



Senior Moments

January 2012

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

Mary Overbey,
Senior Services
Director
815.758.8616

▼ Did you ▼ ▼ know? ▼

A "portion" can be thought of as the amount of a specific food you choose to eat. A "serving" is a unit of measure used to describe the amount of food recommended from each food group.

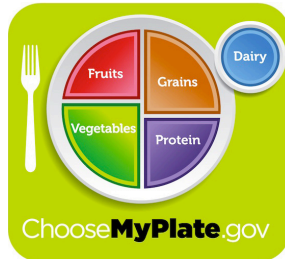
Call 815.758.8616 if you wish to receive this newsletter monthly by mail or e-mail or for a change of address or cancellation.

Save The Date:

February 14 - Schnuck's Valentines Party for couples married over 50 years.

Check the monthly calendar for Nutrition Presentations!

Portion Distortion



Anyone who eats on the run or at restaurants has probably noticed that food portions have gotten larger. Some are termed as "super sized" while others have simply grown in size and provide enough food for near two people. Twenty years ago, the average diameter of a bagel was 3 inches and 140 calories. Today, the 6-inch bagel contains 350 calories. Everyone's favorite-french fries were served in 2.4 ounce portions with about 210 calories but, today, a regular portion is 6.9 ounces with 610 calories! Even coffee can provide us with seven times the number of calories. An 8 ounce cup served with whole milk and sugar is about 45 calories but today's 16-ounce mocha with whole

milk and syrup is 350 'weight-bearing' calories. With this growth have come increases in waistlines and body weight.

Making healthy food choices isn't always easy. The USDA has unveiled "My Plate," a simple guide to help us make better food choices. The new My Plate icon is a plate split into four sections, varying in size depending on the recommended portion of each food a person should eat. A circle shape next to the plate represents dairy products, especially milk.

This month, a registered dietitian from KishHealth System will present a program at each of the Senior Activity Centers that will show you how to balance calories and control portion sizes while still enjoying your food. Helpful tips on food safety will also be discussed.

Take Charge Of Your Health: Live Well, Be Well

Do you feel overwhelmed trying to manage your health? Do you know someone who needs help managing his or her chronic disease? If so, you may want to attend "Take Charge Of Your Health: Live Well, Be Well." This free, six session workshop will offer peer support and cover self-management techniques that people can use to cope with their health concerns. Topics include practical ways to deal with pain and fatigue, self-motivation for making better nutrition and exercise choices as well as ideas for improving communication with doctors, family and friends concerning your chronic condition. The format of the six workshops promotes problem-solving and gaining emotional support from peers.

"Take Charge Of Your Health: Live Well, Be Well" will begin February 1 from 9:30 a.m.

to 12:00 p.m. and will continue the next six Wednesdays (Feb. 8, 15, 22, 29 and March 7.) The series will be held at Family Service Agency, 14 Health Services Drive in DeKalb. The program is open to anyone who is interested in attending including patients, spouses, other family members, friends and caretakers.

The co-leaders for these workshops are Paul Legler and Meryl Greer Domina, who both face their own chronic health problems. The workshop was developed and found to be effective by Stanford University, is sponsored by Northwestern Illinois Area Agency on Aging and is made possible by a grant from Illinois Department of Public Health.

To register or for more information, call the Family Service Agency at 815.758.8616.

FSA Senior Activity Centers
Daily Schedules

Cortland - 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
9:00a Chair Exercises	9:00a NIU Student Nurses	9:00a Chair Exercises
10:00a Games	10:00a Wii Bowling League Games	10:00a Variety Cards
12:30p Kings in Corners	12:30p Reminisce Group	12:30p Crafts
12:30p Mexican Train Dominoes	12:30p Kings in Corners	12:30p Mexican Train Dominoes

DeKalb - 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
9:00a Chair Exercise	9:00a Wii Games	9:00a NIU Student Nurses	9:00a Chair Exercises	9:00a Wii Games
10:30a OA Meeting	10:00a Euchre	10:00a Crafts	10:00a Mahjong Games	10:00a Beginning Bridge
1:00p Crafts	1:00p Pinochle	10:00a Wii League Games	12:30p Movie	1:00p Advanced Bridge
1:00p Needleworkers	1:00p Chess	1:00p Duplicate Bridge	1:00p Cribbage	1:00p Variety Games

Genoa - 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
10:00a Reminisce	10:00a Chair Exercises	10:00a Student Nurses	10:00a Chair Exercises	10:00a Paper Crafting
10:30a Wii Games	10:30a Wii Games	10:30a Wii League Games	10:30a Kings in Corner	10:30a Wii Games
12:30p Yahtzee	12:30p Kings in Corner	12:30p Crafts	12:30p Yahtzee	12:30p Variety Games

Malta - 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
9:00a Chair Exercises	9:00a NIU Student Nurses	9:00a Chair Exercises
10:00a Genealogy Search	10:00a Wii Bowling League Games	10:00a Variety Cards
12:30p Crafts	12:30p Reminisce Group	12:30p Paper Crafting
12:30p Bingo	12:30p Kings in Corners	12:30p Movie

Sycamore - 940 East State Street - 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
9:00a Chair Exercises	9:00a NIU Student Nurses	9:00a Chair Exercises
9:00a Cribbage	10:00a Wii Bowling League Games	9:00a Cribbage
12:30p Dominoes	12:30p Reminisce Group	12:30p Pinochle
12:30p Wii Games	12:30p Dominoes	12:30p 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!**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 Wii Bowling @ all open Senior Activity Centers. See bowling schedules for details.	5 11a (D) Presentation: "Take Charge Of Your Health"	6 11a (C) Presentation: "Take Charge Of Your Health"
9	10	11 Wii Bowling @ all open Senior Activity Centers. See bowling schedules for details. 11a (M) Presentation: "Take Charge Of Your Health"	12 11a (G) Presentation: "Take Charge Of Your Health"	13 11a (S) Presentation: "Take Charge Of Your Health" 12p (C) "My Plate" Nutrition Presentation by Kish Hospital
16	17 12p (G) "My Plate" Nutrition Presentation by Kish Hospital	18 Wii Bowling @ all open Senior Activity Centers. See bowling schedules for details.	19 12p (D) "My Plate" Nutrition Presentation by Kish Hospital	20
23 11:30a (C) Mayor Bob Seyller Visit	24	25 Wii Bowling @ all open Senior Activity Centers. See bowling schedules for details.	26	27 12p (S) "My Plate" Nutrition Presentation by Kish Hospital
30	31	 <p>Don't forget to shop and donate gently used items to The Country Store Thrift Shop located at 659 E. Lincoln Highway in DeKalb! Hours of operation are Mon., Wed., Thurs. and Fri. from 10:30 a.m. to 4:30 p.m. and Tues. from 4:30 p.m. to 7:30 p.m. Proceeds benefit Senior Services!</p>		

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

Thanks to December Donors: Thanks to all who helped us to provide holiday cheer to 126 seniors!

We are especially grateful to everyone who remembered Senior Services with monetary donations.

We will use all these generous gifts to provide services during the New Year!

Items we can use: Coffee – decaf & regular, paper towels, small paper plates, gift and monetary donations to support Senior Services programs, bingo prizes, plastic knives, plastic forks and plastic spoons.

Senior Moments

Senior Services
14 Health Services Drive
DeKalb, IL 60115

Return Service Requested

Non-Profit Org.
U.S. Postage Paid
DeKalb, IL 60115
Permit No. 117

This Month's Sponsor: KishHealth System



Throughout January, a registered dietitian from KishHealth System will present a program at each Senior Activity Center showing participants how to balance calories and control portion sizes while still being able to enjoy your food. They will also discuss tips on food safety.

Mark your calendars, you do not want to miss these informative presentations!

Senior Activity Center schedule for My Plate Nutrition Presentations presented by KishHealth System (all presentations will be held from 12:00 p.m. to 1:00 p.m.):

Cortland - 1/13/12

Genoa - 1/17/12

DeKalb - 1/19/12

Sycamore - 1/27/12

Malta - 2/3/12