

# outside in

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“YOUTH IS THE  
GIFT OF NATURE,  
BUT AGE IS A  
WORK OF ART!”

- GARSON KANIN

## 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.”

### Christmas Dinner Will Never Be the Same

The Holidays were on us and the office was getting a bit harried. We try to give the volunteers a bit of a respite from rides around Christmas and New Year. It's a family time and sometimes squeezing in a ride can be rather difficult. But aside from all this, Helen was wondering how we were ever going to get the meal calls done, an important part of our seasonal program.

Each year The British Home provides a holiday meal for local shut ins or those who might be alone. A nice program and one that fits nicely with our vision for the community, so we usually get in touch with our clients to see how they're doing and if they'd like to have dinner delivered. Since everyone seemed to be busy, Helen decided to make the calls. She said, “I'll never think of Christmas dinner the

same way again.”

Each call was a new story...a thank you for thinking of me...or you don't have to do that, but it would be wonderful. It made her realize how important this one call was...how it let each one of these people know that we were thinking of them. Sometimes, in the hustle and bustle you can easily forget that just saying “we care” can change someone's outlook.

When Addie answered, there was a little hesitation until she recognized Helen and PeopleCare. Then she couldn't figure out how Christmas Day was going to work out because her sister was sick and...she then blurted out, “Yes, please deliver my dinner. That's the day before Christmas and if my sister invites me, I'll eat the dinner the day after. Oh thank you.”

And when she talked

to Frank, he said “I'm so glad you called so I can thank you again for your help. Everything is better now and my wife can even yell at me again.” It made Helen remember the day Frank called our office and said, “Hi, this is Frank, I'm one of your people and I need help. It's my wife...she used to read to me for God's sake and now she just sits there and cries. Do you have someone who can teach her how to talk again and go upstairs?”

Helen told Frank it was nice to hear things were going better and that he and his wife would be going to his son's home for dinner on Christmas.

It didn't seem to matter who Helen called, they were all glad that someone cared enough to ask about them even though a meal wasn't necessary. She even gathered some new informa-

## Christmas Dinner Will Never Be the Same *cont.*

tion about some of our less active clients.

She discovered Milly now has a 24 hour caregiver who loves to cook, so she'll have her own private chef for the evening, but still, "it was so nice of you to think about me."

And Elinore told her their refrigerator had been delivered by the Village of North Riverside...the one we had gotten from Plymouth Place to replace an ice chest being used for cold storage by Elinore and her husband. But she said they couldn't possibly accept anything more from us, we were doing too much already and they "didn't deserve it."

That was a tough one...what do you say? After some talking, reassuring, listening and even a tear or two, she relented and agreed to have two dinners delivered.

When Helen got off the phone she couldn't help but wonder whether we shouldn't create a "keep in touch" call program to touch bases with our clients more often. These calls seemed to make such a difference to them. Just letting them know we cared was enough to spark up their day. It seemed also to give us another chance to provide additional service where help was needed. Plus it made Helen feel good, too.

After the last staff meeting, it sounded like everyone agreed with Helen's assessment and it looks like we're getting an official "Keep in Touch" program going. Like she said, "Christmas Dinner will never be the same."



# 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 2007. We regret if any names were inadvertently omitted due to production deadlines.)*

<b>Individual Donors:</b>	Chester Kozinski	Cam Rusnak
Caroline Braje	Etty Lindberg	Diane Slezak
Connie Brejla	Julie Moore	Alice Waitek
William Cooney	Marcella Paoletti	Kristin K. Wood
Alice Ewald	Charles K. Papp	
Lynn Flannery	Tom Piette	<b>Organizations:</b>
Pat Hoglund Michaels	Cyrille Pokras	Sam's Club
Bruce Jablonski	Jack Richardson	YMCA Men's Club
Scott & Teri Jablonski	Michelle Roblee	

## Holiday Meal Delivery Program

Are you an older adult that is alone for the holidays and would like to have a home cooked meal delivered to you? The British Home in Brookfield would like to invite you to join their **Holiday Meal Delivery Program**. Funded by British Home staff and volunteers, full meals are cooked, packaged and delivered at Easter, Thanksgiving and Christmas to adults over 50 who are signed up for the program. To receive more information on this wonderful program, please contact **Diane Eddy** with The British Home at **708-387-7799**.

## A Match that was Meant to Be

The letter began: *“Dear PeopleCare, it has been nearly a year since one of your kind volunteers has been visiting my mother. Your volunteer is a wonderful woman and my mother looks forward to her visits and new blankets to make.”*

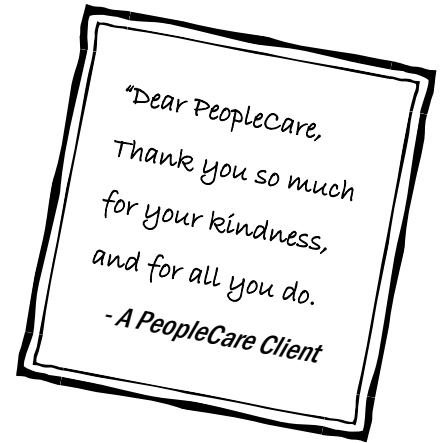
It was over a year ago that PeopleCare was instrumental in bringing together two very special people: Theresa Presvelos, a 90 year PeopleCare client who liked to work with her hands and who was looking for companionship, and a PeopleCare Visiting Volunteer who had a desire to reach out to others and a knack for handiwork.

During their time visiting, Theresa and her visiting volunteer realized their common interests and began working together to make handmade blankets which, upon completion, were donated to those in need. “She’s great to visit,” said our

volunteer, “and I continue to enjoy our time. Together we’ve donated 25 blankets to the Children’s Hospital! She has blessed many children!”

Our client, Theresa, also feels enriched by their time together. “My visitor is such a beautiful lady. I welcome the distraction of making blankets and I’ll keep working on them — I have plenty of time on my hands!”

The letter continued: *“My mother looks forward to the visits and has felt vital knowing that the blankets that she makes with her visitor are going to people and children that can find comfort in them. Thanks for caring! I just wanted to thank you so much for all you do.”*



### Feeling stretched caring for an older adult? Balance your life with:

## “POWERFUL TOOLS FOR CAREGIVERS” April 1–May 6, 2008

Caregiving can be stressful, physically, emotionally and financially. *Powerful Tools for Caregivers* allows you to examine your life, acquire the tools to deal with stressors and become more comfortable with your role as a caregiver. It is not a support group, but provides a highly supportive, informative environment.

*Powerful Tools for Caregivers*, is an educational program designed to provide you, the caregiver, with the tools necessary to better take care of yourself.

Classes run on **Tuesdays** from April 1 - May 6 at 1:00 p.m. at the Summit Library. Classes consist of six, 90-minute sessions. There is a nominal fee of \$30 for the program to cover the cost of *The Caregiver Helpbook*. Special arrangements can be made for free respite care for the care receiver during scheduled class time. For additional information and class schedules please contact:

**Southwest Suburban Center on Aging  
at 708-354-1323.**

“I HAVE OFTEN  
THOUGHT WHAT  
A MELANCHOLY  
WORLD THIS  
WOULD BE  
WITHOUT  
CHILDREN — AND  
WHAT AN INHUMAN  
WORLD WITHOUT  
THE AGED.”

- Samuel Taylor Coleridge

## Aging Well Transportation Guide Available

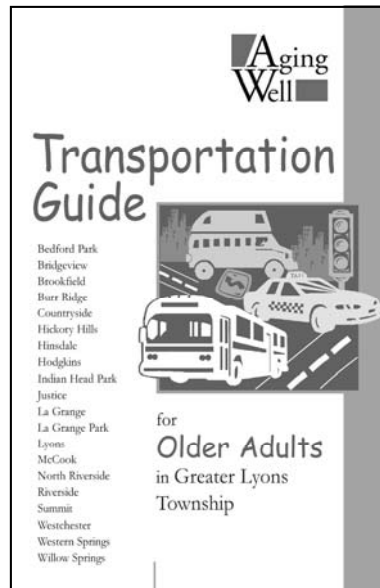
Aging Well, a collaboration of individuals and organizations in 20 communities in the greater Lyons Township area, has created a Transportation Guide specifically for Older Adults. The guide was designed to help older adults better understand and access their transportation options. The guide highlights services available in the following communities: Bedford Park, Bridgeview, Brookfield, Burr Ridge, Countryside, Hickory Hills, Hinsdale, Hodgkins, Indian Head Park, Justice, La Grange, La Grange Park, Lyons, McCook, North Riverside, Riverside, Summit, Westchester, Western Springs and Willow Springs.

Copies are available at the village halls in each of these communities. You may call them directly to get a copy or contact any of the following for more information:

**Age Options:** 708.383.0258

**Southwest Suburban Center on Aging:**  
708.354.1323

**Lyons Township:** 708.482.8300



## Eldercare Locator

“LAUGH, AND  
YOU’LL LIVE  
WITHOUT  
MEDICARE  
UNTIL YOU  
ARE ONE  
HUNDRED.”

- JULIE NEWMAR

If you are an older person who could use a little help sometimes or a caregiver helping an older person, knowing where to turn for assistance is crucial. The **Eldercare Locator** is the first step to finding resources for older adults in any U.S. community. Just one phone call or web site visit instantly connects you to resources in your own community.

The **Eldercare Locator** helps you get connected to: Adult Day Care, Caregiver Programs, Case Management, Elder Abuse Prevention,

Emergency Response Systems, Employment Services, Financial Assistance, Home Health Services, Home Repair, Home Modification, Legal Assistance, Nutrition Services, Personal Care, Respite Care, Senior Housing Options, and more.

Whether you have an immediate need or you are planning for the future, visit the **Eldercare Locator** at [www.eldercare.gov](http://www.eldercare.gov) or call **1.800.677.1116**. Our information experts empower you with knowledge and direction. We help you find precisely what you need.

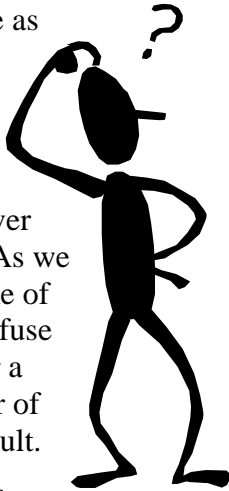
## For Women- The Warning Signs of a Heart Attack

Women don't always have the crushing chest pains that often signal a heart attack in men. Instead, women may experience:

- **Chest discomfort, mild or severe** that lasts more than a few minutes and may come and go. It occurs in the center of the chest and feels like pressure, fullness or pain.
- **Discomfort** in the arms, back, neck, jaw or stomach.
- **Shortness of breath**, with or without chest discomfort.
- **Nausea, lightheadedness or a sudden cold sweat.**
- **Extreme fatigue.**

## DID YOU KNOW?

- Nearly two-thirds of women with osteoporosis are vitamin D-deficient.
- The top five staples in American kitchens are eggs, sugar, flour, peanut butter, and black pepper.
- Americans eat more than 700 million pounds of peanut butter every year.
- High homocysteine and low folic acid levels are linked with increased risk of memory loss
- One in 20 hospitalized patients contract a serious infection in U.S. hospitals, and 90,000 of them die from it.
- Sleep deprivation of medical residents impairs performance as much as drinking alcohol.
- Humans are born with over 300 bones. As we mature, some of these bones fuse together, for a total number of 206 in an adult.
- Tea contains enough fluoride to help prevent tooth decay, and is high in polyphenols, which act as antioxidants that may help protect against cancer.



## Can the Foods You Eat Ease Chronic Pain?

You may be familiar with anti-inflammatory medications, but have you heard of anti-inflammatory foods? Adding foods to your diet that reduce inflammation will improve how you feel and help to decrease your risk for chronic diseases. Here are some suggestions:

- Omega-3 essential fatty acids are very powerful anti-inflammatory agents. They are found in cold water oily fish, walnuts, flax seeds, canola oil and pumpkin seeds. Adding omega-3 fatty acid supplements from flax oil or fish oil may help reduce inflammation.
- Your body needs protein to build healthy body tissues. Good protein sources include lean poultry, fish and seafood, nuts, legumes and seeds. Soybeans, tofu and soy milk are three great sources of soy proteins that may help to reduce your pain and inflammation.
- Choose fresh foods instead of heavily processed foods. Snack on whole fruits, nuts, seeds, and fresh vegetables throughout the day instead of cookies and candy.
- Eat more fish and less fatty red meat. When you do eat red meat, choose lean cuts.
- Stay away from deep fried foods and bake or stir fry your meals instead. Also, choose green, orange and yellow vegetables for your side dishes.
- Drink plenty of water, fresh 100% fruit and vegetable juices, herbal teas and green tea.
- Most of your carbohydrates should come from whole grains, vegetables and fruits. Bread, cereal and pasta should be mostly 100% whole grain products. Whole grains are excellent sources of fiber and a high fiber diet will reduce your inflammation.

- source: About.com and The New York Times Company

**The Best Friends, Are Old Friends.**

ADOPT AN OLDER PET FROM  
YOUR LOCAL SHELTER.

**BEST FRIENDS  
ANIMAL SOCIETY**



[www.bestfriends.org](http://www.bestfriends.org)

## Meet Some of the Volunteers at PeopleCare

Volunteers are at the very heart of the PeopleCare mission. We are so grateful for the valuable time that our volunteers give to support our vision that no older person in the last third of life will feel abandoned and that they will be able to live out their life in the most productive way possible. Thank You!!



### LET'S TRY LISTENING...

LISTEN FOR  
DIFFERENCES,  
SEEK THEM OUT;  
DON'T SURROUND  
YOURSELF ONLY  
WITH THOSE WHO  
SEE THE WORLD  
AS YOU DO.

#### New Driver Volunteers

Carolyn Boch  
Dorothy Din  
Sheri Hutchinson  
Keith Karlson  
Rosanne McGovern  
Pat Tavbery  
Jeff Volmut

#### New Visitor Volunteers

Amanda Chmura  
Lorraine A. Marek  
Jeff Volmut



***THANKS FOR BEING A VOLUNTEER!!***  
**YOUR COMMITMENT MAKES A DIFFERENCE  
IN THE LIVES OF SO MANY OTHERS**



Are you tired of opening only bills and junk mail? PeopleCare would be happy to send you special holiday greeting cards at Valentine's Day, St. Patrick's Day, Easter, 4th of July, Thanksgiving and Christmas!

*If you would like to be on our greeting card mailing list, please contact Lorraine Marek at 708-442-1223.*

# MENTAL AEROBICS - KEEPING YOUR BRAIN AND BODY HEALTHY

	5	3			4	1		
7						6	4	9
	2			7	1			
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1				4	2		6	5
			4	5			2	
8	9	2						7
		1	9			8	3	

**SUDOKU** is a test of logic and patience - no math is needed. Fill in the grid so that the numbers 1 through 9 appear only once in every horizontal row, every vertical column and every 3x3 mini box. Start by scanning the columns and rows. Only one solution is possible.

**WORD PUZZLE:** (below)

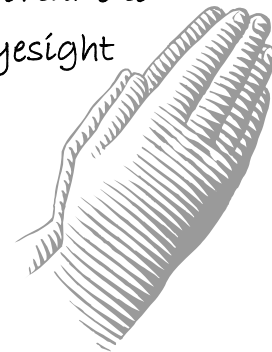
As quickly as you can, fill in the blank squares below so that the same words read across and down.

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This newsletter is also available to read on-line. Just go to: [peoplecareinc.org](http://peoplecareinc.org) and click on the newsletter link.

## The Senility Prayer

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.



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peoplecareinc@sbcglobal.net

NON-PROFIT ORG

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## Online Help for Vets' Pension Program

"I'M NOT  
AFRAID TO DIE,  
I JUST DON'T  
WANT TO BE  
THERE WHEN  
IT HAPPENS."

- Woody Allen

Thousands of veterans and their families now have another way to find help when filing for pension benefits. Project VetAssist ([www.vetassist.org](http://www.vetassist.org)), a free online service, guides vets or their survivors applying for the VA Improved Pension program. The website provides forms to download and step-by-step advice to complete them. Financially limited veterans who are 65 or older or physically disabled — and had at least 90 days of service during World War II or the Vietnam, Korean or Gulf wars — can apply for the pension program. Applicants also can e-mail [info@VetAssist.org](mailto:info@VetAssist.org).

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- source: Carolyn White

## WHOSE JOB IS IT ANYWAY?

This is a little story about four people named Everybody, Somebody, Anybody, and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it.

Anybody could have done it, but Nobody did it.

Somebody got angry about that because it was Everybody's job.

Everybody thought that Anybody could do it, but Nobody realized that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.