

(Continued from page eleven)

Triton Diner Outing

West Suburban Senior Services is hosting a dinner outing to Triton College on October 26th, 5:30 pm to 7:00 pm. The \$12.00 per-person fee includes an a la carte selection from the day's menu, a non-alcoholic beverage, a dessert and gratuity. Paid *cash non-refundable reservations* are due at the Senior Citizen Center in Bellwood by October 11th.

We're Not Taking a Holiday

West Suburban Senior Services is observing normal business hours on Columbus Day, October 10th. The Bellwood and Hodgkins nutrition sites are serving lunch at 11:30 am for the suggested donation of \$2.00. Reservations

are required by 12:00 noon on October 7th.

In addition, the Senior Citizen Center in Bellwood is hosting a program at 10:30 am to help senior citizens avoid health hazards in their home. Program participants may also sign up to have a free health hazard inspection done in their home. The day's activities conclude with Pumpkin Patch party bingo from 12:15 pm to 1:15 pm. Cost for the bingo is \$1.00.

Zumba Gold Fitness Class

Westlake Hospital and West Suburban Senior Services are pleased to offer this Latin-inspired dance fitness program at the Senior Citizen Center in Bellwood. The first class is scheduled October 31st from 10:45 am to 11:30 am. There is no fee. Additional information is available from West Suburban Senior Services.

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 63rd 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

Volume XXIV, Issue 10
October, 2011

Autumn Safety Tips

Fall is here. The weather is going to start cooling down. Children are back in school and the laziness of summer is being replaced by the increase frenzy of autumn. It's time to review some autumn safety tips that will keep everyone safe in the coming months.

Staying Healthy One of the downsides of fall is that with it come cold and flu seasons. Always get a flu vaccination. Make sure hands are washed carefully. One of the best ways to avoid a cold or flu is to wash hands regularly. Make sure the water is hot, use plenty of soap, and keep the hands under the water for at least twenty seconds.

Staying Safe As the weather turns and the temperature drops, people look for easy ways to stay warm. Resist the temptation to use gas ovens or ranges as a heating source. It may seem like a good way to quickly heat up the kitchen when it is chilly out, but the unvented gas could build to combustible levels. When using portable space heaters to warm the house, keep them away from water, curtains and flammable items. Do not leave a space heater unattended. Use one that shuts off automatically if it falls over. Keep the home ventilated even when temperature drop to avoid carbon monoxide poisoning. Replace any used or expired fire extinguishers. Check smoke and carbon monoxide detectors to see if running okay

Café Con Leche

American Association of Retired Persons and AgeOptions are hosting a community conversation in Spanish October 19th, 10:00 am to 12:30 pm, at the Senior Citizen Center in Bellwood. Conducted in a round-table format, the conversation includes topics of interest to participants. Also, entertainment and snacks are being provided.

Casino Trip

West Suburban Senior Services is planning an outing to the Potawatomi Bingo Casino in Milwaukee, Wisconsin, on November 2nd. The bus leaves from the Senior Citizen Center in Bellwood at 8:30 am and returns there at approximately 6:00 pm. The \$25.00 per-person cost includes round-trip transportation on a motor coach, an all-you-can-eat buffet or a \$10.00 food credit, and a \$5.00 slot play credit when a participant earns 25 slot points. Paid *non-refundable cash reservations* are due by October 12th, and a minimum registration is required for the trip to take place. As a reminder, the casino requires one form of identification including current passport, valid driver's license, valid State-issued identification card or current military identification.

(Continued on page five)

The Senior Chronicle

The Senior Chronicle is published by West Suburban Senior and is distributed at no cost to area senior citizens. We thank those organizations and businesses where the Senior Chronicle is distributed. The agency, however, does not mail the *Senior Chronicle* out due to increased postage costs. Time dated material is published including menus and special events. Additional information is available at the Senior Center, River Park Center, at the OARS Center or on our buses or our website.

Funding

West Suburban Senior Services is supported by the AgeOptions under Title III of the Older American's Act, the US Department of Veteran's Affairs, the Federal Emergency Management Agency, the Illinois Department on Aging, Kott Foundation, Commonwealth Edison, Westlake Health Foundation, the 708 Mental Health Commission of Berwyn and Proviso Townships, United Way of Metropolitan Chicago, Lyons and Proviso Townships, local villages and contributions from seniors and their families. We thank them for their continued support and assistance.

Non-Discrimination

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

Website

The Senior Chronicle is also available on the agency's website, www.wsseniors.org. 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 37th Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

Officers

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

Directors

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

Honorary Directors

Mrs. Jann Beauchamp

(Continued from page five)

Medicare Preventive Services

Since 2011, the *Affordable Care Act* has made it possible for senior citizens with Original Medicare to receive preventive services to find health problems early, when treatment works best. Preventive services include exams, shots, lab tests, and screenings. In addition, many of the preventive services are free but you may have to pay a co-pay for the doctor's visit. Individuals in Medicare Advantage plans should check with their plan to find out if there is any cost-sharing for preventive services. Many provide the same free services as are available under Original Medicare.

Oktoberfest Celebrations

West Suburban Senior Services is hosting Oktoberfest celebrations this month at its two nutrition sites. Festivities at the Senior Citizen Center in Bellwood are scheduled October 6th. Diners may enjoy refreshments between 10:15 am and 10:45 am. Entertainment is planned from 10:45 am to 11:45 am. Lunch is served at 11:30 am for the suggested donation of \$2.00. Diners may select either the chicken marinara sandwich or a sausage sandwich. Each entrée is served with side dishes, milk and coffee. When making reservations, diners should specify their menu selection. Reservations are required by 12:00 noon October 4th.

At the Hodgkins meal site, festivities are scheduled October 11th at 10:00 am, and include treats and surprises. Lunch is served at 11:30 am for the suggested donation of \$2.00. The menu features chicken a la king. Reservations are required by 12:00 noon October 10th.

Peripheral Vascular Disease Screening

Westlake Hospital and West Suburban Senior Services are partnering to screen seniors for Peripheral Vascular Disease (PVD). This disease narrows vessels that carry blood to the arms, legs, stomach or kidneys. Screenings take place October 6th at the Senior Citizen Center in Bellwood by appointment from 9:00 am to 4:30 pm. There is no charge for the screening, but appointments are limited.

Senior Wellness Fair

West Suburban Senior Services is hosting a health fair October 13th, 9:30 am to 12:00 noon, at the Senior Citizen Center in Bellwood. Screenings are free and include bone density, cholesterol, glucose, hypertension and prostate cancer by Westlake Hospital. iron levels and weight checks by Sanford- Brown College, and spinal, and neck and shoulder massages by Celar Chiropractic. In addition, participants may visit with other area health care providers. Appointments are not required.

Sweetest Day Celebration

West Suburban Senior Services is hosting a Sweetest Day candlelight luncheon October 11th, 11:30 am to 12:30 pm, at the Senior Citizen Center in Bellwood. The menu features baked mostaccioli and meat sauce, tossed salad, Italian bread, grapes, and milk and coffee. Cost is \$2.00, and reservations are required by October 6th. Sweetest Day party bingo is scheduled from 10:30 am to 11:15 am for the cost of \$1.00.

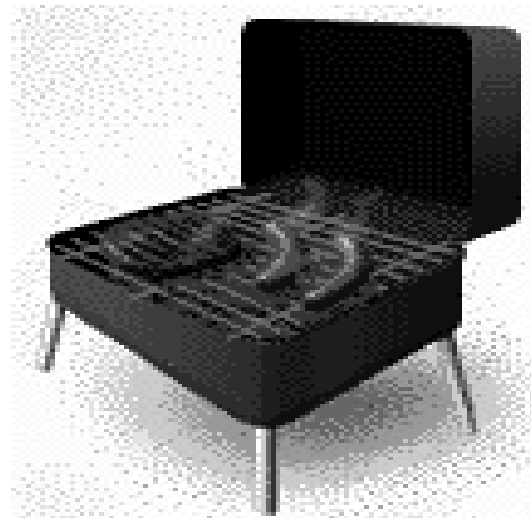
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zen Center in Bellwood. New and returning students are welcome. There is no fee.

Grandparents Raising Grandchildren Support Group Many grandparents raising grandchildren are overwhelmed by the emotional, financial and physical strain. They are invited to join this support group to share stories with other grandparents and to learn about legal issues, community resources, advocacy, financial assistance and self-care. This support group meets the second Monday of each month between 1:00 pm and 2:00 pm at the Senior Citizen Center in Bellwood. This month's meeting is October 10th.

Heart Healthy Cooking Westlake Hospital is presenting this program November 3rd, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Participants may sample a recipe.



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.

Mad Hatter Day The lunch participant wearing the most uniquely decorated hat at the Hodgkins meal site on October 6th is winning a prize. Hat judging takes place at 10:00 am.

Meditation and Centering Class Basic meditation and relaxation techniques are the focus of this class October 14th and October 28th, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor, and there is no fee.

Movie Days Senior citizens are invited to watch a movie each Tuesday at the Senior Citizen Center in Bellwood. Show time is 12:30 pm. This month's selections are *The Fifth Quarter* on October 4th, *Something Borrowed* on October 11th, *Another Year* on October 18th and *Soul Surfer* on October 25th.

Party Bingo Days The following dates and party bingo themes have been scheduled this month at the Senior Citizen Center in Bellwood: *Pumpkin Patch* on October 10th, *Sweetest* on October 11th, *Bewitching* on October 17th and *Spook-tacular* on October 24th. At the Hodgkins meal site, party bingo themes are *Peanut Butter* on October 10th and *Everything Chocolate* on October 28th. Games at both sites begin at 12:15 pm, and there is a fee.

Poem Day Lunch participants at the Hodgkins meal site are invited to share their favorite poem October 7th at 12:15 pm. Readings may be either of an original poem or one by a favorite writer.

Pokeno Parties This game is scheduled October 7th, October 14th and October 21st, 12:15 pm to

(Continued on page six)

Briefly Stated

Advisory Council
10:00 am
October 12th
Bellwood & Hodgkins

Art Class
9:00 am
Tuesdays
Bellwood

Avoiding Health Hazards in Your Home
10:30 am
October 10th
Bellwood

Bargain Auction
10:30 am
October 24th
Bellwood

Bingo
12:15 pm
Thursdays
Bellwood & Hodgkins

Bingo Bonanza
10:15 am
October 3rd
Bellwood

Brain Games
12:15 pm
October 5th, October 12th,
October 19th & October 26th
Bellwood

Café Con Leche
10:00 am
October 19th
Bellwood

Caregiver Support Group
2:00 pm
October 5th & October 19th
Bellwood

Casino Trip
8:30 am
November 2nd
Bellwood

Chair Exercise
10:00 am
October 3rd, October 7th,
October 10th, October 14th,
October 17th, October 21st,
& October 24th
Hodgkins

Cold Cases
10:45 am
October 20th
Bellwood

Colorful Lunch Series
11:30 am
October 20th
Bellwood

Creative Writing
10:00 am
October 25th
Bellwood

Exercise Class
10:00 am
Weekdays
Bellwood

Ghoulish Games
10:00 am
October 28th
Bellwood

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

Grandparents Raising Grandchildren Support Group
October 10th
1:00 pm
Bellwood

Halloween Lunch & Party
11:30 am
October 31st
Bellwood

10:00 am
October 31st
Hodgkins

Haircuts
10:30 am
October 11th & October 25th
Bellwood

Health & Wellness Fair
9:30 am
October 13th
Bellwood

Heart Healthy Cooking
10:45 am
November 3rd
Bellwood

Internet Café
9:30 am
Mondays
Bellwood

Legal Assistance
By Appointment
Bellwood

Line Dancing
9:30 am
Fridays
Bellwood

Luncheon
11:30 am
Weekdays
Bellwood & Hodgkins

Mad Hatter Day
10:00 am
October 6th
Hodgkins

Meditation & Centering Class
12:15 pm
October 14th & October 28th
Bellwood

Movie Days
12:30 pm
October 4th, October 11th,
October 18th & October 25th
Bellwood

Oktoberfest
10:30 am
October 6th
Bellwood

10:00 am
October 11th
Hodgkins

Party Bingo Days
12:15 pm
October 10th, October 17th
& October 24th
Bellwood

Peripheral Vascular Disease Screening
9:00 am
October 6th
Bellwood

Podiatry Clinic
9:00 am
Thursdays
Bellwood

Poem Day
12:15 pm
October 7th
Hodgkins

Pokeno Parties
12:15 pm
October 7th, October 14th &
October 21st
Bellwood

12:15 pm
October 3rd & October 17th
Hodgkins

Popcorn Party
10:30 am
October 5th
Bellwood

(Continued on page ten)

(Continued from page four)

1:15 pm, at the Senior Citizen Center in Bellwood. At the Hodgkins meal site, the game is scheduled October 3rd and October 17th from 12:15 pm to 1:00 pm. There is a fee.

Popcorn Party In celebration of October as *National Popcorn Month*, West Suburban Senior Services is hosting a popcorn party October 5th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. In addition to tasting various varieties of popcorn, participants are receiving popcorn recipes.

Spanish Club This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting October 7th and October 21st, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

Stress Prevention and Reduction Rainbow Hospice is sharing information to help senior citizens deal with the extra pressures associated with the upcoming holiday season. This program is scheduled October 18th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Stroke Prevention A cardio and vascular specialist is presenting this program October 27th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood. Westlake Hospital is the program sponsor. Participants may also have their blood pressure checked.

Sweet Treats The following goodies are being served this month at the Senior Citizen Center in Bellwood: *caramel sundaes* on October 6th, *assorted fall desserts* on October 13th, *pie a la mode* on October 20th and *monster sundaes* on October 27th. Serving time is 12:15 pm, and there is a charge for each dessert. At the congregate meal

site in Hodgkins, treats include *chocolate cupcakes* on October 18th. Serving time is 10:00 am, and there is a charge for each dessert.

Tea and Coffee Party Good conversation, beverages and treats are on the menu October 14th, 10:00 am to 10:30 am, at the Hodgkins meal site. There is a fee.

Wii Bowling This friendly competition is scheduled at the Hodgkins meal site October 4th and October 25th from 10:00 am to 11:00 am. The highest scorer wins a prize.

Have a Scary and Happy Halloween

(Continued from page five)

They contain vitamin E, fiber, potassium and vitamin C. Avocados can be used on sandwiches or salads. It can also be made into guacamole.

Green Beans. Green beans are high in vitamin K which protects red blood cells and helps reduce the severity of asthma, osteoarthritis and rheumatoid arthritis. They contain vitamin C, potassium, iron and magnesium. Green beans can be served as a side dish or used in salads, soups or casseroles.

Spinach. This dark green vegetable contains a variety of nutrients that a healthy body needs. Spinach is packed with vitamin A, vitamin K, iron, magnesium, vitamin C, calcium, potassium, fiber and vitamin E. Spinach has antioxidants and anti-cancer agents. Frozen or fresh spinach can be added to just about anything. Try using it on pizza, lasagna. Make a spinach salad instead of a lettuce salad.

Pears. They are a good source of fiber, antioxidants and vitamin C. Eating pears regularly guards against macular degeneration. Pears seldom cause allergies and are safe for infants and small children.

Winter Squash. It contains fiber, potassium, iron and vitamin A. Vitamin A helps ensure healthy skin, hair, vision, and bones. Winter squash can be mashed, used in breads, desserts and soups.

Have a 'Fright-fully' Good Time with Us!

West Suburban Senior Services has planned a series of Halloween activities this month at the Senior Citizen Center in Bellwood and at the congregate meal site in Hodgkins.

Senior Citizen Center
439 Bohland Avenue
Bellwood

October 24th, 12:15 pm to 1:15 pm, *Spook-tacular Party Bingo*. Cost is \$1.00.

October 26th, 10:30 am to 11:30 am, *Pumpkin Decorating*. Fee is \$1.00, and paid reservations are required by October 21st.

October 27th, 12:00 noon to 12:30 pm, *Monster Sundaes*. Cost is \$1.00.

October 28th, 9:30 am to 11:30 am, *Ghoulish Games*. This event begins with a French toast and sausage breakfast at 9:30 am. Party bingo is played from 10:00 am to 10:30 am, and Pokeno from 10:45 am to 11:15 am. Cost for all is \$2.00.

October 28th, 12:30 pm to 2:30 pm, *Classic Halloween Movie* and refreshments.

October 31st, 11:30 am to 12:30 pm, *Halloween Lunch and Party*. The menu includes barbecued ribettes, scalloped potatoes, mixed greens, carrot/raisin salad, corn muffins and pumpkin pie. Suggested meal donation is \$2.00, and reservations are required by 12:00 noon on October 26th.

Following lunch, prizes are being awarded for the three most creative costumes, and party bingo is being played from 12:30 pm to 1:30 pm.

Salerno Pincente Ristorante
9301 63rd Street
Hodgkins

October 31st, 11:30 am to 12:30 pm, *Halloween Lunch and Party*. The menu includes a hamburger on a bun, scalloped potatoes, baked beans, cucumber salad, pears, and milk and coffee. Sug-

(Continued on page eight)

(Continued from page seven)

gested meal donation is \$2.00, and reservations are required by 12:00 noon on October 28th.

Pumpkin bowling and other games are scheduled at 10:00 am. Following lunch, prizes are being awarded for the three most creative costumes, and Halloween party bingo is being played from 12:15 pm to 1:15 pm.

Holiday Stress

Next to tax time, the holidays are the most stressful time of the year. Cleaning the home, cooking extra dinners and having people dropping by can be the source of added pressure to a person. A good way to lower the build-up of stress is through exercise. It will also help lower the pounds that tend to accumulate over the holidays. A good exercise is going for a brisk walk or walking the dog after a meal. The stress of the holidays does not need to be overwhelming. People need to give themselves time to unwind and read a book, watch a movie or take a nap. Enjoy the holidays by managing stress and stay healthy as a result.

How Many Can You Remember?

- Candy cigarettes
- Soda pop machines that dispensed glass bottles
- Hoola hoop contests
- Blackjack, Clove and Teaberry chewing gum
- Home milk delivery in glass bottles
- Party lines
- Newsreels before the movie
- Butch wax
- Telephone numbers with a word prefix
- Howdy Doody
- 45 RPM Records
- Green Stamps

- Hi -fi's
- Mimeograph paper
- Blue flash bulbs
- Roller skate keys
- The Fuller Brush man
- Phonographs
- Tinkertoys
- The Erector Set
- Lincoln Logs
- When the first man walked on the moon
- The Barbie doll

Pass this on to someone that needs a break from their "grown up" life.

Welcome to New Kott Gerontology Scholars

Three new graduate social work students join Melodie Davis as Kott Gerontology Scholars. The four interns provide services in all West Suburban Senior Services' programs as part of their learning experiences and training for the field of community gerontology. They look forward to working with seniors, and we anticipate that they will become an integral part of our programs and services during their time here. The interns will work out of the Bellwood office three days per week, usually Monday, Wednesday and Friday. Here is a brief introduction to our interns.

Melodie Davis received a head start on the other interns as a summer intern at the agency. Melodie will complete her MSW at DePaul University. Melodie has extensive social work experience, most recently as a case manager at Catholic Charities, and completed her first-year social work field placement at TriO Student Support Services at DePaul University. Prior to embarking on her graduate studies, Melodie ran her own day

(Continued on page ten)

(Continued from front cover)

Crafters Needed

West Suburban Senior Services is seeking crafters aged 60 and older who would like to sell their handmade items in the agency's Gift Shop at the Senior Citizen Center in Bellwood. Interested crafters should telephone the agency for additional information.

Don't Miss this Month's Meal Specials!

Senior citizens aged 60 and older are invited to participate in West Suburban Senior Services' lunch specials during October. For every three lunches senior citizens purchase this month for the suggested donation of \$2.00 each, they are receiving their fourth lunch **free**. Lunches are served from 11:30 am to 12:30 pm Monday through Friday at the Senior Citizen Center in Bellwood and at Salerno Pincente Ristorante in Hodgkins. Because lunches are catered, reservations are required by 12:00 noon on the business day before senior citizens plan to eat. Reservations may be made by telephoning West Suburban Senior Services. In addition, throughout October, first-time diners at both meal sites may enjoy their initial lunch free.

Flu Shot Clinic

As this newsletter goes to press, West Suburban Senior Services has not yet received word if it will receive flu vaccine this year from the Cook County Department of Public Health. We will share that information as soon as it is available. In the meantime, please call the agency with any questions.

Food and Fitness

Fruits and vegetables are easier to come by in summer months. But to stay healthy it is important to include fruits and vegetables in one's diet year round. Here are fruits and vegetables of the fall and winter months.

Apples. Apples are a traditional fall favorite and are easy to find in the supermarkets or can be picked up at a nearby orchard. They are quick, easy snack and can be paired with peanut butter or cheese for protein. Apples contain antioxidants, which protect against certain cancers and reduce levels of bad cholesterol. Apples have vitamin C, vitamin K and fiber. Remember the saying, "an apple a day keeps the doctor away."

Broccoli. This is one vegetable that can be eaten raw or cooked, hot or cold, by itself or with other foods. Broccoli can help prevent cancer and heart disease, and boost the immune system. Nutrients in broccoli include vitamin C, vitamin A, vitamin B6, iron, calcium, magnesium and vitamin E.

Pumpkin. Pumpkin is a great source of beta carotene, a powerful antioxidant that is good for the eyes. They contain potassium. Canned or prepared fresh, pumpkin can be made into a variety of soups, baked goods and deserts.

Kiwi. This fruit can be eaten alone after peeling or can be added to many different dishes, including soups, salads and desserts. Kiwi contains antioxidants, which can help protect the eyes, heart and colon. Kiwi has vitamin C, fiber, potassium, magnesium and vitamin E.

Avocado. Avocados contain healthy monounsaturated fat. Healthy fat is a good source of energy, so it is important to eat avocados in moderation.

(Continued on page seven)

(Continued from page nine)

<p>Pumpkin Decorating 10:30 am October 26th Bellwood</p> <p>Spanish Club 11:00 am October 7th & October 21st Bellwood</p> <p>Stress Prevention and Reduction 10:30 am October 18th Bellwood</p>	<p>Stroke Prevention 10:45 am October 27th Bellwood</p> <p>Sweet Treats 12:15 pm October 6th, October 13th, October 20th & October 27th Bellwood</p> <p>10:00 am October 18th Hodgkins</p>	<p>Sweetest Day Lunch 11:30 am October 11th Bellwood</p> <p>Tea and Coffee Party 10:00 am October 14th Hodgkins</p> <p>Travel Log 10:45 am October 4th & October 25th Bellwood</p> <p>Wii Bowling 10:00 am October 4th & October 25th Hodgkins</p>	<p>Yoga Class 9:00 am Monday, Wednesday & Friday Bellwood</p> <p>Zumba Gold Fitness 10:45 am October 31st Bellwood</p>
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care program, but somewhat different from ours at West Suburban Senior Services – she provided residential day care for children in her home.

Sherice Ewing, a student at Dominican University. Sherice has extensive experience in social services and has specialized in case management and supervision in child welfare, family support and parent facilitation. She most recently worked as a program supervisor at Luther Child and Family Services and previously worked at Lawrence Hall Youth Services. During her internship, Sherice is interested in identifying and developing programs that would help reduce the stress on care givers and family members of seniors with health challenges.

Jessica Kelley is completing her social work graduate studies at the University of St. Francis and plans to continue her studies for a master’s degree in divinity at Catholic Theological Union after graduation. Jessica’s background in human services and education includes direct care with developmentally disabled clients and four years of substitute teaching in the Matteson School Dis-

trict. Her previous graduate field work experience at the University of St. Francis Health and Wellness Center involved working with a team to coordinate case management and provide direct counseling services. Jessica’s future plans in working with seniors involve helping them to maximize their independence and to develop a home health program in partnership with her sister-in-law who is a nurse practitioner.

Eric Vironet is a student at Governor’s State University. Prior to entering the human services field, he worked in financial services with a grocery company, accounting firm and inn. Eric’s social service experience includes internships at Lawrence Hall Youth Services facilitating juvenile justice programming, and his first year field placement with the DCFS Child and Youth Investment Team in Chicago that involved assessments and working with a team on placement planning for adolescents. In the future, Eric would like to continue working senior citizens in a role that will facilitate their independence and support their rights to leading dignified lives.

(Continued on page eleven)

Briefly Noted

Advisory Council Meeting Senior citizens are invited to give their input about the agency’s congregate meal program and to share their ideas about activities during this month’s meeting of the Advisory Council. The council is composed of senior citizen representatives, and agency and catering staff. The Advisory Council is meeting October 12th, 10:00 am to 11:00 am, at both the Senior Citizen Center in Bellwood, and at the Hodgkins site located in Salerno Pincente Ristorante.

Avoiding Health Hazards in Your Home This program is scheduled October 10th, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. Participants have the opportunity to sign up for a complimentary inspection of their home or apartment to detect health hazards.

Bargain Auction Miscellaneous merchandise is being sold at this event October 24th, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Proceeds benefit West Suburban Senior Services, and auction donations are welcome.



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

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 October 5th and October 19th from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

Chair Exercise Senior citizens at the Hodgkins meal site are invited to join in this class from 10:00 am to 10:30 am on the following dates: October 3rd, October 7th, October 10th, October 14th, October 17th, October 21st and October 24th.

Cold Cases A detective from the Cook County Sheriff’s office is explaining steps being taken to resolve previously unsolved crimes. The program is scheduled October 20th, 10:45 am to 11:30 am, at the Senior Citizen Center in Bellwood.

Colorful Lunch Series Each month on a designated date, decorations at the Senior Citizen Center in Bellwood are a specific color. On October 20th, the color is gray. Lunch participants who wear gray attire that day are eligible to enter a door prize drawing at 12:15 pm.

Creative Writing This class is scheduled October 25th, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood.

(Continued on page four)