

City of Blue Island

Senior 50+ Newsletter

Remember your sweetie on Valentine's Day February 14

Happy Valentine's Day to all from the City of Blue Island Senior Office,
Rita & Gerry

Young love is a flame; very pretty, often very hot and fierce, but still only light and flickering. The love of the older and disciplined heart is as coals, deep-burning, unquenchable.
- Henry Ward Beecher

WATER BILLS

Blue Island Senior Citizen residents 65 years or older can contact the Water Department at 708-597-8605 to get a reduced rate on Sanitation Services for a single family home. Regular price, \$22.43 per month, reduced to \$12.68 per month.



City of Blue Island Senior Office

Rita & Gerry

Contact Us

708.396.7085
13051 Greenwood Ave.
Blue Island, IL 60406
rpacyga@cityofblueisland.org

February 2012

BOOK LOVERS' SWAP

What are you going to read next? Join in a BIPL librarian-led conversation about all our current favorite books. The librarian will offer up interesting introductions to a variety of titles chosen to satisfy even the most devoted book lover. We'll discuss great books in every category from mystery, westerns, and romance to historical fiction, classics and a range of non-fiction. If any of discussed titles seem too good to pass up, you can check the book out right there at the Salvation Army with your library card. Bring your own latest four-star recommendation to share, also. Feb. 16 12:30PM at the Salvation Army-Cross generations in Blue Island. (Skye Lavin, Reference & Technical Services Manager, Blue Island Public Library)

COME CELEBRATE MARDI GRAS!

"Mudcats" - Dixie Land with Jack Rusnak, Friday, February 17, from 1pm-2pm, in the Salvation Army Chapel (2900 W 127th Street)

Seniors can enjoy a great lunch, and then settle in for some New Orleans Jazz with the Mudcats. Please call Rita at 708.396.7085 to save your seat. Sponsored by the Blue Island Library.

FOUR WINDS CASINO TRIP

February 28, 2012

Cost: \$1.00

We will meet at 5411 W 127th in Crestwood, at 9:00 am. Please call Rita at 708.396.7085 to save your seat. Please remember to bring Identification in case you win.

CIRCUIT BREAKER NEWS (BLUE ISLAND SENIORS ONLY)

We are now making appointments to have Circuit Breakers done at City Hall (13051 Greenwood Ave.) through the Senior Office. Please call the Senior Office at 708-396-7085 to make an appointment for Tuesday, February 28th or Wednesday, February 29th.

COMPUTER CLASSES

New Classes will start on Monday February 6 from 10 am -12 noon

They will be held at Salvation Army in the Senior Center Room. These classes will run till the end of April.

MARCH

Pulaski Day Celebration with Eddie Korosa, Monday, March 5, from 1pm-2pm in the Salvation Army Chapel (2900 W 127th Street) seniors can enjoy a great lunch, and then settle in for some Polish music with Eddie. Please call Rita at 708.396.7085 to save your seat. Sponsored by the Blue Island Library.

ONE GOAL — HEALTHY HEARTS AT METROSOUTH MEDICAL CENTER

Wednesday, February 22, 3-5 pm

You're invited to meet Jim Craig, goalie of the 1980 Gold-Metal US Olympic hockey team. Jim tragically lost his father from a ruptured abdominal aortic aneurysm (AAA). Attend for free peripheral artery disease (PAD) screenings. Jim Craig and Dr. James Sur, MetroSouth Medical Center interventional cardiologist, will give a short speech, discuss the importance of preventative heart health screenings and select the winners of the AAA screening raffles. Healthy snacks will be served. Please RSVP by Wednesday, February 15 to Gloria, 708-489-7927.

February 2012 Salvation Army Senior Lunches

2900 W 127th Street | 708.332.0100 | 11 am-1 pm

Funds (in whole/part) for this publication were provided through an award from Age Options through grants from the Illinois Department on Aging and /or Administration on Aging, U.S. Department of Health and Human Services under Title III of the Older Americans Act.

All are welcome:

Dine in under 60 years old

\$5.50 (Carry Outs \$6.00)

Dine in 60 years of age and over are suggested donation

\$2.00 (Carry Outs \$6.00)

Dessert (Optional)

\$1.00

Monday	Tuesday	Wednesday	Thursday	Friday
		1 field greens beef pot roast roasted veggies 2 bread peaches	2 baked ¼ lemon basil chicken mashed potato peas & carrots 2 bread pears	3 tomato-cuke salad lemon dill tilapia baked potato veggie barley 2 bread fruit cocktail
6 celery & carrot stix chicken breast sandwich cream of mushroom soup apricots	7 3 bean salad pork & rice stuffed green pepper 2 bread pears	8 beef meatloaf mashed potatoes & gravy green bean casserole 2 bread pineapple	9 baked ¼ hoisin chicken veggie fried rice sesame broccoli 2 bread mandarin oranges	10 spinach salad baked salmon yellow rice honey carrots 2 bread fruit cocktail
13 ham & swiss on rye lentil soup coleslaw mandarin oranges	14 BBQ pork ribs baked steak fries baked beans cole slaw 2 bread apple sauce	15 chips & salsa taco salad refried beans 1 bread pears	16 baked ¼ pineapple chicken mashed sweet potato green beans & mushroom 2 bread peaches	17 baked fish baked chips cole slaw 2 bread fruit cocktail
20 Presidents' Day Closed	21 zucchini salad Italian sausage peppers & onions thin spaghetti 2 bread peaches	22 field greens beef stew root vegetables 2 bread pears	23 baked ¼ honey rosemary chicken potato wedges sage corn 2 bread mandarin orange	24 Cucumber salad Greek tilapia Spinach orzo salad 2 bread fruit cocktail
27 tomato salad egg salad sandwich chicken noodle soup peaches	28 baked ham au gratin potato steamed broccoli 2 bread pears	29 spinach salad shepard's pie 2 bread Apple sauce		

February 2012 Activities for Seniors at the Salvation Army

2900 W 127th Street | 708.332.0100

Provided for you by the City of Blue Island Senior Office | 708.936.7085

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicago Symphony Orchestra Rehearsal Trip Bingo 12:30-1:30 pm Sr. Center Rm.	2 Movie – Mystery 12:30 pm, Chapel	3 Bingo 12:30-1:30 pm Sr. Center Rm.
6 Computer Classes 10 am-noon Sr.Center Rm. Speaker: Officer Slattery Sr. Din.Rm 12:30 pm	7 Exercise Class 10-11 am Sr. Center Rm. Jewelry, Crocheting & Crafts 1 pm Sr.Center Rm.	8 Bingo 12:30-1:30 pm Sr. Center Rm.	9 Chicago Symphony Orchestra Rehearsal Trip Movie – Comedy 12:30 pm, Chapel	10 Bingo 12:30-1:30 pm Sr. Center Rm.
13 Computer Classes 10 am-noon Sr.Center Rm.	14 Exercise Class 10-11 am Sr. Center Rm. Jewelry, Crocheting & Crafts 1 pm Sr.Center Rm.	15 Bingo 12:30-1:30 pm Blood Pressure 11:30 am - 12:30 pm Sr. Center Rm	16 Movie – Love & Romance 12:30 pm, Chapel	17 Bingo 12:30-1:30 pm Sr. Center Rm. Mudcats Dixie Land Music 1 pm, Chapel
20 Presidents Day Closed	21 Exercise Class 10-11 am Sr. Center Rm. Jewelry, Crocheting & Crafts 1 pm Sr.Center Rm.	22 Bingo 12:30-1:30 pm Sr. Center Rm.	23 Movie – Drama 12:30 pm, Chapel	24 Bingo 12:30-1:30 pm Sr. Center Rm.
27 Computer Classes 10 am-noon Sr.Center Rm.	28 4 Winds Casino Trip Exercise Class 10-11 am Sr. Center Rm. Jewelry, Crocheting & Crafts 1 pm Sr.Center Rm.	29 Bingo 12:30-1:30 pm Sr. Center Rm.		

Can You Pay Your Real Estate Taxes in 2012?

Seniors having trouble paying real estate taxes can apply for the Senior Citizen Tax Deferral Program. This State of Illinois program allows qualified persons to defer 100% of taxes up to 80% of your equity on their personal residence.

To qualify:

- You must be at least age 65 or older by June 1st, 2012.
- Your annual household income must be \$50,000 or less.
- You must own the property and have resided there for at least 3 years.
- There can be no delinquent real estate taxes owed on the residence.

- The property must be insured against fire hazard loss for at least the amount of the deferred taxes.
- You must have written approval from your spouse if property is held jointly or from the trustee if the property is in a qualifying trust.

Seniors with reverse mortgages should contact their lender before applying. Those with standard mortgages do not need lender approval to qualify.

Applications must be filed between January 1st and March 1st.

Contact PLOWS at 708-361-0219 for application information and program details.

Seminar: Tips on Hiring a Caregiver

Hiring a caregiver can be overwhelming. Janet Linehan, a PLOWS Council on Aging staff member, will host a seminar, "Hiring a Caregiver," on Wednesday, February 15, 2012, from 5:30 to 7:00 p.m. at the PLOWS office, 7808 College Drive, Palos Heights. Janet hires and places caregivers and homemakers for PLOWS clients and has personal experience hiring full-time caregivers for family members. This seminar is geared toward helping caregivers recognize when it is time to hire a 24 hour caregiver for a loved one and offers support in coming to terms with decision. Janet will also help answer your questions about how to find a caregiver, working with a reputable agency, and how to adjust to the transitions that accompany having a live-in caregiver. Please call PLOWS to register for "Hiring a Caregiver," (708) 361-0219.

Keep in Mind: You Are What You Eat!



By: Dr. Barbara Bellar, MD, JD, MA

A dedicated & experienced Family Medicine Physician at MetroSouth Medical Center

At all stages of our lives, Mother did know best, when she said eat your vegetables! Especially for Seniors, as the body ages, the mind does not have too! God's best plan for our diet and optimum health is natural and raw is best! A well-thought out diet will provide you with exactly what your body needs for top functioning, growth and repair, and avoiding mental decline. Here is the brain-friendly diet in a nutshell to increase your mental energy, improve your mood, sharpen your mind and reduce Alzheimer's.

1. Eat whole foods: grains, lentils, beans, seeds, nuts, fresh fruit and vegetables.
2. Eat five or more servings of fruits and vegetable per day. Choose dark green leafy, root vegetables, spinach, carrots, broccoli, fresh fruits such as apples, berries, melons. Have bananas in moderation. Dilute fruit juices.
3. Eat four or more servings per day of whole grains.
4. Avoid any form of sugar and foods with added sugar.
5. Combine protein foods with carbohydrate foods.
6. Eat cold-water carnivorous fish.
7. Eat eggs, preferably free-range, organic and high in omega 3s.
8. Eat seeds and nuts. The best are flax, hemp, pumpkin, sunflower and sesame.
9. Use cold-pressed seed oils. Use in place of butter.
10. Minimize your intake of fried food, processed food and saturated fat from meat and dairy products.
11. More specifics: Berries are full of memory-boosting nutrients. They contain beneficial anti-oxidative compounds that help prevent or at least curtail the cell-injuring free radicals circulating throughout the system. Stoke up on raspberries, strawberries and blueberries.

Cherries are nature's own little anti-inflammatory pills; they contain cox-2 inhibitors, found in medications. Apples protect the brain from the type of damage that triggers neurodegenerative diseases. Curry has powerful anti-inflammatory and antioxidant properties. Oysters are rich in both iron and zinc. Raw honey is replete with antioxidants and is considered to be an anti-viral, anti-bacterial, and anti-fungal substance. For fish, avoid bottom-feeders. Fatty fish contain omega-3 fatty acids, which are thought to be instrumental in maintaining brain function from early development throughout life. DHA, an omega-3 is present right in the brain, so having those good-for-you omega 3s in your diet is thought to boost brain function.

We are blessed with freedom of choice in this life, and we are always using it. Discuss your diet habits with your family practice physician, and you will be provided with useful information and when indicated also be seeing a nutritional dietician. Of all the nutritional options available, one is guaranteed to improve you health and live longer, just eat less and remember water is the only drink of a wise person!



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