



outside in

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BRINGING THE OUTSIDE WORLD IN FOR SENIORS IN OUR COMMUNITY

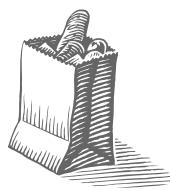
OUR MISSION: "Using primarily volunteers, PeopleCare will assist and support the homebound elderly by providing socialization, emotional support and access to service providers where no one is denied services."



PeopleCare Goes Grocery Shopping!!

PeopleCare is celebrating the first anniversary of its inaugural shopping trip. In March 2008, we launched our pilot shopping program in conjunction with the British Home. After doing some research on client needs, the program began with a weekly trip on Tuesday mornings to Tischler's grocery store in Brookfield. PeopleCare determined who would be going each week and provided personal on site assistance to shoppers. The British Home generously provided the use of one of their busses and drivers.

On Tuesday mornings, the bus departs the British Home at about 9:30 a.m. to begin picking up our shoppers. After navigating through potholes, narrow driveways and streets, we arrive at Tischler's 30 minutes later with about a half a dozen people. Shoppers have



approximately 45 minutes to complete their shopping and can choose to go to First National Bank of Brookfield, the hardware store, CVS and/or Tischler's. When finished, we load up our bus with passengers and goods and begin the drop-offs back home. PeopleCare also provides bus to kitchen assistance with the groceries for passengers when needed.

The weekly trip has been very successful and has led to discussions about adding an additional trip each week. The second trip, if approved, would rotate destinations weekly. Some suggested destinations to date have been: Aldi, Target, Riverside Foods, or Trader Joe's. If you are interested in joining us, give us a call at 442-1223 and let us know. We would like your suggestions as well, so give this some thought and help us plan the next course!

- Nancy Chmell *PeopleCare Transportation Coordinator*

Please complete this simple survey and call PeopleCare at 442-1223 with your results.

Grocery Shopping Survey

YES, I need to go shopping!

Please circle what day works best for you?

Mon. Tues. Wed. Thurs. Fri.

morning afternoon

Where would you like to go shopping?

Aldi's Riverside Foods Target Trader Joe's Tischler's

Thank You FOR YOUR DONATIONS

Thank you to all the donors, individuals and organizations, that have contributed financial support to PeopleCare's mission! It is through your generosity that we have been able to continue our work to assist and support the homebound elderly by providing socialization, emotional support and access to service providers where no one is denied services. We greatly appreciate your assistance.

(The following are a continued list of names of donors for 2008. We regret if any names were inadvertently omitted due to production deadlines.)

Individual Donors:

William Cooney
Julie Moore
Diane Musil
Harlow O'Beirne
Michelle Roblee
Ruth Rybicki
Harold Verdak
Olga Zera



Organizations:

Ascension Lutheran Church
CME Group
Riverside Bank and
It's Founding Members
Riverside Township Lions Club

Your Skin is Talking, Are You Listening?

Skin is a living organ. Soft, supple skin is more than physically attractive, it's an essential part in helping your body fight infections and preserve your body's water content. So when your skin tells you it needs help, listen.

To enhance your skin's natural ability to insulate and hold moisture, doctors suggest washing with mild cleansers that are saturated with essential fatty acids to clean without stripping your skin's natural protective oils. Immediately after washing, follow up with a topical moisturizer to repair and restore your skin's barrier property.

Use gentle, fragrance-free products like Aquaphor, Aveeno, Oil of Olay, CeraVe, Cetaphil Eucerin or Vanicream - available

without a prescription at most drug stores. But for moisturizing, that old favorite, petrolatum (a.k.a. Vaseline Petroleum Jelly) may be your best bet for the money.

Other steps to protect your skin:

- Avoid long, hot baths and showers that can strip your skin's protective oils.
- Use moisturizer, preferably within 10 minutes of your bath or shower.
- Cover as much skin as possible when temperatures hover around freezing or on windy days.
- Use a humidifier to add back moisture your heating system pulls from the air.
- Wear sunscreen. Even if the sun isn't shining, cancer-causing ultraviolet (UV) rays can still penetrate your skin, and UV exposure is cumulative.

*-from Rush Oak Park Hospital
Aging Wisely, Winter '08*

my PEOPLECARE STORY

STORIES & THOUGHTS BY FRIENDS OF PEOPLECARE

"It wasn't that long ago, that Nancy, a PeopleCare employee, was such a part of my Mom's life with all the nice things she did for her. Last June, Mom passed away peacefully, just two days shy of her 100th birthday. Please accept this thank you, to a group of people who were there for me when I needed help.

With warmest regards,

- A Friend of PeopleCare

ONE CALL FOR SENIORS

(708) 354-1323

With One Call, seniors and their caregivers can get information about resources such as:

- Benefit Assistance
- Social Services
- Housing
- Wellness Programs
- Health Care
- Support for Caregivers
- Home Maintenance
- Transportation & more

**Call Southwest Suburban Center on Aging,
708-354-1323, or visit them on line at:
<http://www.swscoa.org>**

Aging Well | Community Action Team of La Grange & La Grange Park

Senior Help Line

The Illinois Department on Aging, offers individual help and counseling available for elders and their families, through the Senior Help Line. Help includes hot meals delivered, transportation services, and lowered Medicare prescription drug costs. Call The Senior Help Line, 1-800-252-8966 or visit www.state.il.us/aging to get information.

"IF YOU ASSOCIATE
ENOUGH WITH
OLDER PEOPLE
WHO DO ENJOY
THEIR LIVES, WHO
ARE NOT STORED
AWAY IN ANY
GOLDEN GHETTOS,
YOU WILL GAIN A
SENSE OF
CONTINUITY AND
THE POSSIBILITY
FOR A FULL LIFE!"

- Dennis Wolfberg

Joint Replacements: Don't Let Age & Fear Limit You

How old is too old for joint replacement? When approaches such as taking anti-inflammatory medications and pain relievers, avoiding activities that cause pain and using assistive devices like a cane aren't working for a patient, it may be worth considering joint replacement, regardless of age. Older patients who are debilitated by arthritis and live independently, should do what they can to increase their mobility and that may include joint replacement.

Although age may play a factor in what a doctor recommends, fear of surgery has a role in the options patients are

willing to consider. Many patients decide to avoid surgery because of fear, but advances in less invasive surgical techniques and anesthesia methods have made surgery less painful. Also, pain medications work to reduce side effects like nausea so patients can get up and move as soon as possible.

There's something new in joint replacement – hip resurfacing. It's actually an old technology that's been upgraded. Resurfacing preserves more of the patient's normal bone because instead of removing the head of the femur (thigh bone), it's

reshaped and capped – like capping a tooth. The new procedure uses a metal head and a metal liner, rather than plastic, on the hip socket. The metal is considered more wear-resistant than plastic liners, and because the head used is larger – mimicking the natural femoral head – the risk of dislocation should be less.

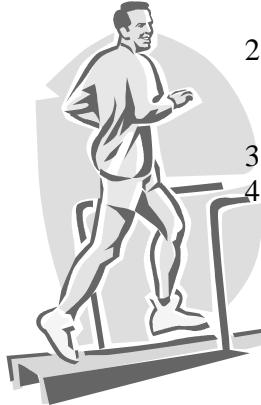
Joint replacements may not be for everyone, but for some people it can prolong the quality of life and could allow for more increased activity levels.

- from Rush Oak Park Hospital
Aging Wisely, Winter '08

"DO NOT BE
TOO TIMID AND
SQUEAMISH ...
ALL LIFE IS AN
EXPERIMENT. THE
MORE YOU MAKE,
THE BETTER."
- Ralph Waldo Emerson

PAGE 3

12 Ways to Beat the BLAHS!!



"NEVER LET
THE FUTURE
DISTURB YOU.
YOU WILL
MEET IT, IF YOU
HAVE TO, WITH
THE SAME
WEAPONS OF
REASON
WHICH TODAY
ARM YOU
AGAINST THE
PRESENT."
- MARCUS
AURELIUS

1. **Fish Oil Every Day** - It is great for brain function!
2. **Jump** - jumping and exercise helps to clear your brain and fortify your skeletal system.
3. **Dark Chocolate** - It has antioxidants.
4. **Pig Out Once a Week** - Cut out potatoes, pasta, rice and bread for six days. Eat chicken, fish steak with brightly colored vegetables and watch your sugar intake. Then one day a week, eat whatever you want. You'll eat and feel better overall.
5. **Mix in Flax Seed** - It is high in fiber and Omega 3's.
6. **Eat an Apple** - It's a great energy boost.
7. **Workout Every Day** - 10 or 20 minutes of high-intensity exercise fires up your circulatory system and sandblasts your capillaries and arteries. Exercise even improves reading retention!

8. **Eat Simply** - If the package reads like a science project, skip it. Your body is better off without any chemicals. Eat organic.
9. **Cut your Hair** - Change your look and self image.
10. **Eat Dinner at Lunchtime** - Eat your big meal in the afternoon, then a low-calorie meal at night. You'll feel and look better.
11. **Get a Little Color** (if you don't have it already) - Get a tan and whiten your teeth. You'll look terrific.
12. **Power Nap** - Lie down. Studies have shown taking a five-minute nap every day can add 10 years to your life.

- Lisa Cregan, *Chicago Tribune Magazine*



Illinois Dept. on Aging Circuit Breaker Program

The Illinois Department on Aging's Circuit Breaker program provides grants to senior citizens and persons with disabilities to help them reduce the impact of taxes and prescription medications on their lives. When the costs of property taxes and prescription medicines begin to "overload" our seniors and persons with disabilities, this program steps in to help, just as a circuit breaker prevents overloads in an electrical system.

For those who qualify, Circuit Breaker provides:

Tax Grants – If you pay property taxes or mobile home taxes on your home, or if you rent or live in a nursing, retirement, or shelter care home that was subject to property taxes, you may be able to receive a grant up to \$700.

License Plate Discounts – A \$54 discount on your license plate fee.

People with Disabilities Ride Free – If you have a qualifying disability and meet the income eligibility requirements of the Circuit Breaker program, you may be eligible for free rides on all fixed-route regularly scheduled buses, trains and public transit systems.

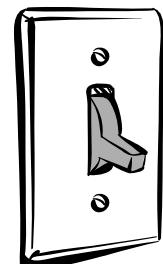
Prescription Drug Assistance –

If you have Medicare, Illinois Cares Rx will help pay the costs that Medicare does not.

If you do NOT have Medicare, Illinois Cares Rx provides two benefits: - Illinois Cares Rx Basic - Illinois Cares Rx Plus.

For more information visit:

www.cbrx.il.gov.



Thank you to the PeopleCare Board Members for devoting their time and service toward achieving our mission. We couldn't do it without you!

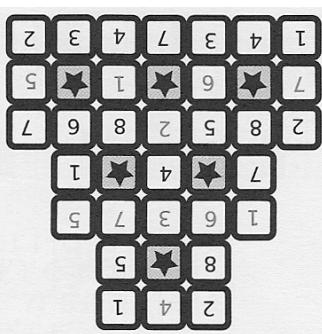
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PUZZLE ANSWER:



STAR POWER!!

Sweep Away That Clutter!!

Spring is a great time to open the windows, clear out the clutter and wash away the grime that winter left behind. It's easy for anyone to lose control over clutter, but people who have medical conditions that limit strength and mobility may have a hard time keeping ahead of housekeeping chores if they live on their own. Family members can help by visiting regularly to lend a hand or by arranging for a housekeeper to help keep things clean and orderly.

If clutter begins to get out of hand, people sometimes avoid having family members visit. That may be a warning signal. "When people don't have their family over, it may be an early sign of dementia or paranoia," says Ashley Martin, MD, a geriatrician and family practice physician at Rush Oak Park Hospital. "In early stages of dementia, people may recognize that they have a problem and try to hide it. So if you have a parent who would prefer that you not come over, that's the time that you must go," says Martin. It can be awkward to talk to someone about their messy home, so a gentle offer to help organize or clean may be easier to swallow than criticism of housekeeping skills. "I find most patients are receptive to help when it's offered in a compassionate way," says Martin.

Clutter is often harmless. "Millions of people have messy homes and offices, but it typically doesn't impair their function." Hoarding is different. "Hoarding is generally associated with an underlying neurological or psychiatric problem, like obsessive-compulsive disorder (OCD) or dementia," says Martin. It's not just the impaired cognitive functioning, and confusion that goes along with dementia, but rather than keeping something because it has value, hoarders can't reason whether they need it or not even though it causes distress or discomfort.

True hoarders are unlikely to be able to resolve their problems without professional help, so it is important to get assistance. "Once they become entrenched, they may be more resistant to getting help," says Martin. Hoarding can be difficult to treat. Occasionally, cognitive behavioral therapy can retrain a hoarder to get through the mental roadblocks that keep him or her from getting rid of things, Martin says, "but we've also had hoarders who have been moved into assisted living facilities, and when removed from the cluttered environment, they seem to do fine."

- from Rush Oak Park Hospital Aging Wisely, Spring '08

A mother was preparing pancakes for her sons, Kevin, 5, and Ryan, 3. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a moral lesson. "If Jesus were sitting here, he would say, 'Let my brother have the first pancake, I can wait.'" Kevin turned to his younger brother and said, "Ryan, you be Jesus."



Welcome New PeopleCare Volunteers!!

We are so grateful for the valuable time that our volunteers give. Their commitment makes a difference in the lives of so many others. **Thank You!**

New Driver

Volunteers

Marty Kenahan
Julie Wert

New Visitor

Volunteers

Olivia Barraza-Murphy
Genevieve Wright
Dolores Worobice

....a Little Laughter

An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart.

"Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?"
She replied, "Then I'll be sure my daughters visit me twice a week!"

.....
The nice thing about being senile, is that you can hide your own Easter Eggs!

.....
My memory's not as sharp as it used to be.....Also, my memory's not as sharp as it used to be.

SENIOR FAIR

**Thursday, May 7, 2009
9:30 am until Noon**

North Riverside Village Commons

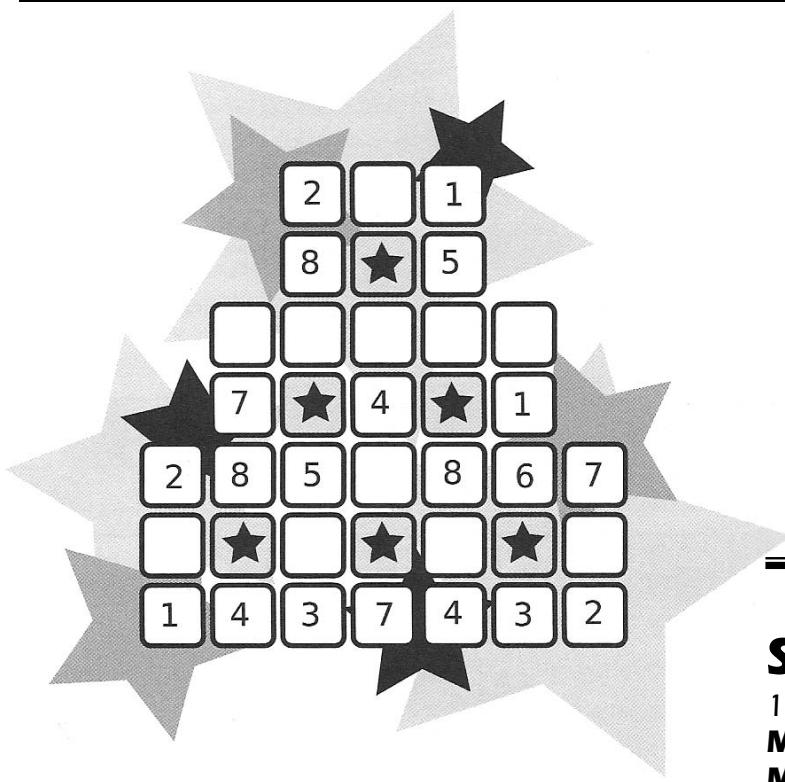
2401 South Desplaines Avenue, North Riverside, IL 60546

For information call: 442-5515

**Save
The Date**

A great resource for seniors and caregivers - representatives from retirement communities, governmental agencies, home health, medical and insurance companies, legal & financial advisors, health specialists, community groups, senior activities/clubs/trips, housing options and many other senior services! Our local agencies will be available to discuss senior concerns.

MENTAL AEROBICS - KEEPING YOUR BRAIN AND BODY HEALTHY



STAR POWER!!

To complete the puzzle, place digits in the grid so that each star is surrounded by all digits from 1 to 8 with no repeats.

Sit and Be Fit!!

10 - Week Session
Mondays & Wednesdays
March 23 – May 27,
1:30 - 2:00 p.m.



Led by Fitness Trainer Rose Porod, this wheelchair-friendly, chair-based wellness class will focus on stretching, range of motion and mild strengthening exercises.

This class will be held at the Wye Valley Independent Living building on The British Home campus at 8700 West 31st Street in Brookfield. To register, please call The British Home campus at **708-485-1155. Cost for the 10-week session is \$25.**

Fitness Trainer rose Porod earned her Bachelor of Science degree from the University of Illinois at Urbana-Champaign, and is certified by the Aerobics and Fitness Association of America. She specializes in working with older adults and their unique challenges.

**FREE PUBLIC
TRANSPORTATION
FOR ALL SENIORS**

PACE and CTA have

**Free ride passes
for all seniors.**

**For information on
how to obtain passes,
visit the RTA website at:**

rtachicago.com/seniorsridefree

or call 836-7000

(from any local area code).



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101 WAYS TO COPE WITH STRESS

Get up 15 minutes early • Prepare for the morning the night before • Avoid tight fitting clothes • Avoid relying on chemical aids • Set appointments ahead • Don't rely on your memory... write it down • Practice preventative maintenance • Make duplicate keys • Say no more often • Set priorities in your life • Avoid negative people • Use time wisely • Simplify meal times • Always make copies of important papers • Anticipate your needs • Repair anything that doesn't work properly • Ask for help with the jobs you dislike • Break large tasks into bite size portions • Look at challenges differently • Unclutter your life • Smile • Be prepared for rain • Tickle a baby • Pet a friendly dog/cat • Don't know all the answers • Look for the silver lining • Say something nice to someone • Teach a kid to fly a kite • Walk in the rain • Schedule play time into every day • Take a bubble bath • Be aware of the decisions you make • Believe in yourself • Stop saying negative things to yourself • Visualize yourself winning • Develop your sense of humor • Stop thinking tomorrow will be a better day • Have goals for yourself • Dance a jig • Say hello to a stranger • Ask a friend for a hug • Look up at the stars • Practice breathing slowly • Learn to whistle a tune • Read a poem • Listen to a symphony • Watch a ballet • Read a story curled up in bed • Do a brand new thing • Stop a bad habit • Buy yourself a flower • Take stock of your achievements • Find support from others • Ask someone to be your "vent-partner" • Do it today • Work at being cheerful and optimistic • Put safety first • Do everything in moderation • Pay attention to your appearance • Strive for excellence NOT perfection • Stretch your limits a little each day • Look at a work of art • Hum a jingle • Maintain your weight • Plant a tree • Feed the birds • Practice grace under pressure • Stand up and stretch • Always have a "Plan B" • Learn a new doodle • Memorize a joke • Be responsible for your feelings • Learn to meet your own needs • Become a better listener • Know your limitations and let others know them too • Tell someone to have a good day in Pig Latin • Throw a paper airplane • Exercise every day • Learn the words to a new song • Get to work early • Clean out one closet • Play patty cake with a toddler • Go to a picnic • Take a different route to work • Leave work early (with permission) • Put air freshener in your car • Watch a movie and eat popcorn • Write a note to a far away friend • Go to a ball game and scream • Cook a meal and eat it by candlelight • Recognize the importance of unconditional love • Remember that stress is an attitude • Keep a journal • Practice a monster smile • Remember you always have options • Have a support network of people, places and things • Quit trying to "fix" other people • Get enough sleep • Talk less and listen more • Freely praise other people • P.S. Relax, take each day at a time... you have the rest of your life to live.