

City of Blue Island

Senior 50+ Newsletter

SALVATION ARMY SPEAKER, ENTERTAINMENT & ACTIVITIES

Blood Pressure Screenings | Friday, March 1
Provided by: MetroSouth Medical Center

Officer Slattery | Monday, March 12, Questions & Answers.

Book Lovers Review & Swap with Skye from Blue Island Library March 15, 12:30 pm, Senior lunch room

Mike Vanderkierke from RTA on Monday, March 26 at 12:30pm. Learn more about traveling on the RTA

AARP will be out March 19 & 20 from 1-4 pm to do a Drivers Ed Review at the Salvation Army please contact Rita 708.878.1295 if you are interesting in attending.



City of Blue Island Senior Office

Rita & Gerry

Contact Us

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

WALKING DOES THE BODY GOOD

The Salvation Army has opened the gym, to the seniors from 1pm till 2pm Monday – Friday. This would be a good time to do some walking indoors after lunch no matter what the weather. Just walk in the gym and start walking. We are looking into a walking club and will have more information next month.

MINI FASHION SHOW

Tuesday, March 20 there will be small fashion at the Salvation Army lunchroom during lunch. Come out and check out the new fashions for spring. Sponsored by Carr Gardens.

HELP TO SAVE ON WATER & SAVE MONEY

With Chicago raising water prices and passing the increase on to us check out this website to help save water and cut down on our water bills. www.wateruseitwisely.com/100-ways-to-consume/index.php, or stop by the City of Blue Island and pick up a copy of 100 water saving tips.

CITY OF BLUE ISLAND 20% DISCOUNT CARD

Anyone 50+ and older can stop by our office to receive your 20% discount card to use in Blue Island shops on Wednesday's. We have discounts on bakery's, restaurants, tires, car repair's and much more.

COMMUNITY SEMINAR

Everything you need to know about Wills, Trust, Estate Planning and Funeral Arrangements. Saturday, March 3 at 2:pm - Hallinan Funeral Home 2601 Vermont St. Please RSVP 708.385.0850

LIGHT HOUSE OPEN HANDS FOOD PANTRY, located at 4501 W 127th St, Alsip, IL

Tuesday's 5-7pm – Friday's noon to 2pm.

All Welcome, Must bring ID. For more information call Kim Terrell at 708.385.6020 ex530,

PANCAKE BREAKFAST DDE MUSIC BOOSTERS PRESENT THE ANNUAL:

Sat. March 17, 2012 - 7 am to noon

DD Eisenhower High School Cafeteria, 12700 Sacramento, Blue Island, IL

\$5 tickets at the door, or purchase from any Band or Chorus student. All proceeds benefit the Band and Choral Programs. Please enter through the South Entrance (using the Pool Doors). Thank you for your support!

March 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 baked ¼ chicken Vesuvio potato wedges peas 2 bread pears	2 cucumber salad white fish gumbo brown rice honey carrots 1 bread fruit cocktail
5 three bean salad split pea soup ham & cheese on rye peaches	6 green salad smothered pork chops yellow rice collard greens 1 bread pineapple	7 beef meatloaf mashed potato green bean casserole 2 bread pears	8 baked ¼ oven fried pecan chicken mashed sweet potato peas & carrots 2 bread mandarin oranges	9 field greens shrimp scampi thin spaghetti zucchini 1 bread fruit cocktail
12 Italian vegetable soup tossed salad Italian beef sandwich mandarin oranges	13 red cabbage covered pork chops German potato salad 2 bread peaches	14 garden salad beef meatballs tomato basil sauce beans 2 bread pears	15 baked ¼ curried chicken tom/cuke salad couscous corn 1 bread apricots	16 corned beef red potatoes, carrots & cabbage 2 bread fruit cocktail
19 carrots & celery stix tomato & rice soup grilled cheese sandwich peaches	20 garden salad chicken pot pie peas 1 bread mandarin orange	21 field green salad Shepherd's pie 2 bread pears	22 baked ¼ Tandoori chicken tomato salad Indian rice masala peas 2 bread pineapple	23 baked fish & chips cole slaw 2 bread fruit cocktail
26 blackened chicken salad greens & tomato 2 bread peaches	27 smoked sausage beans & butternut squash 2 bread apricots	28 3 bean salad beef stroganoff egg noddles broccoli 1 bread mandarin orange	29 zucchini salad chicken parmesan thin spaghetti & sauce 1 bread pineapple	30 field green Mediterranean tilapia vegetable couscous 1 bread fruit cocktail

March 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 Movie, Midnight in Paris 12:30 pm Chapel	2 Blood Pressure 11:30a m - 12:30 pm Sr. Center Rm Bingo 12:30-1:30 pm Sr. Center Rm
5 Computer Classes 10 am-noon Sr. Center Rm Music by: Eddie Korosa- 1 pm, Chapel	6 Exercise Class 10 -11 am Sr. Center Rm. Jewelry, Crocheting & Crafts 1 pm, Sr. Center Rm.	7 Bingo 12:30-1:30 pm Sr. Center Rm	8 Movie, Larry Crowne 12:30 pm Chapel	9 Bingo 12:30-1:30 pm Sr. Center Rm
12 Computer Classes 10 am - noon Sr. Center Rm Speaker: Officer Slattery 12:30pm, Sr. Din. Rm	13 Exercise Class 10 -11 am Sr. Center Rm. Jewelry, Crocheting & Crafts 1 pm, Sr. Center Rm.	14 Bingo 12:30-1:30 pm Sr. Center Rm <i>Reminder for those signed-up for the Chicago Symphony Orchestra Rehearsal</i>	15 Movie, Tree of Life 12:30 pm Chapel Book Lover's Swap with Skye	16 Bingo 12:30-1:30 pm Sr. Center Rm
19 Computer Classes 10 am - noon Sr. Center Rm AARP Drivers Ed Review 1- 4 pm Sr. Center Rm	20 Exercise Class 10 -11 am Sr. Center Rm. Mini Fashion Show at Lunch time Jewelry, Crocheting & Crafts 1 pm, Sr. Center Rm. AARP Drivers Ed Review 1- 4 pm Sr. Center Rm	21 Bingo 12:30-1:30 pm Sr. Center Rm	22 Movie, Life as We Know It 12:30 pm Chapel	23 Bingo 12:30-1:30 pm Sr. Center Rm
26 Computer Classes 10 am - noon Sr. Center Rm Speaker: Mike Vanderkierke from the RTA	27 4 Winds Casino Trip Exercise Class 10 -11 am Sr. Center Rm. Jewelry, Crocheting & Crafts 1 pm, Sr. Center Rm.	28 Bingo 12:30-1:30 pm Sr. Center Rm	29 Movie, Just Go With It 12:30 pm Chapel	30 Bingo 12:30-1:30 pm Sr. Center Rm

MOVIES

Midnight in Paris A family travels to the French capital for business. The party includes a young engaged couple that is forced to confront their differing views of a perfect like. Staring: Owen Wilson, Rachael McAdams and Kathy Bates

Larry Crown

After losing his job, a middle-aged man reinvents himself by going back to college. Staring: Tom Hanks, Julia Roberts and Sarah Mahoney

The Tree of Life A family with three boys in the 1950s. The eldest son witnesses the loss of innocence. Stars: Brad Pitt Sean Penn and Jessica Chastain

Life as We Know It Two single adults become caregivers to an orphaned girl when their mutual best friends die in an

accident. Staring; Katherine Heigl, Josh Duhamel and Josh Lucas

Just Go with It On a weekend trip to Hawaii, a plastic surgeon, romancing a much younger schoolteacher, enlists his loyal assistant to pretend to be his soon to be ex-wife, in. Starring Adam Sandler, Jennifer Aniston.

ST. BENEDICT'S FISH FRY

March 2, 9, 16, 23, 30 (2339 York St., Blue Island) For more information call St. Benedict's Rectory at 708.385.8510

FREE LEGAL SERVICES TO CREATE POWER OF ATTORNEY AND LIVING WILL

Seniors and caregivers will learn about and complete documents for assigning Power of Attorney and creating a Living Will with the help of the Center for Disability and Elder Law. PLOWS is hosting this program at 1:00 p.m. at the Salvation Army, 2900 W. Burr Oak in Blue Island on March 29 and April 18, 2012. Participants must attend the educational seminar on Thursday, March 29 to register for the workshop on Wednesday, April 18. During the workshop session a team of attorney volunteers will complete Power of Attorney and Living Will documents during pre-scheduled one-on-one private appointments. These documents protect you in the event that they become incapacitated temporarily or permanently in the future. The attorneys will answer specific questions and make sure you are legally protected and your wishes followed. There is no charge for the seminar and workshop series. Call PLOWS at 708-361-0219 to register for this event.



DOES SPIRITUALITY AFFECT YOUR HEALTH?

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

A dedicated & experienced Family Medicine Physician at MetroSouth Medical Center

As a Family Practice physician, I strive to address patient's needs at many levels to include physical, mental, emotional and spiritual! My typical last question to patient's is "so how is your spiritual health"? From there I am able to gauge if their personal spirituality is a positive strength in their lives. I personally know that it is a great benefit to an individual to belong to a church family. You are not only nourished but also have the opportunity to nourish others and be of practical service. There is a great benefit from the social networks formed amongst caring faith based believers and senior members.

Scientific studies over the past ten years have focused on seniors and the positive effects of spirituality on overall health and medical outcomes. In one seven year study of senior citizens, religious involvement was associated with less physical disability and less depression. Seniors who regularly attend religious services had healthier immune systems than those who did not. They were also more likely to have consistently lower blood pressure. Patients undergoing open-heart surgery who received strength and comfort from their religion were three times more likely to survive than those who had no religious ties. Is this any surprise?

Religious and spiritual beliefs are an important part of how many people deal with life's joys and hardships. Faith can provide people with a sense of purpose and guidelines for living. In addition, older people who regularly attend religious services live longer. Further facts have revealed that regular churchgoers showed a reduction in their mortality rate comparable to that of people who don't smoke over those who do.

The focus of this information is really non-denominational and inclusive. God is truly the greatest physician and our Creator's intent was for His creatures to be healthy and prosper. So spend some time daily in self-therapy of private prayer, meditation, intercessory prayer and commune with nature to receive further blessings of health. I would especially encourage everyone to shop around and seek out and find a church that speaks to your spiritual needs. Attending regular spiritual services and experiencing blessings truly can benefit your health status and give greater perspective on the meaning of life.



MetroSouth
MEDICAL CENTER

BLUE ISLAND, IL