

Chicago Department of Family & Support Services  
SENIOR SERVICES AREA AGENCY ON AGING

# LIFE ENRICHMENT PROGRAMS

For Chicagoans 60 Years and Better

## Summer 2017



Mayor Rahm Emanuel  
City of Chicago



Lisa Morrison Butler  
Commissioner



# SUMMER 2017

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## *A Note from the Commissioner*

Dear Friends:

Summer is an exciting time at the Department of Family and Support Senior Centers. We have planned a wide array of programs and activities for you and invite you to join us at your local center. At their core, DFSS Senior Centers offer older adults a place where you can stay active, engaged, empowered and contribute to your own health and well-being.

July is Elder Abuse Awareness month, if you suspect an older adult or a person with a disability between the ages of 18-59 living in the community is being harmed physically, emotional, or financially call the statewide, **24-hour Adult Protective Services Hotline: 1-866-800-1409**. Also, remember to take advantage of the Flu Shot Clinics that will be held beginning in September.

Sincerely,

Lisa Morrison Butler, Commissioner  
Chicago Department of Family and Support Services

## *A Note from the Executive Director*

Dear Fellow Seniors:

During these warm summer months, it is especially important to watch out for one another. Residents who wish to seek relief from the heat can visit any of the City's Cooling Centers. Or, if you see or know of a friend or relative who appears to be in distress or needs non-emergency assistance, please call 311 for a well-being check. Also, do not forget to join us at Mayor Emmanuel's Senior Fest on Thursday, September 14, 2017 at Millennium Park. There is a terrific lineup of exciting activities such as live entertainment, cultural programming, health resources and much more. I look forward to seeing you at our programs and events this summer!

Blessings,

Joyce

## *Programs and Services*



*Benefits Eligibility  
Checkup*

*Caregiving  
Resources*

*Care Coordination  
Services*

*Chicago Fitness Plus*

*Chore /  
Housekeeping*

*Adult Protective  
Services Program*

*Foster Grandparent  
Program*

*Golden Diners  
Nutrition Program*

*Home Delivered  
Meals*

*Health & Wellness  
Program*

*Older Relatives  
Raising Children*

*Ombudsman  
Program*

*Respite Care*

*Senior Companion  
Program*

# Chicago Department of Family & Support Services – Senior Services Area Agency on Aging

Chicago Department of Family and Support Services - Area Agency on Aging is designated by the United States government under the Older Americans Act, and by the Illinois Department on Aging, as the “Area Agency on Aging” for the City of Chicago. Area Agencies on Aging are part of a nationwide network of State and local programs that help older people to plan and care for their life long needs. With the goal of keeping seniors living independently in their own homes for as long as possible, Senior Services- Area Agency on Aging provide a wide range of options that allow older adults, ages 60 and over, access to services and programs that allow them to remain healthy, safe, and independent.

## *Information & Assessment Services*

Information and Assessment is the key element to accessing all programs and services for senior citizens, and is a “one stop link” to elder care service providers in the city of Chicago and throughout the nation. By placing a call to **(312)744-4016**, an older person or caregiver receives information about the services offered by the Chicago Department of Family and Support Services and the aging network. Central Information and Assessment is located in City Hall, 121 North LaSalle St., Room 100, with five (5) community locations in the Regional Senior Centers.

## *Regional and Satellite Senior Centers*

DFSS Senior Centers offer a variety of social, educational, cultural, recreational activities for seniors and their informal caregivers. There are twenty-one (21) senior centers located throughout the city. Contact information for each of the centers is listed on the back page of the brochure. Each center is tailored to the needs and interests of the local community. All centers offer resources for caregivers, Life Enrichment activities, computer learning centers including internet access, fitness programming, congregate dining, and more.

## DFSS Senior Services Programs and Services: At a Glance

<b>Benefits Eligibility Checkup</b>	Using an on-line benefits calculation tool, trained staff screen seniors for hundreds of federal, state and local benefits programs, including; prescription drug coverage, weatherization, energy assistance, & financial assistance. Staff then works with seniors in applying for identified benefits.
<b>Caregiving Resources</b>	Informal/familial caregivers are provided a variety of assistance and supports to aid them in caring for their older loved ones. Services such as one-on-one counseling, family mediation, support groups, newsletters, information and referrals and education opportunities are available.
<b>Care Coordination Services</b>	Through a referral from I&A, trained and certified care coordinators provide a comprehensive needs and eligibility assessment and create appropriate individualized plans of care utilizing a variety of in-home services, allowing seniors to live as independently as possible in their homes and communities. Plans of care are monitored and updated as needed.
<b>Chicago Fitness Plus</b>	Award-winning fitness program that boosts endurance, strength, balance and flexibility. Senior centers are equipped with senior friendly exercise equipment and staffed by experienced, certified senior fitness professionals who lead group exercise classes and one-on-one training.
<b>Chore/ Housekeeping: Heavy Duty &amp; Short-Term</b>	Heavy Duty Chore is an one-time intensive cleaning for seniors whose living conditions pose a threat to their health and safety. Services include trash removal, window cleaning, moving heavy furniture and packing. Short-Term Chore assists seniors recuperating from a short-term illness; a temporary medical disability; and/or has been recently discharged from a medical setting. The temporary housekeeping assistance includes: light housekeeping tasks, laundry, and/or shopping.
<b>Adult Protective Services Program</b>	Trained and certified Adult Protective Services Caseworkers respond to reports of alleged physical, emotional and sexual abuse, neglect, confinement or financial exploitation of any person, age 18-59 living with a disability or older adults living in the community. The program provides assessment, investigation, intervention and follow-up services to victims. Investigators work with the eligible adult to develop a plan to alleviate the abusive situation and reduce the risk of further harm to the eligible person.
<b>Foster Grandparent Program</b>	Opportunity for seniors to make a difference in a child's life. This program also gives the senior volunteer a presence in the community, free annual physicals and the ability to supplement their monthly income.

**FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSESSMENT AT (312) 744-4016**

## DFSS Senior Services Programs and Services: At a Glance

<b>Golden Diners Nutrition Program</b>	Hot, nutritious lunches in a communal setting are provided at approximately 60 community locations each weekday throughout Chicago. In addition to meals, seniors can participate in a variety of activities, from health education and exercise classes to field trips.
<b>Home Delivered Meals</b>	Microwave-ready frozen or hot meals delivered to home-bound seniors who are unable to prepare meals for themselves and have no other means of acquiring nutritious meals. This service is available after an in-home assessment by a care coordinator.
<b>Health &amp; Wellness Program</b>	Health promotion and disease prevention programming provided at all DFSS senior centers through monthly presentations, health screenings, and one-on-one consultations with wellness nurses, dietitians, pharmacists, and social workers.
<b>Older Relatives Raising Children</b>	For seniors who have primary caregiving responsibility of a child, from birth to age 18 or those caring for their severely-disabled adult children. Short-term one-on-one counseling and support groups are available. Emergency financial assistance can be accessed for one-time emergency rent payment, school uniform and equipment, medication, and other basics.
<b>Ombudsman Program</b>	Ombudsmen protect, defend and advocate for residents in long term care facilities such as nursing homes and assisted living facilities. Utilizing staff and volunteers, they inform residents and their families of their rights, resolve complaints, provide information on residents needs/concerns to families, facility staff and the department, and advocate for quality individualized care for the residents.
<b>Respite Care</b>	Allows family caregivers caring for a senior, time for themselves. Respite provides professional trained staff to care for a frail senior, who has a familial caregiver, on a temporary basis. This care can be provided in home or in a nursing facility. Respite can be used in an emergency, such as the illness of a caregiver or for planned time away; such as a vacation, special event, appointment or just some time for themselves.
<b>Senior Companion Program</b>	Opportunity for seniors to make a difference in the lives of lonely, frail and homebound seniors by reading, engaging in conversation, preparing light meals and more. This program also gives the senior volunteer a presence in the community, free annual physicals and the ability to supplement their monthly income.
<b>Senior Medicare Patrol</b>	The SMP (Senior Medicare Patrol) Program educates consumers about health care fraud, waste, and abuse. Program staff and volunteers help people with Medicare and Medicaid to: educate, detect, and report possible Medicare and Medicaid fraud, waste, and abuse.
<b>Senior Employment Training</b>	Employment training and job placement for seniors (at least 55 years old) for re-entry into the job market.

**FOR MORE INFORMATION, PLEASE CALL INFORMATION AND ASSESSMENT AT (312) 744-4016**

## SENIOR PROGRAMS AT TRUMAN COLLEGE

*A Partnership of City Colleges of Chicago and Senior Services Area Agency on  
Aging of the Chicago Department of Family and Support Services*



# LIFELONG LEARNERS PROGRAM 2016 REGISTRATION (August 29, 2017 - October 19, 2017)



**Introduction, Intermediate Computer Classes and Internet Safety and Security / Social Media sessions are available at Truman College through the Lifelong Learners Program for older adults 55 years of age or better. For more information or registration details contact Francine Miller at 312-743-1503**

### INTERNET SAFETY & SECURITY / SOCIAL MEDIA

This four-week workshop is designed to help older adults stay safe while using a computer or mobile device. Information shared will include safe computing, email scams, cookies, and tips for staying away from pop-ups. Part 2 of the class will focus on elements of social media and how Skype works. Skype demo calls will be made and students will learn how to set-up an account. Space is limited, call early to register.

**DATES: INTERNET SAFETY & SECURITY / SOCIAL MEDIA SESSIONS are FREE**

Tuesdays August 29, 2017– Sept. 19, 2017 class sessions: 8:45 AM to 10:45 AM Room L935

### INTRODUCTION TO COMPUTERS FOR SENIOR

Seniors and Baby Boomers (55 - 59) become computer savvy through this 8-week course. Learn the basics of using a personal computer, including Windows 7 Basics, Microsoft Word Basics, Browsing the Internet for official web sites, sending and receiving email with attachments, and much more!

**DATES: BEGINNER SESSIONS \*\* Wednesdays August 30, 2017– October 18, 2017  
class sessions: 8:45 AM to 10:45 AM Room L584**

### INTERMEDIATE COMPUTERS FOR SENIORS

Seniors and Baby Boomers (55 - 59) if you have the basic computer skills, you now have the opportunity to go to the next level with the Intermediate class. Topics to be covered include: Beyond Windows 7 basics, Windows Control Panel, Windows System tools, File Organization, Moving and Deleting files using Windows Explorer and cut, copy, paste plus Microsoft Powerpoint, and more!

**DATES: INTERMEDIATE SESSIONS\*\* Thursdays, August 31, 2017– October 19, 2017  
class sessions: 8:45 AM to 10:45 AM Room L935**

**Introduction and Intermediate Computer courses have a required fee of \$35.00**

**\*\*Minimum class size of 8 Maximum class size 14 -- Seats based on availability, be the first to register\*\***

*Juan Salgado, Chancellor, City Colleges of Chicago  
Harry S. Truman College, 1145 West Wilson, Chicago, IL. 60640*

## Debunking the Myths of Older Adult Falls

Many people think falls are a normal part of aging. The truth is, they're not.

Most falls can be prevented—and you have the power to reduce your risk.

Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

Every year on the first day of fall, we celebrate National Falls Prevention Awareness Day to bring attention to this growing public health issue. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls:

### **Myth 1: Falling happens to other people, not to me.**

**Reality:** Many people think, “It won’t happen to me.” But the truth is that 1 in 3 older adults—about 12 million—fall every year in the U.S.

### **Myth 2: Falling is something normal that happens as you get older.**

**Reality:** Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

### **Myth 3: If I limit my activity, I won’t fall.**

**Reality:** Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

### **Myth 4: As long as I stay at home, I can avoid falling.**

**Reality:** Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

### **Myth 5: Muscle strength and flexibility can’t be regained.**

**Reality:** While we do lose muscle as we age, exercise can partially restore strength and flexibility. It’s never too late to start an exercise program. Even if you’ve been a “couch potato” your whole life, becoming active now will benefit you in many ways—including protection from falls.



**Myth 6: Taking medication doesn't increase my risk of falling.**

**Reality:** Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

**Myth 7: I don't need to get my vision checked every year.**

**Reality:** Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

**Myth 8: Using a walker or cane will make me more dependent.**

**Reality:** Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

**Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.**

**Reality:** Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

**Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.**

**Reality:** Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.

Learn more about falls prevention at [www.ncoa.org/FallsPrevention](http://www.ncoa.org/FallsPrevention).

# Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

*Many falls are preventable.*

*Stay safe with these tips!*

**1**

## Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



**2**

## Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



**3**

## Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



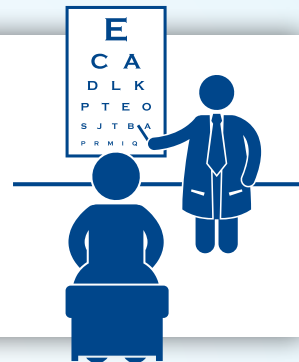
CONTINUES.

# Take Control of Your Health: 6 Steps to Prevent a Fall

# 4

## Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



# 5

## Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



# 6

## Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



To learn more, visit [ncoa.org/FallsPrevention](http://ncoa.org/FallsPrevention).

NATIONAL COUNCIL ON AGING

571-527-3900 ■ [www.ncoa.org](http://www.ncoa.org)  
[www.facebook.com/NCOAging](https://www.facebook.com/NCOAging) ■ [www.twitter.com/NCOAging](https://www.twitter.com/NCOAging)

# ABOUT OUR TRIPS AND EVENTS

**WAIVERS:** Every trip/event participant must register by completing and signing a Senior Services Emergency Contact/Waiver.

**RESERVATIONS:** Reservations are not guaranteed until the ticket is paid for. Please do your best to register as early as possible, since many of our trips and events fill up quickly.

**REFUNDS:** In order to make programs available to as many people as possible, we do our best to keep costs low. We base the cost per person by dividing the cost of the outing by the number of people we expect on the bus. We therefore regret we are unable to give refunds or discounts. However, if we have a waiting list and are able to sell your seat on or before the day of the trip, we will be happy to refund your money. Otherwise, we suggest you give your ticket to a friend as an “early” birthday or holiday present. Naturally we will refund your money if an event is canceled or significantly altered by Senior Services.

**WHEELCHAIRS:** If you use a wheelchair and would like to participate, please contact us at (312) 746-4798 to discuss arrangements.

**TELEPHONE NUMBERS:** When you register, make sure that you provide us with your phone number. Sometimes, in order to fill buses, we need to combine two locations. This can result in a change in the date of your program. If we have your phone number, we can contact you to work out these details.

**PROMPTNESS:** Most of our events and trips are on tight time schedules, and it is our policy to leave promptly at the stated departure time. This makes us unable to wait for latecomers. We regret that no refunds can be given to tardy participants who miss a bus.

**NAME TAGS:** We require participants to wear name tags as identifiers as part of our safety procedures.

**COURTESY:** Participants who go on our outings are expected to cooperate with group leaders, bus drivers and staff, as well as key persons in charge at the point of destinations. Any seniors or group leaders who are uncooperative - by being late, refusing to accommodate reasonable requests, or showing rude or anti-social behavior will be denied access to future trips, programs and events for the safety and comfort of the rest of the participants.

## **ABOUT OUR TRIPS AND EVENTS CONT...**

**GROUP ISSUES:** Group leaders must obtain reservation numbers to register for trips. Payment must be made by the Money Due Date given at time of registration. Unless otherwise designated, Group leaders are given one complimentary ticket when leading 19 or more participants. When two groups share a bus, the first group boarding the bus should fill in the driver's side of the bus, leaving the passenger side for group two. Front seats by the driver are reserved for the group's leader or Family & Support Services staff. Group leaders are responsible for taking attendance to make sure everyone is accounted for and for bringing emergency forms for each participant. Group leaders must immediately let staff know of any accidents or incidents that occurs during the trip. (We salute the energy and dedication of our group leaders! We couldn't host these programs without them).

**ACCOMMODATIONS FOR PERSONS WITH HEARING IMPAIRMENTS:** If you need a sign language interpreter for any of our lectures, programs or classes, please let us know as soon as possible so we can make the necessary arrangements. You can let us know by either calling your center on your TTY, writing a letter, stopping in or asking a friend to contact us. We welcome your participation.

**PARKING:** The five Regional Senior Centers have adjacent free parking. Regrettably, Renaissance Court has NO free parking, but plenty of public transportation options.

**PREPARATION:** Since some of our outings require walking, climbing or varying amounts of stamina, participants are responsible for learning about programs and trips before signing up for them, paying close attention to all trip details and any trip advisories or cautions. Proper footwear and clothing are the participant's responsibility.

Diabetics may want to consider bringing their own snacks should they have concerns about an event's meal service time.

**EXTREME WEATHER WARNING:** In case of severely hot, cold or extreme weather please call centers to confirm trips and events.

**DISCLAIMER: Senior Services is not responsible for opinions or recommendations of vendors or facilitators.**

*Chicago Department of Family & Support Services*

*Along with*

*The Westside Coalition for Seniors*

*24th Annual Senior Prom*



*Wednesday, October 25, 2017*

*11:00 a.m. until 4:00 p.m.*

*Hyatt Regency at McCormick Place*

*2233 South Dr. King Drive*

*Cost \$50.00*

For More Information Please Contact

Mary Futrell @ (773)742 - 4455

**Thank You to Oak Street Health for the Sponsorship of the King & Queen.**



**Rahm Emanuel,  
Mayor**

**Lisa Morrison Butler,  
Commissioner**

# Chicago Department of Family & Support Services

Presents:

Nellie Tiger Travis – “Hey Mr. Sexy Man”



## Buddy Guy's Legends

700 South Wabash Avenue

Thursday, August 10, 2017

Bus Transportation, Lunch, Music & Dancing

Cost \$40.00

**Time: 10:00 am for Regional Centers** – Renaissance Court, Central West, Southeast Atlas, Southwest, Northwest Copernicus & Northeast Levy

**1:00 pm for Satellite Centers** – Abbott Park, South Chicago, Auburn Gresham, Englewood, Austin, Roseland, and Austin

### MENU: Choose one (1) Entree

**Option 1)** Damn Right Burger, cooked to order and served with lettuce and tomato. Served with side salad or potato chips

**Option 2)** Fried Catfish Po Boy served with lettuce and tomato. Served with side salad or potato chips

**Option 3)** Chicken & Andouille Sausage Jambalaya with Rice. Served with a piece of cornbread

**Dessert: Mini assorted cheesecake bites**  
**One complimentary soft drink included.**



Mayor, Rahm Emanuel  
City of Chicago

Lisa Morrison-Butler, Commissioner  
Department of Family & Support Services

# Senior Fest 2017

at Millennium Park



**Chicago residents age 60 and better—  
Come and enjoy the fun!**

- Serendipity Performance
- Picnic Lunch
- Flu Shots/Health Screenings
- Senior Resource Fair
- Game and Art Area
- Dancing
- Raffle Prizes
- Bingo

**Thursday, Sept. 14, 2017 • 9:00 a.m. - 2:00 p.m.**  
**Millennium Park • Michigan Ave. at Washington St.**

**(Vehicles that are dropping off passengers should proceed to the park's north entrance on Randolph Drive between Michigan Avenue and Columbus Drive.)**

**Tickets are free and available by visiting any one of the City's 21 Senior Centers. For more information, call the Chicago Department of Family and Support Services, Area Agency on Aging at 312.744.4016.**



City of Chicago  
Rahm Emanuel, Mayor





# CHICAGO DEPARTMENT OF FAMILY & SUPPORT SERVICES

PRESENTS:

## ACTIVE AGING 2017

### “Exercise for the Cure”



South Shore Cultural Center  
Wednesday, October 4, 2017  
10:00 a.m. - 1:00 p.m.  
Cost: \$10.00

Join us for a fun-filled day of activity as we “Exercise for the Cure” and promote Breast Cancer Awareness. For \$10.00, you will receive a T-Shirt, Transportation, Box Lunch, Fitness Activities, Health Information, and Fun.

Guest Speaker: Dr. Sandy Goldberg, A Silver Lining Foundation, former nutrition contributor for NBC 5 and WGN radio & television.

Chef Gloria Hafer, Healthy Cooking Demo

Marcus Matteo & the Band – Live Band Performance

### Resource Information

- Health & Wellness
- Breast Cancer Awareness
- Nurse
- Dietitian
- Fitness Classes
- Massage Therapy
- Mammogram Info
- Nutrition Facts

Mayor, Rahm Emanuel  
City of Chicago



Commissioner, Lisa Morrison-Butler  
Family & Support Services

# WELLNESS PROGRAM

## JULY - SEPTEMBER 2017

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The most important component of the Wellness Program is YOU! Healthy living helps to prevent chronic disease and certain disabilities. It can ensure that today's older persons as well as future generations not only live longer, but also live better. It's never too late to adopt healthy lifestyle habits. The Wellness Program can help you start a personal wellness program or provide you the support you need to maintain your wellness goals.

- The Wellness Program at Central West, Southeast (Atlas) and the Southwest Senior Centers is provided by the Bowman Center/Rush University Medical Center.
- The Wellness Program at the Northeast (Levy) Senior Center, Northwest (Copernicus) Senior Center, and Renaissance Court is provided by White Crane Wellness Center.

At each senior center, the latest information on healthy living and disease prevention is provided through monthly talks with the wellness nurse, social worker, dietitian, and pharmacist.

Take a look at the wellness schedule at the center nearest you and meet the wellness team. It is the first step to a healthier lifestyle.

# WELLNESS TEAM OF PROFESSIONALS

## WELLNESS NURSE

The Wellness Nurse is available weekly at each center. The Wellness Nurse is knowledgeable about health issues and provides education, guidance and insight. The Wellness Nurse provides blood pressure and other health screenings, support groups, and monthly health talks to help you manage your health.

## SOCIAL WORKER

The Social Worker is available one half day several times each month by appointment for private, one-on-one consultations. See the Wellness Social Worker for advice and information on resources for those times when you are faced with life's challenging issues. The Wellness Social Worker also leads a discussion group on a variety of topics focusing on contemporary issues of aging.

## DIETITIAN

The Dietitian is available monthly to assist you in achieving your nutritional goals with one-on-one consultations, nutritional health talks, and discussion groups. The Wellness Dietitian shares insights about dietary needs, strategies to make positive lifestyle changes as well as the relationship between nutrition and your health.

## PHARMACIST

A Pharmacist is available at each center one half-day each month. In addition to informative presentations and question and answer sessions on medications and health-related issues, the pharmacist is available by appointment for private, one-on-one consultations to address your concerns. Make an appointment for a "brown-bag" medication review (bring all of your medications into the pharmacist for review) to receive help with timing your medications or bring in your lab results for discussion. See each center's postings for available appointment times.

# JULY PRESENTATIONS

## NURSE PRESENTATIONS

### **Be Kind to Your Kidneys: Keep Them Healthy and Disease-Free**

Older adults are more at risk for kidney problems due to other health issues that are common as you age. Diabetes, obesity, high blood pressure, heart problems, strokes, and smoking are risk factors for kidney disease. Learn how treating other health conditions may help prevent kidney disease. In addition, the nurse will discuss how other healthy lifestyle choices may help prevent kidney problems.

Central West	Thursday	July 13	10:00 - 11:00 A.M.
Northeast	Thursday	July 13	9:30 - 10:15 A.M.
Northwest	Tuesday	July 11	9:30 - 10:15 A.M.
Southeast	Tuesday	July 18	9:30 - 10:30 A.M.
Southwest	Tuesday	July 25	10:15 - 11:15 A.M.
Renaissance Court	Monday	July 10	10:30 - 11:30 A.M.

## DIETITIAN PRESENTATIONS

### **Hydration: Your Key to Good Health**

Did you know that staying hydrated may prevent constipation, dizziness brought on by low blood pressure, and help rid the body of excess salt? Keeping water by your side through the day and consuming foods with high water content are two ways to stay better hydrated. The dietitian will discuss how every system in your body depends on good hydration.

Central West	Thursday	July 6	10:00 – 11:00 A.M.
Northeast	Friday*	July 14	1:00 – 2:00 P.M.*
Northwest	No class this month.		
Southeast	Friday	July 14	10:00 – 11:00 A.M.
Southwest	Monday	July 17	9:45 – 10:45 A.M.
Renaissance Court	Tuesday	July 11*	2:00 – 3:00 P.M.*

## PHARMACIST PRESENTATIONS

### **Kidney Conditions – How Does This Affect Your Medications?**

Safe and effective medication therapy is one of the greatest challenges when prescribing drug therapy as people age. The elderly have many chronic disorders and consequently use more drugs than any other age group. Special considerations are necessary when prescribing most medications taken by seniors. Aging affects the choice, dose, and dosing frequency of many drugs. The goal of this session is to discuss the importance of considering medication adjustments to account for these age-related changes.

Central West	Tuesday	July 25	10:00 - 11:00 A.M.
Northeast	Tuesday	July 25	10:00 - 11:00 A.M.
Northwest	Friday	July 21	10:30 - 11:30 A.M.
Southeast	Thursday	July 6	10:15 - 11:15 A.M.
Southwest	Thursday	July 20	10:15 - 11:15 A.M.
Renaissance Court	Thursday	July 27	1:30 - 2:30 P.M.

\* Note: change in regular schedule

# AUGUST PRESENTATIONS

## NURSE PRESENTATIONS

### Mouth Maintenance Matters: The Importance of Good Oral Health Care

Good oral hygiene includes careful tooth brushing and flossing which can help reduce plaque and prevent periodontal disease. Regular visits to the dentist to receive a professional cleaning are crucial to maintaining overall health of your teeth and mouth and also provide an opportunity for early detection of issues. The nurse will discuss how medications for other existing health conditions may impact oral health.

Central West	Thursday	August 10	10:45 – 11:30 A.M.
Northeast	Thursday	August 10	9:30 – 10:15 A.M.
Northwest	Tuesday	August 8	9:30 – 10:15 A.M.
Southeast	Tuesday	August 15	9:30 – 10:30 A.M.
Southwest	Tuesday	August 22	10:15 – 11:15 A.M.
Renaissance Court	Monday	August 14	10:30 – 11:30 A.M.

## DIETITIAN PRESENTATIONS

### Better Diet, Better Dental Checkups

Want a better dental checkup? Consider cutting back on sugar and high acid foods and drinks. Increasing fiber and drinking more water also help to keep teeth clean and strong. The dietitian will discuss how tooth decay can be prevented through your diet.

Central West	Thursday	August 3	10:00 - 11:00 A.M.
Northeast	Friday*	August 11	1:00 - 2:00 P.M.*
Northwest	No class this month.		
Southeast	Friday	August 25*	10:00 - 11:00 A.M.
Southwest	Monday	August 21	9:45 - 10:45 A.M.
Renaissance Court	Tuesday	August 8*	2:00 - 3:00 P.M.*

## PHARMACIST PRESENTATIONS

### Oral Health – What YOU Need To Know

Dental and oral disorders are common among the elderly. Although most of these disorders are not life threatening, they may have significant effects and can greatly reduce an older adult's quality of life. This session will provide an overview of common conditions which affect oral health and review the importance of maintaining adequate dental care throughout the course of one's life.

Central West	Tuesday	August 22	10:00 - 11:00 A.M.
Northeast	Tuesday	August 22	10:00 - 11:00 A.M.
Northwest	Friday	August 18	10:30 - 11:30 A.M.
Southeast	Thursday	August 3	10:15 - 11:15 A.M.
Southwest	Thursday	August 17	10:15 - 11:15 A.M.
Renaissance Court	Thursday	August 24	1:30 - 2:30 P.M.

\* Note: change in regular schedule

# SEPTEMBER PRESENTATIONS

## NURSE PRESENTATIONS

### Face the Fear of Falling: Understand and Have a Plan for Fall Prevention

Falls are a serious concern for many older adults. Incapacitation or limitations from a fall affects independence, attitude, social interactions, and can complicate other health concerns. There are several risk factors for falling, including balance, vision, chronic disease, and medication. The nurse will discuss some key components of fall prevention.

Central West	Thursday	September 7*	10:00 - 11:00 A.M.
Northeast	Thursday	September 14	9:30 - 10:15 A.M.
Northwest	Tuesday	September 12	9:30 - 10:15 A.M.
Southeast	Tuesday	September 19	9:30 - 10:30 A.M.
Southwest	Tuesday	September 26	10:15 - 11:15 A.M.
Renaissance Court	Monday	September 11	10:30 - 11:30 A.M.

## DIETITIAN PRESENTATIONS

### Falls: Different Strategies for Preventing Falls

Fall prevention is something we all need to consider as we get older. There are many risk factors for falls. Something as simple as preventing dizziness by eating and drinking right can reduce your risk of falling. Learn how diet, exercise, and medications interact to increase or reduce your risk for falling.

Central West	Thursday	September 14*	10:00 - 11:00 A.M.
Northeast	Friday*	September 8	1:00 - 2:00 P.M.*
Northwest	No class this month.		
Southeast	Friday	September 22*	10:00 - 11:00 A.M.
Southwest	Monday	September 18	9:45 - 10:45 A.M.
Renaissance Court	Tuesday	September 12*	2:00 - 3:00 P.M.*

## PHARMACIST PRESENTATIONS

### Falls, Balance, Gait - How Medications Can Affect Your Balance and Fall Risk

Falls in the elderly are a major public health problem with substantial medical and economic consequences. Annually, about one-third of elderly persons living in the community fall. Often times, chronic disease, (stroke, dementia, Parkinson's, arthritis) or drug treatments can contribute to fall risk. In this session, we'll discuss medications that can affect your balance and suggest methods to minimize your risk.

Central West	Tuesday	September 26	10:00 - 11:00 A.M.
Northeast	Tuesday	September 26	10:00 - 11:00 A.M.
Northwest	Friday	September 15	10:30 - 11:30 A.M.
Southeast	Thursday	September 7	10:15 - 11:15 A.M.
Southwest	Thursday	September 21	10:15 - 11:15 A.M.
Renaissance Court	Thursday	September 28	1:30 - 2:30 P.M.

\* Note: change in regular schedule

# Northeast (Levy) Regional Center Wellness Schedule

## **WELLNESS TEAM**

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**WELLNESS NURSE:** Cynthia Jones, RN

First, Second, Third Thursdays, 9:00 A.M. - 12:00 P.M.

**SOCIAL WORKER:** Mary Ellen Withers, LCSW

Second, Third, Fourth Thursdays, 9:00 A.M. - 12:00 P.M.

**PHARMACIST:** Beatrice Drambarean, PharmD

Fourth Tuesdays, 9:00 A.M. - 12:00 P.M. (July 25, August 22, September 26)

**DIETITIAN:** Jim Coogan, RD, LDN

Second Fridays\*, 1:00 P.M. - 2:00 P.M.\* (July 14, August 11, September 8)

**BLOOD PRESSURE SCREENING**

First Thursdays, 9:00 A.M. - 12:00 P.M. (July 6, August 3, September 7)

## **SUPPORT GROUPS**

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### **HEALTH MATTERS**

Third Thursdays, 9:30 - 10:15 A.M.

- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.
  - July 20
  - August 17
  - September 21

### **FOOD 4 THOUGHT**

Second, Third, Fourth Thursdays, 10:00 - 11:00 A.M.

Weekly groups facilitated by social workers offer wellness education, mental stimulation, and emotional support for seniors. Topics vary from week to week and are focused on ways to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as they explore new ideas and ways of looking at the world. Come to learn, share, and grow!

*\* Note: change in regular schedule*

# Northwest (Copernicus) Regional Center Wellness Schedule

## **WELLNESS TEAM**

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**WELLNESS NURSE:** Cynthia Jones, RN

First, Second, Third Tuesdays, 9:00 A.M. - 12:00 P.M. (Except July 4)

**SOCIAL WORKER:** Enid Fefer, LCSW

First, Second, Third Wednesdays, 8:30 A.M. - 11:30 A.M.

**PHARMACIST:** James Lee, PharmD

Third Fridays, 9:00 A.M. - 12:00 P.M. (July 21, August 18, September 15)

**DIETITIAN:** Vivian Burr, MS, RD

No classes for July, August, September.

**BLOOD PRESSURE SCREENING**

First Tuesdays, 9:00 A.M. - 12:00 P.M. (July 18\*, August 1, September 5)

## **SUPPORT GROUPS**

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### **HEALTH MATTERS**

Third Tuesdays, 9:30 - 10:15 A.M.

- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.
  - July 18
  - August 15
  - September 19

### **TOO MUCH ON YOUR PLATE?**

First, Second, Third Wednesdays, 10:15 - 11:15 A.M.

Weekly groups facilitated by social workers offer wellness education, mental stimulation, and emotional support for seniors. Topics vary from week to week and are focused on ways to promote well-being, enhance personal growth, and improve self-care. The group format allows for interaction and mutual support among participants, as they explore new ideas and ways of looking at the world. Come to learn, share, and grow!

*\* Note: change in regular schedule*



# Renaissance Court Wellness Schedule

## **WELLNESS TEAM**

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**WELLNESS NURSE:** Phyllis Reynolds, MSN, APN/CNP

Mondays, 10:00 A.M. - 1:00 P.M. (Except July 3 & 31, August 7, September 4)

**SOCIAL WORKER:** Enid Fefer, LCSW

First, Second, Third Mondays, 1:00 - 4:00 P.M. (Except September 4)

**PHARMACIST:** Erika Hellenbart, PharmD

Fourth Thursdays, 12:00 - 3:00 P.M. (July 27, August 24, September 28)

**DIETITIAN:** Jim Coogan, RD, LDN

Second Tuesdays\*, 2:00 P.M. - 3:00 P.M.\* (July 11, August 8, September 12)

## **BLOOD PRESSURE SCREENING**

Third\* Mondays, 10:30 A.M. - 12:30 P.M. (July 17\*, August 21\*, September 18\*)

## **SUPPORT GROUPS**

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### **HEALTH MATTERS**

Fourth Mondays, 10:30 - 11:30 A.M.

- Join this group to explore a variety of compelling health topics and their social impact, while empowering yourself to take control of your own health.

- July 24
- August 28
- September 25

### **BALANCING YOUR LIFE**

First, Second, Third Mondays, 2:00 - 3:00 P.M. (Except September 4)

Keeping your life in balance is always a challenge. Later in life, it seems, there are even more factors that can trip you up. This series gives you the tools to keep balance in various parts of your life: social, spiritual and mental. Learn information that expands your life strategies, share ideas and feelings, and gain support of others.

*\* Note: change in regular schedule*

# Central West Regional Center Wellness Schedule

## **WELLNESS TEAM**

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**WELLNESS NURSE:** Joanne Miller, PhD, APN/GNP-BC  
Every Thursday, 8:15 A.M. - 12:15 P.M. **\*\*NO NURSE AUGUST 24<sup>th\*\*</sup>**

**SOCIAL WORKER:** Cydney Stein, MSW, LSW  
First and Third Tuesdays, 9:30 – 11:30 A.M.  
July 11<sup>\*\*</sup>, August 1 and 15, September 5 and 19

**PHARMACIST:** Michele Martin, PharmD  
Fourth Tuesdays, 10:00 A.M. – 12:00 P.M.  
July 25, August 22, September 26

**DIETITIAN:** Kristin Gustashaw, MS, RD, CSG  
First Thursdays, 9:30 – 11:30 A.M.  
July 6, August 3, and September 14<sup>\*</sup>

**BLOOD PRESSURE SCREENING**  
First Thursdays, 8:30 - 9:30 A.M.  
July 6, August 3 and September 7

## **SUPPORT GROUPS**

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**STILL GOING STRONG (NURSE)**  
Third Thursdays, 10:00 - 11:00 A.M.  
July 20, August 17, and September 21

- This group uses a prayer-focused environment to support one another in dealing with contemporary issues of aging.

**WAYS TO FEEL GOOD (SOCIAL WORKER)**  
First and Third Tuesdays – 10:00 – 11:00 A.M.  
July 11<sup>th\*\*</sup>, August 1 and 15, September 5 and 19

# Southeast (Atlas) Regional Center Wellness Schedule

## **WELLNESS TEAM**

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**WELLNESS NURSE:** Marcia Murphy, DNP, APN/ANP-BC

Every Tuesday, 8:30 A.M. - 12:30 P.M. **\*\*NO NURSE JULY 4<sup>TH</sup> and JULY 25<sup>th</sup>\*\***

**SOCIAL WORKER:** Daniela Mitchem, MSW, LSW

First and Third Mondays, 9:30 – 11:30 A.M.

July 3 and 17, August 7 and 21, September 18 **\*\*\*NO SOCIAL WORKER SEPTEMBER 4\*\*\***

**PHARMACIST:** Amina Gassam, PharmD

First Thursdays, 9:30 - 11:30 A.M.

July 6, August 3, and September 7

**DIETITIAN:** Kristin Gustashaw, MS, RD, CSG

Second Fridays, 9:30 - 11:30 A.M.

July 14, August 25<sup>\*\*</sup>, and September 22<sup>\*\*</sup>

### **BLOOD PRESSURE SCREENING**

First and Fourth Tuesdays, 10:30- 11:30 A.M.

August 1 and 22 and September 5 and 26 (No July screening)

## **SUPPORT GROUPS**

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### **WHAT'S ON YOUR PLATE? (SOCIAL WORKER)**

First and Third Mondays, 10:00 – 11:00 A.M.

July 3 and 17, August 7 and 21, September 18

This group helps people cope with everyday events.

### **Matter of Balance (Nursing)**

Every Tuesday starting **October 3<sup>rd</sup> for 8 weeks** (Time to be announced)

This two hour **fall prevention class** begins in October and includes education and practical exercises to decrease your risk of falling.

# Southwest Regional Center Wellness Schedule

## **WELLNESS TEAM**

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**WELLNESS NURSE:** Cindy Nissen MSN, CWCN  
Every Tuesday, 8:30 A.M. – 12:30 P.M. \*\*\*NO NURSE JULY 4<sup>TH</sup>\*\*\*

**SOCIAL WORKER:** Elizabeth Tampe, MSW, LSW  
First and Third Thursdays, 8:30 – 10:30 A.M.  
July 13\* and 20, August 3 and 17, September 7 and 21

**PHARMACIST:** Aimee Chevalier, PharmD  
Third Thursdays, 10:00 A.M. - 12:00 P.M.  
July 20, August 17, and September 21

**DIETITIAN:** Kristin Gustashaw, MS, RD, CSG  
Third Mondays, 9:30 - 11:30 A.M.  
July 17, August 21, and September 18

**BLOOD PRESSURE SCREENING**  
First Tuesdays, 9:00 A.M.–12:00 P.M.  
August 1 and September 5  
*Remember to bring your blood pressure card*

## **SUPPORT AND WEIGHT LOSS GROUPS**

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**WE’LL EAT BETTER...TOGETHER SUPPORT GROUP (NURSE)**  
Second Tuesdays July 11, August 8, and September 12 at 10:15 A.M.  
- A support group for older adults to share tips and tricks for healthier eating to maintain, gain, or lose a few pounds.

**RELAX AND RENEW (NURSE)**  
Third Tuesdays July 18, August 15, and September 19 at 10:15 A.M.  
- Explore a variety of relaxation techniques with your Wellness Nurse for the health of it!

**TOO MUCH ON YOUR PLATE? (SOCIAL WORKER)**  
First and Third Thursdays, 9:00 – 10:00 A.M.  
July 13\* and 20, August 3 and 17, September 7 and 21  
This group helps people cope with everyday events.

# Older Adult Choice Market

Free fresh fruit, vegetables and non-perishable groceries



**WHAT** In partnership with community-based agencies serving older adults, the Food Depository provides free, nutritious food—including fresh produce— to older adults and households in the community.

**WHO** Ages 60+

CENTER LOCATIONS	DATES	TIME
<b>Austin Senior Center</b> 5071 W. Congress Parkway	July 3 and 17 and 31, 2017 August 14, 2017 September 18, 2017	9:30 a.m. to 12:30 p.m.
<b>Levy Senior Center</b> 2019 W. Lawrence Avenue	July 18, 2017 August 1 and 15, 2017 September 5 and 19, 2017	12:30 to 1:30 p.m.
<b>Northwest Senior Center</b> 3160 N. Milwaukee Avenue	July 5 and 19, 2017 August 2 and 16, 2017 September 6 and 20, 2017	12:30 to 2:30 p.m.
<b>Atlas Senior Center</b> 1767 E. 79th Street	July 5 and 19, 2017 August 2 and 16, 2017 September 6 and 20, 2017	1:00 to 3:00 p.m.
<b>Southwest Senior Center</b> 6117 S. Kedzie Avenue	July 18, 2017 August 1 and 15, 2017 September 5 and 19, 2017	1:00 to 3:00 p.m.

*For more information about additional food resources in our community, please contact the Greater Chicago Food Depository at 773-247-FOOD or visit their website at [chicagosfoodbank.org](http://chicagosfoodbank.org)*



# Flu + You

**Protect. Learn. Understand. Safeguard.**  
Educating older adults about influenza and prevention  
From the National Council on Aging and Sanofi Pasteur



## **Influenza (commonly known as “the flu”), is a serious and potentially life-threatening disease, especially in adults 65 years of age and older.**

- Influenza, also known as “the flu,” is a common respiratory infection caused by several related viruses.
- The flu is easily passed from person to person through coughing, sneezing, or through contact with fluids from an infected person’s mouth or nose.
- Symptoms of the flu often include high fever, headache, tiredness, cough, sore throat, runny or stuffy nose, and body aches.
- As we get older, our immune system typically weakens. This generally makes it harder for us to fight disease and may also make us less responsive to vaccines. As a result, adults 65 years of age and older are at increased risk of flu and its complications. For example, the influenza virus can cause worsening of chronic conditions and it can lead to death.
- Each year in the United States, nine out of 10 flu-related deaths and more than six out of 10 flu-related hospital stays occur in people 65 years of age and older.

## **The flu can worsen other health problems.**

- The flu is especially dangerous for people with certain conditions that commonly affect older adults, including heart disease, lung disease, diabetes, and cancer.
  - People with these conditions are more likely to develop complications from the flu that can result in hospitalization and even death.

## **The best way to help protect against the flu is vaccination.**

- According to the Centers for Disease Control and Prevention, the single best way to prevent the flu is to get an annual vaccination, which is recommended for everyone 6 months of age and older.
  - Despite these recommendations, immunization rates among adults 65 and older are still far below public health goals. The leading reason older adults do not get the flu shot is not being aware they need it.
- Receiving the flu vaccination each and every year is the best way and first step to help protect yourself from the flu and spreading it to friends and family.

## **There is a vaccine that is designed specifically for adults 65 years of age and older.**

- Adults 65 years of age and older have vaccine options. In addition to the traditional flu vaccine (which helps protect against three strains of the flu virus), there is also a quadrivalent vaccine (which helps protect against four strains), and a higher dose vaccine.
  - By improving the production of antibodies in older patients, the higher dose vaccine can provide a stronger immune response to influenza than traditional vaccines.
- These vaccine options are widely available at a doctor’s office or local pharmacy. An annual flu shot is a Medicare Part B benefit – this means that the vaccine is covered with no copay for Medicare beneficiaries 65 years of age and older.

**Talk to your health care provider today about the dangers of the flu,  
the benefits of vaccination, and the best vaccine option to meet your needs.**

# DFSS FLU CLINICS

2017 FLU SHOTCLINICS SPONSORED BY WALGREENS

Site Name	Date	Location	Phone
Abbott Park Satellite	Thursday, October 12, 2017	49 E. 95th St. 60619	312-745-3493
Austin Satellite	Wednesday, October 11, 2017	5071 W. Congress Pkwy. 60644	312-743-1538
Northwest Regional Center	Friday, October 13, 2017	3160 N. Milwaukee Ave. 60618	312-744-6681
Kelvyn Park Satellite	Thursday, October 5, 2017	2715 North Cicero Ave. 60639	312-744-3350
Englewood Satellite	Thursday, October 26, 2017	653-657 W. 63rd St. 60621	312-745-3328
Auburn Gresham Satellite	Tuesday, September 26, 2017	1040 W. 79th St. 60620	312-745-4797
Northeast Regional Center	Wednesday, October 25, 2017	2019 West Lawrence, 60625	312-744-0784
Southeast Regional Center	Wednesday, October 25, 2017	1767 E. 79th St. 60649	312-747-0189
Roseland Satellite	Thursday, October 5, 2017	10426 South Michigan, 60628	312-745-1500
Garfield Ridge Satellite	Thursday, October 5, 2017	5674-B S. Archer Ave. 60638	312-745-4255
Chatham Satellite	Wednesday, September 27, 2017	8300 S. Cottage Grove 60619	312-745-0401
North Center Satellite	Wednesday, October 11, 2017	4040 N. Oakley Ave. 60618	312-744-4015
West Town Satellite Center	Wednesday, October 18, 2017	1613 West Chicago Ave. 60622	312-743-1016
Norwood Park Satellite	Tuesday, October 3, 2017	5801 N. Natoma 60631	773-775-6071
South Chicago Satellite	Thursday, October 19, 2017	9233 South Burley Ave. 60617	312-745-1282
Renaissance Court	Tuesday, October 24, 2017	78 East Washington, 60602	312-744-4550
Edgewater Satellite	Thursday October 5, 2017	5917 North Broadway, 60660	312-742-5323
Portage Park Satellite	Thursday, October 12, 2017	4100 N. Long Ave. 60641	312-744-9022
Central West Regional Center	Wednesday, October 11, 2017	2102 West Odgen, 60612	312-746-5300
Southwest Regional Center	Tuesday, October 17, 2017	6117 South Kedzie, 60629	312-747-0440

# Understanding Elder Abuse

## Fact Sheet

2016

Elder abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult. An older adult is someone age 60 or older. The abuse occurs at the hands of a caregiver or a person the elder trusts. Six frequently recognized types of elder abuse include:

- **Physical**—This occurs when an elder experiences illness, pain, or injury as a result of the intentional use of physical force and includes acts such as hitting, kicking, pushing, slapping, and burning.
- **Sexual**—This involves forced or unwanted sexual interaction of any kind with an older adult. This may include unwanted sexual contact or penetration or non-contact acts such as sexual harassment.
- **Emotional or Psychological**—This refers to verbal or nonverbal behaviors that inflict anguish, mental pain, fear, or distress on an older adult. Examples include name calling, humiliating, destroying property, or not letting the older adult see friends and family.
- **Neglect**—This is the failure to meet an older adult's basic needs. These needs include food, water, shelter, clothing, hygiene, and essential medical care.
- **Financial**—This is illegally or improperly using an elder's money, benefits, belongings, property, or assets for the benefit of someone other than the older adult. Examples include taking money from an older adult's account without proper authority, unauthorized credit card use, and changing a will without permission.



### Why is elder abuse a public health problem?

Elder abuse is a serious problem in the United States. There is a lack of data, but past research found that:

- In 2008, one in 10 elders reported emotional, physical, or sexual abuse or potential neglect in the past year.<sup>1</sup>

Many cases are not reported because elders are afraid or unable to tell police, friends, or family about the

violence. Victims often have to decide whether to tell someone they are being hurt or continue being abused by someone they depend upon or care for deeply.



### How does elder abuse affect health?

Elder abuse can have several physical and emotional effects on an older adult. Many victims suffer physical injuries. Some are minor, like cuts, scratches, bruises, and welts. Others are more serious and can cause lasting disabilities. These include head injuries, broken bones, constant physical pain, and soreness. Physical injuries can also lead to premature death and make existing health problems worse.<sup>2,3,4,5</sup>

Elder abuse can have emotional effects as well. Victims are often fearful and anxious. They may have problems with trust and be wary around others.<sup>2</sup>



### Who is at risk for perpetrating elder abuse?

Several factors can increase the risk that someone will hurt an older adult. However, having these risk factors does not always mean violence will occur.

Some of the risk factors for hurting an older adult include:

- Using drugs or alcohol, especially drinking heavily
- High levels of stress and low or ineffective coping resources
- Lack of social support
- High emotional or financial dependence on the older adult
- Lack of training in taking care of older adult
- Depression



# Understanding Elder Abuse



## How can we prevent elder abuse?

The goal is to stop elder abuse before it starts. While not much research has been done, there are several important things we can do to prevent it:

- Listen to older adults and their caregivers to understand their challenges and provide support.
- Report abuse or suspected abuse to Adult Protective Services.
- Educate oneself and others about how to recognize and report elder abuse.
- Learn how the signs of elder abuse differ from the normal aging process.
- Check in often on older adults who may have few friends and family members.
- Provide over-burdened caregivers with emotional and instrumental supports such as help from friends, family, or local relief care groups; adult day care programs; counselling; or outlets intended to promote emotional well-being.
- Where prudent and possible involve more people than just family, formal caregivers, and guardians in health care or financial matters.
- Encourage and assist persons (either caregivers or older adults) having problems with drug or alcohol abuse in getting help.



## How does CDC approach elder abuse?

CDC uses a 4-step approach to address public health problems like elder abuse.

### Step 1: Define the problem

Before we can prevent elder abuse, we need to know how big the problem is, where it is, and whom it affects. CDC learns about a problem by gathering and studying data. These data are critical because they help decision makers send resources where they are needed most.

### Step 2: Identify risk and protective factors

It is not enough to know that elder abuse is affecting a certain group in a certain area. We also need to know why abuse occurs. CDC conducts and supports research to answer this question. We can then develop programs to reduce or get rid of risk factors and increase protective factors.

### Step 3: Develop and test prevention strategies

Using information gathered in research, CDC develops and evaluates strategies to prevent violence.

### Step 4: Ensure widespread adoption

In this final step, CDC shares the best prevention strategies. CDC may also provide funding or technical help so communities can adopt these strategies.



## Where can I learn more?

### Elder Abuse Helplines and Hotlines

Call 1-800-677-1116

*Always dial 911 or local police during emergencies.*

### National Center on Elder Abuse

[www.ncea.aoa.gov](http://www.ncea.aoa.gov)

### National Institute on Aging

[www.nia.nih.gov](http://www.nia.nih.gov)

### National Institute of Justice

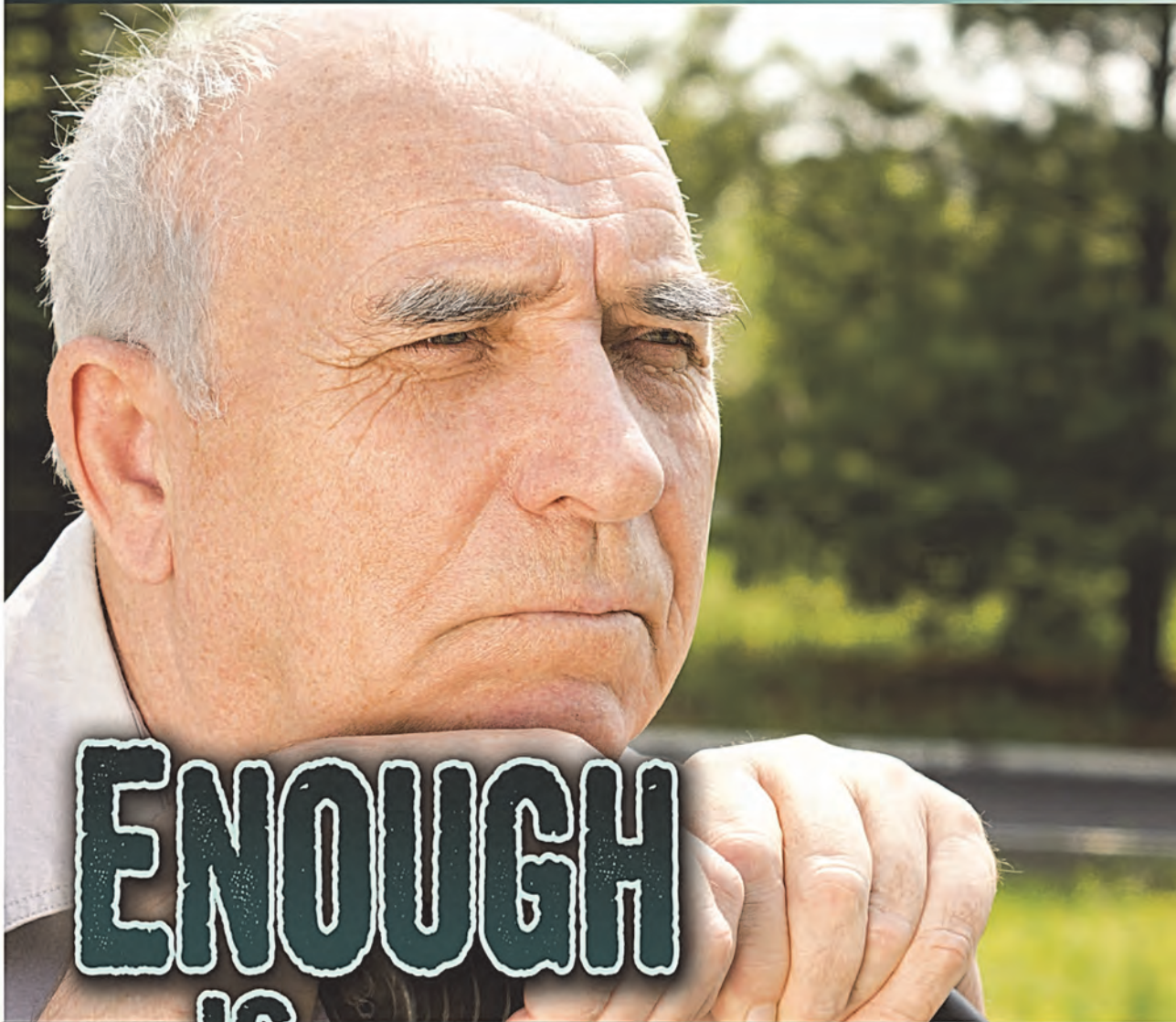
[www.ojp.usdoj.gov/nij/topics/crime/elder-abuse/welcome.htm](http://www.ojp.usdoj.gov/nij/topics/crime/elder-abuse/welcome.htm)

*For more information on elder abuse, visit [www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention).*



## References

1. Acierno R, Hernandez MA, Amstadter AB, Resnick HS, Steve K, Muzzy W, Kilpatrick DG. Prevalence and Correlates of Emotional, Physical, Sexual, and Financial Abuse and Potential Neglect in the United States: The National Elder Mistreatment Study. *American Journal of Public Health* 2010; 100:292–7.
2. Anetzberger, G. *The Clinical Management of Elder Abuse*. New York: Hawthorne Press, 2004.
3. American Medical Association. *American Medical Association white paper on elderly health*. Report of the Council on Scientific Affairs. *Archives of Internal Medicine* 1990; 150:2459-72.
4. Lachs MS, Williams CS, O'Brien S, et. al. The Mortality of Elder Mistreatment. *Journal of the American Medical Association* 1998; 280:428-32.
5. Lindbloom EJ, Brandt J, Hough L, Meadows SE. Elder Mistreatment in the Nursing Home: A Systematic Review. *Journal of the American Medical Directors Association* 2007; 8(9):610-16.



**ENOUGH**

**IS**

**ENOUGH!**

**Report Abuse of Elders and Adults with Disabilities**

**1-866-800-1409**

**24-Hour Adult Protective Services Hotline**



State of Illinois  
Illinois Department on Aging

1-888-206-1327 (TTY)

**Harvard University Innovations in Government Semi-Finalist  
National Council on Aging's 10 Best Practices Program**



**CHICAGO FITNESS PLUS  
Summer 2017  
Regional Centers**



**CENTRAL WEST 2102 W. Ogden Avenue 60612**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Tuesday	9:00 AM	SFP
Wednesday	10:00 AM	Yoga
Thursday	9:00 AM	SFP

**FITNESS CENTER TRAINING HOURS**

Day	Hours
Tuesday	9:45 - 10:15 AM
Thursday	9:45 - 10:15 AM

**NORTHEAST ( LEVY) 2019 W. Lawrence Avenue 60625**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	10:00 AM	Arthritis
Monday	1:30 PM	Fit & Strong
Tuesday	2:00 PM	SFP
Wednesday	10:00 AM	Arthritis
Wednesday	1:30 PM	Fit & Strong
Thursday	10:15 AM	SFP
Friday	10:15 AM	SFP
Saturday	9:15 AM	Aerobics

**FITNESS CENTER TRAINING HOURS**

Day	Hours	Hours
Monday	9:00 - 10:00 AM	11:00 AM - 1:00 PM
Tuesday	11:30 AM - 2:00 PM	3:00 - 4:00 PM
Wednesday	9:00 - 10:00 AM	11:00 AM - 1:00 PM
Thursday	11:30 AM - 2:30 PM	
Friday	11:00 AM - 12:00 PM	
Saturday	10:00 - 12:00 PM	

**NORTHWEST (COPERNICUS) 3160 N. Milwaukee Avenue 60618**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	9:30 AM	SFP
Tuesday	10:00 AM	Yoga
Tuesday	1:00 PM	Latin Rhyth
Wednesday	9:30 AM	SFP
Thursday	10:00 AM	Balance
Thursday	1:00 PM	Latin Rhyth
Friday	9:30 AM	SFP
Saturday	10:00 AM	Fit Mix

**FITNESS CENTER TRAINING HOURS**

Day	Hours	Hours
Monday	8:30 - 9:30 AM	10:30 AM - 2:30 PM
Tuesday	9:30 - 10:00 AM	11:00 AM - 2:30 PM
Wednesday	8:30 - 9:30 AM	10:30 AM - 2:30 PM
Thursday	9:30 - 10:00 AM	11:00 AM - 2:30 PM
Friday	8:30 - 9:30 AM	10:30 AM - 1:30 PM
Saturday	9:00 - 10:00 AM	

**Harvard University Innovations in Government Semi-Finalist  
National Council on Aging's 10 Best Practices Program**



**CHICAGO FITNESS PLUS  
Summer 2017  
Regional Centers**



**RENAISSANCE COURT 78 E. Washington Street 60602**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	9:15 AM	SFP
Monday	10:00 AM	Fresh Start
Wednesday	9:15 AM	SFP
Wednesday	10:00 AM	Fresh Start

**GROUP EXERCISE CLASSES**

Day	Time	Class
Wednesday	2:30 PM	Tai Chi
Friday	9:00 AM	Weight Training
Saturday	9:00 AM	SFP

**SOUTHEAST (ATLAS) 1767 E. 79th Street 60649**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	9:00 AM	SFP
Monday	12:45 PM	Fit & Strong
Tuesday	10:30 AM	Arthritis
Wednesday	9:00 AM	SFP
Wednesday	12:45 PM	Fit & Strong
Thursday	10:30 AM	Arthritis
Friday	9:00 AM	SFP
Friday	10:45 AM	Yoga

**FITNESS CENTER TRAINING HOURS**

Day	Hours	Hours
Monday	10:00 AM - 12:00 PM	2:15 PM- 3:00 PM
Tuesday	9:00 AM - 10:15 AM	11:15 AM - 2:00 PM
Wednesday	10:00 AM - 12:00 PM	2:15 PM- 3:00 PM

**SOUTHWEST 6117 S. Kedzie Avenue 60629**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	9:00 AM	SFP
Monday	1:00 PM	Fit & Strong
Tuesday	11:00 AM	SFP
Wednesday	9:00 AM	SFP
Wednesday	1:00 PM	Fit & Strong
Thursday	1:00 PM	Weights
Friday	9:00 AM	SFP
Saturday	10:00 AM	Arthritis

**FITNESS CENTER TRAINING HOURS**

Day	Hours	Hours
Monday	10:00 AM - 12:30 PM	2:30 - 3:00 PM
Tuesday	9:00 AM - 11:00 AM	12:00 - 2:00 PM
Wednesday	10:00 AM - 12:30 PM	
Thursday	9:00 AM - 11:00 PM	12:00 - 2:00 PM
Friday	10:00 AM - 1:00 PM	
Saturday	8:30 AM - 10:00 AM	

Harvard University Innovations in Government Semi-Finalist  
National Council on Aging's 10 Best Practices Program



**CHICAGO FITNESS PLUS**  
**Summer 2017**  
**Satellite Centers**

**ABBOTT PARK 49 E. 95th Street 60619**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	10:30 AM	Fitness Plus
Tuesday	8:30 AM	Yoga
Tuesday	1:00 PM	Arthritis
Wednesday	10:30 AM	Yoga
Thursday	1:00 PM	Limbercize
Friday	9:00 AM	Steps
Friday	10:00 AM	Fitness Plus

**FITNESS CENTER TRAINING HOURS**

Day	Hours	Hours
Monday	11:30 AM - 12:30 PM	2:30 PM - 4:00 PM
Tuesday	9:30 AM - 12:30 PM	2:00 PM - 4:30 PM
Wednesday	11:30 AM - 2:00 PM	
Thursday	9:00 AM - 11:00 AM	2:00 PM - 4:30 PM

**AUBURN GRESHAM 1040 W. 79th Street 60620**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	10:30 AM	Fitness Plus
Tuesday	1:00 PM	Arthritis
Wednesday	10:30 AM	Fitness Plus
Thursday	1:00 PM	Yoga

**FITNESS CENTER TRAINING HOURS**

Day	Hours	Hours
Monday	11:15 - 12:15 AM	
Tuesday	10:30 AM - 12:30 PM	
Wednesday	11:30 AM - 2:00 PM	
Thursday	10:30 AM - 12:30 PM	2:00 PM - 3:00 PM

**AUSTIN 5071 W. Congress Parkway 60644**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	11:15 AM	Fitness Plus
Tuesday	10:30 AM	Arthritis
Wednesday	11:15 AM	Fitness Plus
Thursday	10:30 AM	Arthritis
Friday	11:15 AM	Balance

**FITNESS CENTER TRAINING HOURS**

Day	Hours	Hours
Monday	12:15 PM - 2:30 PM	
Tuesday	11:30 AM - 1:00 PM	
Wednesday	12:15 PM - 2:30 PM	
Thursday	11:30 AM - 1:00 PM	
Friday	10:00 AM - 11:00 AM	12:15 PM - 1:30 PM

**CHATHAM 8300 S. Cottage Grove Avenue 60619**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	10:30 AM	Fitness Plus
Monday	12:30 PM	Fit & Strong
Wednesday	10:30 AM	Fitness Plus
Wednesday	12:30 PM	Fit & Strong
Friday	10:30 AM	Limbercize

**FITNESS CENTER TRAINING HOURS**

Day	Hours
Monday	9:00 AM - 10:30 AM
	11:30 AM - 1:00 PM
Wednesday	9:00 AM - 10:30 AM
	11:30 AM - 1:30 PM

Harvard University Innovations in Government Semi-Finalist  
National Council on Aging's 10 Best Practices Program



**CHICAGO FITNESS PLUS**  
**Summer 2017**  
**Satellite Centers**

**EDGEWATER 5917 N. Broadway Street 60660**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Tuesday	10:30 AM	Balance
Thursday	10:30 AM	Fitness Plus

**GROUP EXERCISE CLASSES**

**ENGLEWOOD 653-657 W. 63rd Street 60621**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	10:00 AM	Limbercize
Tuesday	9:30 AM	Fitness Plus
Tuesday	1:00 PM	Arthritis
Wednesday	10:00 AM	Fitness Plus
Thursday	9:30 AM	Limbercize
Thursday	1:00 PM	Arthritis
Friday	9:45 AM	Limbercize

**FITNESS CENTER TRAINING HOURS**

Day	Hours
Monday	10:45 AM - 1:30 PM
Tuesday	10:15 AM - 11:15 AM
Wednesday	10:45 AM - 1:30 PM
Thursday	10:15 AM - 11:15 AM
Friday	10:30 AM - 12:45 PM

**GARFIELD RIDGE 5674-B S. Archer Avenue 60638**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	8:45 AM	Fitness Plus
Wednesday	8:45 AM	Fitness Plus
Friday	8:45 AM	Fitness Plus

**KELVYN PARK 2715 N. Cicero Avenue 60639**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	9:30 AM	Fitness Plus
Monday	10:30 AM	Weights
Monday	11:30 AM	Latin Rhyth
Wednesday	9:30 AM	Fitness Plus
Wednesday	10:30 AM	Weights
Wednesday	11:30 AM	Latin Rhyth
Friday	9:30 AM	Fitness Plus
Friday	10:30 AM	Mindful Mov.

**FITNESS CENTER TRAINING HOURS**

Day	Hours
Monday	9:00 AM - 9:30 AM
Monday	11:30 AM - 1:00 PM
Wednesday	9:00 AM - 9:30 AM
Wednesday	11:30 AM - 1:00 PM
Friday	9:00 AM - 9:30 AM
Friday	11:15 AM - 12:00 PM

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National Council on Aging's 10 Best Practices Program



**CHICAGO FITNESS PLUS**  
**Summer 2017**  
**Satellite Centers**

**NORTH CENTER 4040 N. Oakley Avenue 60618**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	9:00 AM	Get Fit!
Monday	2:00 PM	Chair Yoga
Tuesday	9:00 AM	Fit Mix
Wednesday	9:00 AM	Core

**GROUP EXERCISE CLASSES**

Day	Time	Class
Wednesday	1:30 PM	Zumba
Thursday	9:00 AM	Body Alive
Friday	12:15 PM	Arthritis

**NORWOOD PARK 5801 N. Natoma Avenue 60631**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	8:15 AM	Core Strength
Monday	9 & 10 AM	Fitness Plus
Monday	1:00 PM	Arthritis
Wednesday	8:15 AM	Core Strength
Wednesday	9 & 10 AM	Fitness Plus
Wednesday	1:00 PM	Arthritis
Friday	8:15 AM	Core Strength
Friday	9 & 10 AM	Fitness Plus
Friday	1:00 PM	Balance

**FITNESS CENTER TRAINING HOURS**

Day	Hours
Monday	11:00 AM - 1:00 PM
Wednesday	11:00 AM - 1:00 PM
Friday	11:00 AM - 1:00 PM

**PILSEN 2021 S. Morgan Avenue 60608**

**GROUP EXERCISE CLASSES**

Day	Time	Class
Monday	10:00 AM	Fitness Plus
Monday	1:00 PM	Fit & Strong
Wednesday	10:00 AM	Fitness Plus
Wednesday	1:00 PM	Fit & Strong
Friday	10:00 AM	Fitness Plus
Friday	1:00 PM	Fit & Strong

**FITNESS CENTER TRAINING HOURS**

Day	Hours	Hours
Monday	11:00 AM - 12:45 PM	
Wednesday	11:00 AM - 12:45 PM	
Friday	9:00 AM - 10:00 AM	11:00 AM - 12:45 PM

Harvard University Innovations in Government Semi-Finalist  
National Council on Aging's 10 Best Practices Program



**CHICAGO FITNESS PLUS**  
**Summer 2017**  
**Satellite Centers**

**PORTAGE PARK 4100 N. Long Avenue 60641**

**GROUP EXERCISE CLASSES**

**FITNESS CENTER TRAINING HOURS**

Day	Time	Class	Day	Hours	Hours
Monday	9:45 AM	Fitness Plus	Monday	9:00 AM - 9:45 AM	10:30 AM - 1:00 PM
Tuesday	10:30 AM	Balance	Tuesday	9:00 AM - 10:30 AM	11:15 AM - 12:00 PM
Tuesday	1:00 PM	Yoga	Wednesday	9:00 AM - 9:45 AM	11:30 AM - 12:30 PM
Wednesday	9:45 AM	Fitness Plus	Thursday	9:00 AM - 10:30 AM	11:15 AM - 12:00 PM
Thursday	10:30 AM	Fitness Plus	Friday	9:00 AM - 10:30 AM	11:30 AM - 12:30 PM
Friday	10:45 AM	Limbercise			
Friday	2:00 PM	Yoga			

**ROSELAND 10426 S. Michigan Avenue 60628**

**GROUP EXERCISE CLASSES**

**FITNESS CENTER TRAINING HOURS**

Day	Time	Class	Day	Hours
Monday	9:15 AM	Fitness Plus	Monday	10:00 AM - 12:30 PM
	12:30 PM	Arthritis		
Wednesday	9:15 AM	Fitness Plus	Wednesday	10:00 AM - 12:30 PM
	12:30 PM	Arthritis		
Friday	9:15 AM	Yoga		

**SOUTH CHICAGO 9233 S. Burley Avenue 60617**

**GROUP EXERCISE CLASSES**

**FITNESS CENTER TRAINING HOURS**

Day	Time	Class	Day	Hours	Hours
Monday	10:00 AM	Fitness Plus	Monday	9:00 AM - 10:00 AM	11:00 AM - 1:00 PM
Wednesday	10:00 AM	Fitness Plus	Wednesday	9:00 AM - 10:00 AM	11:00 AM - 1:00 PM
Thursday	9:45 AM	Fitness Plus	Thursday	9:00 AM - 9:45 AM	11:30 AM - 1:00 PM
	10:45 AM	Arthritis			

**WEST TOWN 1613 W. Chicago Avenue 60622**

**GROUP EXERCISE CLASSES**

**FITNESS CENTER TRAINING HOURS**

Day	Time	Class	Day	Hours	Hours
Monday	9:30 AM	Weights	Monday	9:00 AM - 9:30 AM	10:30 AM - 1:00 PM
Tuesday	10:30 AM	Fitness Plus	Tuesday	9:00 AM - 10:15 AM	11:30 AM - 1:00 PM
Wednesday	9:30 AM	Zumba	Wednesday	9:00 AM - 9:30 AM	10:30 AM - 1:00 PM
Thursday	10:30 AM	Fitness Plus	Thursday	9:00 AM - 10:15 AM	11:30 AM - 1:00 PM



**Central West Regional Senior Center  
2102 W. Ogden Ave. Chicago, IL 60612  
(312) 746-5300 TTY: (312) 744-0321**



**Director: Shavette Lovemore**

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**Come to the Central West Regional Senior Center and meet old friends, make new friends and become a part of the Central West family!**

## **SPECIAL EVENTS & PROGRAMS**

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### **CENTRAL WEST CHOIR**

**3<sup>rd</sup> Thursdays**

**10:00 a.m.**

Come join Lucille Steele, Choir Director for the Central West Choir. We are looking for new members to join and share your gift of music with us. We meet the 3<sup>rd</sup> Thursday of the month at 10:00 a.m.

### **CENTRAL WEST BOOK CLUB**

**3<sup>rd</sup> Mondays, July 17; August 21;**

**September 18, 2017**

**1:00 p.m.**

Come and join the Central West's monthly book club discussion. We have wonderful selections, great company and even better discussion. This quarter our selections include: **Hidden Figures** by Margot Lee Shetterly **Joy Luck Club** by Amy Pan (August Book), **Woman in Cabin 10** by Ruth Ware (September Book)

### **SEE CYDNEY**

**Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday**

**10:00 a.m. until 12:00 p.m.**

Cydney Stein, from Rush is our new Social Worker, who is available to talk with you. If you are worried about your health changes or recent loss of a loved one or if you just need someone to talk to, our social worker

will be available to listen and talk with you.

## **CLASSES**

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### **STEPPING CLASS**

**Wednesdays,**

**9:00 a.m. - 10:00 a.m.**

Dr. Loretta Martin will teach you how to step Dance while you enjoy the company of friends.

### **YOGA**

**Wednesdays,**

**10:00 a.m.**

**Sensei Chester Digby** is available every week to help you improve your flexibility and muscle tone.

### **COMPUTER CLASSES**

**Wednesdays,**

**1:00 p.m. – 3:00 p.m.**

Linda Moore, our computer instructor leads beginning and intermediate computer class for seniors who would like to learn how to access the internet and send email. If you are interested in keeping up with technology, you need to register to attend this class. Call (312)746-5300 to register today. **RESUMES AUGUST 2, 2017**

## **CROCHETING**

**Wednesdays,**

**12:00 p.m. until 2:00 p.m.**

**Johnetta Philpotts**, our volunteer is now teaching seniors how to crochet. The class will cover basic stitches and techniques. The class is FREE, but you must provide your own supplies.

## **TAP CLASS**

**Tuesdays,**

**1:00 p.m. - 2:00 p.m.**

Seniors Tap is a positive aging chair tap class designed to strengthen muscles and improve flexibility. Can also be done standing for increased aerobic workout.

**Suggested Donation: \$5.00 per class**

## **ARTS & CRAFTS**

**Thursdays,**

**10:30 a.m. – 11:30 a.m.**

**Eric Tillman – Instructor**

Join our wonderful class and make items for yourself or to give as gifts.

## **ZUMBA**

**Fridays,**

**10:15 a.m. - 11:15 a.m.**

**Liz Guerrer - Instructor**

Zumba is an aerobic workout of Latin and other cultural rhythms, with simple to follow instructions. Come and join us in this new exercise program which will quicken your exercise movements.

## **LINE DANCE**

**Fridays,**

**9:00 a.m. - 10:00 a.m.**

Come and join **Dr. Loretta Martin** on the Central West dance floor and learn all the latest line dancing steps.

## **UPCOMING EVENTS**

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### **SUNNY DAYS (YELLOW)**

**June 23, 2017**

**12:00 p.m. - 4:00 p.m.**

Come and enjoy the music of DJ Chico as you dance the afternoon away with all the latest moves.

### **TRASH - N - TREASURE**

**Friday, July 14, 2017**

**10:00 a.m. until 3:00 p.m.**

Call to become a vendor (312)745-5300 and come to browse from table to table to find wonderful bargains.

### **ALZHEIMER'S PRESENTATION**

**Thursday, July 27, 2017**

**10:00 a.m. - 12:00 p.m.**

Come and learn the warning signs of Alzheimer's and how to cope.

### **BLACKOUT FRIDAY**

**Friday, August 25, 2017**

**12:00 p.m. - 4:00 p.m.**

Come and enjoy the music of DJ Chico as you dance the afternoon away with all the latest moves.

### **EMPOWERMENT SESSION**

**Every 4<sup>th</sup> Thursday**

**10:00 a.m. -11:30 a.m.**

Every 4<sup>th</sup> Thursday of the month an empowerment session will be held at 10:00. These sessions will review, discuss, and offer resources specific to senior needs.

# Central West Satellite Centers

## Program Highlights

<p><b>Austin Satellite Center</b>  <b>5071 West Congress, 60644</b>  <b>(312)743-1538</b></p>	
<p><b>LINE DANCE</b>            Tuesday and Thursday            9:00 a.m. - 10:00 a.m.            July 6, 11, 13, 18, 20, 25 &amp;            27, 2017</p>	<p>Come join other “dancing keenagers” as they learn the latest line dances and as well, continue to remain fit and healthy.</p>
<p><b>SENIOR FORUM</b>            Wed., August 9, 2017            9:30 a.m. - 12:00 p.m.</p>	<p>Monthly senior informational/educational meeting devoted to discussing issues and concerns relevant to our center participants.</p>
<p><b>BACK TO SCHOOL            “ICE CREAM SOCIAL”</b>            Fri, September 15, 2017            1:00 p.m. - 2:30 p.m.</p>	<p>Come enjoy Ice Cream and sweets as we celebrate our young people returning to school.</p>
<p><b>Pilsen Satellite Center</b>  <b>2021 South Morgan, 60608</b>  <b>(312)743-0493</b></p>	
<p><b>MEDITATION</b>            Tuesday, July 11, 2017            2:00 p.m. – 3:00 p.m.</p>	<p>An Alivio Medical Center nurse will offer presentation on healthcare topic of interest to older adults. Program is offered in Spanish and English. The event is offered at no charge to participants.</p>
<p><b>FIESTAS PATRIAS</b>            Fri., Septmeber 15, 2017            11:00 a.m. – 1:00 p.m.</p>	<p>Join us for this event celebrating Mexico’s Independence Day observance with food, music, folkloric dance demonstrations and participant dancing. Free of Charge. You must register in advance.</p>
<p><b>West Town Satellite Center</b>  <b>1613 West Chicago, 60622</b>  <b>(312)743-1016</b></p>	
<p><b>BENEFITS ACCESS            ASSISTANCE</b>            Monday – Friday (Daily)</p>	<p>Benefit Access assistance for seniors and persons with disabilities, such as a fee discount on license plated and free ride assistance on fixed-route transportation. Eligibility is determined by age, disability, residency and income.</p>
<p><b>WELLNESS SOCIAL            WORK COUNSELOR</b>            Wednesdays,            9:30 a.m. - 11:30 a.m.</p>	<p>Our Wellness Social Worker provides education, information and resource referral, and consultation to our seniors. If you or someone you care about is experiencing difficulties, emotional, mental, physical, legal or financial – we can connect you to helpful programs and services.</p>

**CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR**

**Northeast Regional Senior Center**  
**2019 W. Lawrence Ave. Chicago, IL 60625**  
**(312) 744-0784 TTY: (312) 744-0320**



**Regional Director: Paula Basta**

**Program Contact: Alicia Henry**

**Come to the Northeast Regional Senior Center and meet old friends, make new friends and become a part of the Northeast Regional family!**

## **SPECIAL EVENTS & PROGRAMS**

### **HULA HAWAIIAN PARTY**

**Wednesday, July 5, 2017**

**1:00 p.m. to 3:00 p.m.**

*"Aloha"* Come one come all! Dance the afternoon away to Hawaiian Island music with Frances and Norm of Dancemates while they teach several easy-to-learn Hula dances! Refreshments served **-FREE!!!**

### **ICE CREAM SUMMER SOCIAL**

**Thursday, August 17, 2017**

**1:00 p.m. – 3:00 p.m.**

Join us for our annual Ice Cream Social. Enjoy an afternoon of dancing to the vibrant sounds of DJ Norman. Refreshments served – **FREE**

### **2 SUMMER SIDEWALK SALES**

**Saturday, August 12 & Friday**

**September 8, 2017**

**9:00 a.m. - 2:30 p.m.**

Reserve a space for \$15.00 ASAP. Attendees must bring their own table/chair and prepared items to sell at our sidewalk sale. **For more info call Alicia Henry 312-742-2620.**

### **BINGO – BINGO – BINGO**

**Friday, June 30th 2:00 p.m. - 4:00 p.m.**

**Tuesday, July 25<sup>th</sup> 2:00 p.m. - 4:00 p.m.**

**Tuesday, Aug. 1<sup>st</sup> 1:30 p.m. - 3:30 p.m.**

**Every 2nd Wednesday,**

**12:30 p.m. - 2:00 p.m.**

Stop by for quick game of Bingo with Meals on Wheels volunteers with great prizes and fun people!

### **HEALTH FAIR**

**Friday, September 29, 2017**

**10:00 a.m. - 2:00 p.m.**

You are invited to our senior community health fair. There will be a variety of health providers, community organizations, free health screenings, resource information and much more.

## **CLASSES**

### **AARP DRIVER SAFETY**

**Thursday, July 13<sup>th</sup> & Friday, July 14<sup>th</sup>**

**Thursday, Sept. 14<sup>th</sup> & Friday, Sept. 15<sup>th</sup>**

**9:00 a.m. - 1:00 p.m.**

This approved two day course is facilitated by AARP trained and state approved instructors. **You must attend class both days to be eligible for the Certification.** The cost of the class is **\$15.00 for AARP members and \$20.00 for non-members.** Please make all checks payable to AARP. Class fee can be paid on the first day of class, cash or check **ONLY.** For more information, call (312) 744-0784.

## **RULES OF THE ROAD**

**Monday, July 17, 2017 &  
Monday, September 18, 2017**

**12:30 p.m. – 2:30 p.m. FREE**

This course is designed to assist you with taking your driving test and highway safety review. Bring your driver's license or State I.D. to attend class.

## **BELLY DANCE**

**Thursdays, 1:00 p.m. – 2:00 p.m.**

**Instructor: Dianne Hodges**

Belly dancing is a lifelong ancient fitness alternative designed to enhance and improve your health. Dianne will teach you balance, core strength, breathing techniques and much more! **Donation: \$1**

## **ZUMBA FITNESS GOLD**

**Tuesdays & Saturdays**

**10:00 a.m. - 11:00 a.m. FEE: \$1**

**Instructor: Mari Jane Dare**

If you like to dance, this class is for you. This class is a fusion of aerobic exercise and Latin movements designed to strengthen and tone.

## **VIBE (Visualize, Imagine, Breathe & Energize) - FREE**

**Fridays 12:30 p.m. – 1:30 p.m.**

**Instructor: Bonnie Pobgee**

VIBE is an interactive mind and body class designed to relieve fear, anxiety and depression through yoga breathing, creative imagery.

## **COUNTRY WESTERN LINE DANCE**

**Fridays, 1:00 p.m. – 2:00 p.m.**

**Instructor: Louie Stallone**

If country and traditional line dancing is your forte...this is the class for you.

## **BASIC LINE DANCE**

**Tuesdays, 1:00 p.m. – 2:00 p.m.**

**Instructor: Georgia Griffin**

Let Georgia guide you through the basics of line dancing via music and organized group choreography.

## **GENTLE YOGA**

**Wednesdays, 12:30 p.m. – 1:30 p.m.**

De-stressing the body is an ancient art form which you can learn with instructor Laurine. This class is **FREE**...but please come with your Yoga mat.

## **SPANISH CLASS I & II**

**Wednesdays, 2:00 p.m. - 4:00 p.m.**

**Instructor: Marvin Childress**

Come learn conversational Spanish level I & II. **\*Starts Wednesday, September 6<sup>th</sup>\***

## **PAINTING on SILK w/ Vivian**

**Fridays, 9:30 a.m. – 10:30 a.m.**

**Instructor: Vivian Visser**

If creating sustainable art is your hobby, come join us!

## **CHOICE MARKET FOR OLDER ADULTS (Greater Chicago Food Depository) Food Pantry**

**Tuesdays- 12:30 p.m.**

*(Early arrival is suggested!!!)*

**July 18; August 1 & 15 and**

**September 5 & 19, 2017**

## **KARAOKE**

**Tuesdays 12:30 p.m. – 3:30 p.m.**

**Donation \$1**

Learn how to improve your vocal chords and memory at the same time, when you sing all the best songs both in English and Spanish.

## **COMPUTER CLASSES:**

We offer 4 classes at a variety of times – Basic Computers; Advance Digital Imaging; Basic Digital Camera and Get Hooked on the Internet – as well as occasional iPad, Windows “8” and Surface Pro classes. **For more information call Court Chilton – 312-742-2623.**

## **WEEKEND PROGRAMS**

### **SALSA & SWING DANCE LESSONS**

**Saturdays 12:30 – 1:30 p.m.**

**Instructor: Norman**

Come learn instructional dance with a Latin flare!

## Northeast Satellite Centers Program Highlights

<b>Edgewater Satellite Center</b> <b>5917 North Broadway, 60660</b> <b>(312)742-5323</b>	
<b>SUPER AGING IN EDGEWATER</b> Thursdays, July 6, 13, 20, 27, 2017 12:30 p.m. – 1:30 p.m.	The Edgewater Senior Village is sponsoring this four-part seminar from the Loyola Community Nursing Center. The Benefits of Local Honey, Why include Micronutrients in our diet, and the importance of relaxation and meditation will be discussed. “Super-Aging” will be defined. A free raffle and light refreshments will be part of the fun.
<b>LET’S PLAY BRIDGE</b> Every Tuesday & Thursday 12:00 p.m. – 3:00 p.m. Fridays, 12:45 p.m. – 3:45 p.m.	Love to play Bridge, but don’t have a place to go? Look, no further . . . three days a week this summer you can sharpen your bridge skills, make new friends, and relax in a fun and comfortable environment. The cost is just \$1 to play on Tuesdays and Thursdays and \$5 on Fridays. Want to learn to play? Lessons are \$10 each and are given each Friday from 11:45 a.m. – 12:45 p.m.
<b>OPEN HOUSE</b> Tuesday, Sept. 12, 2017 9:00 a.m. – 2:00 p.m.	The Edgewater Satellite Senior Center and the Edgewater Village are coming together to celebrate Older Americans Month. Proclamation, photos, and delicious pastry (cake) is the order of the day!
<b>North Center Satellite Center</b> <b>4040 North Oakley, 60618</b> <b>(312)744-4015</b>	
<b>DROP IN TECH CLINIC</b> Mondays, (except Holidays), 10:00 a.m. – 1:00 p.m.	Drop-in coaching for Smart Phones, Tablets and Laptops. Learn how to get the most out of your device(s) with Mary Ann and Nancy. Just bring your device and your questions, they will find the answers. Did you know you could set up your address/phone book, keep an appointment calendar, read and answer email and much more? No fee – No appointment.
<b>ARTSFEST- KULTRA</b> Sunday, Sept. 24, 2017 12:00 p.m. – 4:00 p.m.	KULTULRA-8 <sup>TH</sup> ANNUAL ARTS AND CRAFTS FAIR EXTRAORDINAIRE. The event promotes the multi-cultural & diverse talent of seasoned artists and local businesses. Raffle, silent auction, workshops & demonstrations, bake sale, and live music. Free admission, call to rent a table for the event.
<b>BELLY DANCING</b> Fridays, at 10:00 a.m.	Get movin’ to the rhythm of ancient music and popular new music. These moves get your body in shape and are lots of fun. Frances Strain is a fabulous teacher. Suggested Donation: \$1.00

**CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.**

**Northwest Regional Senior Center  
3160 N. Milwaukee Ave.  
Chicago, IL 60618  
(312) 744-6681 TTY: (312) 744-0321**



**Director: Rafael Gonzalez**

**Program Contact: Velma Luciano**

**Come to the Northwest Regional Senior Center and meet old friends, make new friends and become a part of the Northwest family!**

## **SPECIAL EVENTS & PROGRAMS**

### **1ST ANNUAL SENIOR PROVIDER CONFERENCE**

**Thursday, July 14, 2017**

**10:00 a.m. – 2:00 p.m.**

Numerous health and resource providers will be on hand to provide you with information regarding social security, Medicare and Medicaid. In addition, there will be information regarding housing, LIHEAP, and other senior services resources. **FREE**

### **AUTUMN SEASON DANCE**

**Sunday, September 10, 2017**

**1:00 p.m. - 3:00 p.m.**

Celebrate the end of a wonderful summer by dancing to the lively recorded music provided by Dancemates and enjoy a fun filled afternoon. Refreshments will be served.

**Suggested Donation: \$1.00**

### **AUXILIARY OF THE NORTHWEST SIDEWALK SALE**

**Friday, August 4, 2017**

**9:00 a.m. to 3:00 p.m.**

We invite you to participate whether you are trying to sell or buy some new or gently used items. Applications will be accepted from July 20th; please make checks payable to the Auxiliary of the Northwest.

**NOTE: You must bring your own table and chairs.**

**COST: \$15.00 a space**

## **CLASSES**

### **MANUAL CRAFTS**

**2nd and 4th Wednesday of the month**

Join instructor Marta Ortiz as she teaches you the simple art steps that will help you create a basic **FREE!**

### **AARP DRIVER SAFETY PROGRAM**

**Wednesday, August 9<sup>th</sup> and Thursday, August 10<sup>th</sup>, Wednesday, October 11<sup>th</sup> and Thursday, October 12<sup>th</sup>, 2017**

**9:00 a.m. – 1:00 p.m.**

This two-day course is facilitated by AARP trained and state approved instructors. Please make all checks payable to AARP. Class fee can be paid on the first day of class. Please call the center to register 312-744-6681. Cost is **\$15.00 for AARP members, \$20.00 for non-members.**

### **LINE DANCE**

**1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Monday of the month**

**12:30 p.m. – 1:30 p.m.**

Our teacher Frances Strain is firing up your enthusiasm by teaching you how to line dance. It is a lot of fun and good exercise all at once! Accomplished line dancers are always welcome too. **\$1.00 Suggested Donation.**

## **PILATES CLASS**

**1<sup>ST</sup> and 2<sup>ND</sup> Monday of the month**

**10:30 a.m. - 11:30 a.m.**

Bonnie Pobgee, our instructor will teach you this type of exercise that will help you strengthen your body's core muscle groups and increase your flexibility. **FREE**

## **V.I.B.E. Visualize, Imagine, Breath, Energize**

**3rd & 4th Monday of the month**

**10:30 a.m. - 11:30 a.m.**

Bonnie Pobgee has an Arthritis Foundation approved Tai-Chi and Qi Gong class, easy to learn slow graceful movements, often called "meditation in motion", that will balance your mind and body. **FREE**

## **FIT AND STRONG**

**Thursdays, 10:00 a.m. - 11:00 a.m.**

Proven exercise class for prior participants of the Fit and Strong class and any others who want to continue their exercises in balance. **FREE**

## **TAI-CHI**

**Tuesdays, 10:00 a.m. – 11:00 a.m.**

**Fridays, 10:30 a.m. – 11:15 a.m.**

Jack, our instructor will teach how this It will help you develop your inner core and strengthen your bones and muscles. It will also help become more flexible. **FREE**

## **BEADS & BAUBLES CLASS**

**1st & 3rd Friday of the month**

**Classes start on February 3, 2017**

**10:00 a.m. to 11:15 a.m.**

Marta Ortiz, our instructor for our jewelry making class, will teach you how to create bracelets, necklaces and other pieces of jewelry. These personally handcrafted pieces make great gifts for friends and family too!

## **WEEKEND EVENTS**

### **SPANISH FOR BEGINNERS**

**Saturdays, 1:30 p.m. – 3:00 p.m.**

Conversational Spanish class is available to students with all levels of fluency.

Enrollment will be conducted quarterly.

Classes resume the second week of

January. **\$2.00 Suggested donation per class (covers materials).**

## **ZUMBA GOLD**

**1<sup>ST</sup> and 2<sup>ND</sup> Saturday of the month**

**12:30 p.m.**

Melt your pounds away while having fun dancing to music and learning new dance moves. **FREE**

## **VIDEO MATINEE MOVIES**

**4<sup>th</sup> Saturday of the month**

**12:30 p.m.**

We feature the latest movie titles available.

Popcorn will be available for a small donation. **FREE**

## **LATIN DANCING**

**1<sup>ST</sup> and 3<sup>RD</sup> Sunday of the month**

**1:00 p.m. – 3:00 p.m.**

You are invited to join an ongoing and open, informal session of ballroom dance every Sunday afternoon for our participants, with familiar favorites from the 50s, 60s and 70s. **FREE**

## **LATIN RHYTHM AEROBICS**

**Tuesday and Thursdays**

**1:00 p.m. – 2:00 p.m.**

This class helps tone your muscles, help you lose weight and move to the rhythm of Latin music. **FREE**

## **SAVE THE DATE !!!**

**3rd ANNUAL SENIOR HEALTH FAIR**

**Friday, October 13, 2017**

**10:00 a.m. – 2:00 p.m.**

Health and Wellness resource providers will be on hand to provide you with information and screenings, hearing and vision tests, Secretary of State Driver's License and ID Card Services, and a wide array of community resources. **FREE**



# Northwest Satellite Centers Program Highlights

<b>Kelvyn Park Satellite Center</b> <b>2715 North Cicero, 60639</b> <b>(312)744-3350</b>	
<b>INDEPENDENCE DAY PARTY</b> Friday, July 7, 2017 12:00 p.m. – 3:30 p.m.	Come celebrate with us at our 1 <sup>st</sup> Annual After Independence Day party. We will have food, music, and dancing including hot dogs. RSVP at 312-744-3350.
<b>MID-SUMMER DANCE</b> Thursday, August 17, 2017 1:00 p.m. – 3:30 p.m.	Summer is hot and so is Kelvyn Park Satellite Senior Center! Come and celebrate Mid-Summer with Dancemates (Norm and Fran) who will be playing a variety of music and dance including Salsa, Merengue, and Bachata. RSVP at 312-744-3350.
<b>Norwood Park Satellite Center</b> <b>5801 North Natoma, 60631</b> <b>(773)775-6071</b>	
<b>KNOW THE SIGNS: ALZHEIMER'S DISEASE</b> Monday, August 7, 2017 11:00 a.m. – 12:30 p.m.	Come hear a representative from the Greater Illinois Chapter Alzheimer's Association discuss "10 Warning Signs and Symptoms of Alzheimer's Disease. A question and answer session will follow.
<b>AARP DRIVER SAFETY</b> Tuesday, August 1 & Thursday, August 3, 2017 1:00 p.m. – 5:00 p.m.	Sharpen your defensive driving knowledge by attending the <b>AARP Driver Safety Class</b> . The class is open to persons 55 years of age or older, and the cost is \$20 per person (\$15 per person for AARP members.) Call the Senior Center at (773) 775-6071 to register or email at <a href="mailto:info@npseiorcenter.org">info@npseiorcenter.org</a> .
<b>Portage Park Satellite Center</b> <b>4100 North Long, 60641</b> <b>(312)744-9022</b>	
<b>SUMMER SOCIAL</b> Thursday, July 20, 2017 1:00 p.m. – 3:00 p.m.	Join us for a FREE Summer Social with Norm & Fran! Dance lessons will be taught throughout the event! All are welcome!
<b>AARP DRIVER SAFETY</b> Friday, August 4 & Friday, August 11, 2017 12:15 p.m. – 4:15 p.m.	Come and learn about safe driving! Cost: \$15 (Members) & \$20 (Non-Members)! After completing the course, you may be eligible for a discount on your insurance.
<b>WALKING FOR WELLNESS</b> Every Tuesday, 9:00 a.m. – 10:00 a.m.	Come and improve your overall fitness through this FREE supervised program! The group also trains for the annual Fall into Fitness 5K (held in the park.)

**CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR**

**Renaissance Court**  
**78 E. Washington Street, Chicago, IL 60602**  
**(312) 744-4550 TTY: (312) 744-6777**



**Regional Director: Crystal Warren**

***Please Note: Wheelchair accessible entrance at 77 E. Randolph St.***

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**Come to Renaissance Court and meet old friends, make new friends and explore the cultural arts experience!**

## **SPECIAL EVENTS & PROGRAMS CLASSES**

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### **A TASTE OF ASL – AMERICAN SIGN LANGUAGE**

**Thursdays, 10:00 a.m. - 11:30 a.m.**  
**Instructor: Melinda Gerstein, Ph.D.**  
Come learn something new. Interested in chatting with the Hearing Impaired Community? Consider joining our six (6) week mini-course on American Sign Language. **FREE**

### **INTERESTING AND FUN WAYS TO USE ACRYLIC PAINT**

**Thursdays, July 6 – August 24, 2017**  
**9:00 a.m. – 11:00 a.m.**  
**Instructor: Jaquelyn Zevin**  
People of all degrees of experience are welcome. **This class is FREE, but phone in registration is required on July 5<sup>th</sup> at 9:00 a.m.**

### **PAINTING ON SILK**

**Wednesdays,**  
**11:00 a.m. – 12:30 p.m.**  
**Instructor: Vivian Visser**  
**FREE. Registration is not required**

### **CREATIVE WRITING**

**Every 2<sup>nd</sup> & 4<sup>th</sup> Tuesday, 1:00 - 4:00 p.m.**  
**Facilitator: Peter Gregory**  
Join this group of writers who meet to share

their writing and get feedback to improve their craft. Bring a one-page story or poem to the session. This class is open to writers of all levels. **Registration is not required. FREE**

### **ME, MYSELF & I: “TURNING MEMORIES INTO MEMOIRS**

**Wednesdays, July 19 – Sept 6**  
**11:30 a.m. – 1:00 p.m.**  
**Facilitator: Beth Finke**  
Think you are hopeless when it comes to writing? If you'd like to get your stories down on paper but think you can't write, this class is for you. Easy writing exercises will help beginners tell their stories of childhood, adventure, life's losses and triumphs. **FREE. Space is limited. Call to Register on July 5. Class Max – 18**

### **PERFORMANCE WORKSHOP**

**Wednesdays,**  
**2:30 p.m. – 4:00 p.m.**  
**Facilitator: Ron Tolisano**  
If you are interest in performance arts, this is the place to be. Come hone your skills while exploring your interest in singing, interpretive dance, comedy, readers theatre and one act plays, oration and spoken word. Let's play together and learn from each other. **FREE**

## **OLD & HISTORIC STRUCTURES IN CHICAGO**

Monthly,

Thursdays, July 13; Aug 10; Sept 7

11:30 a.m. – 1:00 p.m.

**Facilitator: Robert Smith**

Come and see ink drawings of historical structures in Chicago and discuss the stories behind the places. **FREE**

## **HATHA YOGA**

Tuesdays,

11:30 a.m. – 12:30 p.m.

**Instructor: Peggy Figiel**

This class is a great introduction to Hatha Yoga. Instruction focuses on breath work, alignment, modified poses, balanced sequencing and integrating the philosophy of yoga **BODY!** You will enjoy the benefits of this class which include building strength, increasing flexibility, improving balance and calming the mind wear loose, comfortable clothing and refrain from eating before class. **FREE. Registration is not required.**

## **BASIC PERSIAN FARSI**

Tuesdays, 12:00 p.m. – 1:00 p.m.

**Instructor: Majid Memar, PhD.**

This class is for beginners wishing to learn the basic language of Farsi Persian. We will start with listening, vocabulary and then move to sentence structure, writing and reading. Come have fun! **FREE.**

**Registration is not required.**

## **MASSAGE THERAPY**

**Mondays & Fridays (Appointments Only)**

10:00 a.m. – 3:30 p.m.

**Licensed Therapist: Tisa Williams**

Thirty (30) Minutes - Massage - **\$10**

One(1) Hour - Massage - **\$20**

**Must pay at the time of booking. Call for additional details at 312/ 744-4550.**

**This service is sponsored by the Friends of Renaissance Court Auxiliary.**

## **RENAISSANCE COURT GALLERY**

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Renaissance Court Gallery features artists age 55 and over. Featured in the gallery this quarter:

### **CHICAGO NEIGHBORHOODS:**

**BAKERIES, BISTROS and BARS**

by: Kathleen Newman & Liz Wall

Exhibit June 22 – August 18, 2017

Opening Reception: June 22, 2017

4:00 p.m. – 6:30 p.m.

### **MIDWEST COLLAGE SOCIETY**

**Remnants and Remembrance**

Exhibit: August 25 – October 20, 2017

Opening Reception: October 5, 2017

4:00 p.m. – 6:30 p.m.

## **WEEKEND CLASSES**

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### **TAI CHI I**

Saturdays, 10:00 a.m. – 10:45 a.m.

**Instructor: Eulalio Fabie de Silva**

**Fee: \$3 per class. This class is sponsored by the Friends of Renaissance Court Auxiliary.**

### **TAI CHI II**

Saturdays, 11:00 a.m. – 11:45 a.m.

**Instructor: Eulalio Fabie de Silva**

Installation of Solo Forms (solo forms) to complete the long form/dance meditation/exercise, push-hands drills and sitting meditations will be explored. Registration is not required, **Fee: \$5 per class. This class is sponsored by the Friends of Renaissance Court Auxiliary.**

### **CONVERSATIONAL FRENCH**

Saturdays,

12:15 p.m. – 1:45 p.m.

**Instructor: Nicole Lehman**

**\$4.00 per class. Registration is not required. This class is sponsored by the Friends of Renaissance Court Auxiliary.**

**Southeast Regional Senior Center**  
**1767 E. 79<sup>th</sup> Street**  
**Chicago, IL 60649**  
**(312) 747-0189 TTY: (312) 744-0322**



**Director: Robin Tillotson**

**Program Contact: Kalyna Pomirko**

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**Come to the Southeast Regional Senior Center and meet old friends, make new friends and become a part of the Southeast family**

## **SPECIAL EVENTS & PROGRAMS**

### **SUMMER KARAOKE**

**Thursdays, June 29 – August 17, 2017**  
**12:00 p.m. – 2:00 p.m.**

Soloists, choirs, duets, trios, etc. are cordially invited to a fun-filled afternoon of KARAOKE LIVE!!! Come out and support those who want to share their musical talent. There is a huge selection of R&B, oldies, inspirational and just about anything else. Your host is none other than "MEECHIE", Chicago's most sought after and entertaining Karaoke host. **FREE.** Register with Kalyna at ext. 103.

### **"JAMMIN' ON THE NINE"**

**Saturday, July 29, 2017**  
**10:00 a.m. - 3:00 p.m.**

All are invited to Atlas's 12<sup>th</sup> annual indoor music festival. Come hear D.J. Chico, the Elements of Sound, and the Myron Mills Project. Admission is **FREE.**

### **"ATLAS SWINGS"**

**Friday, August 25, 2017**  
**11:30 a.m. – 1:30 p.m.**

Atlas Swings features a musical performance featuring by the **Myron Mills Project.** Great music for the summer, please join us. **FREE.**

### **ATLAS SOUL-TRAIN LINE DANCE PARTY**

**Saturday, September 16, 2017**  
**12:00 p.m. - 3:00 p.m.**

Dance the afternoon away with D.J. Chico and line dance instructor, Marvella Ross. **FREE.**

## **WEEKEND CLASSES & EVENTS**

### **MUSIC FOR EVERYBODY**

**Saturdays, July 8, August 12 & September 9, 2017**  
**11:30 a.m. – 1:30 p.m.**

Andre Miles entertains us during lunch with musical favorites. **FREE.**

### **KARAOKE**

**Saturdays, July 22, August 26 & September 23, 2017**  
**11:30 a.m. - 1:30 p.m.**

Join Shirley "Be-Bop" Buchanan in singing

your favorite songs. **FREE.**

### **SATURDAY LINE DANCE CLASS**

**Saturday, August 19, 2017**

**10:00 a.m. – 11:30 a.m.**

Line dance instructor, **Marvella Ross**, teaches **FREE** line dance classes. Come learn the latest steps!

### **KONORA AND THE ENCHANTERS**

**Saturday, July 15 and September 30,**

**12:00 p.m.**

This sensational singing group performs the classical songs you grew up listening to and loved. **FREE.**

### **SUNDAYS WITH CHICO**

**Sunday, August 27, 2017**

**12:00 p.m. - 2:00 p.m.**

Join D.J.Chico for some soulful, mellow sounds. **FREE.**

## **CLASSES**

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### **JEWELRY MAKING WITH BEADS**

**2nd & 4<sup>th</sup> Thursdays of the month**

**July 13 and 27, August 10 and 24, 2017**

**10:00 a.m. - 11:30 a.m. FREE.**

**Instructor: Veronica Echols-Noble**

### **WINTERIZING YOUR GARDEN**

**Thursdays, Sept. 21 - October 26, 2017**

**10:00 a.m. – 11:00 a.m. FREE.**

**Instructor: Nelson Fluker**

### **SNACKING AROUND THE WORLD**

**Fridays, September 22 –**

**November 10, 2017**

**12:00 p.m. – 2:00 p.m. FREE.**

**Instructor: Sheri Brazley**

### **RULES OF THE ROAD**

**Wednesday, September 6, 2017**

**10:30 a.m. – 12:30 p.m.**

Please call (312)747-0189 extension103 to register.

### **AARP DRIVER SAFETY EDUCATION**

**Wednesday & Thursday, August 23 & 24,  
2017**

**9:00 a.m. – 1:00 p.m.**

**Instructor: Gloria Andrews**

Please register with instructor at  
(773) 551-7977 between the hours of  
9:00 a.m. – 5:00 p.m.

### **SPANISH**

**Wednesdays, 1:30 p.m. – 3:00 p.m.**

**Instructor: Senora Lula Rucker**

**Suggested Donation: \$2.00**

### **KNIT/CROCHET**

**Mondays, 12:30 p.m. – 2:30 p.m.**

**Instructor: Jo-Ann McKelphin**

### **T A I—C H I**

**Tuesdays, 12:45 p.m. – 2:00 p.m.**

**Instructor: Craig Harris**

**Suggested Donation: \$3.00**

### **Wii: BOWLING**

**Mondays, 10:30 a.m.**

**Thursdays, 9:30 a.m.**

**Instructor: Marie Sims**

**FREE**

### **LINE DANCE**

**Tuesdays, 9:00 a.m. – 10:00 a.m.**

**Instructor: Marvella Ross**

### **S T E P P I N'**

**Tuesdays, 10:00 a.m. – 11:30 a.m.**

**Instructor: James Drake**

### **VISIT OUR WEBSITE:**

**79thSTREETSENIORS.COM**

# Southeast Satellite Centers

## Program Highlights

<b>Abbott Park Satellite Center</b> <b>49 East 95<sup>th</sup> Street, 60619</b> <b>(312)745-3493</b>	
<b>BINGO</b> Every Wednesday, 12:30 p.m. – 2:30 p.m.	Join the best game of Bingo on the Southside of Chicago and shout Bingo with Abbott Park Satellite seniors. 50 cent per card.
<b>BID WHIST</b> Tuesday & Thursdays, 1:00 p.m. – 4:00 p.m.	Looking for a good game of Bid? Join us at the game table & play at Abbott Park Senior Satellite Center. Bring some cards with you.
<b>Chatham Satellite Center</b> <b>8300 South Cottage Grove, 60619</b> <b>(312)745-0401</b>	
<b>BRIDGE CLASS</b> Every Monday & Thursday 1:30 p.m. – 3:00 p.m.	Come join Richard Boyd as he leads us in an exciting game of bridge. Great fun and great company. Beginners are welcome. Richard is a very patient instructor; why not give Bridge a try...
<b>ICE CREAM SOCIAL</b> 3 <sup>rd</sup> Thursdays 1:30 p.m. – 3:00 p.m.	<b>EVERYONE IS WELCOME</b> at Chatham Satellite's <i><b>Dancing Singing, and Socializing with Friends</b></i> . Have a cup of ice cream and try your hand at Karaoke with Stefon. If you would like to dance, feel free.
<b>Roseland Satellite Center</b> <b>10426 South Michigan, 60628</b> <b>(312)745-1500</b>	
<b>LINE DANCING</b> Mondays, 11:00 a.m. – 12:30 p.m.	Come and learn the latest line dancing steps at our beginner's class. You'll hear great music and will be able to show off at your next family event.
<b>WELLNESS TALK</b> Wednesdays, 12:00 p.m. – 3:00 p.m.	Our Wellness Social Worker provides education, information and resource referral, and consultations for our seniors. If you or someone you care about is experiencing difficulties- emotional, physical, legal, or financial – we can connect you to services.
<b>South Chicago Satellite Center</b> <b>9233 South Burley, 60617</b> <b>(312)745-1282</b>	
<b>ZUMBA GOLD</b> Tuesdays, 9:30 a.m. – 10:30 a.m.	Ditch the workout and come join the party. You are sure to have a good time. Come ready to sweat, and prepare to leave empowered and feeling strong.
<b>SUMMER DANCE</b> <b>Friday, July 28, 2017</b> 10:00 a.m. – 12:30 p.m.	In celebration of our diversity, South Chicago is hosting an International Summer Dance Festival. Guest performers include: Kalapriya Dance Company, Pilsen Florkloric Dancers, the Senior Hoofers, and the newly formed South Chicago Steppers.

**CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.**

**Southwest Regional Senior Center**  
**6117 S. Kedzie Ave.**  
**Chicago, IL 60629**  
**(312) 747-0440 TTY: (312) 744-6777**



**Director: Tom Jones**

**Program Contact: Daniel Fafore**

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**Come to the Southwest Regional Senior Center and meet old friends, make new friends and become a part of the Southwest family!**

## **SPECIAL EVENTS & PROGRAMS**

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### **HARVEST FEST**

**Friday, August 18, 2017**

**12:30 p.m. – 3:30 p.m.**

This is an event featuring the display, judging, and awarding of prizes to the winners of the home grown fruit and vegetable contest. Bring your home grown fruits and vegetables and you may win a prize! This will be followed by a dance party. Refreshments will be served.

**FREE**

### **MEXICAN INDEPENDENCE DAY CELEBRATION**

**Friday, September 15, 2017**

**12:30 p.m. – 3:30 p.m.**

A day to celebrate Mexico's Independence day with a display of Mexican cultural artifacts at the center by the Latino Heritage Group.

Entertainment will be provided by the Mariachi Band, followed by a Disc Jockey.

Refreshments will be served.

**Suggested Donation: \$8.00 per person**

### **SOUTHWEST CENTER'S 37th ANNIVERSARY CELEBRATION AND OPEN HOUSE**

**Friday, September 22, 2017**

**12:30 p.m. – 3:30 p.m.**

Join us for the celebration of our Center's 36th anniversary. Long time regular participants will be recognized. This is also considered a special day to welcome new participants to our Center. D.J. Chico will provide music for the

party. Refreshments will be served. **FREE**

## **CLASSES**

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### **AARP DRIVERS' SAFETY PROGRAM**

**Thursday, August 17 & Friday, August 18, 2017**

**9:00 a.m. - 1:00 p.m.**

This approved course is taught by AARP for Accident Prevention. You must be at least 55 years old and a \$20.00 fee is required for the two day training. You may be eligible for a premium reduction on your automobile insurance at the completion of the class.

Interested persons should call the center at (312) 747-0440 to register. Class size is limited. **\$15.00 for AARP members and \$20.00 for non-members (payable to AARP)**

### **SEWING FOR LEISURE**

**Tuesdays, 9:30 a.m. - 11:30 a.m.**

**Instructor: Mary Simmons**

Come and join us to learn the art of sewing. A limited number of sewing machines will be available, so participants with sewing machines are encouraged to bring their own machines.

Students will supply their own sewing materials for the class. Classes meet every Tuesday, except on holidays. The class size is limited to 15 students. Suggested Donation: **\$3.00 per person for each class**

## **COMPUTER CLASSES**

**Starting Tuesday, August 8, 2017**

**(Eight weekly sessions)**

**1:00 p.m. - 3:00 p.m.**

**Instructor: Myron Nash**

This beginner computer course will teach you basic computer skills, and the Internet.

Advance registration is required, so please call (312) 747-0440.

Suggested Donation: **\$40.00 (Due on the first day of class.) Only a check or money order to "Southwest Auxiliary" will be acceptable.**

## **ZUMBA GOLD**

**Thursdays**

**9:00 a.m. – 10:00 a.m.**

**Instructor: Myah McKinnie**

**"Ditch the Work out, Join the Party"**

Zumba is a cardio-based fitness class that fuses Latin and international rhythms and movements.

The Zumba Gold format is designed for the active older adult or the beginner participant and features dances from popular rhythms such as meringue, Salsa, Cha Cha, Belly Dance Flamenco, Tango, Rock and Roll and more. The format is so easy that anyone and any age can do it! Zumba is for people who like to exercise, dance, party, and have fun. **FREE**

## **RULES OF THE ROAD**

**Friday, August, 25, 2017**

**10:00 a.m. - 12:00 p.m.**

Secretary of State Jessie White's Office is providing a Rules of the Road class, which will provide information to assist you with taking your driving test and also provide information on highway safety. Bring your driver's license or state I.D. to attend. Handouts will be available, but please sign up at the center to make sure we have enough material for everyone. **FREE**

## **TOO MUCH ON YOUR PLATE?**

**Thursdays, July 6 & 20; August 3 & 17 and September 7 & 21, 2017**

**9:00 a.m. - 10:00 a.m.**

Have you forgotten how to relax? Have you got too much to do and not enough time to do it?

Do you feel overwhelmed? Do you want to handle stress better? Do you want to learn how to take better care of yourself? If you answer yes to any of these questions, this support group is for you. It will meet every other Thursday morning. A facilitator from Rush University Medical Center will lead the discussion group. **FREE**

## **SOUL LINE DANCE CLASS**

**Thursdays**

**1:00 p.m. – 2:00 p.m.**

**Instructor: Hakeemah Shamsuddin**

**FREE**

Come join Hakeemah in this fun-filled class and learn all the latest line dances. See you on the dance floor.

## **WEEKEND PROGRAMS**

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### **ICE CREAM SOCIAL**

**Saturday, July 15, 2017**

**1:00 p.m. – 3:00 p.m.**

Summer is here already! You are invited to enjoy your Saturday afternoon with us at the Southwest Center. D J Chico will provide the music for the occasion, and Ice Cream will be served for refreshments. **FREE**



# Southwest Satellite Centers

## Program Highlights

<p><b>Auburn Gresham Satellite Center</b>  <b>1040 West 79<sup>th</sup> Street, 60620</b>  <b>(312)745-4797</b></p>	
<p><b>YOGA WITH TONI</b>          Thursdays,          1:00 p.m. - 2:00 p.m.</p>	<p>This ancient art form of de-stressing exercise fuses the mind and body into a total form of relaxation while using various breathing techniques.</p>
<p><b>BLUE MONDAY MOVIES</b>          Mondays, 12:30 p.m. <b>sharp</b></p>	<p>Please join us on Mondays to enjoy light hearted movies (old and new) as well lovely critique conversations. Popcorn will be served upon request for a small fee.</p>
<p><b>BEGINNERS &amp; INTERMEDIATE COMPUTER CLASSES</b>          Tuesdays, 9:00 a.m.          Fridays, 8:45 a.m.</p>	<p>Students will learn the basics of using a personal computer which includes browsing the internet for official web sites, sending and receiving emails, creating flyers, copy, cut and paste, file organization, power point, and much more. Please call center to sign up for next session which last for 8 weeks. \$35.00 Suggested Donation</p>
<p><b>Englewood Satellite Center</b>  <b>653 - 657 West 63<sup>rd</sup> Street, 60621</b>  <b>(312)745-3328</b></p>	
<p><b>SEWING</b>          Wednesdays &amp; Fridays,          9:30 a.m. – 11:30 a.m.</p>	<p>Mr. Joe Jackson is resuming his sewing class! Learn a skill that you pass on to your grandchildren!!! Call the center for further details (312)745-3328.</p>
<p><b>AFRICAN DANCE CLASS</b>          Wednesdays,          8:45 a.m. – 9:45 a.m.</p>	<p>Come join this class led by internationally acclaimed, Darlene Blackburn. She is the founder of the director of the Darlene Blackburn Dance Troupe!</p>
<p><b>Garfield Ridge Satellite Center</b>  <b>5674-B S. Archer, 60638</b>  <b>(312)745-4255</b></p>	
<p><b>GAME DAY PARTY</b>          Friday, July 28, 2017          9:00 a.m. – 2:00 p.m.</p>	<p>Join us for food and fun. We will play Left, Right Center, Bean Bag Baseball and a Horse Racing Game for prizes at this party. For more information, please call (312)745-4255.</p>
<p><b>JEWELRY MAKING WITH MADIE</b>          Wednesdays at 9:45 a.m.</p>	<p>Instructor and jewelry designer, Madie Cannamore is back with this make and take jewelry making class. Madie teaches beginner and intermediate level students in the class and you are responsible for your own supplies. Advance registration is required.</p>
<p><b>COOKING W/ GLORIA</b>          Wednesdays at 12:45 p.m.          Starting in September</p>	<p>Chef Gloria D. Hafer demonstrates easy recipes for seniors to make good, interesting and healthy meals at home. The first 25 people to sign up on the day of class are guaranteed tastings.</p>

**CONTACT THE SATELLITE CENTER FOR A DETAILED MONTHLY CALENDAR.**

# Breast Cancer: *What You Need to Know*

*Cancer* is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called *breast cancer*. Except for skin cancer, breast cancer is the most common cancer in American women.

Breast cancer *screening* means checking a woman's breasts for cancer before she has any symptoms. A *mammogram* is an X-ray picture of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

**Most women who are 50 to 74 years old should have a screening mammogram every two years.** If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram.



## Some things may increase your risk

The main factors that influence your breast cancer risk are being a woman and getting older. Other risk factors include—

- Changes in breast cancer-related genes (BRCA1 or BRCA2).
- Having your first menstrual period before age 12.
- Never giving birth, or being older when your first child is born.
- Starting menopause after age 55.
- Taking hormones to replace missing estrogen and progesterone in menopause for more than five years.
- Taking oral contraceptives (birth control pills).
- A personal history of breast cancer, dense breasts, or some other breast problems.
- A family history of breast cancer (parent, sibling, or child).
- Getting radiation therapy to the breast or chest.
- Being overweight, especially after menopause.

## Symptoms

Some warning signs of breast cancer are—

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in the breast.

Other conditions can cause these symptoms. *If you have any signs that worry you, call your doctor right away.*

### More Information

[www.cdc.gov/cancer/breast/](http://www.cdc.gov/cancer/breast/) • (800) CDC-INFO (800-232-4636) • TTY: (888) 232-6348

### Can't afford a mammogram?

If you have a low income or do not have insurance and are between the ages of 40 and 64, you may qualify for a free or low-cost mammogram through CDC's National Breast and Cervical Cancer Early Detection Program. To learn more, call (800) CDC-INFO.



# know the 10 signs

## EARLY DETECTION MATTERS



The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Attend this training to learn the 10 Warning Signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from people who have the disease and find out how to recognize the signs in yourself and others.

*This program is 1.5 hours, which includes time for questions and answers.*

### WHEN & WHERE

#### Southwest Senior Center

Tuesday, July 18, 2017 10:00am-11:30am

#### Central West Senior Center

Thursday, July 27, 2017 10:00am-11:30am

#### Renaissance Court

Thursday, August 3, 2017 11:00am-12:30pm

#### Northeast (Levy) Senior Center

Wednesday, August 9, 2017 12:30pm-2:00pm

#### Southeast (Atlas) Senior Center

Friday, August 18, 2017 10:00am-11:30am

### REGISTRATION

Please call 847.933.2413 or visit our website at [alz.org/illinois](http://alz.org/illinois)

alzheimer's  association®

Greater Illinois Chapter



24.7 **HELPLINE**  
800.272.3900

[alz.org/illinois](http://alz.org/illinois) | [alzil.mobi](http://alzil.mobi)

# REGIONAL SENIOR CENTERS

**HOURS: Monday - Friday, 8:30 a.m. - 4:30 p.m. Many have weekend hours.**

## **Northeast (Levy)**

**Regional Senior Center**  
2019 W. Lawrence Ave.  
(312) 744 - 0784 (60625)  
TDD: (312) 744 - 0320

## **Northwest (Copernicus)**

**Regional Senior Center**  
3160 N. Milwaukee Ave.  
(312) 744 - 6681 (60618)  
TDD: (312) 744 - 0321

## **Southeast (Atlas)**

**Regional Senior Center**  
1767 E. 79th St.  
(312) 747 - 0189 (60649)  
TDD: (312) 744 - 0322

## **Southwest Regional Senior Center**

6117 S. Kedzie Ave.  
(312) 747 - 0440 (60629)  
TDD: (312) 744-0323

## **Central West Regional Senior Center**

2102 W. Ogden Ave.  
(312) 746 - 5300 (60612)  
TDD: (312) 744 - 0319

## **Renaissance Court**

At the Chicago Cultural Center  
78 E. Washington St.  
(312) 744 - 4550 (60602)  
TDD: (312) 744 - 6777

# SATELLITE SENIOR CENTERS

**HOURS: Monday - Friday, 8:30 a.m. - 4:30 p.m.**

## **Abbott Park**

**Senior Satellite Center**  
49 East 95th St.  
(312) 745 - 3493 (60619)

## **Auburn Gresham**

**Senior Satellite Center**  
1040 W. 79th St.  
(312) 745 - 4797 (60620)

## **Austin Senior Satellite Center**

5071 W. Congress Pkwy.  
(312) 743 - 1538 (60644)  
Operator: South Austin Coalition  
Community Council

## **Chatham**

**Senior Satellite Center**  
8300 S. Cottage Grove Ave.  
(312) 745 - 0401 (60619)

## **Edgewater Senior Satellite Center**

5917 N. Broadway St.  
(312) 742 - 5323 (60660)

## **Englewood Senior Satellite Center**

653 - 657 W. 63rd St.  
(312) 745 - 3328 (60621)  
Operator: Catholic Charities

## **Garfield Ridge**

**Senior Satellite Center**  
5674-B S. Archer Ave.  
(312) 745 - 4255 (60638)  
Operator: Southwest Side  
Senior Services Org.

## **Kelvyn Park Senior Satellite Center**

2715 N. Cicero Ave.  
(312) 744 - 3350 (60639)  
Operator: Catholic Charities

## **North Center Senior Satellite Center**

4040 North Oakley Ave.  
(312) 744 - 4015 (60618)  
Operator: Catholic Charities

## **Norwood Park**

**Senior Satellite Center**  
5801 N. Natoma Ave.  
(773) 775 - 6071 (60631)  
Operator: Norwood  
Crossing

## **Pilsen Senior Satellite Center**

2021 S. Morgan St.  
(312) 743 - 0493 (60608)  
Operator: Alivio Medical Center

## **Portage Park Senior Satellite Center**

4100 N. Long Ave.  
(312) 744 - 9022 (60641)

## **Roseland Senior Satellite Center**

10426 S. Michigan Ave.  
(312) 745 - 1500 (60628)  
Operator: Sinai Community  
Institute

## **South Chicago Senior Satellite Center**

9233 S. Burley Ave.  
(312) 745 - 1282 (60617)

## **West Town Senior Satellite Center**

1613 W. Chicago Ave.  
(312) 743 - 1016 (60622)  
Operator: Sinai Community  
Institute