
MOUNT PROSPECT SENIOR SENTINEL NEWSLETTER DECEMBER 2016

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

FOOD PANTRY ASSISTANCE

Our Emergency Food Pantry is available to all Mount Prospect residents, including senior citizens. After a financial assessment has been made, qualified residents are able to visit the food pantry once a month.

Appointments for the assessments and subsequent food pick-ups are necessary and can be made by calling the Human Services Department at 847-870-5680 or the Community Connections Center at 847-506-4930.



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



*Julie, Jan, Nina, Julia, Victoria, Jill, Carol,
Linda, Cyndi, Colleen, Laura, 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

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.



MOUNT PROSPECT PUBLIC LIBRARY PRESENTS



Tuesday, December 20, 2016

1:30 P.M.

Professional magician Jeanette Andrews presents a program with a thought-provoking take on the art of illusions in this Senior Session. Andrews' magic draws on philosophy, psychology, and human perception and will give you a new perspective on how you see the world. Registration is required.

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.

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.



SNOW SHOVELING IS RISKY

Recent research at the William Beaumont Hospital in Royal Oak Michigan, showed that shoveling can strain the heart, says Barry Franklin, Ph.D., director of cardiac rehabilitation at the hospital. After only ten minutes of shoveling snow, the mean heart rate of the ten men tested was 97 percent of the maximum – higher than the target range for aerobic exercise (70 to 85 percent of the maximum). Experts say the results would hold for women also.

The effects of shoveling snow are compounded by the cold, which constricts the blood vessels, increasing blood pressure. If the arteries are clogged, any further narrowing can cause a heart attack, says Franklin.

He advises those at risk – smokers, sedentary people, and those who have heart disease or high blood pressure or cholesterol – to “hire a local teenager or someone with a plow” to clear snow.

If you choose to do it yourself, dress in layers and cool down afterward. When your body overheats, it increases the demand on your heart. Stop shoveling if you experience chest pain or pressure, light-headedness, or heart palpitations. If your symptoms persist, see a doctor immediately.



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

**December
8, 20, 21, 22 & 26.**

We apologize for any inconvenience.

HOW TO GO GREEN FOR THE HOLIDAYS

If you want to enjoy a clean and sustainable future and leave your children and grandchildren with the same standard of living that you are enjoying, it is important that we take better care of the home we all share, our Planet Earth. The holidays offer many opportunities to save money, cut energy use and help balance our home's greenhouse gas budget-the amount of carbon dioxide released into the atmosphere to produce goods or electrical power.

1. When you go shopping, whether for groceries or gifts, bring your own bags. Plastic bags often end up endangering birds and paper bags are expensive to produce.
2. Adjust the temperature in your refrigerator and freezer. Of all household appliances, refrigerators use the most electricity. You can maximize the appliances' efficiency by setting your refrigerator at 37 degrees and your freezer at 0. Look for energy efficient appliances if you are buying new ones
3. Look for the "Green Seal" on paper products. Napkins, paper towels and toilet paper that meet recycling and bleaching standards carry the seal.
4. Pay attention to packaging. Look at the amount of plastic, cardboard, and other materials used to package your purchase. Choose products with the smallest amount of excess packaging.
5. Making coffee? Save trees by replacing the filter papers in your coffee maker with reusable filters that you simply need to rinse out.
6. If you use disposable dinnerware, buy the kind that won't clog landfills or kill trees. Some new products are made from corn, potatoes and limestone and cost less than six cents per plate.
7. Support local farms and farmer's markets. When you purchase locally, it helps to decrease our dependence on oil and cut back on gas emissions.
8. Use your creativity in gift giving and gift wrapping. Make your own wrapping paper from magazine pages. If you buy wrapping paper, look for some made of recycled paper. Don't wrap reusable tins, boxes and baskets. If you are shipping gifts, use recyclable materials as space fillers.
9. If you send greeting cards, look for ones made from recycled materials. Consider sending greeting cards by email, making a phone call or make a donation to a charity in lieu of sending cards.



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.

DECEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3:00 PM Blood Drive	2 1:00 PM Contract Bridge 7:00 PM Contract Bridge	3
4 12:00 PM Sunday Game Group 1:00 PM Contract Bridge	5 9:00 AM Young at Heart 9:00 AM Health Screening 1:00 PM Contract Bridge	6 12:00 PM Woman's Club 1:00 PM Scrabble	7 9:30 AM Mahjong 10:00 AM Chorus 12:30 PM Men's Club 7:00 PM Pinochle	8 8:45 AM Cholesterol Screening - by Appointment	9 1:00 PM Contract Bridge	10
11 12:00 PM Sunday Game Group 1:00 PM Contract Bridge	12 9:00 AM Health Screening 9:00 AM Young at Heart 1:00 PM Contract Bridge	13 1:00 PM Scrabble	14 9:00 AM Sew Be It Quilters 9:30 AM Mahjong 10:00 AM Chorus 12:00 PM Bridge 12:30 PM Men's Club 7:00 PM Pinochle	15	16 1:00 PM Contract Bridge	17
18 12:00 PM Sunday Game Group 1:00 PM Contract Bridge	19 9:00 AM Young at Heart 9:00 AM Health Screening 1:00 PM Contract Bridge	20 Community Center is Closed. All Clubs are Cancelled.	21 Community Center is Closed. All Clubs are Cancelled.	22 Community Center is Closed. All Clubs are Cancelled.	23 1:00 PM Contract Bridge	24
25 Village Hall is Closed for the Holiday 	26 Village Hall is Closed for the Holiday 	27 1:00 PM Scrabble	28 9:30 AM Mahjong 12:30 PM Men's Club 7:00 PM Pinochle	29	30 1:00 PM Contract Bridge	31

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