellwood Senior Center December 5th, 10:45 am to 12:00 noon, to share information about benefits and to answer related questions. Veterans are encouraged to bring their military discharge papers to the appointment; the department representative can secure the discharge papers for any veterans who cannot locate their documents.

Volunteer Holiday Coffee West Suburban Senior Services' volunteers are invited to a holiday coffee December 2nd, 9:00 am to 10:30 am, at Bellwood Senior Center. Reservations are required by November 30th.

Waffle Sundaes This treat is being served November 8th, 12:15 pm, at Bellwood Senior Center, and November 11th, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are recommended by November 7th and November 10th, respectively.

Weight Loss Meeting West Suburban Senior Services is pleased to sponsor a program to help seniors realize their weight loss needs. The group meets every Friday from 9:30 am to 10:30 am at Bellwood Senior Center.

Winter Skin Protection and Seniors Dr. Allen Parungao, MD, plastic surgeon at Rush Oak Park Hospital, is coming to Bellwood Senior Center December 1st to discuss special skin – related problems seniors encounter during cold weather. His presentation is scheduled from 10:30 am to 11:15 am, and reservations are recommended.

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

Annual Thanksgiving Lunch

West Suburban Senior Services is hosting its annual Thanksgiving lunch November 17th at Bellwood Senior Center, and OARS and River Park Centers beginning at 11:00 am. The menu features roasted turkey breast, cornbread dressing, mashed potatoes, green peas, wheat roll, pumpkin pie, milk and coffee. The meal is free to seniors age 60 and older who bring nonperishable food items for local food pantries. The cost for other seniors is \$1.50. *The reservation deadline is November 11th at 12:00 noon.*

Medicare Part D: Anxious and Unsure

The time is rapidly approaching for seniors to make choices regarding prescription drug coverage under Medicare Part D. For many, this is a time of anxiety, uncertainty, and having that "deer-in-the-headlights" feeling. Many federal government plans that cover millions of Americans, this program has a certain, "We'll work out the bugs as we go" tenor. The most important action one can take, in terms of preparing for this change, is to acquire as much information as possible. If one is being more or less forced to make a decision, one should make the most informed decision possible. There are certain proscribed penalties, after an initial period, for making changes regarding your decisions. Also, a key factor in making a decision of this magnitude is

not to let the anxiety or worry make the decision for you. Worse yet, do not procrastinate and do nothing out of a sense of feeling lost or frustrated.

There are several avenues you may pursue to obtain the necessary information you need to make an informed choice. Public libraries, senior organizations like AARP, and the Internet are all viable options for learning more about Medicare Part D, what it covers, what it does not cover, and what actions you will have to take to participate in this program. Area senior centers will most likely have staff that received specialized training in helping seniors navigate the labyrinth of choices they are facing. Speak to other seniors, and get their opinions, but be sure you cross-check any information you glean from others against other sources, as there is bound to be a certain amount of misinformation out there concerning a new government program. Lastly, don't be afraid to ask questions. As college professors often remind their students, "The only stupid question is the one you don't ask." We are sometimes reticent to ask questions out of a fear of looking ignorant, indecisive, or foolish. In the words of Dragnet's Sgt. Joe Friday, if you are going to get "The facts, ma'am, just the facts," you must take the initiative to seek out credible and reliable sources of information about this new and somewhat intimidating program.

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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 their 31st Annual Meeting held in Forest Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

Mr. Michael Sturino, Esq., President
Ms. Carole Kulinski, Vice President
Honorable Gary Woll, Treasurer
Mrs. Elaine Reno, Secretary

Directors

Mrs. Lois Albers
Honorable Anthony Calderone
Mrs. Mary Conti
Ms. Carole Kulinski
Mrs. Dorothy Lindsey
Honorable Noreen Love
Honorable Anthony Peraica
Mr. John O'Sullivan
Mr. Gary Woll

Honorary Directors

Mrs. Annette Barker
Honorable Lawrence Terrell

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Screening for Balance and Fall Prevention A physical therapist from West Lake Hospital is conducting these complimentary screenings November 28th, 10:30 am to 11:30 am, at Bellwood Senior Center. Appointments are required.

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 at 11:00 am, November 4th and November 18th, at Bellwood Senior Center.

El Nuevo Club Latino invita cordialmente a personas mayores de sesenta años pasar un rato agradable, llame a Consuelo LeZama (708) 547-5600.

Surviving the Holidays The Illinois Center for Financial Education is coming to Bellwood Senior Center November 14th, 10:45 am to 11:30 am, to share tips that can result in financial savings for seniors as they shop during this holiday season. Reservations for this informative program are recommended.

Tax Aide Training The American Association of Retired Persons (AARP) is seeking volunteers for its Tax Aide program. (The Tax Aides receive no compensation for their service.) Applicants are required to complete two weeks of training during the weeks of January 9th and January 16th, 2006, at Katherine Legge facility in Hinsdale and to pass an examination. Additional information is available from Dick Greenberg, (630) 323-1807, and Wally Lach, (708) 352-7189. The Tax Aide program runs February 1st through April 15th, and is geared to help low-and middle-income seniors age 60 and older. The Tax Aide service is again being offered at Bellwood Senior Center beginning February 2006.

Terrific (Free) Bingo Party Westchester Health and Rehabilitation Center (formerly Mariner Health of Westchester) is hosting complimentary party bingo November 22nd, 12:15 pm, at Bellwood Senior Center. Seniors who want lunch beforehand need a reservation by 12:00 noon on November 21st. Suggested meal donation is \$1.50.

Thanksgiving Lunch West Suburban Senior Services is hosting its annual Thanksgiving lunch November 17th at Bellwood Senior Center, and OARS and River Park Centers beginning at 11:00 am. The menu features roasted turkey breast, cornbread dressing, mashed potatoes, green peas, wheat roll, pumpkin pie, milk and coffee. The meal is free to seniors age 60 and older who bring nonperishable food items for local food pantries. The cost for other seniors is \$1.50. *The reservation deadline is November 11th at 12:00 noon.*

Triton Holiday Buffet Seniors are invited to enjoy the creative holiday recipes of Triton College culinary students and chefs at an all-you-can-eat – buffet December 7th, 5:30 pm to 7:00 pm, at the school. Beverage and dessert are included on the buffet; gratuities are extra. Paid cash reservations (\$10.00) are due at the Senior Center by November 29th. Seating is limited, and fees cannot be refunded.

Turkey Trot Festival Bingo, treats and contests are planned November 21st from 12:15 pm to 1:30 pm. The \$2.00 fee includes lunch at 11:30 am. Reservations are required by 12:00 noon on November 18th.

Update on Tuberculosis and Seniors Staff from the Suburban Cook County Tuberculosis Sanitarium District are coming to Bellwood Senior Center November 8th, 10:45 am to 11:15 am, to present this timely and important program. Also, seniors may sign up to have a free TB test.

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Briefly Stated

Advisory Council Meeting 10:30 am November 9 th Bellwood	Breakfast Bingo 9:30 am November 18 th Bellwood	Foster Grandparents 10:30 am Monthly Bellwood	Ice Cream Cones 12:15 pm November 14 th Bellwood
Aging Resource Information Exhibition 9:00 am November 11 th LaGrange	Caregiver Support Group 11:00 am November 15 th Forest Park	Game and Puzzle Day 12:15 pm November 14 th Bellwood	Legal Assistance 9:00 am November 15 th Bellwood
Art Class 9:00 am Tuesdays Bellwood	Casino Trip 8:00 am December 20 th Milwaukee, WI	Gift Shop 10:30 am to 1:30 pm Monday through Friday Bellwood	Luncheon 11:30 am Monday through Friday Bellwood, Forest Park & OARS
Basic Senior Fitness 10:45 am November 18 th Bellwood	Celebrate America Party 11:30 am November 11 th Bellwood	Glucose Checks 10:30 am November 14 th Bellwood	Managing Your Arthritis Pain 10:30 am December 13 th Bellwood
Beginning Spanish Class 10:30 am November 3 rd , November 10 th & November 17 th Bellwood	Chair Dancing 10:45 am November 1 st Bellwood	Haircuts 10:30 am November 9 th & November 22 nd Bellwood	Movie Day 12:15 pm November 15 th Bellwood
Bellwood Police and Fire Academy 10:30 am November 3 rd and November 10 th Bellwood	Craft Coop 12:15 pm Fridays Bellwood	Handling Your Stress Workshop 10:30 am November 15 th Bellwood	Mystery Reading Club 9:30 am November 1 st Bellwood
Bingo 12:15 pm Thursdays in Bellwood Fridays in Forest Park	Decorating Your Home for the Holidays 12:15 pm December 9 th Bellwood	Healthy Holiday Eating 10:45 am December 12 th Bellwood	Mystery Wednesday 11:00 am November 23 rd Bellwood & Forest Park
Bingo Bonanza 10:15 am November 7 th Bellwood	Diabetes Awareness and Prevention 10:45 am November 22 nd Bellwood	Hearing Screenings 9:00 am November 10 th Bellwood	Officers' Club 10:30 am November 28 th Bellwood
Birthday Celebration Noon November 15 th Bellwood, Forest Park & OARS	Edible Art 10:30 am December 7 th Bellwood	Holiday Lunch 11:30 am December 16 th Bellwood, Forest Park & OARS	Podiatry Clinic Thursdays in Bellwood November 4 th in Forest Park
Exercise Class – Audio Tape 10:30 am Monday through Friday Bellwood	Holiday Menu Planning 10:45 am November 29 th Bellwood		Pokeno 12:15 pm November 4 th & November 11 th Bellwood

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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.

Managing Your Arthritis Pain Staff from the Rehabilitation and Sports Medicine Center at West Suburban Hospital are coming to Bellwood Senior Center December 13th, 10:30 am to 11:30 am, to demonstrate exercises and to share information that can help seniors manage arthritis pain. Reservations are recommended.

Movie Day Popcorn, soft drinks, good company and an entertaining movie are featured November 15th, 12:15 pm, at Bellwood Senior Center. This month's selection is *Fever Pitch*. Reservations are required by November 14th.

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 November 1st, 9:30 am, at Bellwood Senior Center. 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.

Mystery Wednesday One Wednesday of each month is designated as Mystery Wednesday at Bellwood Senior Center and River Park Center. Surprises are planned for the day, and the only way to find out what they are is to be there. This month's Mystery Wednesday is November 23rd.

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, November 28th, at Bellwood Senior Center.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (November 4th), 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 November 4th and November 11th, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

Quilting Class West Suburban Senior Services is pleased to resume its free quilting class November 8th and November 22nd, 10:30 am to 11:30 am, at Bellwood Senior Center. Material is provided, but participants should bring their own sewing needles.

Robber Bingo This challenging and entertaining form of party bingo is being played November 9th, 12:15 pm, at Bellwood Senior Center. Cost is 50 cents.

Rules of the Road This free course is offered by the Secretary of State to assist seniors in preparing for their vehicle exam. A practice test is given, and each student receives an instructional book. The class is scheduled November 28th, 1:00 pm, at Bellwood Senior Center.

Saturday Lunch Outing West Suburban Senior Services is hosting a lunch outing at Old Country Buffet, 139 West North Avenue, Northlake, November 12th at 11:30 am. Seniors are responsible for securing their own transportation and for paying the cost of their lunch. Additional information is available from the Senior Center Director.

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Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements</i>	November 1, 2005 Chicken Breast Quarter Cornbread Stuffing California Vegetables Apple Juice Cranberry Nut Muffin	November 2, 2005 Beef Stew Chopped Spinach Cottage Cheese and Pear Salad Carrot Muffin	November 3, 2005 Taco Salad Tortilla Chips Apple Juice Fresh Fruit	November 4, 2005 Sweet and Sour Chicken Filet Rice Pilaf Broccoli Peach Halves Almond Cookie
	November 7, 2005 Pepper Steak White Rice Mixed Vegetables Pickled Beets Fresh Apple	November 8, 2005 Swedish Meatballs Mashed Potatoes Zucchini and Tomatoes Garbanzo Bean Salad Fruit Yogurt	November 9, 2005 Roast Pork Sweet Potatoes Black-eyed Peas Smothered Cabbage Apricot Halves	November 10, 2005 Chicken Breast White Rice Carrots Orange Juice Fruit Mix
November 14, 2005 Baked Chicken Leg Quarter Au gratin Potatoes Green Beans Carrot Raisin Salad Chilled Peaches	November 15, 2005 Hot Dog on Bun Baked Beans Peas and Carrots Fruit Juice Chocolate Cake	November 16, 2005 Stuffed Cabbage Roll Parslied Whole Potatoes Three Bean Salad Fruit Juice Fresh Orange	November 17, 2005 Roasted Turkey Breast Cornbread Dressing Mashed Potatoes Green Peas Pumpkin Pie	November 18, 2005 BBQ Boneless Pork Ribbets Macaroni and Cheese Seasoned Mixed Greens Coleslaw Fruit Gelatin
November 21, 2005 Spinach Lasagna Fresh Cut Green Beans Tossed Salad Apple Pie	November 22, 2005 Spanish Style Chicken Whole Potatoes Carrots Tossed Salad Chocolate Chip Cookies	November 23, 2005 Turkey Burger on Bun Scalloped Potatoes Macaroni Salad Pineapple Juice Fruit Yogurt	November 24, 2005 <i>Closed for Thanksgiving</i>	November 25, 2005 Spaghetti and Meatballs Carrots Tossed Salad Fruit Gelatin
November 28, 2005 Seafood Salad on Bun Three Bean Salad Chicken Gumbo Soup Pudding	November 29, 2005 Chicken Breast Quarter Cornbread Stuffing California Vegetables Apple Juice Cranberry Nut Muffin	November 30, 2005 Beef Stew Chopped Spinach Cottage Cheese and Pear Salad Carrot Muffin	<i>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 of Metropolitan Chicago, Veteran's Administration, Proviso Township, Lyons Township, The 708 Mental Health Commission of Berwyn, local villages, and donations.</i>	

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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Game and Puzzle Day To observe the celebration of National Game and Puzzle Week, West Suburban Senior Services announces a special day of table games, including card flip, gift wrap and other challenges. The fun is set for November 14th, 12:15 pm, at Bellwood Senior Center. 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 Bellwood Senior Center. Gift certificates are also available.

Glucose Checks Westchester Health and Rehabilitation Center is conducting free glucose screens November 14th, 10:30 am to 11:30 am, at Bellwood Senior Center. This screening can help identify abnormal sugar levels. Fasting is not necessary. Appointments are required.

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 November 9th and November 22nd at 10:30 am. Appointments are required.

Handling Your Stress Workshop Holidays can be very stressful, and West Suburban Hospital is conducting a coping workshop November 15th, 10:30 am to 11:15 am, at Bellwood Senior Center. In addition to learning stress management strategies, participants are receiving information on stress avoidance. Reservations are recommended.

Healthy Holiday Eating The corporate dietician from Jewel Foods is presenting recipes for holiday treats that are both tasty and healthy. The program is December 12th, 10:45 am, at Bellwood

Senior Center. Participants may also sample the treats. Reservations are recommended.

Holiday Menu Planning Staff from the Cooking and Hospitality Institute are coming to Bellwood Senior Center November 29th, 10:45 am to 11:30 am, to help seniors enhance the flavor of holiday foods without compromising their health. Participants have the opportunity to sample recipes. Reservations are recommended.

Hearing Screenings The audiologist from Resurrection Health Care, West Lake Hospital, is coming to Bellwood Senior Center November 10th, 9:00 am, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon on November 8th.

Holiday Lunch West Suburban Senior Services is serving a holiday lunch December 16th, 11:30 am, at Bellwood Senior Center, and OARS and River Park Centers. The menu features chicken cordon bleu, rice pilaf, green beans, tossed salad, dinner roll, lemon pie, and milk and coffee. Suggested meal donation is \$1.50. Reservations are required by 12:00 noon on December 12th.

Ice Cream Cones For 50 cents, seniors can enjoy a waffle ice cream cone November 14th, 12:15 pm, at Bellwood Senior Center. Reservations are recommended.

Legal Assistance On November 15th from 9:00 am to 12:00 noon, a representative from Legal Assistance Foundation of Metropolitan Chicago is coming to Bellwood Senior Center. Seniors who have legal concerns should telephone us for more information regarding appointments.

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

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Quilting Class 10:30 am November 8 th & November 22 nd Bellwood	Spanish Club 11:00 am November 4 th & November 18 th Bellwood	Triton Holiday Buffet 5:30 pm December 7 th River Grove	Volunteer Holiday Coffee 9:30 am December 2 nd Bellwood
Robber Bingo 12:15 pm November 9 th Bellwood	Surviving the Holidays 10:45 am November 14 th Bellwood	Turkey Trot Festival 12:15 pm November 21 st Bellwood	Waffle Sundaes 12:15 pm November 8 th Bellwood November 11 th Forest Park
Rules of the Road 1:00 pm November 28 th Bellwood	Tax Aide Training Weeks of January 9 th and January 16 th Hinsdale	Update on Tuberculosis and Seniors 10:45 am November 8 th Bellwood	Weight Loss Meeting 9:30 am Fridays Bellwood
Saturday Lunch Outing 11:30 am November 12 th Northlake	Terrific (Free) Bingo Party 12:15 pm November 22 nd Bellwood	Veteran's Day Observance 10:30 am November 11 th Bellwood	Winter Skin Protection and Seniors 10:30 am December 1 st Bellwood
Screening for Balance and Fall Prevention 10:30 am November 28 th Bellwood	Thanksgiving Lunch 11:00 am November 17 th Bellwood, Forest Park & OARS	Veterans' Information 10:45 am December 5 th Bellwood	

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Be Sure to Visit the Sharing Tree

West Suburban Senior Services announces its third annual Sharing Tree in the lobby of Bellwood Senior Center. The tree is decorated with ornaments that indicate items designated agency clients would enjoy. All gift selections are \$3.00 or less. Ornaments are coded; no names appear on them.

Area residents are invited to select an ornament from the Sharing Tree November 17th through December 9th between 8:30 am and 4:00 pm, and purchase one of the listed items. The wrapped gift should then be tagged with the tree ornament and returned to Bellwood Senior Center by December 12th for distribution. Additional information is available from the Senior Center director.

We're Not Taking a Holiday

West Suburban Senior Services is observing normal business hours on Veteran's Day, November 11th. The Bellwood, Forest Park and LaGrange nutrition sites are serving lunch at 11:30 am, and special events are planned at Bellwood Senior Center:

- *Veteran's Day Observance* A ceremony honoring veterans is set for 10:45 am at Bellwood Senior Center. Members of the Illinois Army National Guard are participating in this event.
- *Celebrate America Party* This celebration begins with lunch at 11:30 am and features patriotic music, door prizes and refreshments. Suggested meal donation is \$1.50; reser-

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Breakfast Bingo Pancakes, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo November 18th, 9:30 am to 11:00 am, at Bellwood Senior Center. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on November 16th; a minimum registration is required for this activity to take place.

Caregiver Support Group West Suburban Senior Services has a support group for family members who care for seniors with Alzheimer's, dementia or chronic illness. The group provides family members with an opportunity to meet others in similar situations and to discuss a variety of issues related to caring for loved ones. The group's next meeting is November 15th from 11:00 am to 12:00 noon at River Park Center.

Casino Trip West Suburban Senior Services is hosting a trip to the Potawatomi Casino, Milwaukee, Wisconsin, on December 20th. The bus leaves Bellwood Senior Center at 8:30 am and returns there at 6:30 pm. The \$30.00 per-person fee includes transportation, a free buffet, a ticket to the show featuring the Lettermen singing group, and \$10.00 back when earning 50 points on a machine. Paid cash reservations are due at Bellwood Senior Center by November 28th, and fees cannot be refunded. A minimum registration is required for this trip to take place.

Celebrate America Party This celebration follows the Veterans' Day observance on November 11th at Bellwood Senior Center. The party begins with lunch at 11:30 am and features patriotic music, refreshments and door prizes. Suggested meal donation is \$1.50. Party and lunch reservations are required by November 9th.

Chair Dancing The University of Illinois Extension is coming to Bellwood Senior Center November 1st, 10:45 am to 11:30 am, to present a class on this physical activity for seniors. Reservations are recommended.

Craft Co-op Every Friday at 12:15 pm in Bellwood, seniors meet and do various crafts. All crafters are welcome.

Decorating Your Home for the Holidays Staff from the Home Depot in Broadview are coming to Bellwood Senior Center December 9th, 12:15 pm to 1:15 pm, to present this workshop. There is no charge, but reservations are recommended by December 7th.

Diabetes Awareness and Prevention November is Diabetes Awareness Month, and Phoenix Community Outreach is presenting this program November 22nd, 10:45 am to 11:15 am, at Bellwood Senior Center.

Edible Art Seniors are invited to participate in this unique art/food class December 7th, 10:30 am to 11:15 am, at Bellwood Senior Center. Reservations are required.

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 Bellwood Senior Center.

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.

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tions are required by 12:00 noon on November 10th.

- **Pokeno Party** This activity is scheduled from 12:30 pm to 1:30 pm. Cost is \$1.00 per card, and the fee includes prizes and refreshments.

State Announces New Program for Pharmaceutical Assistance

The State of Illinois has created a new program, **Illinois Cares Rx**, that can help seniors fill in the gaps in their Medicare drug coverage. Here is how the program works:

- SeniorCare and Circuit Breaker are being combined to form Illinois Cares Rx starting January 1, 2006. For people who cannot get Medicare, Illinois Cares Rx will continue to provide prescription drug coverage similar to SeniorCare or Circuit Breaker.
- For people who have Medicare, Illinois Cares Rx helps pay the prescription costs that Medicare does not cover.
- To receive Illinois Cares Rx, Medicare beneficiaries **must** apply to Social Security for extra help with Medicare Part D Prescription Drug Plan costs.
- If seniors have Medicare, Illinois Cares Rx enrolls them in either PacifiCare Saver Plan or United MedicareRx. With these plans, Illinois Cares Rx pays a senior's premiums, coinsurance and deductibles. The plan mails new member information to the enrolled senior.
- Seniors may switch to a different Medicare drug plan than the one the state enrolls them in. However, if seniors do not choose United MedicareRx or PacifiCare Saver Plan, the state will pay only monthly insurance premi-

ums. The state will not pay seniors' Medicare prescription drug plan deductible and coinsurance.

Additional information is available from West Suburban Senior Services, (708) 547-5600.

Low Income Home Energy Assistance Program

West Suburban Senior Services is accepting applications from income-qualified seniors age 60 and older for the Low Income Home Energy Assistance Program (LIHEAP). This program helps homeowners and renters alike. A one-time payment is made to utility companies who then credit the accounts of eligible clients for the amount of the LIHEAP grant.

To qualify, the monthly income limit for a one-person household is \$1,196. The monthly income limit for a two-person household is \$1,604.

When filing a LIHEAP application, seniors **must** bring the following documentation:

- Social Security cards for all household members.
- Proof of income for the last 30 days for all household members. This can be monthly Social Security benefits, private pensions and so forth.
- Entire current gas (heating) bill under the name of the applicant.
- Entire current light bill under the name of the applicant.
- A current lease (for renters).
- Medicare and current Medicaid cards.
- TANF card, if applicable.

Additional information is available by telephoning West Suburban Senior Services.

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 from each nutrition site, Open Kitchens catering, and agency staff. The Advisory Council is meeting November 9th, 10:30 am, at Bellwood Senior Center.

Aging Resource Information Exhibition Southwest Suburban Senior Center on Aging is sponsoring this event November 11th, 9:00 am to 2:00 pm, at the facility, 111 West Harris, LaGrange. Representatives from a variety of area senior resources are available to talk with seniors and their family members, and participants may also choose to participate in two of four breakout sessions. Topics include housing options in long-term care communities, Medicare Part D, estate planning and dementia. There is no admission charge. Additional information is available at (708) 354-1323.

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

Basic Senior Fitness Memorial Park District staff are coming to Bellwood Senior Center November 18th, 10:45 am to 11:30 am, to present information and exercise demonstrations designed

to help seniors achieve and maintain fitness. Reservations may be made by telephoning West Suburban Senior Services, (708) 547-5600.

Beginning Spanish Class Seniors learn basic conversational Spanish during this class. This month's sessions are November 3rd, November 10th and November 17th, 10:30 am to 11:30 am, at Bellwood Senior Center.

Bellwood Police and Fire Academy This informative workshop continues November 3rd and November 10th, 10:30 am to 11:30 am, at Bellwood Senior Center. The academy is open to seniors age 55 and older, and area seniors may make arrangements for transportation with the Bellwood Police Department.

Bingo Party bingo is held every Thursday at the Bellwood site and every 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 November 7th at Bellwood Senior Center. 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.

Birthday Celebration Seniors who are celebrating a November birthday are invited to this special party November 15th, 12:00 noon, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required by 12:00 noon on November 14th.

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