
MOUNT PROSPECT SENIOR SENTINEL NEWSLETTER NOVEMBER 2016

CHANGE CLOCKS AND CHANGE YOUR SMOKE DETECTOR BATTERIES

Remember to move your clocks back one hour before you go to bed on Saturday night, November 5th. This is the time of year you should also check your smoke detector batteries.

More Americans have smoke detectors than ever before, however, half do not work!

Without a working smoke detector as an early warning device, fire can spread unnoticed through the household, blocking escape routes and filling rooms with deadly smoke. Make sure you are protected. Start a new lifesaving habit this November 5th. **When you change your clocks, change your smoke detector batteries!**

Residents who cannot afford a smoke alarm, or have physical limitations that would hinder them from installing or maintaining their smoke alarm, should contact the Mount Prospect Fire Prevention Bureau at 847-818-5253 for assistance.



THANKSGIVING & HOLIDAY PROGRAMS

Holidays are approaching and help is available to low-income individuals living in Mount Prospect who need assistance during the Holiday Season.

This year again, with your help, we plan to bring happiness to residents who would otherwise not have the items that help to make holiday time special. In order to allow time for packing and distribution, all food items, should be dropped off at the Village Hall, Human Services Department.

For the Thanksgiving Program, donations should be received by November 15th. For the December Program, donations should be received by December 15th. For additional information, please call the Human Services Department at 847-870-5680.



*The Staff of the Village of Mount Prospect Human Services Department
would like to wish you a Happy Thanksgiving!*

*Julie, Jan, Nina, Victoria, Jill, Julia,
Linda, Colleen, Laura, Cindy, Carol, Julie, and Chris*

SCRABBLE ANYONE?

The Scrabble group meets every Tuesday at 12:30 p.m. All are encouraged to come in for a game or two.



PINOCHLE GROUP

The pinochle group plays single deck every Wednesday evening. Doors open at 6:30 p.m. and play begins at 7:00 p.m. (Doors are then locked at 7:00 p.m.) Both cutthroat and regular pinochle are played. Partners are not needed, so please join the group any Wednesday you feel like playing.



Village of Mount Prospect Human Services Department

50 South Emerson Street
Mount Prospect, IL 60056
Phone: 847-870-5680

www.humanservicesdept@mountprospect.org

**Hours: Monday – Friday
8:30 A.M. to 5:00 P.M.**

Director: Julie Kane
Deputy Director: Janet Abernethy
Public Health Nurse: Jill Heinking
Social Worker: Nina Persino
Police Counselor: Julia Arteaga
Social Work Intern: Colleen Montgomery
Social Work Intern: Laura Mir
Office Manager: Carol Baldini
Secretary / Newsletter Editor: Julie Jarosz
Community Connections Center (CCC)
Coordinator: Victoria Bran
Intake Receptionist: Linda Contreras
Social Work Intern: Cyndi Anderson

SENIOR MEN'S CLUB

The Mount Prospect Senior Men's Club enjoys camaraderie and friendship each Wednesday from 12:00 noon to 4:00 p.m. in the Village Hall Community Center, located on the first floor at 50 South Emerson Street. The room has many windows, which face onto a landscaped vista.

Ample first-floor parking is available in the garage, which has an entrance door to the building with automatic openers. This makes it easy to navigate even for those who have trouble walking.

The Club has a general meeting at 1:30 p.m., beginning with the Pledge of Allegiance. Birthdays are celebrated, a finance statement is read each month and regular business is attended to. Some men play Bridge, Gin Rummy, or Pinochle, while others enjoy shooting pool at the two tables that are available. Many attend for the first time and are soon laughing with the rest of us.

Members are asked to donate only \$1.00 each week, which is used for the coffee and cakes that are served, as well as cups, paper plates, napkins, stirrers, creamer and sugar. On occasion, members are asked for \$2.00 to meet these expenses. Please come in and enjoy a really swell men's club!





MOUNT PROSPECT SENIOR WALKING CLUB WILL BE MOVING INDOORS NOVEMBER 1, 2016!

The Mount Prospect Medical Reserve Corps and the Mount Prospect Park District will be joining forces to help keep seniors in our community active and healthy. **The Walking Club will continue to meet from 8:30-9:30 a.m. on Tuesdays at the Mount Prospect Park District Central Community Center, 1000 W. Central Road.** Seniors will walk around the in-line skating rink under the supervision of nurses from the Mount Prospect Medical Reserve Corps. This program is free. Please wear comfortable shoes and feel free to bring any assistive devices you may need.

Seniors who are not able to join the Walking Club may also walk the Mount Prospect Park District CCC facility Monday through Friday from 5:30 am to 11:00 a.m., no membership is required. All are welcome to walk free of charge.

RULES OF THE ROAD CLASS

This course is intended to give drivers the information and confidence they need to pass their license renewal examination. The class will be held on Wednesday, November 16, 2016 at 1:30 p.m. To register, call the Human Services Department at 847-870-5680.



TREE LIGHTING CEREMONY AND CHRISTKINDLMARKET

The Village of Mount Prospect's 6th Annual Tree Lighting Ceremony will be held on Wednesday, November 23 at 5:00 p.m. in Keystone Plaza at the Village Hall (Route 83 and Busse Avenue).

The official Tree Lighting ceremony begins with Mayor Arlene A. Juracek leading the program. Once again, the Mount Prospect Lions Club will be serving hot cocoa to guests.

The Christkindlmarket will take place on Wednesday, November 23rd from 4:00 – 7:00 p.m. in Village Hall's Community Room (1st floor). It will feature a variety of vendors with unique items just in time for the holidays.



HEALTH SERVICES

FASTING CHOLESTEROL / LIPID PROFILE SCREENING OFFERED

Are you trying to control your cholesterol through diet and exercise rather than medication? Has your doctor recently switched your cholesterol medication and you're not sure if it is working? Does insurance only pay for one cholesterol/lipid profile test a year? Are you confused by "good" cholesterol and "bad" cholesterol and what the numbers mean?

If you answered yes to any of these questions, you may want to have a lipid profile test done at the Village Hall on the second Thursday of each month. Appointments are required and can be made by calling 847-870-5680. Patients must fast 10 hours prior to the appointment. This screening is open to all adults in the community and the cost is \$20, which includes a fasting blood sugar test as well. Testing is done by the public health nurse and includes post-testing education and instructional materials. This is a "finger-stick" type of test, not a blood draw.

COAGULATION TESTING (INR) FOR RESIDENTS ON COUMADIN

The Village nurse makes visits to homebound seniors who do not qualify for insurance reimbursed home health care visits. These routine health monitoring visits are done once a month and visits may include filling pill minders, monitoring conditions for the patient's physician, and providing health and nutrition education. A physician's order is required for this service.

HEALTH SCREENING CLINICS

Our nurse sees patients for free blood pressure checks, \$1 fasting blood sugar and \$4 total cholesterol blood test every Monday morning between 9:00 a.m. and 11:00 a.m. at Village Hall; Monday afternoon at the Community Connections Center, 1711 W. Algonquin Road, between 1:30 p.m. and 3:00 p.m.; at Keefer's Pharmacy, 5 W. Prospect Avenue, on the first Friday of each month from 3:00 p.m. to 4:00 p.m.; and at Stay Fit Physical Therapy and Core Wellness, 127 W. Prospect Avenue, on the second Wednesday of each month from 12:15 to 1:15 p.m. No appointments needed.

EDUCATIONNAL PROGRAMS FOR SENIORS

Programs are usually held in the Community Room at Village Hall at various times during the year. October is Senior Health Month every year in Mount Prospect and a variety of educational programs take place at that time. State Representative David Harris holds a Senior Health Fair at Village Hall every October which includes a variety of screenings, flu shots and information for seniors presented by 30 local community groups.

NURSES LENDING CLOSET EQUIPMENT

The Village of Mount Prospect administers the Nurses Lending Closet. The program provides medical equipment such as wheelchairs, walkers, canes, commodes and bath seats to residents on a temporary basis. This enables any resident, who has a medical problem that requires special equipment, to borrow equipment for up to three months free of charge. The cost of the program is covered by voluntary donations from civic organizations and individuals who use the program.

The lending closet is in the Mount Prospect Human Services Department located in Village Hall, 50 South Emerson Street, on the 2nd floor. If you would like to know if an item is available, call 847-870-5680.

Due to the tremendous generosity of many people, our lending closet is full and we are unable to accept donations of medical equipment at this time.

Thank you for your thoughtfulness.





MOUNT PROSPECT PUBLIC LIBRARY PRESENTS

The Story of Smoky the War Dog

Tuesday, November 15, 2016

1:30 P.M.

From a chance discovery in an abandoned fox hole to becoming a famous entertainer and the world's first official therapy dog, Smoky the War Dog's story is nothing short of amazing. In this Senior Session, storyteller Adrian Brigham will talk about the eventful life of the little dog who became a decorated World War II hero.

Seniors . . . stop by the Library for an afternoon of activities and refreshments designed especially for you! This program is held the third Tuesday of each month.

All programs begin at 1:30 p.m. in Meeting Room A. Please sign up for these free programs by calling 847/253-5675, or visit our website at www.mppl.org, or simply stop by the Library. The Library requires at least a one-week notice if special accommodations are needed.



Senior Groups Descriptions

CARDS

There are a number of card groups that meet at the Community Center. Contract Bridge and Pinochle are usually the games of choice. It is recommended that anyone participating in a card group arrive at least fifteen minutes before starting time.

MAHJONG

This group meets every Wednesday at 9:30 a.m.

MEN'S CLUB

This club meets at 12:00 noon every Wednesday. After a brief update on club news, the men play cards and shoot pool. Coffee and sweet rolls are served, too.

MOUNT PROSPECT WOMAN'S CLUB

This club is a philanthropic organization supporting many worthy causes such as the Food Pantry, Historical Society, WINGS, Hines Veteran Hospital, Scholarships, etc. The club also hosts card parties, luncheons, and fashion shows. Meetings are held at 12:00 noon on the 1st Tuesday of the month, September through May, at the Village Hall Community Room. Call Jodi Hansen at 708-997-9624 for more information. (Please see the calendar on the last page for any changes in meeting dates.)

PINOCHLE

This group meets every Wednesday evening at 7:00 p.m.

- There is a Tournament Pinochle Group on the third Wednesday of each month from September through May. To play in the tournament, you must join the group in September.
- Regular Pinochle meets every Wednesday throughout the year.

MUSIC

The Sentimentalists Senior Chorus meets every Wednesday morning at 10:00 a.m., September through December; then April and May. They are a friendly group that enjoys singing a variety of familiar music. They occasionally perform for other organizations.

SCRABBLE

The Scrabble group meets every Tuesday at 12:30 p.m. All are encouraged to come in for a game or two.

SENIORS FRIENDSHIP CLUB

The club gets together on the second and fourth Tuesdays of each month at 1:00 p.m. Stop in for assorted programs, luncheons, Bingo, etc.

SUNDAY GAME GROUP

The group alternates between Bingo and other board games every Sunday at 12:00 noon.

YOUNG AT HEART CLUB This group plays assorted card games every Monday at 9:00 a.m.

**The
Community Room/Pool Room will be closed
on the following days:**

**November
17, 18, 20, 21, 23, 24 & 25.**

We apologize for any inconvenience.

Medicare_{Rx}
Prescription Drug Coverage _X

**The deadline for Medicare D open enrollment is
December 7, 2016.**

Every year brings changes in premiums, co-pays, deductibles and drugs covered for all drug plans! Our staff uses a tool available on the Medicare website to help you determine which plan is best for you for the upcoming year. In addition, we will assess whether you are eligible for extra help with your plan premiums and co-pays.

Anyone who would like assistance with enrolling or reviewing their current plan should call the Mount Prospect Human Services Department at 847-870-5680 to schedule an appointment.

NOVEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1:00 PM Scrabble	2 9:30 AM Mahjong 10:00 AM Chorus 12:30 PM Men's Club 7:00 PM Pinochle	3 3:00 PM Blood Drive	4 1:00 PM Contract Bridge	5 1:00 AM DAYLIGHT SAVING TIME ENDS 
6 12:00 PM Sunday Game Group 1:00 PM Contract Bridge	7 9:00 AM Health Screening 9:00 AM Young at Heart 1:00 PM Contract Bridge	8 1:00 PM Scrabble 1:00 PM Seniors Friendship Club Election Day 	9 9:30 AM Mahjong 10:00 AM Chorus 12:00 PM Bridge 12:30 PM Men's Club 7:00 PM Pinochle	10 8:45 AM Cholesterol Screening - by Appointment 12:00 PM Woman's Club	11 1:00 PM Contract Bridge 7:00 PM Contract Bridge Veteran's Day 	12 1:00 PM Woman's Club Jigsaw Puzzle Contest
13 12:00 PM Sunday Game Group 1:00 PM Contract Bridge	14 9:00 AM Young at Heart 9:00 AM Health Screening 1:00 PM Contract Bridge	15 1:00 PM Scrabble	16 9:00 AM Sew Bee It Quilters 9:30 AM Mahjong 10:00 AM Chorus 12:30 PM Men's Club 1:30 PM Rules of the Road Class 7:00 PM Pinochle	17 Community Room is Closed. All Clubs are Cancelled.	18 Community Room is Closed. All Clubs are Cancelled.	19
20 Community Room is Closed. All Clubs are Cancelled.	21 Community Room is Closed. All Clubs are Cancelled.	22 1:00 PM Scrabble 1:00 PM Seniors Friendship Club	23 Community Room is Closed for the Christkindl Market and Tree Lighting Ceremony	24 Village Hall is Closed for the Thanksgiving Holiday 	25 Village Hall is Closed for the Thanksgiving Holiday 	26
27 12:00 PM Sunday Game Group 1:00 PM Contract Bridge	28 9:00 AM Health Screening 9:00 AM Young at Heart 1:00 PM Contract Bridge	29 1:00 PM Scrabble	30 9:30 AM Mahjong 10:00 AM Chorus 12:30 PM Men's Club 7:00 PM Pinochle			

If you need assistance with participation in any of the activities held at the Community Center, please let the office know in advance.