



Senior Moments

October 2011

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

Mary Overbey,
Senior Services
Director
815.758.8616

▼ Did you ▼ ▼ know? ▼

Sparky the fire dog turns 60 this year! He was created as the logo for the National Fire Prevention Association in 1951 and has been the official "spokes-dog" ever since.

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:

Check the calendar for a list of Fire Prevention Presentations!

Protect Your Family From Fire



Each year since 1911, Fire Prevention Week has been observed to remember the Great Chicago Fire that happened on Oct. 9, 1871. This tragic fire killed about 300 people, left 100,000 homeless and destroyed over 17,000 structures. Today, the National Fire Prevention Association strives to inform children and adults about prevention through special education programs all year, but especially during Fire Prevention Week. This year's theme is *Protect Your Family From Fire*.

The following advice, especially for seniors, from the U.S. Fire Administration was shared by James Ward, Sycamore Fire Department Fire Prevention Officer:

Install & Maintain Fire Alarms

- Make sure smoke alarms are installed on each level of the home and outside of all sleeping areas.
- Test them monthly and replace the batteries at least once a year. The chances of surviving a home fire almost doubles with the initial warning from a smoke alarm.

Plan Your Escape

- Planning for a fire escape around one's capabilities is the key to fire safety.
- Know at least two exits from every room.
- Make any necessary accommodations, such as providing exit ramps and widening doorways to facilitate a successful emergency escape.
- If you use a walker or wheelchair, check all rooms to be sure they will fit through the doorways.

Don't Isolate Yourself

- Speak to your family members or neighbors about your fire safety plan and practice it with them.
- Contact your local emergency dispatch center's non-emergency line to detail any special needs you may have if an emergency should occur. You may be asked to complete a form detailing this information.

Congratulations, Genoa Bowlers!



Congratulations to the Genoa Wii Bowlers! This talented team outlasted teams from Heritage Woods, Grand Victorian, Barb City Manor, Pine Acres and four teams from the other Senior Activity Centers (DeKalb-1, DeKalb-2, Cortland and Sycamore) to win the summer league regular season and the tournament. Congratulations to team members Martha Atkinson, Joyce Brown, Paul Ortman and Char Stensud. Although his team bowed to the Genoa group in the championship match, DeKalb-1 player Malcom Swanson bowled a perfect 300 game. Way to go, everyone! The new league starts September 28. Individual players or teams are welcome to join. Call Mary for more information.

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
9:00 a.m. Chair Exercises	9:00 a.m. NIU Student Nurses	9:00 a.m. Chair Exercises
10:00 a.m. Games	10:00 a.m. Wii Bowling League Games	10:00 a.m. Variety Cards
12:30 p.m. Kings in Corners	12:30 p.m. Reminisce Group	12:30 p.m. Crafts
12:30 p.m. Mexican Train Dominoes	12:30 p.m. Kings in Corners	12:30 p.m. 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
9:00 a.m. Chair Exercise	9:00 a.m. Wii Games	9:00 a.m. NIU Student Nurses	9:00 a.m. Chair Exercises	9:00 a.m. Wii Games
10:30 a.m. OA Meeting	10:00 a.m. Euchre	10:00 a.m. Crafts	10:00 a.m. Mahjong Games	10:00 a.m. Beginning Bridge
1:00 p.m. Crafts	1:00 p.m. Pinochle	10:00 a.m. Wii Bowling League Games	12:30 p.m. Movie	1:00 p.m. Advanced Bridge
1:00 p.m. Needleworkers	1:00 p.m. Chess	1:00 p.m. Duplicate Bridge	1:00 p.m. Cribbage	1:00 p.m. 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
10:00 a.m. Reminisce	10:00 a.m. Chair Exercises	10:00 a.m. Student Nurses	10:00 a.m. Chair Exercises	10:00 a.m. Paper Crafting
10:30 a.m. Wii Games	10:30 a.m. Wii Games	10:30 a.m. Wii League Games	10:30 a.m. Kings in Corner	10:30 a.m. Wii Games
12:30 p.m. Yahtzee	12:30 p.m. Kings in Corner	12:30 p.m. Crafts	12:30 p.m. Yahtzee	12:30 p.m. 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
9:00 a.m. Chair Exercises	9:00 a.m. NIU Student Nurses	9:00 a.m. Chair Exercises
10:00 a.m. Genealogy Search	10:00 a.m. Wii Bowling League Games	10:00 a.m. Variety Cards
12:30 p.m. Crafts	12:30 p.m. Reminisce Group	12:30 p.m. Paper Crafting
12:30 p.m. Bingo	12:30 p.m. Kings in Corners	12:30 p.m. 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
9:00 a.m. Chair Exercises	9:00 a.m. NIU Student Nurses	9:00 a.m. Chair Exercises
9:00 a.m. Cribbage	10:00 a.m. Wii Bowling League Games	9:00 a.m. Cribbage
12:30 p.m. Dominoes	12:30 p.m. Reminisce Group	12:30 p.m. Pinochle
12:30 p.m. Wii Games	12:30 p.m. Dominoes	12:30 p.m. 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
3 11a (D) EMB Presentation: Free Diabetic Shoes Thru Medicare	4	5 Sycamore Senior Activity Center Closed All are invited to visit other sites! Wii Bowling at all open Centers - see bowling schedule for details!	6	7 1p (D) Rules of the Road Driving Review
10 11:30a (C,D,G,M) Pot Luck Lunch (VAC closed but FSA OPEN) Sycamore Senior Activity Center Closed All are invited to other sites for Pot Luck Lunch!	11	12 Wii Bowling at all Centers - see bowling schedule for details!	13 Social Security has discontinued services at the DeKalb location. 11a (D) Fire Prevention Presentation by DeKalb Firefighter Luke Howieson	14 Off-campus trip to Apple Orchard. Bus pick-up @ Senior Activity Centers. Call 815.758.4718 for details and reservations!
17 11a (G) EMB Presentation: Free Diabetic Shoes Thru Medicare 1:30p (M) EMB Presentation: Free Diabetic Shoes Thru Medicare	18	19 Wii Bowling at all Centers - see bowling schedule for details!	20 7p Altrusa Spelling Bee @ St. Mary Sycamore Hall - come cheer on our Senior Spellers!	21 10:30a (S) EMB Presentation: Free Diabetic Shoes Thru Medicare 1:30p (C) EMB Presentation: Free Diabetic Shoes Thru Medicare
24	25	26 11a (S) Fire Prevention Presentation by Sycamore Firefighter Ian Wheeler Wii Bowling at all Centers - see bowling schedule for details!	27	28 12:30p (G) Fire Prevention Presentation by Genoa Firefighter John Klassen
31				Don't forget to donate gently used items to The Country Store Thrift Shop located at 659 E. Lincoln Highway in DeKalb! Hours of operation at 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!

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

Thanks to September Donors: Bob & Tynisha - decks of cards; David - play tickets;

DeKalb Chamber, Diana, John - monetary donations; Don - treats; EL & Karen - cutlery, plastic bowls, treats; Jane - computer mouse; June & Wayne - yarn; Linda - craft supplies; Malcom - coffee cream; Nancy - construction paper.

Items we can use: Items for the Holiday Sharing Tree - lotion, paper towels, soap, tissues, wash cloths & wrapped candy; coffee (regular & decaf), Wii controllers (3) & Wii controller charger; paper plates (large & small).

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: EMB Medical Supply



DID YOU KNOW THAT MEDICARE PROVIDES ONE PAIR OF DIABETIC SHOES PER CALENDAR YEAR AT NO COST TO SENIORS?

As seen at the Senior Health Fair at the DeKalb Farm Bureau, EMB Medical has a vast selection of diabetic shoes—top quality leather in many styles for men and women: dress, casual, sporty and athletic. Many of your DeKalb County neighbors are already enjoying this valuable benefit! To learn how to take advantage of your covered Medicare benefit, call your local EMB representative:

Kathryn (847) 309-1608 cell

