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### Terrific Tuesdays

**W**est Suburban Senior Services announces alternative menu options two Tuesdays this month at the Senior Citizen Center in Bellwood.

On those days, seniors may order either the catered lunch listed on the menu or the alternative meal listed below. Suggested meal donation for all meals is \$2.00. The deadline for each alternative menu item is listed. Lunches are served between 11:30 am and 12:30 pm.

*September 7<sup>th</sup>*

- Sausage Pizza (two slices)
- Salad with Tomatoes
- Banana
- Milk

Reservation deadline is 12:00 noon September 3<sup>rd</sup>.

*September 28<sup>th</sup>*

- Mini Southern Rib Tips
- Green Beans
- Hamburger Bun
- Orange Juice
- Milk

Reservation deadline is 12:00 noon September 24<sup>th</sup>.

### Triton Dinner Outing

**W**est Suburban Senior Services is hosting a Halloween dinner outing to Triton College on October 27<sup>th</sup>, 5:30 pm to 7:00 pm. Prepared by the school's chefs and culinary art students, the buffet includes an assortment of hot entrees, salads, cold cuts, cheeses, rolls, desserts, and coffee and hot tea. The \$18.00 per-person cost includes the buffet. Tip is extra. Seating is limited, and reservations are required. *Nonrefundable cash payments* are due at the time reservations are made. The reservation deadline is October 8<sup>th</sup>.

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

More information may be available in a separate article.

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

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

*The OARS Center is located at 712 Elm in LaGrange.*

*The Hodgkin's Meal Site is located at 9301 63<sup>rd</sup> in Hodgkins.*

The River Park, Senior Center and OARS Center operate between 8:00 am and 4:30 pm.

The Hodgkin's Meal Site operates from 11:00 am to 2:30 pm

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

# The Senior Chronicle



West Suburban Senior Services

(708) 547-5600

- Hodgkins Meal Site 9301 63rd Hodgkins, Illinois 60525
- OARS Center 712 East Elm LaGrange, Illinois 60525
- River Park Center 8300 Roosevelt Road Forest Park, Illinois 60130
- Senior Center 439 Bohland Avenue Bellwood, Illinois 60104

### Casino Trip

**W**est Suburban Senior Services has scheduled an outing to the Potawatomi Bingo Casino in Milwaukee, Wisconsin, on October 20<sup>th</sup>. The trip leaves from the Senior Citizen Center in Bellwood at 8:00 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 and a \$5.00 gaming voucher with 25 points earned.

Paid, nonrefundable cash reservations are due at the Senior Center by October 8<sup>th</sup>, and a minimum registration is required. As a reminder, the casino requires one of the following forms of photo identification current passport, valid driver's license, valid State-issued identification card, current military identification, an immigration card or a consulate card.

### Cell Phones for Senior Citizens

**T**he Cook County Sheriff is making free emergency 911 cell phones available to senior citizens on September 9<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Cook County senior citizens over 65 years old who do not have a personal cell phone are eligible for the program.

A cell phone that can reach emergency services offers senior citizens an extra measure of security as they are driving, taking public transportation or participating in outdoor activities. In addition to the cell phone, each senior citizen receives two batteries, a charger and instructions on how to access 911 on the cell phone.

Seniors who want to participate in the emergency cell phone program *must* register at West Suburban Senior Services by September 3<sup>rd</sup>.

The Cell Phones for Seniors program is supported by cell phone donations from the general public. Any brand, make or model of cellular telephone, whether or not it is working, is accepted for the program. Phone donations may be brought to the Senior Center weekdays between 8:00 am and 4:30 pm.

### Facts and Fun

*Answer true or false to the following questions.*

- 1 The only U.S. state that grows coffee is Hawaii.
- 2 During the 1600s, boys and girls in England wore dresses until they were about seven years old.
- 3 Hitler was never voted *Time* magazine's man of the year.

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## The Senior Chronicle

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

## Funding

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

## Non-Discrimination

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

## Website

*The Senior Chronicle* is also available on the agency's website, [www.wsseniors.org](http://www.wsseniors.org). Other information on the website includes monthly flyers, program information, annual reports and staff telephone extensions and email addresses.

## Board of Directors

The Board of Directors elected, during the 37<sup>th</sup> Annual Meeting held in Melrose Park, Illinois, the following individuals as members, directors and officers of West Suburban Senior Services:

### Officers

Mrs. Debbie Nowader, President  
Mrs. Lela Grimble, Vice President  
Mrs. Tywana Rand, Secretary  
Mrs. Jann Beauchamp, Treasurer

### Directors

Mrs. Janice Carter  
Mrs. Mary Conti  
Mrs. Kathleen Contuchio  
Mr. Arthur Grapenthein  
Mr. Ted Griffin  
Mrs. Lela Grimble  
Mr. Robert A. Jones  
Mr. Luigi Mazzei  
Ms. Tywana Rand  
Honorable Donald Sloan  
Dr. Robert Strnad, MD  
Ms. Catherine Swan  
Mrs. Jimmi Wooten

### Honorary Directors

Mrs. Lois Albers  
Commissioner Anthony Peraica

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emy at the Senior Citizen Center in Bellwood. The academy is sponsored by the Cook County Sheriff, and is open to all Cook County senior citizens. There is no participation fee. The academy begins September 30<sup>th</sup> and meets on consecutive Thursdays through November 4<sup>th</sup> from 9:30 am to 11:30 am. A complimentary continental breakfast is served at each session. Pre-registration is required. Reservations may be made by telephoning West Suburban Senior Services.

## Senior Support System

**W**est Suburban Senior Services is pleased to offer a new program that helps Proviso Township senior citizens to take care of themselves and their environment when they are finding it difficult to do so and ignoring their personal needs. This assistance includes providing resources, ongoing counseling and support with the goal of increasing quality of life while maintaining independence. Seniors and their families and friends should contact Laura Schumacher-Smith, LCSW, at extension 402.

## Senior Vision Disorders and Risk Assessment

**I**llinois Society for the Prevention of Blindness is addressing adult vision health September 23<sup>rd</sup> at the Senior Citizen Center in Bellwood. In addition, senior citizens have the opportunity to complete a risk assessment and talk with the presenter. Risk assessments are scheduled between 9:30 am and 10:30 am, and again from 11:15 am to 12:00 noon. The program begins at 10:30 am. Appointments for the risk assessment are required,

The annual cost of adult vision problems in Illinois is over \$2 billion every year. Also, Illinois ranks in the top third of the country for incidences of vision impairment and blindness with particularly high incidence of diabetic retinopathy and glaucoma.

## Seniors Are a Treasure

Remember, old folks are worth a fortune,  
With silver in their hair, gold in their teeth,  
Stones in their kidneys, lead in their feet,  
And gas in their stomachs.

I have become older since I last saw you  
And a few things have come into my life.  
Frankly, I have become quite a frivolous old gal...  
I am seeing five gentlemen every day.

As soon as I wake up, Will Power helps me out of bed,  
After which I go to see John.  
Later, Charlie Horse comes along  
And he takes a lot of my time and attention.  
After that, Arthur Ritis shows up  
And stays the rest of the day.  
He doesn't like to stay in one place very long,  
So he takes me from joint to joint.  
After such a busy day, I'm really tired  
And glad to go to bed with Ben Gay.  
What a life!

P.S. The preacher called the other day  
And said that at my age I should be thinking  
About the hereafter. I told him,  
"Oh, I do that all the time.  
No matter where I am – in the parlour,  
Kitchen, upstairs, or down in the basement –  
I ask myself, 'What am I here after?'"

*Author Unknown*

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Citizen Center in Bellwood. Additional information is presented in a separate article.

**Creative Writing** This class is scheduled September 28<sup>th</sup>, 10:00 am to 11:30 am, at the Senior Citizen Center in Bellwood. There is no fee, and new students are welcome.

**Dessert Days** Seniors may enjoy the following treats at the Senior Citizen Center in Bellwood for the cost of \$1.00 each: September 2<sup>nd</sup>, pie a la mode; September 9<sup>th</sup>, apple waffle ice cream cones; September 16<sup>th</sup>, apple caramel sundaes; September 23<sup>rd</sup>, fall ice cream and cake; and September 30<sup>th</sup>, apple strudel delight.

**Diabetic and Heart Healthy Menus** University of Illinois Extension begins this series September 8<sup>th</sup>, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood.

**Exercise Class – Audio Tape** This class is an enjoyable way to increase strength, build endurance and improve movement. The class is held Monday through Friday, 10:00 am to 10:30 am, at the Senior Citizen Center in Bellwood, and 10:00 am to 11:00 am, at the Hodgkins meal site.

**Eye Disorders** Illinois Society for the Prevention of Blindness is presenting a program about common senior eye disorders September 23<sup>rd</sup> at the Senior Citizen Center in Bellwood. Also, seniors have the opportunity to complete a risk assessment. Additional information is presented in a separate article.

**Fashion Show** New to You Upscale Resale Shop in Broadview and West Suburban Senior Services are cosponsoring their Fourth Annual Fashion Show and Tea October 14<sup>th</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Seniors

who would like to model should contact the Senior Center Director as soon as possible.

**Financing Long-Term Care** The pros and cons of various consumer options to pay for long-term care are discussed during this program September 20<sup>th</sup>, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood. University of Illinois Extension is the presenter.

**Forensic Audits** Cook County Recorder of Deeds shares information about various financial scams against seniors September 27<sup>th</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

**Game Days** The following games are scheduled at the Senior Citizen Center in Bellwood. Start time is 10:30 am, and there is no participation fee: September 1<sup>st</sup>, Hotel Register and September 22<sup>nd</sup>, Fargo.

**Good Eatin Café** Healthy soul food is featured at this month's café September 15<sup>th</sup> and September 29<sup>th</sup> at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

**Grief Support Group** West Suburban Senior Services invites seniors to join an ongoing grief support group at the Senior Citizen Center in Bellwood. This month's meeting is September 20<sup>th</sup> from 1:00 pm to 3:00 pm.

**Hawaiian Luau** Theme related games and entertainment highlight the festivities September 28<sup>th</sup>, 10:00 am to 11:00 am, at the Hodgkins meal site. Lunch is served at 11:30 am for the suggested donation of \$2.00.

**Johnny Appleseed Festival** The event features cider, apple treats and party bingo with prizes related to the theme. It is scheduled September 7<sup>th</sup>,

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**Briefly Stated**

**A Healthy Senior Mind**  
12:15 pm  
September 30<sup>th</sup>  
Hodgkins

**Advisory Council**  
10:00 am  
September 8<sup>th</sup>  
Bellwood

10:00 am  
September 9<sup>th</sup>  
Hodgkins

**Aging Care Connections Day**  
10:30 am  
September 7<sup>th</sup>  
Hodgkins

**Apple Art**  
10:30 am  
September 21<sup>st</sup>  
Bellwood

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

**Arthritis Foundation Exercise Class**  
10:00 am  
September 8<sup>th</sup> &  
September 10<sup>th</sup>  
Hodgkins

**Avoiding Money Traps with Predatory Lending**  
10:30 am  
September 16<sup>th</sup>  
Bellwood

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

**Bingo Bonanza**  
10:15 am  
September 13<sup>th</sup>  
Bellwood

**Black & White Party**  
10:30 am  
September 28<sup>th</sup>  
Bellwood

**Brain Games**  
12:15 pm  
September 1<sup>st</sup>, September 8<sup>th</sup>, September 15<sup>th</sup>,  
September 24<sup>th</sup> &  
September 29<sup>th</sup>  
Bellwood

12:15 pm  
September 1<sup>st</sup>, September 8<sup>th</sup>, September 15<sup>th</sup> &  
September 22<sup>nd</sup>  
Hodgkins

**Caregiver Support Group**  
2:00 pm  
September 1<sup>st</sup> &  
September 15<sup>th</sup>  
Bellwood

**Cell Phones for Seniors**  
10:30 am  
September 9<sup>th</sup>  
Bellwood

**Classic Movie Days**  
12:15 pm  
September 10<sup>th</sup>, September 17<sup>th</sup> & September 22<sup>nd</sup>  
Bellwood

**Creative Writing**  
10:00 am  
September 28<sup>th</sup>  
Bellwood

**Dessert Days**  
12:15 pm  
September 2<sup>nd</sup>, September 9<sup>th</sup>, September 16<sup>th</sup>,  
September 23<sup>rd</sup> &  
September 30<sup>th</sup>  
Bellwood

**Diabetic and Heart Healthy Meals**  
10:30 am  
September 8<sup>th</sup>  
Bellwood

**Early Bird Pokeno**  
9:30 am  
September 17<sup>th</sup>  
Bellwood

**Everything Sweet Bingo**  
12:15 pm  
September 20<sup>th</sup>  
Bellwood

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

**Eye Disorders**  
9:30 am  
September 23<sup>rd</sup>  
Bellwood

**Fashion Show**  
10:30 am  
October 14<sup>th</sup>  
Bellwood

**Financing Long-Term Care**  
10:30 am  
September 20<sup>th</sup>  
Bellwood

12:15 pm  
September 13<sup>th</sup>  
Hodgkins

**Forensic Audits**  
12:15 pm  
September 27<sup>th</sup>  
Hodgkins

**Games Days**  
10:30 am  
September 1<sup>st</sup> &  
September 22<sup>nd</sup>  
Bellwood

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

**Good Eatin Café**  
10:30 am  
September 15<sup>th</sup>  
Bellwood

10:00 am  
September 29<sup>th</sup>  
Bellwood

**Grandparents' Day**  
10:00 am  
September 27<sup>th</sup>  
Bellwood

11:00 am  
September 10<sup>th</sup>  
Hodgkins

**Grief Support Group**  
1:00 pm  
September 20<sup>th</sup>  
Bellwood

**Hawaiian Luau**  
10:00 am  
September 28<sup>th</sup>  
Hodgkins

**Haircuts**  
10:30 am  
September 14<sup>th</sup> &  
September 28<sup>th</sup>  
Bellwood

**Johnny Appleseed Festival**  
10:30 am  
September 7<sup>th</sup>  
Bellwood

**Labor Day Brain Games**  
12:15 pm  
September 3<sup>rd</sup>  
Hodgkins

**Legal Assistance**  
By Appointment  
Bellwood

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

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10:15 am to 11:15 am, at the Senior Citizen Center in Bellwood. Cost is \$1.00.

**Labor Day Brain Games** These mind teasers are scheduled September 3<sup>rd</sup>, 12:15 pm to 1:00 pm, at the Hodgkins meal site.

**Line Dancing** Senior citizens are invited to participate in this enjoyable form of exercise Fridays at the Senior Citizen Center in Bellwood between 9:30 am and 10:30 am. There is no charge.

**Meditation and Centering Class** Basic meditation and relaxation techniques are the focus of this class September 10<sup>th</sup> and September 24<sup>th</sup>, 12:15 pm to 1:15 pm, at the Senior Citizen Center in Bellwood. Matt Barnes is the instructor.

**Movie Days** Seniors are invited to enjoy complimentary refreshments and a movie every Tuesday at the Senior Citizen Center in Bellwood. Show time is 12:30 pm. This month's selections are *The Yellow Handkerchief* on September 7<sup>th</sup>, *The Ghost Writer* on September 14<sup>th</sup>, *When in Rome* on September 21<sup>st</sup>, and a classic black and white film on September 28<sup>th</sup>. In addition, a movie is being shown at the Hodgkins meal site September 21<sup>st</sup> at 12:15 pm.

**Mr. Hershey's Birthday Celebration** Hershey chocolates are being awarded to Hodgkins' diners who complete animal puzzles in a designated time frame. This activity is scheduled September 24<sup>th</sup> at 10:00 am.

**Mystery Reading Club** Senior citizens are invited to join this reading group cosponsored by the Bellwood Public Library and West Suburban Senior Services. The group is meeting September 13<sup>th</sup>, 9:30 am to 10:30 am, at the Senior Citizen Center in Bellwood. Persons planning to participate con-

tact the agency to sign out copies of the current reading selection.

**Podiatry Clinic** Dr. Gary Trent, our staff podiatrist, sees patients in Bellwood every Thursday and through pre-arranged home visits. Podiatry services include routine foot and nail care. Dr. Trent accepts Medicare assignment. Appointments are necessary for all services.

**Pokeno Blow-Out** Two hours of Pokeno are scheduled September 3<sup>rd</sup> at the Senior Citizen Center in Bellwood. Festivities begin with a continental breakfast at 9:30 am. Pokeno is then played from 10:00 am to 11:00 am, and again from 12:30 pm to 1:30 pm. Lunch is served at 11:30 am. Cost for all is \$3.00, and a minimum registration is required for the blow-out to take place.

**Preparing Your Car and Home for Emergencies** University of Illinois Extension is presenting this program September 7<sup>th</sup>, 12:15 pm to 1:00 pm, at the Hodgkins meal site. Topics include preparing a disaster escape plan and an emergency kit.

**Senior Law Enforcement Academy** The Cook County Sheriff begins this six-week program September 30<sup>th</sup>, 9:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Additional information is presented in a separate article.

**Should I Move, or Should I Stay?** This program helps seniors identify later life housing needs and wants. They explore whether or not to stay in an existing home, learn how to modify their home to age safely in place, and evaluate their finances in relation to housing expenses. University of Illinois Extension is presenting the program September 14<sup>th</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site.

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Food in the refrigerator freezer stays frozen for about a day. Food in a freestanding freezer stays frozen longer. A full freezer keeps food frozen for about two days, a half-full freezer for about one day. Food stays frozen longer if the freezer door is not constantly opened and closed.

If your freezer is not full, rearrange it. Group all of the frozen packages together; however, separate meat from fruits and vegetables. The packages stay frozen longer if there is no air space between them. Use crumpled newspaper to fill in the spaces. Use dry ice in the freezer; for example, a 25 pound block of dry ice keeps food frozen for days. Use gloves when handling dry ice because contact with bare skin causes severe skin damage, and do not inhale the fumes. Lastly, cover the entire freezer with blankets.

Thawed fruits and vegetables can be refrozen, as well as raw meat that still has some ice crystals. Discard any food that has come in contact with raw meat juices. Remember, when in doubt, throw the food out.

### Good Eatin' Café

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

Senior citizens participate in a pre-preparation class September 15<sup>th</sup>, 10:30 am to 11:30 am. In addition to discussing critical elements of food safety and food preparation, senior citizens learn about the meal they will prepare later in the month.

Actual cooking takes place on September 29<sup>th</sup> at 10:00 am. The menu features healthy soul food

including salmon croquettes, savory mixed greens, easy candied sweet potatoes, skillet corn bread and fruity fruit punch. Participants then can enjoy their specially cooked lunch at 11:30 am.

There is no class fee, but seniors *must participate in both the pre-preparation and cooking sessions. Registrations are required by September 8<sup>th</sup>.*

### Grandparents' Day Observances

**W**est Suburban Senior Services invites grandparents to celebrations commemorating Grandparents' Day September 27<sup>th</sup> at the Senior Citizen Center in Bellwood and September 10<sup>th</sup> at the meal site in Hodgkins. At the Senior Center, festivities begin at 10:00 am with entertainment by McKinley Elementary School students. Lunch and a door prize drawing follow at 11:30 am. The observance concludes with cake and punch at 12:00 noon. Reservations for this event are required by September 23<sup>rd</sup>. At Hodgkins, the celebration includes contests, games and party bingo. Participants are asked to bring a baby picture of themselves to the event. Festivities start at 11:00 am; reservations are required by September 9<sup>th</sup>.

The agency serves lunch to senior citizens Monday through Friday, 11:30 am to 12:30 pm, for the suggested donation of \$2.00. Reservations are required by 12:00 noon on the business day before seniors plan to eat.

### Low Income Home Energy Assistance

**D**uring September, income eligible senior citizens may file for help with winter home heating bills through the Low Income Home Energy Assistance Program (LIHEAP). Senior citizens must be age 60 or

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older on the day of application and meet income guidelines. Also, seniors citizens must bring the following documents in order to file for benefits: their Social Security card, a photo ID card, current NICOR bill, current ComEd bill and proof of gross income for 30 days, including their 2010 Social Security letter. LIHEAP provides a one-time payment to utility companies on behalf of the recipient. West Suburban Senior Services will share additional LIHEAP information as it becomes available.

### National Yoga Month

September is National Yoga Month. Yoga is good for people of all ages, young or old. Here are eight reasons to try yoga and to continue to make it a part of your regular exercise routine.

Reason number 1: Yoga can reduce stress. The practice of yoga encourages relaxation, can assist in lowering blood pressure and heart rate. It can also ease symptoms of anxiety, asthma depression, insomnia and fatigue.

Reason number 2: Yoga can relieve pain. Studies have shown that people who regularly practice yoga have experienced reduced pain with such conditions as cancer, multiple sclerosis, autoimmune diseases, hypertension, arthritis, back and neck pain and other chronic conditions.

Reason number 3: Yoga can improve breathing. The practice of yoga encourages deeper and slower breaths. This can improve lung function and increase the amount of oxygen to the body. It can also help you relax.

Reason number 4: Yoga can improve flexibility. It can also help improve mobility by increasing the range of movement. When someone regularly practices yoga their ligaments, tendons and mus-

cles lengthen and increase their elasticity. It can also help improve your posture.

Reason number 5: Yoga can increase strength. Many yoga postures use almost every muscle in the body. By practicing yoga regularly you can strengthen your body from head to toe and relieve muscular tension.

Reason number 6: Yoga can aid in weight management. When yoga is practiced regularly, it can burn excess calories. It also encourages healthy eating habits and a sense of well-being.

Reason number 7: Yoga can improve circulation. Certain poses in yoga can more efficiently move oxygenated blood to the body's cells.

Reason number 8: Yoga can have cardiovascular benefits. If yoga is practiced regularly, it can lower a person's resting heart rate, increase endurance and improve oxygen uptake during exercise.

If any of these reasons to try yoga catch your attention, feel free to give it a try. Remember to consult with your doctor before trying any new exercise routine. West Suburban Senior Services offers free yoga classes on Mondays, Wednesdays and Fridays from 9:00am to 10:00am at the Senior Center. New students are always welcome.

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

### Reservations Open for the Senior Law Enforcement Academy

Crimes against senior citizens, gang and drug awareness, an overview of alternative sentencing programs and functions of the Cook County jail are among the topics being discussed during the Senior Law Enforcement Acad-

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- 4 In 1836, Mexican General Santa Anna held an elaborate state funeral for his amputated leg.
- 5 Arabs invented the Arabic numeral system.
- 6 In the third century, Romans thought of the lemon as the antidote for all poisons.
- 7 The first hot air balloon flight lasted for a whole day.
- 8 The longest living goldfish lived for 42 years.
- 9 On average, a person laughs 15 times a day.
- 10 Most American car horns honk in the key of F.
- 11 The average bank teller loses about \$250 every year.
- 12 Every person has the same tongue print.
- 13 Men's hearts beat faster than women's.
- 14 In Los Angeles, California, there are fewer people than there are automobiles.
- 15 A gorilla sticks its tongue out when it gets angry.
- 16 Your chances of being stung by a bee increase if there is no wind.
- 17 A Japanese artist once made a copy of the Mona Lisa out of toast.

#### Answers

- 1 True
- 2 True
- 3 False (1938)
- 4 True
- 5 False
- 6 True
- 7 False
- 8 True
- 9 True
- 10 True
- 11 True
- 12 False
- 13 False
- 14 True
- 15 True
- 16 False
- 17 True

### Flu Shots

As this newsletter goes to press, West Suburban Senior Services received word that it would receive flu vaccine this year from the Cook County Department of Public Health. However, the agency does not yet know when the vaccine will arrive, so at this time, we have been unable to schedule specific dates for our flu shot clinics. Please call with any questions, and we will announce dates for our flu shot clinics as soon as possible.

### Food

#### What to Do When the Power Goes Out

Storms often result in power outages, and University of Illinois Extension provides these tips for safeguarding your food and your health:

First, be prepared. This includes knowing where to buy block and dry ice, keeping canned goods and shelf stable foods on hand, buying a cooler, buying and freezing freezer packs, and making an emergency plan with friends in a nearby area.

Next, when the power goes out, check the time because it is important to know how long the power has been out. Food in the refrigerator stays safe for a few hours. Opening the refrigerator door lets cold air out and warm air in. Even if the food looks and smells fine, it may not be safe to eat. Bacteria that cause food poisoning do not make food look any different or smell. If the food has been warm ---above 40 degrees for more than two hours, throw it away. Do not taste the food to see if it is still good. If there is space in the freezer, transfer as much food as possible to the freezer. Use block ice in the refrigerator. Place the ice on a tray or a pan in the refrigerator. The ice will help to keep the refrigerator cool for about a day.

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

**Meditation & Centering Class**  
12:15 pm  
September 10<sup>th</sup> & September 24<sup>th</sup>  
Bellwood

**Movie Days**  
12:30 pm  
September 7<sup>th</sup>, September 14<sup>th</sup>, September 21<sup>st</sup> & September 28<sup>th</sup>  
Bellwood

12:15 pm  
September 21<sup>st</sup>  
Hodgkins

**Mr. Hershey's Birthday Celebration**  
10:30 am  
September 24<sup>th</sup>  
Hodgkins

**Mystery Bingo**  
12:15 pm  
September 27<sup>th</sup>  
Bellwood

**Mystery Reading Club**  
9:30 am  
September 13<sup>th</sup>  
Bellwood

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

**Pokeno Blow-Out**  
9:30 am  
September 3<sup>rd</sup>  
Bellwood

**Pokeno Parties**  
10:30 am  
September 10<sup>th</sup> & September 24<sup>th</sup>  
Bellwood

**Preparing Your Car and Home for Emergencies**  
12:15 pm  
September 7<sup>th</sup>  
Hodgkins

**Senior Law Enforcement Academy**  
9:30 am  
September 30<sup>th</sup>  
Bellwood

**Should I Move, or Should I Stay?**  
12:15 pm  
September 14<sup>th</sup>  
Hodgkins

**Spanish Club**  
11:00 am  
September 10<sup>th</sup> & September 24<sup>th</sup>  
Bellwood

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

**Triton Dinner Outing**  
5:30 pm  
October 27<sup>th</sup>  
River Grove

**Understanding the New Smart Meters**  
10:30 am  
September 14<sup>th</sup>  
Bellwood

**Wii Bowling**  
10:00 am  
September 17<sup>th</sup>  
Hodgkins

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

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**Spanish Club** This club welcomes Spanish speakers and seniors interested in practicing Spanish as a second language. The club is meeting September 10<sup>th</sup> and September 24<sup>th</sup>, 11:00 am to 2:00 pm, at the Senior Citizen Center in Bellwood.

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

**Triton Dinner Outing** West Suburban Senior Services is hosting an outing to the Triton College Halloween dinner October 27<sup>th</sup>. Additional information is presented in a separate article.

**Understanding the New Smart Meters** ComEd is sharing energy efficiency tips and information about the operation of its new Smart Meters September 14<sup>th</sup>, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood.

**Wii Bowling** Senior citizens are invited to participate in this computerized bowling, September 17<sup>th</sup>, 10:00 am to 11:00 am, at the congregate meal site in Hodgkins.

**Yoga Class** This free class is offered Monday, Wednesday and Friday, 9:00 am to 10:00 am, at the Senior Citizen Center in Bellwood. Participants learn basic movement and relaxation techniques that can improve health, body and mind. New students are welcome.

# Briefly Noted

**A Healthy Senior Mind** White Crane Wellness Center is sponsoring this program September 30<sup>th</sup>, 12:15 pm to 1:15 pm, at the Hodgkins meal site. Memory improvement tips are among the topics being discussed.

**Advisory Council Meeting** Senior citizens are invited to give their input about the agency's congregate meal program and to share their ideas about activities during this month's meeting of the Advisory Council. The council is composed of senior representatives, and agency and catering staff. The Advisory Council is meeting September 8<sup>th</sup>, 10:00 am to 11:00 am, at the Senior Citizen Center in Bellwood, and September 9<sup>th</sup>, 10:00 am to 11:00 am at the Hodgkins site located in Salerno Pincente Ristorante.

**Apple Art** Seniors are invited to display their creative skills and decorate an apple head September 21<sup>st</sup>, 10:30 am to 11:30 am, at the Senior Citizen Center in Bellwood. Materials are furnished, and reservations are required by September 14<sup>th</sup>.

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

**Arthritis Foundation Exercise Class** This program continues at the Hodgkins meal site September 8<sup>th</sup> and September 10<sup>th</sup>, 10:00 am to 11:00 am. There is no participation fee.

**Avoiding Money Traps with Predatory Lending** Persons with bad credit or urgent money

needs often consider predatory lending institutions. University of Illinois Extension is explaining what these types of loans are and tips to keep in mind when considering them. The program is September 16<sup>th</sup>, 10:30 am to 11:15 am, at the Senior Citizen Center in Bellwood.

**Black and White Party** This event is scheduled September 28<sup>th</sup> at the Senior Citizen Center in Bellwood. Activities include music and refreshments at 10:30 am, and a classic black and white movie at 12:30 pm. Participants who wear black and white attire are eligible to enter a door prize drawing.

**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, and every Wednesday, 12:15 pm to 1:15 pm, at the congregate meal site in Hodgkins. Note: This month, a session of brain games is scheduled for September 24<sup>th</sup> rather than September 22<sup>nd</sup> at the Senior Citizen Center; no brain games are scheduled September 29<sup>th</sup> at Hodgkins.

**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 September 1<sup>st</sup> and September 15<sup>th</sup> from 2:00 pm to 3:00 pm at the Senior Citizen Center in Bellwood.

**Cell Phones for Seniors** Sponsored by the Cook County Sheriff, this program is scheduled September 9<sup>th</sup>, 10:30 am to 12:00 noon, at the Senior

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