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Terrific (Free) Bingo Party I Concord Place is hosting this complimentary party bingo September 19th, 10:15 am to 11:15 am, at Bellwood Senior Center. Reservations are recommended and may be made by calling the Senior Center director.

Terrific (Free) Bingo Party II Mariner Health of Westchester is hosting complimentary party bingo September 27th, 12:15 pm, at Bellwood Senior Center. Seniors who want lunch beforehand need a reservation by 12:00 noon on September 26th. Suggested meal donation is \$1.50.

Triton Buffet Seniors are invited to enjoy the creative recipes of Triton College culinary students and chefs at an all-

you-can eat buffet October 5th, 5:30 pm to 7:00 pm, at the school. Beverage and dessert are included on the buffet; gratuities are extra. Paid cash reservations (\$8.00) are due at the Senior Center by September 27th, and a minimum number of participants is required for this event to take place.

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. On September 16th from 9:30 am to 10:30 am, a special program on *Healthy Eating for Weight Loss and Maintenance* is being presented. In addition to sampling foods, participants are receiving recipes. Reservations for

the program are required by September 13th.

WSSS Rummage Sale West Suburban Senior Services is holding a giant rummage sale September 10th, 9:00 am to 2:00 pm, at its OARS Center, 712 East Elm, LaGrange. Toys, books, clothing, small appliances and miscellaneous items are being sold. Shuttle service is available to and from Bellwood Senior Center. Seating is limited. Additional information is available from the Senior Center director, (708) 547-5600, extension 238.

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

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

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

The OARS Center is located at 712 Elm in LaGrange

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

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

The Senior Chronicle



West Suburban Senior Services

(708) 547-5600

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

West Suburban Senior Services Rummage Sale: A Must for Bargain Hunters

West Suburban Senior Services is holding a giant rummage sale September 10th, 9:00 am to 2:00 pm, at its OARS Center, 712 East Elm, LaGrange. Toys, books, clothing, small appliances and miscellaneous items are being sold. The agency van is available to shuttle shoppers and sale volunteers to and from the rummage sale. The van departs Bellwood Senior Center at 9:00 am, 10:00 am, 11:00 am and 12:00 noon. Return trips from the OARS Center are at 9:30 am, 10:30 am, 11:30 am, and 1:30 pm. Seating is limited. Sale donations are being accepted between 10:00 am and 1:00 pm through September 8th at Bellwood Senior Center, and OARS and River Park Centers.

Assistance Available for Completing New Medicare Prescription Drug Program Applications

West Suburban Senior Services has a Medicare Part D specialist available to help eligible seniors complete assistance applications for the new prescription drug benefit that takes effect in January 2006. Seniors may schedule an appointment by

telephoning Doris Molette. Also, West Suburban Senior Services has trained volunteers available to assist homebound seniors complete the benefit application.

Aging Skin

Skin is made up of many layers. The outer layer of skin offers protection and is the thickest on hands and feet. The second layer contains pigment that determines skin color. The next layer is called the dermis; it contains blood vessels, nerves, glands and cells that provide the body its first defense against infection. Under the dermis is a layer of fat. As a person ages, skin changes. The dermis becomes thinner, the small vessels provide less blood and nourishment, and glands secrete less oil. That is why skin becomes drier, and small cuts and bruises heal slowly. The skin also becomes less efficient at warding off infection. The normal layer of fat under the dermis decreases in thickness with age; the decreased fat causes wrinkles. Because there is less "padding" or insulation, people are more likely to chill as they age.

To help slow the aging of skin, seniors should

- exercise regularly, for exercise increases blood flow.

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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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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, September 2nd, September 16th and September 30th, 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.

Super Senior The Illinois Secretary of State's mobile driver services facility is coming to Bellwood Senior Center October 17th. Seniors can participate in Rules of the Road review classes, have a vision screening, secure an Illinois photo identification card and renew their driver's license (age 74 and

younger). Additional information is provided in a separate article this issue of *The Senior Chronicle*.

Tailgate Party Football fans and non-fans alike can enjoy this special event September 26th, 11:00 am, at Bellwood Senior Center. In addition to a boxed lunch, special refreshments, door prizes and other surprises are planned. Reservations are required by 12:00 noon on September 22nd; suggested lunch donation is \$1.50.

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Senior Forum: Vital Information Exchange 9:45 am October 10 th Bellwood	Super Senior 9:30 am October 17 th Bellwood	Terrific (Free) Bingo Party II 12:15 pm September 27 th Bellwood	Weight Loss Meeting/ Program: Healthy Eating for Weight Loss and Maintenance 9:30 am Fridays Bellwood
Spanish Club 11:00 am September 2 nd , September 16 th & September 30 th Bellwood	Tailgate Party 11:00 am September 26 th Bellwood	Triton Buffet 5:30 pm October 5 th River Grove	WSSS Rummage Sale 9:00 am September 10 th LaGrange
	Terrific (Free) Bingo Party I 10:15 am September 19 th Bellwood		

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the Secretary of State's office.

- secure a free, non-expiring Illinois photo identification card between 9:30 am and 2:30 pm. Residents age 65 and older must provide proof of birth date. This can be done with a valid Illinois driver's license.
- renew their driver's license (seniors age 74 and younger) between 9:30 am and 2:30 pm.

The renewal fee is \$10.00 (a four-year license) for seniors under age 69 and \$5.00 for seniors age 69 and older.

Pre-registration is required to participate in the Rules of the Road review classes. Driver's license renewals and identification card photos are limited to 100 participants on a first-come, first-serve basis. Additional information is available from West Suburban Senior Services and the Illinois Secretary of State, (800) 252-2904.

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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 September 20th from 11:00 am to 12:00 noon at River Park Center.

Cernan Space Center Outing Seniors are invited to participate in the "Journey to the Stars" show at Triton College September 13th from 10:40 am to 11:40 am. The program features an introduction of the night sky, milestones of space travel and highlights from the Hubble space telescope. Also, seniors are seeing a patriotic mini-laser show. Cost is \$3.50 per senior, and a minimum registration is required by September 7th for this outing to take place. Seniors may furnish their own transportation to Cernan Center; limited seating is available on the agency bus. Reservations are required.

Cookie Man Sundae This dessert is a favorite at ice cream shops on the East Coast. It is being served September 15th, 12:15 pm, at Bellwood Senior Center, and September 16th, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required.

Cook Out Hamburgers highlight the menu for this end-of-summer activity September 28th, 11:30 am, at Bellwood Senior Center, and OARS and River Park Centers. Suggested meal donation is \$1.50, and reservations are needed by 12:00 noon on September 27th. Complimentary party bingo follows at the Bellwood and River Park sites.

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

Creative Writing Adventure This class is open to all who love to capture their thoughts, inspirations, stories and experiences in writing. On September 27th, 10:00 am to 11:30 am, at Bellwood Senior Center, participants are learning various aspects of writing: techniques to advance plot and develop character, to critique their own work and the writings of others, to revise their work, to copyright and publish their work, and much more. Reservations are required.

Declutter Club How are you decluttering your home and life? Seniors are invited to share their ideas at West Suburban Senior Services' Declutter Club. The group is meeting September 26th, 12:15 pm, at Bellwood Senior Center.

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.

Fall Festival Bingo, Pokeno and an apple treat table highlight this activity September 23rd, 10:00 am to 1:00 pm, at Bellwood Senior Center. The \$2.00 fee includes lunch. Reservations are required by September 21st.

Focus on Diabetes The University of Illinois Extension and West Suburban Senior Services' podiatrist Dr. Gary Trent are presenting this interactive workshop September 14th, 10:00 am to 11:30 am, at Bellwood Senior Center. Free foot screens are being done. Reservations are required by September 12th and may be made by telephoning the agency, (708) 547-5600.

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. This month's meeting is September 21st at 10:30 am.

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Briefly Stated

Advisory Council Meeting
10:30 am
September 14th
Bellwood

Art Class
9:00 am
Tuesdays
Bellwood

Beginning Spanish Class
10:30 am
September 1st, September 8th,
September 15th, September
22nd & September 29th
Bellwood

Bellwood Police and Fire Academy
10:30 am
September 15th, September
22nd & September 29th
Bellwood

Bingo
12:15 pm
Thursdays in Bellwood
Fridays in Forest Park

Bingo Bonanza
10:15 am
September 12th
Bellwood

Birthday Celebration
Noon
September 13th
Bellwood, Forest Park &
OARS

Breakfast Bingo
9:00 am
September 16th
Bellwood

Budget Sundaes
12:15 pm
September 19th Bellwood
September 23rd Forest Park

Caregiver Support Group
11:00 am
September 20th
Forest Park

Cernan Space Center Outing
10:00 am
September 13th
River Grove

Cookie Man Sundae
12:15 pm
September 15th Bellwood
September 16th Forest Park

Cook Out
11:30 am
September 28th
Bellwood, Forest Park &
OARS

Craft Coop
12:15 pm
Fridays
Bellwood

Creative Writing Adventure
10:00 am
September 27th
Bellwood

Declutter Club
12:15 pm
September 26th
Bellwood

Exercise Class – Audio Tape
10:30 am
Monday through Friday
Bellwood

Fall Festival
10:00 am
September 23rd
Bellwood

Focus on Diabetes
10:00 am
September 14th
Bellwood

Foster Grandparents
10:30 am
September 21st
Bellwood

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

Grandparents' Day
11:00 am
September 21st
Bellwood & Forest Park

Haircuts
10:30 am
September 14th &
September 27th
Bellwood

Hat Factory Tour
10:30 am
September 20th
Bellwood

Hearing Screenings
9:00 am
September 8th
Bellwood

Hotdogger's Party
11:00 am
September 16th
Bellwood & Forest Park

Ice Cream Cones
12:15 pm
September 1st Bellwood
September 2nd Forest Park

Legal Assistance
9:00 am
September 20th
Bellwood

Lung Health for Older Adults
10:45 am
September 16th
Bellwood

Medicine and Immunization Education Program
10:30 am
September 30th
Forest Park

Merry Go Round Sundae
12:15 pm
September 8th Bellwood
September 9th Forest Park

Movie Day
12:15 pm
September 13th
Bellwood

Mystery Reading Club
9:30 am
September 6th
Bellwood

Mystery Wednesday
11:00 am
September 28th
Bellwood, Forest Park &
OARS

Officers' Club
10:30 am
September 26th
Bellwood

Pie a la mode
12:15 pm
September 29th Bellwood
September 30th Forest Park

Pinochle Party
12:15 pm
September 12th, September
19th & September 26th
Bellwood

Podiatry Clinic
Thursdays in Bellwood
September 2nd in Forest Park

Pokeno
12:15 pm
September 2nd, September 9th
& September 30th
Bellwood

Rules of the Road
1:00 pm
September 26th
Bellwood

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Congregate and Home Delivered Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.		All meals include 2% milk, bread, coffee and margarine. Each meal meets 1/3 of the Recommended RDA requirements.	September 1, 2005 Beef Chop Suey Steamed Rice Lettuce Salad Nectarine	September 2, 2005 Smothered Chicken Breast Quarter Mashed Potatoes California Vegetables Chilled Pears
September 5, 2005 Closed for Labor Day	September 6, 2005 Salisbury Steak Whipped Potatoes Mixed Vegetables Tossed Salad Fresh Cantaloupe	September 7, 2005 Baked Chicken Leg Quarter Herb Stuffing Succotash Cranberry Juice Pineapple Chunks	September 8, 2005 Italian Beef on French Bread Au Gratin Potatoes Creamy Coleslaw Cream of Broccoli Soup Chilled Peaches	September 9, 2005 Swedish Meatballs Rice Pilaf Sliced Carrots Apple Juice Angel Food Cake with Strawberries
September 12, 2005 Spaghetti and Meatballs Italian Mixed Vegetables Tossed Salad Fresh Honey Dew Melon	September 13, 2005 Roasted Chicken Breast Quarter Mashed Potatoes Green Peas Sweet and Sour Coleslaw Frosted Lemon Cake	September 14, 2005 Barbecued Pork Au Gratin Potatoes Okra and Tomatoes Apple Juice Banana	September 15, 2005 Seafood Salad on Bun Three Bean Salad Chicken Gumbo Soup Watermelon	September 16, 2005 Hot Dog on Bun Potato Salad Mandarin Orange Gelatin Grape Juice Cookie
September 19, 2005 Grecian Chicken Leg Quarter Herb Rice Zucchini Cranberry Juice Fresh Plum	September 20, 2005 Stuffed Green Pepper Potatoes O'Brien Corn Tossed Salad Tapioca Pudding	September 21, 2005 Turkey Croissant Sandwich Potato Salad Juice Cookie	September 22, 2005 Barbecued Chicken Fillet on Bun Pasta Salad Tossed Salad Pineapple Juice Tropical Fruit	September 23, 2005 Meatball Sandwich Rotini Noodles Carrots Coleslaw Fruit Gelatin
September 26, 2005 Ham and Cheese Croissant Sandwich Potato Salad Juice Cookie	September 27, 2005 Creamy Chicken and Broccoli Steamed Rice Carrot - Raisin Salad Fresh Grapes	September 28, 2005 Hamburger on Bun Potato Salad Sliced Tomatoes Fruit Juice Banana Pudding	September 29, 2005 Beef Chop Suey Steamed Rice Lettuce Salad Nectarine	September 30, 2005 Smothered Chicken Breast Quarter Mashed Potatoes California Vegetables Chilled Pears

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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- wear sunscreen lotions or creams. Sun causes wrinkles, dry skin and skin cancer.
- drink lots of fluids and get plenty of vitamins A and C.
- stop smoking as smoking decreases blood flow to the skin.
- use moisturizers and creams to help the skin retain water.

Seniors who develop skin problems such as itchy skin, rashes or new dark spots should see their doctor.

West Suburban Senior Services Celebrates SHIP Week

Do you need help filing appeals to Medicare or to your health insurance company? Are you having difficulty understanding your Medicare summaries? Would you like information to help you compare coverage among various supplemental health insurance policies? West Suburban Senior Services is a designated Senior Health Insurance Program (SHIP) site and has trained volunteers available to provide this and related services to seniors at no cost. Trained by the Illinois Department of Insurance, the SHIP volunteers also objectively counsel Medicare beneficiaries about Medicare, and Medicare supplement, Medicare managed care and long-term care insurance.

As part of the statewide SHIP celebration September 5th through September 9th, West Suburban Senior Services is hosting SHIP clinics at various locations:

- September 6th, 9:00 am to 11:30 am, Prairie View Apartments in Bellwood.
- September 7th, 9:30 am to 11:30 am, Bellwood Senior Center.
- September 8th, 11:00 am to 11:30 am, River Park Center.
- September 9th, 9:00 am to 11:00 am, National Bank of Commerce in Berkeley.

In addition, seniors may pick up SHIP materials at River Park and OARS Centers, and Bellwood Senior Center throughout the week. A SHIP volunteer is available at Bellwood Senior Center every Wednesday from 9:30 am until 2:00 pm. Appointments are recommended. Walk-ins are accepted but may have to wait.

Sleep and Circadian Rhythms

Circadian rhythms are regular changes in mental and physical characteristics that occur in the course of a day (circadian is Latin for "around a day"). Most circadian rhythms are controlled by the body's biological "clock." This clock, called the *suprachiasmatic nucleus* or SCN, is actually a pair of pinhead-sized brain structures that contain about 20,000 neurons. The SCN is just above the point where the optic nerves cross. Light that reaches photoreceptors in the retinas of our eyes creates signals that travel along the optic nerve to the SCN.

Signals from the SCN travel to several brain regions, including the *pineal gland*, which responds to light by switching off production of the hormone *melatonin*. Our body's level of melatonin normally increases after darkness falls, making us

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feel drowsy. The SCN also governs functions that are timed with the sleep/wake cycle, including body temperature, hormone secretion, urine production, and changes in blood pressure. Prior to harnessing the phenomenon of fire, mankind's activities had to literally be conducted in the light of day. After sunset, sleep followed quickly. The ability to have fire anytime one wanted it changed night into day. Pre-historic peoples could sit around a fire and talk or tell stories until dawn, if they so desired. This effect was magnified as our technological skills increased. Paris became the "City of Light," New York the "city that never sleeps," and television became the new campfire around which family members gathered to hear and watch stories. While such achievements represent advancement of a type, we must ask ourselves if such round-the-clock activity is healthy for a body and brain that still operate according to biological rules set down eons ago, before our ancestors had means of producing artificial light.

Sleep researchers, by depriving experimental subjects of light and other external time cues, have learned that the biological clocks of most people work on a 25-hour cycle rather than a 24-hour one. But because sunlight or other bright lights can reset the SCN, our biological cycles normally follow the 24-hour cycle of the sun, rather than our inborn 25-hour cycle. Circadian rhythms can be affected to some degree by almost any kind of external time cue, such as the beeping of an alarm clock, the clatter of a garbage truck, or the timing of meals. Researchers call such external time cues *zeitgebers* (German for "time givers").

When travelers pass from one time zone to another, they suffer from disrupted circadian rhythms, an uncomfortable feeling known as *jet lag*. To reduce the effects of jet lag, researchers have attempted to manipulate the biological clock

via exposure to special lights, that are many times brighter than ordinary house lights, for several hours near the time the subjects want to wake up. This helps to reset their biological clocks and adjust to a new time zone. Symptoms much like jet lag are common in people who work nights or who perform shift work. Because their work schedules are at odds with powerful sleep-regulating cues like sunlight, they often become uncontrollably drowsy during work, and may suffer insomnia or other problems when they try to sleep. As a result, the number and severity of workplace accidents tend to increase during the night shift.

Regarding sleep and circadian rhythms, it is best to acknowledge our evolutionary past, and, if possible, refrain from engaging too frequently in late-night activities that throw a monkey wrench into our biological clocks.

Super Senior Program

The Illinois Secretary of State's mobile driver services facility is coming to Bellwood Senior Center October 17th. Seniors can

- participate in Rules of the Road classes either from 9:30 am to 11:30 am or from 12:00 pm to 2:00 pm. The course reviews safe driving techniques and Illinois driving laws. Participants also take a practice written exam.
- take the vision test between 9:30 am and 2:30 pm. Illinois law requires seniors age 75 and older to take a road test and a vision test each time they renew their licenses. These seniors who pass the vision test at Super Senior Day have up to 90 days to take their road test without needing an additional vision screening at

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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.

Grandparents' Day Observance West Suburban Senior Services is honoring grandparents September 21st, 11:00 am, at Bellwood Senior Center and River Park Center. Reservations are required by September 19th.

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 September 14th and September 27th at 10:30 am. Appointments are required.

Hat Factory Tour September is Fall Hat Month, and to commemorate the occasion, seniors are invited to tour the Stratton Hat Factory in Bellwood September 20th at 10:30 am. Reservations are required and may be made by contacting the Senior Center director.

Hearing Screenings The audiologist from Resurrection

Health Care, West Lake Hospital, is coming to Bellwood Senior Center September 8th, 9:00 am, to conduct screenings. There is no fee for this service, but appointments are required by 12:00 noon September 6th.

Hotdoggers Party Seniors are invited to top their lunch dogs with a variety of goodies at this cook out September 16th, 11:00 am, at Bellwood Senior Center and River Park Center. In addition to lunch, special treats are planned. Suggested meal donation is \$1.50; reservations are required by 12:00 noon on September 15th.

Ice Cream Cones For 25 cents, seniors may enjoy an ice cream cone September 1st, 12:15 pm, at Bellwood Senior Center, and September 2nd, 12:15 pm, at River Park Center. Reservations are required.

Legal Assistance On September 20th 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 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.

Lung Health for Older Adults Dr. Andrea Martin, MD, from the American Lung Association is coming to Bellwood Senior Center September 16th to discuss chronic obstructive pulmonary diseases, including asthma. Her presentation is scheduled from 10:45 am to 11:15 am; it is being presented in Spanish from 12:15 pm to 12:45 pm. The program is being coordinated by White Crane Wellness Center and the American Lung Association.

Medicine and Immunization Education Program Seniors are invited to participate in *Good Answers for Your Good Health: The Key to Understanding Your Medicines and Immunizations* September 30th, 10:30 am, at River Park Center. General medicine use and healthcare topics of interest to seniors are being highlighted. Participants should bring their prescription and over-the-counter medicine in the original bottles for an individual review

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by a pharmacist or a pharmacy student. Also, blood pressure screenings are available. Appointments may be scheduled by calling West Suburban Senior Services, (708) 547-5600, extension 302.

Merry Go Round Sundaes

This unusual treat originated at an ice cream parlor in the western suburbs. For \$1.00, seniors may enjoy it September 8th, 12:15 pm, at Bellwood Senior Center, and September 9th, 12:15 pm, at River Park Center. Reservations are required.

Movie Day Popcorn, soft drinks, good company and an entertaining movie are featured September 13th, 12:15 pm, at Bellwood Senior Center. This month's selection is *Million Dollar Baby*. Reservations are required by September 12th.

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 September 6th, 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 and OARS Centers. 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 September 28th.

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, September 26th, at Bellwood Senior Center.

Pie a la mode For \$1.00, seniors may enjoy this dessert September 29th, 12:15 pm, at Bellwood Senior Center, and September 30th, 12:15 pm, at River Park Center. Reservations are required.

Pinochle Party Seniors are invited to play this challenging card game September 12th, September 19th and September 26th, 12:15 pm, at Bellwood Senior Center. Refreshments are being served.

Podiatry Clinic Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday, one day per month in Forest Park (September 2nd), 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 September 2nd, September 9th and September 30th, 12:15 pm, at Bellwood Senior Center. Cost is \$1.00 per card; the fee includes prizes and refreshments.

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 September 26th, 1:00 pm, at Bellwood Senior Center. Reservations are recommended.

Senior Forum: Vital Information Exchange State Representative Karen Yarbrough is coming to Bellwood Senior Center October 10th to share information about senior-related issues considered by the Illinois General Assembly during its recent legislative session. In addition, West Suburban Senior Services' staff are providing information about various agency services including elder abuse investigations, senior benefits and programs designed to help seniors remain in their homes for as long as possible. The senior forum opens with a breakfast snack bar at 9:45 am and concludes at 11:30 am.

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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 September 14th, 10:30 am, at Bellwood Senior Center.

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.

Beginning Spanish Class Seniors learn basic conversational Spanish during this class. This month's sessions are September 1st, September 8th, September 15th, September 22nd and September 29th, 10:30 am to 11:30 am, at Bellwood Senior Center.

Bellwood Police and Fire Academy West Suburban Senior Services is hosting the Village of Bellwood's Senior Citizen Police and Fire Academy at Bellwood Senior Center. This month's sessions are September 15th, September 22nd and September 29th, 10:30 am to 11:30 am. Topics include the history of law enforcement and different police jurisdictions, crimes against seniors and crimes of deception, and fundamentals of investigations. The academy welcomes any persons age 55 and older, and area seniors may make arrangements for free round-trip transportation with the Bellwood Police Department. Reservations are required.

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 September 12th 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 September birthday are invited to this special party September 13th, 12:00 noon, at Bellwood Senior Center, and OARS and River Park Centers. Reservations are required by 12:00 noon on September 12th.

Breakfast Bingo Pancakes, sausage, fruit, milk and coffee highlight this meal being served during a special morning bingo September 16th, 9:00 am to 10:30 am, at Bellwood Senior Center. The \$2.00 fee includes breakfast and bingo. Reservations are required by 12:00 noon on September 14th; a minimum registration is required for this activity to take place.

Budget Sundae This dessert was a favorite at the Woolworth's lunch counter. It is being served September 19th, 12:15 pm, at Bellwood Senior Center, and September 23rd, 12:15 pm, at River Park Center. Cost is \$1.00, and reservations are required.

Caregiver Support Group West Suburban Senior Services has a support group for family

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