

health events

For Older Adults



October-November 2017

Hello Neighbors! Please join us for these fun and informative events!

Please note location and registration process for each program. Hope to see you soon!

AARP Smart Driver Course – Two day class: October 23 & 24 | 10am–2pm
La Grange Public Library Dierkes Community Room A, 10 West Cossitt Avenue, La Grange. Learn how our driving is affected by changes in ourselves, and medications, medical conditions, alcohol, vision, hearing, brain health, flexibility. Class cost: \$15 for AARP members and \$20 for non-members payable to AARP at the class. **MUST TAKE BOTH DAYS OF THE CLASS** for credit on your car insurance. For more information or to register, contact Alyson at 708-603-2259 or AWN@agingcareconnections.org

AMITA Health New Breast Self-Exam Technique:MammaCare®-October 25 | 7-8:30pm
Riverside Public Library, Public Meeting Room, 1 Burling Rd, Riverside.
Build confidence and skill with an introduction to the MammaCare® method of breast examination! MammaCare® is the internationally recognized standard for breast examination. During this class, you will practice on lifelike breast models, allowing you to feel the difference between the texture of normal tissue and lumps. Bring your mother, sister, aunt and friends! For more information, contact Alyson at 708-603-2259 or AWN@agingcareconnections.org.

Managing Utility Costs and Utility Bill Clinic - October 26 | Seminar 10-11am | Clinic 11-12:30pm. *Part of the monthly Seminar & Snacks series.* Confused about utility choices? Join us for an informative seminar on understanding and managing your utility costs. Meet one-on-one with a specialist from the non-profit Citizen's Utility Board after the seminar to review your utility bills. *Bring your gas, electric, cable, and phone bills!* Aging Care Connections. 111 W. Harris Ave, La Grange. For more information or to register, contact Alyson at 708-603-2259 or AWN@agingcareconnections.org.



111 W. Harris Avenue | La Grange, IL 60525 | t: 708-354-1323 | f: 708-354-0282

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Halloween Party! - October 31 | 10am-2:30pm

Salerno's Pizzeria & Sports Bar, 9301 W. 63rd Street, Hodgkins. Join us for a Halloween Celebration! Bingo, costume contest, goody bags, trick or treat game, special treats, and more! Join us for lunch too! (Suggested lunch donation \$2.50, lunch starts at 11:30). For more information or to reserve your spot, please call 708-354-1323 by October 30 at noon.

Benefits Open Enrollment – November 7 | 9am-2pm (By appointment only)

Have you ever wondered if you are receiving all the benefits you should? Do you hesitate to find out if you qualify for a program because they are so confusing? Make an appointment to meet with a specialist to review your documents, complete some benefit items, and get answers to your questions. Aging Care Connections, 111 W. Harris Ave, La Grange. For more information or to register, call 708-354-1323.

Connect with Aging Care Connections! - November 9 | 10-11am

The Brookfield Colgrass Café in the Elk Lodge, 9022 31st Street, Brookfield. Brookfield's Aging Well Team invites you to get all the updates about programs, services, and news available to older adults in the area through Aging Care Connections. Light refreshments will be served. If you would like to stay for lunch after the program please call 708-310-4434 to make a lunch reservation (\$2 suggested donation for lunch). For more program information, contact 708-603-2342.

Medicare Informational Seminars

November 9 | 6:30-8:30 pm | Brookfield Public Library, 3609 Grand Blvd, Brookfield.

November 11 | 10-11:30 am | La Grange Public Library, Dierkes Community Room AB, 10 West Cossitt Avenue, La Grange.

Especially important for those approaching age 65, or already age 65 or older. Learn about Medicare changes. How to select the best Medicare Supplement Plan and Part D Drug Plan. How to avoid making a mistake in selecting a Plan. Learn about the lowest cost Medicare Plan. For more information or to register, contact Alyson at 708-603-2259 or AWN@agingcareconnections.org



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A Grateful Veteran - November 13 | 7-8:15 pm

Brookfield Public Library, Meeting Room, 3609 Grand Blvd, Brookfield. Join Bosnian War Veteran Tom Kens as he shares how life on board the USS John F. Kennedy aircraft carrier forged his *attitude of gratitude*. To register, contact Laona Fleischer at 708-485-6917 x130 or reference@brookfieldlibrary.info.

Sharing Treasured Memories – November 14 | 10-11am

North Riverside Community Center, 2401 Des Plaines Ave, North Riverside. Bring a copy of your favorite holiday recipe and most treasured memory of the holiday season. Four lucky winners will be asked to share their most treasured memory with those in attendance. Not interested in sharing? No problem...come and enjoy hearing others' stories! Please bring a non-perishable food item for the local food pantry. Refreshments will be served. Hosted by the Lyons/North Riverside/Riverside Aging Well Team. For more information call Romy Vargas at 708-447-5092.

Greater Chicago Food Depository Mobile Pantry – November 21 | 3:30-5:30pm

Please bring your own grocery bags. Justice Village Hall, 7800 Archer Rd, Justice. For more information call 773-247-FOOD (3663).

AARP Smart Driver Course – Two day class: November 28 & 29 | 10am–2pm

La Grange Public Library Dierkes Community Room A, 10 West Cossitt Avenue, La Grange. Learn how our driving is affected by changes in ourselves, and medications, medical conditions, alcohol, vision, hearing, brain health, flexibility. Class cost: \$15 for AARP members and \$20 for non-members payable to AARP at the class. **MUST TAKE BOTH DAYS OF THE CLASS** for credit on your car insurance. For more information or to register, contact Alyson at 708-603-2259 or AWN@agingcareconnections.org



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AARP Smart Driver Course – Two day class: December 7 & 8 | 10am–2pm
La Grange Public Library Dierkes Community Room A, 10 West Cossitt Avenue, La Grange. Learn how our driving is affected by changes in ourselves, and medications, medical conditions, alcohol, vision, hearing, brain health, flexibility. Class cost: \$15 for AARP members and \$20 for non-members payable to AARP at the class. **MUST TAKE BOTH DAYS OF THE CLASS** for credit on your car insurance. For more information or to register, contact Alyson at 708-603-2259 or AWN@agingcareconnections.org

Medicare Seminar – December 13 | 6:30-8:30pm
Riverside Public Library, Public Meeting Room, Riverside. Especially important for those approaching age 65, or already age 65 or older. Learn about Medicare changes. How to select the best Medicare Supplement Plan and Part D Drug Plan. How to avoid making a mistake in selecting a Plan. Learn about the lowest cost Medicare Plan. For more information or to register, contact Alyson at 708-603-2259 or AWN@agingcareconnections.org.

Greater Chicago Food Depository Mobile Pantry – December 19 | 3:30-5:30pm
Please bring your own grocery bags. Village of Hodgkins, 9096 Joliet Rd, Hodgkins. For more information call 773-247-FOOD (3663).

ON-GOING ACTIVITIES

Friday Morning Regulars – **EVERY FRIDAY** | 8:30-10:30am. Senior men discuss current issues. St. Barbara School, 900 Windemere Ave, Brookfield.
Questions? Call 708.308.4420.

Walk for Health – **3RD WEDNESDAY OF EVERY MONTH** | 10:30-12pm
Hosted by the La Grange Aging Well team. Guest speaker and snack before members walk on the indoor track. La Grange Recreation Center – 536 East Ave, La Grange
No registration required and no distance requirements. Questions? Call 708.308.4420.



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SUPPORT GROUPS

Pulmonary Support Group – 4th Wednesday of the month | 10-11am
AMITA Health La Grange Hospital, 5101 Willow Springs Rd., La Grange.
Questions? Call 708-245-3608.

Alzheimer's and Other Dementia Support Groups - *For those caring for someone with any type of dementia.* 1st Tuesday of the month | 1:30-3pm and 4th Monday of the month | 6-7:30pm. Aging Care Connections. 111 W. Harris Ave, La Grange. Questions? 708-603-2260

Caregiver Consultation - 1st and 3rd Wednesdays of the month | 10am-1pm
Sharp Community, 1609 N. 36th Avenue, Melrose Park. Questions? 708-603-2331

Grandparents Raising Grandchildren Groups

Last Thursday of the month | 10 – 11:30am.

Summit Public Library, 6233 S. Archer Rd., Summit. Questions? 708.603.2331

3rd Thursday of the month | 5:30 – 7pm

Sharp Community, 1609 N. 36th Avenue, Melrose Park. Questions? 708-603-2331

Caregiver Support Groups – For those caring for an older adult

1st Wednesday of the month | 2-3:30pm

Sharp Community, 1609 N. 36th Avenue, Melrose Park. Questions? 708.603.2331

2nd Friday of the month | 1:30-3pm

Seniors Assistance Center 7774 W. Irving Park Road Norridge. Questions?
708.603.2328

3rd Tuesday of the month | 2-3:30pm

Gottlieb Memorial Hospital, Professional Building, 701 W. North Ave, Melrose Park.
Questions? 708.603.2328



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The following programs are offered by Rush Generations

Unless otherwise noted, all Rush Generations programs are held at **Rush University Medical Center, Searle Conference Center, 5th Floor (Elevator II – Professional Building, 1725 W. Harrison St., Chicago)**. Because space is limited, please call (888) 352-RUSH (7874) to reserve your seat. For registered attendees, there will be refreshments. Parking is available in the Rush garage and may be validated upon request. Accommodations for participants with limited mobility, including valet services, are available upon request.

Movie and Popcorn Event: The Best Exotic Marigold Hotel - October 25 | 1-3pm

Join us for a screening of the award-winning movie “The Best Exotic Marigold Hotel,” which explores the experiences of a group of British retirees who move to India in search of an affordable and comfortable way to spend their “golden years.” A guided panel discussion will follow to address pertinent issues related to the movie.

Caregiving 101 - November 15 | 1-3pm

November is National Family Caregivers Month. Join us for this annual lecture to learn about accessing resources, managing care after a hospitalization, staying organized, and caring for yourself in the midst of it all.

Navigating Housing Options in Chicago - November 29 | 1-3pm

Navigating housing can be a difficult process for anyone. Come hear an informative discussion on housing options in Chicago, including transitional housing, transitions to nursing homes and assisted living, housing for people with disabilities, and help paying utilities.

Holiday Highs and Lows - December 3 | 1-3pm

For most of us, the holiday months bring about heightened joys and the occasional blues. Come hear from experts in mental health and aging on how to manage your holiday highs and lows. Participate in activities led by arts professionals, and learn about ways to stay active and engaged during the holiday season.



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Take Charge of Your Health and Take Charge of Your Diabetes

Learn how to THRIVE – not just survive! The Take Charge of Your Health program was developed by Stanford University and is geared toward older adults who have one or more chronic health conditions (eg: arthritis, heart disease, COPD, etc.) and has been proven to help participants take control of their condition and to feel better. These workshops are held at AMITA Health La Grange and AMITA Health Hinsdale hospitals. Find out when the next workshop is scheduled and reserve your spot today by contacting Alyson Scanlon at 708-603-2259 or AWN@agingcareconnections.org.

**The following are on-going activities sponsored by the
AMITA Health La Grange Act II Senior Club**

Tai Chi – Fridays at 10:00am. Presence Bethlehem Woods 1571 W. Ogden Ave. La Grange Park. Free for Act II members. (Act II membership is free!). For more information or to register, contact Act II at 855-692-6482.

Blood Pressure Readings - The third Tuesday of each month from 9:00-11:00am in the lobby of AMITA Health La Grange Medical Center, 5101 Willow Springs Rd, La Grange. Free. No reservation or appointment required. For more information contact Act II at 855-692-6482.



Do you want to receive an electronic copy of this newsletter? Send us your email address and we'll add you to our list! (Note – your email address will only be used to send you information on health events for older adults in the Chicago suburbs and will never be sold or shared.) Send your name, zip code, and email address to: AWN@agingcareconnections.org.

QUESTIONS? If you any questions about these events, please contact Alyson at 708.603.2259 or AWN@agingcareconnections.org.

