



## Senior Moments

### September 2011

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

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Senior Services  
Director  
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### ▼ Did you ▼ ▼ know? ▼

The first Labor Day, started by the Central Labor Union, was held in New York City on Sept. 5, 1882. In 1894, the U.S. Congress voted it to become a national holiday to be celebrated on the first Monday in September.

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:

## Sept. 24

### Fall Wii Bowling League begins

### Remembering September 11, 2001

A few weeks ago, my husband, Don, and I traveled to New York to visit our daughter and her family. While there, we saw the construction and redevelopment at the Twin Towers site. There is still something so daunting and sobering about that area. Seeing the ground zero cross up close made us realize what a tragedy occurred for all of us that day. I snapped this picture (right) of the twisted metal beam and wanted to share it with all of you.



Some are very much in favor of including this structure in the ground zero memorial, but others are just as opposed to it. Whatever your view, you might be interested in the history of the structure.

The World Trade Center was built using prefabricated parts which were bolted or welded together forming t-beams and other types of cross beams. When 1 World Trade Center collapsed, it sent debris onto 6 World Trade Center and gutted the interior of that building.

After the attacks, a massive operation was launched to clear the site and attempt to find any survivors. On Sept. 13, one of the workers at the site discovered a 20-foot cross of two steel beams standing upright. Those with access to the site used the cross as a shrine of sorts, leaving messages on it or praying before it.

After a few weeks, it was determined that the cross was hampering nearby work and those who discovered the beam, petitioned and received an expedited approval from New York Mayor Rudy Giuliani to erect it on a pedestal on a portion of the former plaza on Church Street near Liberty Street.

The potential use of the cross in the WTC memorial has been controversial. Many groups that view the structure as a symbol of freedom, such as victims' families, want the cross to be included while others, who view it as a religious icon, disagree. It is, however, quite an impressive sight.



### And Now, We Are FIVE!



After morning rain, the weather turned warm and sunny and the reception Family Service Agency received from the Village of Malta matched! The Malta Senior Activity Center opened July 27 and about 118 folks came to celebrate. The village staff had to set up picnic benches on the sidewalk to accommodate those who could not find room inside. Karshone's Hometown Kafe catered and will also provide daily lunches. The Center is open every Monday, Wednesday and Friday from 9:00 a.m. to 3:00 p.m. Please stop by – the Wii system is hooked up and plenty of activities and visitors are already scheduled. Call 815.758.8616 a day in advance if you plan to eat lunch.

# Daily Schedules

## Cortland Senior Center - 70 S. Llanos Street - Mon., Wed., Fri.: 9:00 a.m. - 3:00 p.m.

Special Guests will be scheduled on the 2nd & 4th Monday of each month.

Monday	Wednesday	Friday
9:00 a.m. Chair Exercises	9:00 a.m. NIU Student Nurses	9:00 a.m. Chair Exercises
10:00 a.m. Games	10:00 a.m. Wii Bowling	10:00 a.m. Variety Cards
12:30 p.m. Kings in Corners	12:30 p.m. Reminisce Group	12:30 p.m. Crafts
12:30 p.m. Mexican Train Dominoes	12:30 p.m. Kings in Corners	12:30 p.m. Mexican Train Dominoes

## DeKalb Senior Center - 330 Grove Street - Mon. - Fri. 8:30 a.m. - 5:00 p.m.

Special Guests will be scheduled on the 1st & 3rd Monday of each month.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. Chair Exercise	9:00 a.m. Wii Games	9:00 a.m. NIU Student Nurses	9:00 a.m. Chair Exercises	9:00 a.m. Wii Games
10:30 a.m. OA Meeting	10:00 a.m. Euchre	10:30 a.m. Games	10:30 a.m. Wii Bowling	10:30 a.m. Beginning Bridge
1:00 p.m. Crafts	1:00 p.m. Pinochle	1:00 p.m. Wii Games	12:30 p.m. Movie	1:00 p.m. Bridge
1:00 p.m. Needleworkers	1:00 p.m. Chess	1:00 p.m. Duplicate Bridge	1:00 p.m. Cribbage	1:00 p.m. Games

## Genoa Senior Center - 400 E. Second Street - Mon. - Fri.: 10:00 a.m. - 2:00 p.m.

Special Guests will be scheduled on the 1st & 3rd Wednesday of each month.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 a.m. Reminisce	10:00 a.m. Chair Exercises	10:00 a.m. Student Nurses	10:00 a.m. Chair Exercises	10:00 a.m. Paper Crafting
10:30 a.m. Wii Games	10:30 a.m. Wii Games	10:30 a.m. Games	10:30 a.m. Kings in Corner	10:30 a.m. Wii Games
12:30 p.m. Yahtzee	12:30 p.m. Kings in Corner	12:30 p.m. Crafts	12:30 p.m. Yahtzee	12:30 p.m. Games

## Malta Senior Center - 115 S. 3rd Street - Mon., Wed., Fri.: 9:00 a.m. - 3:00 p.m.

Special Guests will be scheduled on the 1st & 3rd Friday of each month.

Monday	Wednesday	Friday
9:00 a.m. Chair Exercises	9:00 a.m. NIU Student Nurses	9:00 a.m. Chair Exercises
10:00 a.m. Wii Games	10:00 a.m. Wii Bowling	10:00 a.m. Variety Cards
12:30 p.m. Crafts	12:30 p.m. Reminisce Group	12:30 p.m. Yahtzee
12:30 p.m. Bingo	12:30 p.m. Kings in Corners	12:30 p.m. Movie

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

Special Guests will be scheduled on the 2nd & 4th Wednesday of each month.

Monday	Wednesday	Friday
9:00 a.m. Chair Exercises	9:00 a.m. NIU Student Nurses	9:00 a.m. Chair Exercises
9:00 a.m. Cribbage	9:30 a.m. Bridge & Pinochle	9:00 a.m. Cribbage
12:30 p.m. Dominoes	12:30 p.m. Reminisce Group	12:30 p.m. Pinochle
12:30 p.m. Wii Games	12:30 p.m. Dominoes	12:30 p.m. Wii Games

**Puzzles, variety card games and discussion groups are available during all open hours at all Centers.**  
**Check the monthly calendar for special events and presentations!**

# September 2011

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b> 12:30p (M) VCP Wellness Program 1p (D) Rules of the Road Driving Review
<b>5</b> <b>All Senior Activity Centers closed</b> <b>Happy Labor Day!</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> 12:30p (G) VCP Presentation & Speciality Games
<b>12</b> 10:45a (D) Kish Mobile Health Van 12:45p (C) Kish Mobile Health Van	<b>13</b> 12:30p (G) Kish Mobile Health Van	<b>14</b> 9a (D) Vets. Admin. 11a (M) DeKalb Clinic Eye Screening & Glasses Repair 12:30p (C) VCP Presentation & Games 12:30p (S) Kish Mobile Health Van	<b>15</b>	<b>16</b> 12:30p (G) VCP Presentation & Speciality Games <b>Sycamore Senior Activity Center Closed</b> All are invited to visit other sites!
<b>19</b> 11a (D) VCP Presentation & Speciality Games 12:30p (M) Kish Mobile Health Van	<b>20</b>	<b>21</b> 12p (S) VCP Presentation & Speciality Games	<b>22</b>	<b>23</b>
<b>26</b>	<b>27</b>	<b>28</b> 9a (D) Vets. Admin.  <b>Wii Bowling @ all Senior Activity Centers - see traveling schedule for details!</b>	<b>29</b>	<b>30</b>

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

**Thanks to August Donors:** Dr. A. Anderson - monetary donation; anonymous donors - candy, desserts, puzzles; Don - coffee & paper supplies; Heritage Woods - coffee pot for Malta; Homer, LaVerna & Sandra - lemonade; Jo - cards; Kiwanis of DeKalb - monetary donation; Rhonda - material.

**Items we can use:** Bingo prizes, coffee, cribbage board, decks of cards (bridge, regular & pinochle), items to be donated to The Country Store, lemonade mix, paper plates, plastic forks, plastic knives, plastic spoons tea mix & yarn.

*Senior Moments*

Senior Services  
14 Health Services Drive  
DeKalb, IL 60115

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**This Month's Sponsor: KishHealth System**

**Do you wash your hands as often as you should?** Many diseases and conditions can be spread through inadequate hand hygiene resulting from not washing hands. Kishwaukee Community Hospital recommends that hands should be washed:

- after changing diapers or cleaning up a child who has used the toilet
- before and after tending to someone who is sick
- before and after preparing food
- before and after eating food
- after using the toilet
- after blowing your nose, coughing, or sneezing
- after handling an animal or animal waste
- before and after treating a cut or wound
- after handling garbage

Hand hygiene is critical in order to interrupt the spread of infectious diseases, such as the common cold, flu and gastrointestinal illnesses. Laurie Chilton, RN, Community Wellness health educator, says, "keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. It is best to wash your hands with soap and clean running water for 20 seconds. If soap and water are not available, alcohol-based gel should be used to clean hands."

To learn more, attend one of the programs Laurie Chilton, RN, is presenting about hand washing at the Senior Activity Centers throughout September.

- Sept. 13 at 12:30 p.m. in Genoa
- Sept. 14 at 12:30 p.m. in Sycamore
- Sept. 16 at 12:30 p.m. in Malta
- Sept. 19 at 10:45 a.m. in DeKalb
- Sept. 19 at 12:30 p.m. in Cortland

