



# The S.A.L.T. Communicator

Seniors and Law Enforcement Together

Serving & Protecting Senior Citizens

February 2007

Coordinated by S.A.L.T. Chairman Ken McNatt

## Legal Services Tailored for Seniors

**M**s. Ana Collazo is the attorney for the Elder Law project in DuPage County. Prairie State Legal Services (PSLS) is a not for profit legal service agency that helps low income persons with civil legal problems. Special funding allows these attorneys to provide legal services to persons age 60 and older, regardless of income or assets, although their primary focus is to provide services and assistance to those who are in the greatest social/ economic need.

A number of topics related to senior fraud, abuse, crimes against seniors and other current issues of concern for seniors were discussed. She reminded everyone of the resources available to assist you if you feel you have become a victim related to professional services, banking or financial institutions. Call any of the resources for assistance.

Illinois Attorney General’s Consumer Protection Division (800.243.0618); Office of Banks & Real Estate Consumer Services Division (877.793.3470); IL Dept of Financial and Professional Regulation (312.814.4500).



Prairie State Legal Services have multiple locations in Illinois and are funded in part by the Illinois Area Agencies on Aging.

**Local Office Serving DuPage County**  
**350 S. Schmale Road, #150**  
**Carol Stream • 630.690.2130**  
**www.pslegal.org**

### Need Help With Your Income Tax?

Trained volunteers are ready to help  
at AARP Tax - Aide Program

**Call:**

**Wheaton Park District: 630.665.1415**  
**Glen Ellyn Park District: 630.858.2462**

*If the taxpayer is homebound, volunteers are available for home visits by calling the above telephone numbers.*

## Mission Statement

The purpose of Milton Township S.A.L.T. Council is to determine and to meet the needs of Senior Citizens by reducing crime and abuse and by enhancing safety through communication and education in cooperation with the Township, law enforcement agencies, and other community agencies and organizations.

## Friends of Pioneer Cemeteries

*Submitted by Bob Jacobsen, Chairman, Milton Township Cemetery Authority*

**T**he goal of the Friends of Pioneer Cemeteries is to gain a broader base of volunteer support for the Cemetery Authority. The actual mission of the Cemetery Authority and the Friends of Pioneer Cemeteries is to record and preserve the histories of our pioneer cemeteries in Milton Township.

The cemeteries located in Milton Township include:

- Jewell Grove Cemetery, circa 1842
- Pleasant Hill Cemetery, circa 1845
- St. Stephen's Cemetery, circa 1845



The Friends of Pioneer Cemeteries are seeking people interested in the history and preserving this history in Milton Township through supporting the organization and financial contributions.

Please consider joining for only \$10 annually or \$100 for a lifetime membership. ■

**Call**  
**Bill Kooser, Membership Chair**  
**630.930.2599**

## Consider the Meadows in Your Future

*Submitted by Rita Peckhart, Community Outreach*



**L**ocated next to a lovely community park, inviting walking paths and surrounded by beautiful wetlands, The Meadows is the perfect place to call home. Just off Roosevelt Road in Glen Ellyn, The Meadows provides easy access to area golf courses, restaurants, shops and other local attractions.

In addition to our convenient location, we offer an exceptional lifestyle to our residents. From the well-appointed interiors to the wide array of services and amenities, you'll have everything you need to live life as you please. Socialize with family and friends in our café or during a game of billiards in our game room. Enjoy a delightful meal with our full-service dining, complete with tableside service, in our beautiful setting. We also make it easy for you to stay on top of your health with an on-site wellness clinic, indoor swimming pool and exercise programs designed with you in mind.

At Brookdale Senior Living, we are dedicated to upholding the high standards of service and care our residents have come to know and expect from us. Our quest for quality and our resident-centered operating philosophy have positioned Brookdale as a nationally recognized brand and leader in the senior living industry. Each Brookdale community provides the increasingly sophisticated and broad range of services that residents demand. ■

**For more information or to schedule a tour, call 630.446.1600**



## Gift Card Swindle!

**G**ive or receive any gift cards this year?? Chances are you both gave some and received some! It is one of the top gift giving items for 2006.

Well, the crooks have found a way to rob you of your gift card balance. If you buy gift cards from a display rack that has various store cards available on that rack... you may become a victim of theft. Crooks are now jotting down the card numbers in the store and then wait a few days and call to see how much of a balance THEY have on the card. Once they find the card is “activated”, they then go online and start shopping.

You may want to purchase your gift cards from a customer service person, where they do not have the cards accessible/ viewable to the public. ■

## Reminders

1) The SALT Council always welcomes you to attend their monthly meetings. Please contact the Township to find out the date and time of the next meeting.

2) Be sure to visit the Township web site for past issues of the SALT Communicator at:

[www.milontownship.net](http://www.milontownship.net)

3) Contact the Township if you would like to refer a friend who is not on the mailing list or a resident of Milton Township.

**Township:  
630.668.1616**

## Caregiving, Volunteering by Seniors Valued at \$162 Billion Per Year!

Adults age 55 and older contribute \$162 billion worth of volunteering and unpaid caregiving annually, report researchers at the nonpartisan Urban Institute. These activities include caring for family members, helping friends and neighbors, and volunteering for nonprofit organizations.

It is estimated the value of older Americans’ unpaid activities ranged from \$97.6 billion to \$201.0 billion in 2002, depending on hourly “wages” assigned to various tasks. Moderate cost assumptions, they say, lead to a \$161.7 billion estimate or \$2,698 per senior. About 74 percent of older adults volunteered their time or provided unpaid care to family members in 2002.

**Caring for family members absorbed more than 61% of the total unpaid activities.** ■

*Thank You...*

to everyone  
who volunteered  
and took on  
caregiving duties!

## Aging Wisdom for Ageless Living

Submitted by Lee Catalano, Vice President, Mediquis Asset Advisors, Inc.

**E**ach of us is different in our own way, but we all are alike in one way. We are all growing older. “Aging Wisdom for Ageless Living” are small steps one can take to make a big difference in their life. Successful aging is the challenge for many of us today. What we all control that improves the quality and probably the quantity of our remaining years is attitude. The following components health, financial and social is the key to graceful aging.

- Health which includes physical, psychological, and well being
- The financial side, which is to maintain a standard of living that we are accustomed to when we retire
- The social side is active connections with family and friends

Keeping in mind that our priorities change as we age and that impacts our lives more than we might believe. This topic and others are available for senior

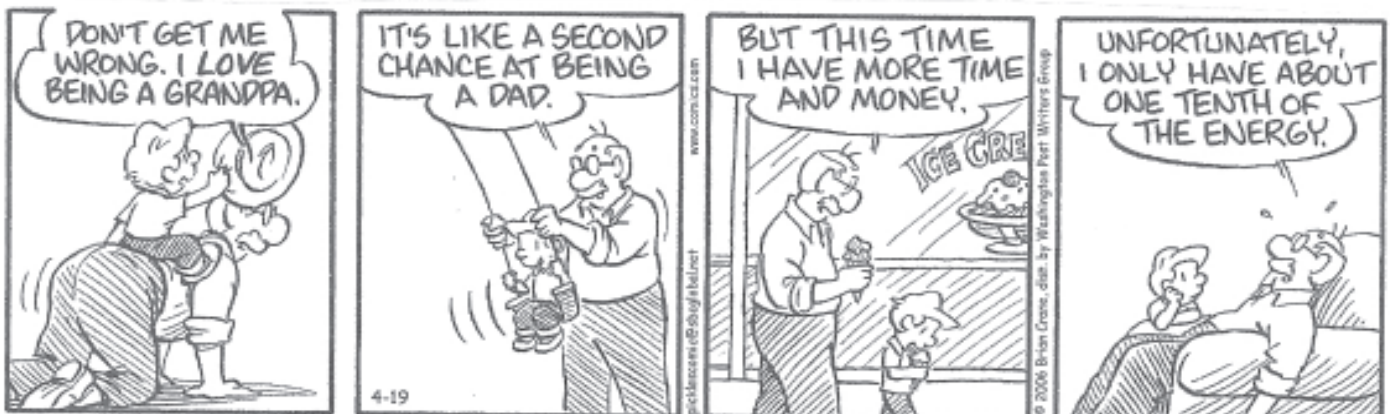


### Senior Resource Alliance

Lee Catalano  
312.419.3701

audiences through the *Senior Resource Alliance of Chicagoland*, devoted to providing ethical and competent services to seniors and their families.

If you belong to a group that may be interested in hearing this or one of the other presentations available through the Senior Resource Alliance, please contact us. ■



## Six Ways to Save Travel Dollars \$\$\$

Submitted by Joe Vanest, S.A.L.T. Council Vice Chairman



**W**hether you are a seasoned traveler or looking to become one, getting the best deal is almost as good as seeing far off places. Here are six ways to get more for your money!

- 1) Think about traveling off-season or in the “shoulder” season...just after peak and just before low season begins.
- 2) Plan ahead, but stay flexible. If you are prepared to go at the last minute, you can net big savings as tours, cruises and airlines try to fill seats and cabins.
- 3) Ask for a better price! Hotels, resorts and car rentals quote their highest rates first. Deals are found on off days, off peak seasons, and with senior discounts and group memberships.
- 4) E-fares! With Orbitz, Travelocity and Expedia, you can compare prices, check out different flight times and days until you get a price you can live with.
- 5) Use a travel agent. A good agent earns commission by taking the kinks and uncertainty out of a complicated itinerary, arranging for oxygen, a wheelchair or gate to gate airport transport.
- 6) Buy trip insurance. No matter how well you have planned your trip, you can't plan on complicated emergencies or natural disasters. Avoid buying insurance at airport vending machines.

**Happy Traveling!**

## Fall Prevention!

Submitted by Michael Bearce, Fall Prevention Clinics of America

**M**r. Bearce of the Fall Prevention Clinics of America reminds all of us that:

The #1 cause of injury for people 55 and over is falls



The 5<sup>th</sup> leading cause of death over age 65 are falls



Seniors complaining of dizziness see their doctor four times before they quit complaining or the doctor takes action



Dizziness can usually be successfully diagnosed and treated in one or two visits



Potentially half of the seniors over age 50 may have a balance problem and can be at increased risk of falling



Falls are largely preventable

If you have the need or know someone who could benefit visit:

[www.fallspreventionclinics.com](http://www.fallspreventionclinics.com)



# Serving & Protecting Senior Citizens

## S.A.L.T. Council Members

Ken J. McNatt, Chairman • Joe Vanest, Vice Chairman • Jodi Hefler, Glen Ellyn Senior Citizen Coordinator/Community Relations • Gail Hinkle, Social Services Coordinator  
Bill Parbs, Director of Communications

## DuPage Sheriff's Office

Jim Hatcher, Director of Senior Services • Cpl. Randy Groh, Deputy Sheriff Liaison • Bill Mennell

Roberta O'Leary Asst. State's Attorney • Chief Greg Berk, Wheaton Fire Chief • Sue Davison Chief Phillip DiMensa, Winfield Fire District • Fire Chief Jerry Kleinwachter, Warrenville Fire Dist. Debbie McKenzie, Glendale Heights Police Dept. • James Monson, Glen Ellyn Police Dept. Clifford Mortenson, Wheaton Fire Dept. • Shirley Morween, Wheaton Women's Dpt. Club

## Citizen's Committee

Larry Gage • Sister Peg Ivers, St. Daniel the Prophet • Rose Palma • Patricia Terkovich, Arden Courts • Jeanne Pitra • Horace Polglaze • Don Russell • Claude de St. Paer • Charles Schlabach  
Barbara Smith • Ron Smith • Chuck Kramer • Leonard Tuggy

**In Cooperation with DuPage Sheriff's Office - John Zaruba, Sheriff**

- ▶ Save Travel Dollars
- ▶ Aging Wisdom
- ▶ The Meadows
- ▶ Pioneer Cemeteries
- ▶ Legal Services for Seniors

## *HOT Topics*

[www.milontownship.net](http://www.milontownship.net)  
Wheaton, IL 60187  
1492 N. Main Street



PRST STD  
U.S. POSTAGE  
PAID  
CAROL STREAM, IL  
PERMIT NO. 475