SAGE Launch Party

On October 8th, West Suburban Senior Services celebrates our launch as an affiliate of SAGE - Services and Advocacy for GLBT Elders. SAGE is the country’s largest and oldest organization dedicated to improving the lives of lesbian, gay, bisexual and transgender older adults.

Founded in 1978 and headquartered in New York City, SAGE is a national organization that offers supportive services and consumer resources to LGBT older adults and their caregivers, advocates for public policy changes that address the needs of LGBT older people, and provides training for aging providers and LGBT organizations through its National Resource Center on LGBT Aging. West Suburban Senior Services is proud to join SAGE as a new affiliate, only the second SAGE affiliate in Illinois. The West Suburban LGBT Seniors Program has been delivering outreach and services to the LGBT senior community in the western suburbs for over two years. Our mission is to understand and meet the growing needs of the lesbian, gay, bisexual, transgender (LGBT) and allied senior community in the Western Suburbs through outreach and programming delivered with knowledge, sensitivity, pride and a strong commitment to promoting social justice and equality.

Although WSSS is a new affiliate of SAGE, the LGBT Seniors Program is not, and currently offers several activities. Every Friday the LGBT Seniors Program at West Suburban hosts a lunch and discussion group. Discussions include topics of interest such as information on particular medical issues, advocacy issues for LGBT seniors, sharing stories and memories, current events and general conversation. On Monday nights they have a weekly Crazy Crafters and Game Night from 7-9pm. Feel free to join for fun crafting, games, and conversation. On the third Wednesday of every month from 4-6pm they host a movie night. Ballroom dancing classes occur every 2nd and 4th Thursday of each month from 2-4pm when they do the samba, merengue, cha cha and more! The LGBT Seniors Program now offers free case management and mental health counseling to program participants (LGBT Seniors 55 and up in the western suburbs).

SAGE West Suburban Senior Services Launch Party
Date: Wednesday October 8th
Time: 3PM-6PM – (Ribbon Cutting at 5 PM)
Place: West Suburban Senior Services Bellwood Senior Center – 439 Bohland Ave
Bellwood, IL 60104
Appetizers and refreshments will be served. Please RSVP to Eric@wsseniors.org or 708-234-1859 by Friday October 3rd
Winter is Coming...

Well, the summer is over, and that means cold fall and winter weather will be here before we know it. The cold weather in Chicagoland is usually associated with dry air. This cold, dry air can play havoc with the skin. While many people are diligent with moisturizing their hands, most will ignore their feet. Your feet are just as susceptible to the damaging effects of dry cold winter air. Here are a few things to keep in mind.

1. In some cases dry skin on the feet can crack, especially on the soles and around the heel. These cracks can be painful, difficult to heal, and are a source of infection. Watch for such problems, especially if you are diabetic. Bring any cracks or fissures to the attention of your podiatrist.
2. Areas of hard callused skin should be examined by a professional. DO NOT USE SHARP INSTRUMENTS TO TREAT THESE AREAS.
3. The key to any moisturizing regimen is DILIGENCE!! You must moisturize at least daily.
4. Never put moisturizer between your toes unless directed to do so by your physician. This is very important, especially for diabetics.
5. If your feet are very itchy or you notice patches of redness, you may have a fungal infection (“athlete’s foot”). Be sure to address this with your podiatrist.
6. Most moisturizers that are used on the hands, etc., are fine for the feet. Avoid Vaseline (petroleum jelly), baby oil, coconut oil. An excellent over the counter moisturizer is Eucerin cream or lotion. I suggest the cream at bedtime, and lotion in the morning.
7. While some people will require a prescription moisturizer for problem dry skin, I find most patients will do fine with Eucerin, provided they are diligent with its use.

If you have any questions, feel free to call, or make an appointment with Dr. Trent. Patients are seen Thursday mornings at the Bellwood location. 847-298-9740.

New Arrival at West Suburban Senior Services

Lauren Rose is a Care Coordinator who has been with us for 5 years. Along with her husband Andrew and 2 ½ year old big brother Christian, she was happy to welcome new baby Gabriel David who was born on August 2, 2014. He weighed in at 8 pounds 14 ounces and was 21 1/2 inches long. We wish them all the best!!!
Slow Cooked Chili Recipe

As the days get colder, try this simple dinner that will be sure to keep you warm and full.

Ingredients
- 2 lb. ground beef, brown and remove grease
- 1 1/2 cup chopped onion
- 1 cup chopped green pepper
- 2 garlic cloves finely minced
- 1 28 oz. can stewed or diced tomatoes, undrained
- 2 16 oz. cans kidney beans, 1 light, 1 dark, undrained
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon cumin
- 1 tablespoon chili powder

Directions
1. After ground beef is prepared and drained, add all other ingredients to a crock pot and cook for 7-8 hours on low.

Chef’s Notes
- Top with grated cheese, scallions, and sour cream for the ultimate chili experience
- Ground turkey can be used as a lighter substitute for ground beef
50 YEARS AGO TODAY...

- The U.S. president is Lyndon B. Johnson.
- The 18th modern Olympic games open in Tokyo, which are the first to be telecast internationally without the need for tapes to be flown overseas.
- Martin Luther King Jr. wins Nobel Peace Prize.
- The Rolling Stones perform on The Ed Sullivan Show and start their second U.S. tour.
- The Supremes reach the top of the Billboard Hot 100 with their hit “Baby Love.”
- The highest grossing film is *Send Me No Flowers*, starring Rock Hudson, Doris Day, and Tony Randall.

October 31st is Halloween Costume Day! We’re looking forward to seeing everyone dressed up for the holiday.

ACROSS
1. Neither dead nor alive
3. Used to light a jack o’ lantern
6. Where a corpse or vampire rests
10. Spookiest night of the year
13. Known for casting spells
14. The month Halloween is in
18. Place where the dead reside
20. Drinks blood by night to survive

DOWN
2. What a house with a ghost is
4. Favorite food of zombies
5. Loud noise in a storm
7. Edgar Allen Poe disliked this bird
8. Directions for cooking treats
9. A lycanthrope by the full moon
11. Pirates use this on their flag
12. Monument found in a graveyard
15. Something worn on Halloween
16. A place where coffins are stored
17. Sound made when very frightened
19. A reanimated corpse
Counseling Services

It is not unusual for older adults to struggle with various types of loss. What typically comes to mind when we hear the term “loss” is the death of a loved one. There are many older adults grieving the loss of their spouses, partners, children, grandchildren, other family members, friends, and loved ones. Grieving is a difficult process that can bring up several emotions. Other types of loss include coping with loss of health/changes in medical conditions, and loss of independence. An example of a loss of independence is an older adult who needs to stop driving. All types of loss have the potential to create major changes in our lives and can be challenging times.

There is help available to assist older adults navigating these losses. West Suburban Senior Services offers counseling services to residents of Proviso, Leyden, and Norwood Park township who are age 60 and over. If you would like more information about this service, please call Janet at 708-234-1817.

Adult Day Services Program

West Suburban Senior Services’ Adult Day Services Program continues to grow as we care for veterans and all seniors, helping them to enjoy life and independence. The unique personalities and culture of each client bring a special diversity that makes our program interesting and enjoyable for all. Our activities offer enough consistency to minimize confusion, and enough variety to maintain the interest and participation of the seniors we serve. Each month a calendar is created that is full of activities that promote physical strengthening, range of motion and memory, using interactive fun games. We strive to help each client achieve their individual potential for self care. From exercise time, to game time, to meal time, all of our services are delivered with care.

What do all of these mean?
COMING SOON
Computer classes at WSSS!

Learn how to keep in touch with loved ones and experience the wonders of the web.

Check upcoming newsletters for more information.
Famous October Birthdays:

Oct 1 – Julie Andrews
Oct 2 – Kelly Ripa
Oct 3 – Gwen Stefani
Oct 5 – Kate Winslet
Oct 7 – Simon Cowell
Oct 8 – Matt Damon
Oct 9 – Sharon Osbourne
Oct 10 – Mario Lopez
Oct 12 – Hugh Jackman
Oct 17 – Evel Knievel
Oct 18 – Zac Efron
Oct 20 – John Krasinski
Oct 22 – Christopher Lloyd
Oct 23 – Ryan Reynolds
Oct 26 – Keith Urban
Oct 28 – Bill Gates
Oct 28 – Julia Roberts
Oct 29 – Winona Ryder
Oct 31 – Rob Schneider

LEGAL CLINIC
The Center for Disability and Elder Law (CDEL) hosts a monthly legal clinic at the Senior Center. Seniors may receive free assistance with a variety of legal (Non-Criminal) matters. Volunteer attorneys will be at the Senior Center Oct 21, 2014 beginning at 9:30a.m. Appointments are necessary and may be made by contacting CDEL at 312-600-0407.

ZUMBA
Join us on October 28th for this fun and exciting dance/exercise class that will get you moving. Lead by Victory Centre in Melrose Park.

TUESDAYS MOVIE DAYS
October 7th—Still Mine
October 14th—Trip To Bountiful
October 21st—Lullaby
October 28th—Mom’s Night Out

DESSERT DAYS $1
October 30th at 11:30am Monthly Birthday Social (Cake & Ice Cream No Fee)

LINE DANCING
Beginners and experienced dancers are invited to this free class each Friday at the Senior Center in Bellwood. The group meets from 9:30am to 10:30am.

FALL FASHION SHOW
Get ready for the Fall Fashion Show at West Suburban Senior Services! All are welcome, please call by October 15th if you would like to participate.

BINGO
Bingo is played on Mondays and Thursdays at the Center in Bellwood from 12:15pm-1:15pm. There is a fee. In addition, October 6th is Bingo Bash which means you can join us for Bingo in the morning and afternoon.

MANICURES
On Tuesday, October 7th, the Cosmetology School of Melrose Park will be providing manicures from 10:00am-12:00pm. Come for a fun time and fabulous looking fingers!

EXERCISE CLASSES AT SENIOR CENTER IN BELLWOOD
Start your day with Chair Exercise which is offered Monday thru Friday at 10:00am which is led by Jennifer Jordan. She will motivate you to move and stretch! If you prefer Yoga, join the instructor on Mondays, Wednesdays, and Fridays at 9:30am. Exercise classes are taught by volunteers so they are free of charge.

 creativewriting
Lena will be leading a creative writing group activity on Wednesday, October 1st at 10:30am. Please join us for this fun activity!

MARY KAY MORNING
Come to enjoy a morning of pampering with Karen and Mary Kay cosmetics on Monday, October 13th at 10:30am.

Speaker Series

October 2nd Darlene—Diabetes (TREATS) 10:00am
October 3rd Walgreens—Flu Shots 10:00am
October 8th Nancy—Talking Elder Law Estate Planning 10:30am
October 9th Kathy & Fran—Joy of a Healthy Mouth Geriatrics 10:30am
October 14th Joe—Rainbow Hospice Holiday Creating a Legacy 10:30am
October 15th Dr. Remec—Hearing Loss Screenings & Presentation 10:00am
October 16th Comfort Hospice—Living Will & Advanced Directives 10:30am
October 21st Gerry—Safety in Your Home 10:30am
October 23rd Sarah/Humana (Games & Prizes) 10:30am
October 30th State Representative Chris Welch (FREE LUNCH) 10:30am
Hula Dancing

On September 11th, the Senior Center felt more like a Hawaiian vacation! The room was decorated nicely and several seniors were seen wearing grass skirts, leis and floral shirts. Instructors from Staff Providers taught two different Hula dances: one slow and one line dance. Hula uses big arm movements, so everyone could participate, even those who remained seated. Three door prizes were raffled off and it was clear that all 20 of the seniors who were present had a great time. Check out the calendar for more fun opportunities like this one at West Suburban Senior Services!
The Senior Chronicle is published by West Suburban Senior Services 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 due to increased postage costs.

The agency’s new website is now ready. Check it out! www.wsseniors.org

Many of the activities and events scheduled are available for no or minimum cost. 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. WSSS 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 Forest Park, Senior Center and LaGrange Campuses operate from 8:00 am to 4:30 pm. Some of the activities are newly scheduled or require advanced reservations. Please telephone (708) 547-5600 for costs, more information, and reservations.

West Suburban Senior Services reserves the right to cancel planned activities based on lack of participation.

For more information on event updates and schedule changes: Like Us On Facebook Find us on LinkedIn

Non-Discrimination

West Suburban Senior Services does not discriminate in the admission to programs 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 the right to file a complaint with the Illinois Department on Aging. For additional information, call (800) 252-8966, WSSS at (708) 547-5600, or our Civil Rights Coordinator at (708) 547-0219.