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Citizen Center in Bellwood. Games at both sites are scheduled from 10:15 am to 11:00 am. They include *Thanksgiving Operator*, *Pin the Hat on the Pilgrim*, and table word search competitions. Party bingo is played from 11:00 am to 11:30 am. Following lunch, Pokeno is scheduled from 12:15 pm to 1:00 pm. Cost for all is \$2.00. Suggested donation for lunch only is \$1.75. Reservations are required, and a minimum participation is required for the festival to take place.

Uncle Sam Sundaes This patriotic ice cream dessert is being served November 6th, 12:15 pm to 12:30 pm, at the Senior Citizen Center in Bellwood, and November 7th, 12:15 pm to 12:30 pm, at OARS Center. Cost is \$1.00.

Veterans Day Observance West Suburban Senior Services has planned activities to honor our veterans from all wars on November 6th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood, and on November 7th,

10:30 am to 11:30 am, at our OARS Center in LaGrange.

Westlake Hospital Screenings Seniors have the opportunity to participate in complimentary glucose, cholesterol, prostate cancer and bone density screenings November 18th, 9:30 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Appointments are not necessary. Fasting for the blood tests is recommended but not required.

Winter Energy Costs Citizens Utility Board (CUB) is presenting this program November 5th, 10:30 am to 11:30 am, at OARS Center. Discussion focuses on keeping heating bills under control, understanding consumer rights, and knowing what to expect this winter.

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

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

Counting Your Blessings Amidst Loss

The holidays can be an especially trying time for persons who have lost a loved one. To help seniors cope with their feelings of loss, West Suburban Senior Services is hosting *Counting Your Blessings Amidst Loss*, a conversation about dealing with grief during the holiday season and taking care of oneself.

The program is scheduled November 10th, 10:30 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Program presenters are Rainbow Hospice and Tami Jimenez, LCSW, Healthy Aging Counselor at West Suburban Senior Services. A complimentary brunch is being served at 10:30 am, and the program follows.

Seniors planning to attend are asked to RSVP by November 5th.

Flu Shot Clinic

West Suburban Senior Services is hosting a flu shot clinic November 5th, 10:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood. Seniors age 60 and older are being seen *only by appointment*. Appointments may be made by telephoning West Suburban Senior Services. The flu shots are free, but a limited amount of vaccine is available.

Give Yourself the Gift of Good Health

With the holidays quickly approaching, West Suburban Senior Services is offering senior citizens the opportunity to give themselves the gift of good health through informational programs and complimentary screenings at the Senior Citizen Center in Bellwood and at OARS Center in LaGrange. The November schedule is presented here.

*Senior Citizen Center
439 Bohland Avenue
Bellwood*

November 10th, 10:30 am to 12:00 noon, *Counting Your Blessings Amidst Loss Program*. Rainbow Hospice and Tami Jimenez, LCSW, Healthy Aging Counselor at West Suburban Senior Services, are leading this conversation about dealing with grief during the holiday season and taking care of one's self. A complimentary brunch is being served at 10:30 am, and the program follows. Seniors planning to attend should RSVP by November 5th.

November 13th, 10:30 am to 12:00 noon, *Advances in the Treatment of Cataracts Program and Cataract Screening*. Kirk Eye Center is providing this service.

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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.

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.

Board of Directors

The Board of Directors elected, during the 36th 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. Lois Albers, Treasurer

Directors

- Mrs. Jann Beauchamp
- Ms. Janice Carter
- Mrs. Mary Conti
- Mrs. Kathleen Contuchio
- Mr. Arthur Grapenthein
- Mrs. Lela Grimble
- Mr. Robert A. Jones
- Honorable Anthony Peraica
- Ms. Tywana Rand
- Honorable Donald Sloan
- Dr. Robert Strnad, MD
- Ms. Catherine Swan
- Mrs. Jimmi Wooten

Honorary Directors

- Ms. Carole Kulinski
- Honorable Noreen Love
- Mrs. Elaine Reno

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Sleep Patterns & Aging
10:00 am
November 21st
OARS

Spanish Club
11:00 am
November 20th
Bellwood

Thanksgiving Luncheon
11:30 am
November 20th
Bellwood & OARS

Triton Dinner Outing
5:30 pm
December 3rd
River Grove

Turkey Trot Festival
10:15 am
November 18th
OARS

10:15 am
November 25th
Bellwood

Uncle Sam Sundaes
12:15 pm
November 6th
Bellwood

November 7th
12:15 pm
OARS

Veterans Day Observance
10:30 am
November 6th
Bellwood

10:30 am
November 7th
OARS

Westlake Hospital Health Screenings
9:30 am
November 18th
Bellwood

Winter Heating Costs
10:00 am
November 5th
OARS

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Rules of the Road Class Illinois Secretary of State staff are conducting this review class December 19th, 1:30 pm to 3:30 pm, at the Senior Citizen Center in Bellwood. A practice test is also given. The class is free, but reservations are needed.

Senior Health and Safety The LaGrange Fire Department is presenting this program November 12th, 10:15 am to 11:00 am, at OARS Center. Discussion topics include personal safety.

Sleep Patterns and Aging Clinical psychologist Kathy Sexton Radek, PhD, is presenting this program November 21st, 10:00 am to 11:00 am, at OARS Center. Discussion includes reasons for sleep disorders and suggestions to remedy them.



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 meeting is to be held November 20th, 11:00 am to 2:00 pm, 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.

Thanksgiving Luncheon This traditional meal is being served November 20th, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood and at OARS Center.

Triton Dinner Outing West Suburban Senior Services is hosting an outing to Triton College for a Christmas dinner on December 3rd.

Turkey Trot Festival Games, party bingo and Pokeno are included in this event November 18th at OARS Center and November 25th at the Senior

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