



Senior Moments

July 2011

For appointments, please contact the DeKalb Senior Activity Center at 815.758.4718.

Mary Overbey,
Senior Services
Director
815.758.8616

▼ Did you ▼ ▼ know? ▼

According to the 2010 U.S. Census, there are over 40,000 seniors residing in DeKalb County. This is more than double the number recorded in 1950. By 2050, the number is expected to again double to over 90,000!

Call 815.758.8616 if you wish to receive this newsletter monthly by mail or e-mail or for a change of address or cancellation.

Save The Date:

August 24

Wii Bowling Banquet!

July "To Do" List

This time of year might be the lazy, hazy days of summer for some – but not for those who take advantage of the many FSA Senior Services activities. July is a busy month – here are a few highlights.



July 7 • 1:00 p.m. to 3:00 p.m. • Citizen's Utility Board (CUB) will hold a free phone bill clinic at Family Service Agency's main office (14 Health Services Drive in DeKalb.) Bring your phone bill and a CUB expert will sit down with you, one-to-one, and explain the confusing charges and give you tips on how to cut your calling costs by as much as \$200 a year.

July 20 • 9:00 a.m. to 12:00 p.m. • The Senior Health Fair at the DeKalb County Farm Bureau is a free event open to all seniors and their families and friends featuring health information, free samples, snacks, health screenings and prize drawings. Transportation can be arranged through Voluntary Action Center by calling 815.758.6641. Helpful Tip: Bring some personal mailing labels to avoid filling out multiple registration forms for the drawings.



July 27 • 11:30 a.m. • Everyone is invited to join Senior Services for the opening of the Malta Senior Activity Center and Kickoff Luncheon with catering provided by Karshone's Hometown Kafe. There is no charge but reservations are required, call 815.758.8616 or 815.758.4718 no later than July 22. The Center is located at 115 South 3rd Street in Malta, across from the Village Municipal Building.

July 27 • The Kishwaukee Hospital Mobile Health Van will visit each of the FIVE Senior Activity Centers to provide blood pressure screenings and wellness checks. The van will be at each location for about one hour. Check the monthly calendar for times.



Be sure to check both the monthly events calendar and the weekly activity schedules - now listing all FIVE Centers!

Welcome, Jane and Thora!



Thora Cliffe



Jane Siciliano

Senior Services is so happy to announce that Jane, who has worked with at the Genoa Center since its' opening in February 2010, and Thora, who has been at the Cortland Center since November 2010, have joined the Family Service Agency staff and will continue to make things run at these two facilities. Previously, they were participants of the Experience Works Training Program but, now, they are our very own! Congratulations, ladies!

Daily Schedules

Cortland Senior Center: Mon., Wed., Fri.: 9:00 a.m. - 3:00 p.m.

Special Guests will be scheduled on the 2nd & 4th Monday for bingo, games & presentations.

Monday	Wednesday	Friday
10:00 a.m. Wii Games	10:00 a.m. NIU Student Nurses	10 a.m. Variety Cards
10:30 a.m. Chair Exercises	10:00 a.m. King's Corner	10:30 a.m. Chair Exercises
11:00 a.m. Mexican Train Dominoes	10:30 a.m. Chair Exercises	12:30 p.m. Book Club Discussion
12:30 p.m. Bingo	12:30 p.m. Reminisce Group	12:30 p.m. Mexican Train Dominoes

DeKalb Senior Center: Mon. - Fri. 8:30 a.m. - 5:00 p.m.

Special Guests will be scheduled on the 1st & 3rd Monday for bingo, games & presentations.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 a.m. Variety Cards	10:00 a.m. Euchre	10:00 a.m. Student Nurses	10:00 a.m. Bridge Lessons	10:00 a.m. Beginning Bridge
10:30 a.m. Chair Exercise	10:30 a.m. Wii Games	10:00 a.m. Board Games	12:30 p.m. Movie	10:00 a.m. Spelling Practice
10:30 a.m. OA Meeting	1:00 p.m. Pinochle	10:30 a.m. Chair Exercises	1:00 p.m. Pinochle Lessons	10:30 a.m. Chair Exercise
1:00 p.m. Needleworkers	All Day Puzzles	1:00 p.m. Duplicate Bridge	1:00 p.m. Cribbage	1:00 p.m. Advanced Bridge

Genoa Senior Center: Mon. - Fri.: 10:00 a.m. - 2:00 p.m.

Special Guests will be scheduled on the 1st & 3rd Wednesday for bingo, games & presentations.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 a.m. Wii Games	10:00 a.m. Wii Games	10:00 a.m. NIU Student Nurses	10:00 a.m. Wii Games	10:00 a.m. Wii Games
10:45 a.m. Chair Exercise	10:45 a.m. Yahtzee	10:45 a.m. Chair Exercise	10:45 a.m. Dominoes	10:45 a.m. Chair Exercise
12:30 p.m. Card Games	12:30 p.m. Bingo	12:30 p.m. Reminisce Group	12:30 p.m. Crafts	12:30 p.m. Movie

Malta Senior Center: Mon., Wed., Fri.: 9:00 a.m. - 3:00 p.m.

Monday	Wednesday	Friday
<p>Schedule to be determined. Call 815.758.4718 with ideas!</p>		

Sycamore Senior Center: Mon., Wed., Fri.: 9:00 a.m. - 3:00 p.m.

Special Guests will be scheduled on the 2nd & 4th Wednesday for bingo, games & presentations.

Monday	Wednesday	Friday
9:00 a.m. Cribbage	9:00 a.m. Cribbage	9:00 a.m. Cribbage
10:00 a.m. Variety Cards	10:00 a.m. Bridge Lessons/Pinochle	10:00 a.m. Variety Cards
10:30 a.m. Chair Exercise	10:30 a.m. Chair Exercise	10:30 a.m. Chair Exercise
12:30 p.m. Wii Games	12:30 p.m. Mexican Train Dominoes	12:30 p.m. Mexican Train Dominoes

Monday	Tuesday	Wednesday	Thursday	Friday
	Donate gently used items to The Country Store Thrift Shop! Proceeds benefit Senior Services!			1
4 All Senior Activity Centers Closed Happy Independence Day!	5	6 10a (ALL) Wii Bowling League	7 12:30p CUB Phone Clinic at FSA Office	8
11 12:30p (C) VCP Presentation: Arthritis Seminar	12	13 9a (D) Veterans Administration 10a (ALL) Wii Bowling League 12:30p (S) VCP Ice Cream Social	14 (D) Social Security (call for appt.)	15 Sycamore Senior Activity Center Closed All are invited to visit other sites!
18 10:45a (D) VCP Presentation: Medication Review Sycamore Senior Activity Center Closed	19	20 9a SENIOR EXPO @ DEKALB CO. FARM BUREAU Sycamore Senior Activity Center Closed	21	22 12:30p (M) Strohschein Law Group offers info. about Ethical Wills
25	26	27 9a (D) Vets. Admin. 10a (ALL) Wii Bowling League 11:30a Malta Kickoff Luncheon Kish Health Van:	28	29 12:30p (G) VCP Ice Cream Social Sycamore Senior Activity Center Closed
C: 10:30-11a D: 3-4p G: 1-2p M: 11:30a-12:30p S: 9-10a				

C: Event in Cortland **D:** Event in DeKalb **G:** Event in Genoa **M:** Event in Malta **S:** Event in Sycamore

Thanks to June Donors: The Country Store - monetary donation; Don - coffee & other supplies; El & Karen, Stan & Jackie - candy; Home Health Resources - TV for Malta Site; Homer & LaVerna - lemonade; Kishwaukee Hospital - furnishings from Cancer Treatment Center; Lehan Drugs - Wii for Malta Site; Lori - puzzles; Schnucks - bread.

Items we can use: Opening a new Center causes many items to appear on the "wish" list including: AV cart, board games, coffee, coffee pots, creamer, decks of cards, DVD player, first aid kit, flashlight, logo items for sharing table, monetary donations, napkins, paper plates, radio and sugar.

Senior Moments

Senior Services
14 Health Services Drive
DeKalb, IL 60115

Return Service Requested

This Month's Sponsor: VCP Home Health Care, Inc.



Phone: (815) 725-7391 Fax: (815) 725-7392

www.vcphomehealthcare.com

VCP Home Health Care, Inc. is dedicated to provide a personal approach with the highest level of respect, care and commitment to all patients' health care needs.

Health Services Include:

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- Speech Therapy
- Occupational Therapy
- Home Health Aide
- Respiratory Therapy
- Medical Supplies
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- V.A.C. Therapy/Wound
- Nutritional Services
- Infusion Services
- Diabetes Management
- Pain Management
- Medication Training
- Disease Management
- Transportation
- Ostomy Management
- Enterostomal Therapy
- Catheter Care/Changes

Joliet Office (MAIN): Cook,
DuPage, Grundy, Kane,
Kankakee, Kendall, Lake,
McHenry, Will

Rockford Office: Boone, Carroll,
DeKalb, Lee, Ogle, Stephenson,
Whiteside, Winnebago

Bloomington Office: LaSalle,
Livingston, McLean, Marshall,
Peoria, Woodford

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