



The S.A.L.T. Communicator

Seniors and Law Enforcement Together

Serving & Protecting Senior Citizens

October 2007

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

“Keeping Fit” Has a Whole New Meaning...

Submitted by Randalynn Kaye

There is a great deal of emphasis on keeping our bodies healthy at any age. Seniors are the target for much of this information, as well as how to keep our minds or cognitive skills fit. This topic is gaining interest and focus nationally. The fear of Alzheimer’s or other dementias have brought a focus to keeping our minds and brains fit.

What about our brains? Brain Scientists have recently shown that the brain can repair and improve itself at any age. This discovery is sparking a revolution in brain health, with wonderful potential for all of us. Dr. Paul David Nussbaum (Ph.D., University of Pittsburgh School of Medicine), in his address to the American Society on Aging, summed up what decades of research have shown: **“The secret to successful aging is ongoing mental stimulation.”**

Posit Science Corporation is currently one of the leading companies addressing brain fitness. Working with more than 40 scientists and clinicians from leading universities, have developed the “Posit Brain Fitness Program” designed to help people remember better, think more quickly, absorb information better, understand and communicate

more easily, and feel more alert. Check it out at www.PositScience.com.

The program is based on brain plasticity, the brain’s ability to change throughout life if provided with the right kind of exercises. A study done by the National Academy of Sciences showed that people 60 years or older can improve their memory by 10 years or more. This easy-to-use program includes exercises performed on a computer on a regular basis. The program software is simply downloaded onto a computer and it automatically adjusts to keep the user appropriately challenged while doing the exercises.

Another innovative company, Dakim, Inc., has launched the [m] Power Cognitive Fitness Program. [m] Power is a complete turnkey system, providing a challenging, entertaining and enjoyable mental workout using simple “touch screen” technology. (View their website for more information at www.Dakim.com)



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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.

("Keeping Fit" continued from page 1)

Senior living communities across the country are embracing these new forms of fitness and technology. Wheaton's **Wyndemere Senior Living Campus** is the first community in Illinois to open a Brain Fitness Center for residents. In other parts of the county, people are opening "Brain Gyms" offering classes where people go to do their brain exercises. It is predicted that brain fitness will someday be as common as taking a yoga class or going out for a jog!

**For More Information
about the "Brain Fitness Center"**



Call 630.690.8889

Wyndemere Senior Living Campus

owned by Central DuPage Hospital

SENIORS!!



Is your car ready for winter?

FREE AUTO INSPECTION

Sponsored by

Milton Township/SALT Council

Join us for coffee/donuts and putting your mind at ease. It only takes 30 minutes of your time to reassure your car safety.

SATURDAY, OCTOBER 27, 9AM - 1 PM

Glen Ellyn Fire Station #2 • 629 Taft Avenue • Glen Ellyn

At Roosevelt Road and Park Blvd turn South. Go one block to Taft Avenue, turn left going East to Fire Station #2.



Underwritten by



Wyndemere Senior Living Campus

invites you to a free lunch seminar

Retirement Living 101

Presented by Randalynn Kaye, CMP

Wyndemere's Director of Marketing

Tuesday, October 30, 2007 • 11:30 am - 1:30 pm

Wyndemere Auditorium • 200 Wyndemere Circle • Wheaton

Please register by calling toll free 630.690.8889 by October 22

Seating is limited, registration is necessary

When registering, please mention you saw this in the SALT Communicator



Wyndemere is located North of Roosevelt Rd. just east of County Farm Rd on Manchester Rd

Proud Sponsors of the S.A.L.T. Communicator

200 Wyndemere Circle, Wheaton

www.WyndemereSeniorLiving.com • 630.690.8889

**WYNDEMERE
SENIOR LIVING
CAMPUS**

An affiliate of Central DuPage Hospital

SCAM ALERT!

A Free Lunch Can Be Costly!

Submitted by Joe Vanest

For the first time this year, “Investment Seminars” made the annual list of “Top 10 Traps” compiled by state securities regulators. Seniors are the target one more time! Most of us are receiving as many invitations to lunch/ dinner financial seminars as we do for new credit cards. These seminars have taken on a life of their own and use seniors to prey on highlighting their fears and pressure them into high commission products that while appropriate for some may at best be unnecessary, at worst totally unsuitable for most. They provide half truths and distortions to convince seniors to invest inappropriately most of the time. The list of “Top 10 Traps” for investment is available by the North American Securities Administrators Association website at www.nasaa.org.

Protect Yourself...Prevention is the best way to keep your home safe from fire



Be Kitchen Wise

Never leave cooking unattended. Use oven mitts and wear clothes with tight-fitting or rolled-up sleeves when you cook. Use a timer to remind you to turn off

burners and the oven. Keep stove surfaces free of clutter and built-up grease. Don't cook if you've been drinking alcohol or taking medication that makes you drowsy.

Be Smoker Wary

Provide smokers with large, deep, non-tip ashtrays. Empty ashtrays often, wetting the contents before dumping them into wastebaskets. Never smoke in bed, while drinking alcohol or while you are on medication that could make you drowsy or disoriented.

Give Space Heaters Space

Keep portable heaters and space heaters at least three feet from everything... including you. Just brushing against one could set your clothing on fire.

Install Smoke Detectors

Be sure to have smoke detectors outside or in all sleeping areas, and on every level of your home, including the basement. If you have a hearing impairment, use tested and approved smoke detectors that trigger a strobe light.

It is a good time of the year to test your smoke detectors monthly and change their batteries. You can use a stick, broom handle, ladder or sturdy step stool to reach the detector.

Congratulations

to the Glen Ellyn Fire Department
on celebrating their 100th Anniversary!

100 Years!

Laughing Your Way to Wellness

Presented by Colleen Caron

Abraham Lincoln once stated, Laughter, the joyous, beautiful, universal evergreen of life." Who could not use a little more "laughter" in their life today!!



Colleen Caron a certified laughter therapist conducted a light hearted presentation to the S.A.L.T. Council that demonstrated the therapeutic value of humor to one's emotional and physical well being. Here are a few points discussed and demonstrated in this presentation.

- ☺ Laughter is nature's stress buster.
- ☺ Humans are designed to laugh.
- ☺ Laughter lifts our spirits that makes us feel good and improves our behavior towards others.
- ☺ A regular 20 minute session of laughter can have a profound impact on our health.
- ☺ Laughter reduces stress, blood pressure drops, depression is lifted and your immune system is boosted.
- ☺ Laughter relieves pain.
- ☺ Laughter releases endorphins into the body's system.

As Charlie Chaplin once observed: "A paradoxical thing is that in making comedy, the tragic is precisely that which arouses the funny.... We have to laugh due to our helplessness in the face of natural forces and in order not to go crazy." ☺

Seniors & Caregivers Fair

The Annual Seniors & Caregivers Fair is on Friday, October 19, from 8:30 am to 12 noon.



Stop by and visit the Milton Township S.A.L.T. Council's booth. Information about all the services through the S.A.L.T. Council will be available. Pick up your free safety whistle and a File of Life Packet.

Free Flu Vaccine shots will be available this year for DuPage Medicare residents only and by appointment. Call 630.407.6500 or 800.942.9412 and ask for Senior Services Information and Assistance, they can set up your appointment for the flu shot.

DuPage County Fairgrounds
Exhibition Hall & Annex Buildings
2015 W. Manchester, Wheaton

**For More Information Call
Senior Citizen Services
630.682.7000 or 1.800.942.9412**

Did You Know... There is a Glen Ellyn Senior Center supported by the Village of Glen Ellyn. The center provides services to Glen Ellyn Seniors 60 years of age and older, as well as their families. Many services are available.

For More Information Contact:
Jodi Hefler • 630.858.6343
The Center is located in Grace Lutheran Church
493 Forest Avenue • Glen Ellyn 60137
Open 9am - 1 pm
Monday - Friday

Long Term Care Information

Residents of four states and soon to be 21 more states can purchase long term care (LTC) insurance that allows them to qualify for Medicaid even if their assets are relatively high. LTC insurance is not for everyone, but if you are interested in it and have considered it, read on.....

Up to now, individuals who could not afford long term care would consider/ apply to go on Medicaid and could not have more than \$2,000 in assets. But with the new policies, an individual who has exhausted a LTC policy that had provided a specific dollar amount in benefits would be allowed to keep that same amount plus \$2,000 in assets and still qualify for Medicaid coverage in long term care facilities.

A new website www.longtermcare.gov helps consumers get information on how to plan for long term care. The site was developed by the U.S. Department of Health and Human Services, and has a planning kit and companion audio clips.

Senior Citizen Real Estate Tax Savings Programs

1. Senior Homestead Exemption provides \$3,500 reduction from your equalized assessment valuation.

- Property occupied as of January 1st for the year the senior is applying
- Application can be completed anytime during the year the senior becomes age 65
- Provide proof of ownership and age (call for specific documents)
- Deadline for filing is December 31st of the year applying

2. Senior Citizen Assessment Freeze Homestead Exemption provides seniors with limited income protection against assessment increases due to rising property values.

- Owner of property for two consecutive January's
- Total household income of \$50,000 or less
- Tax return from previous year (1099 reflecting social security income)
- Schedule "D"s (for capital gain or loss)
- Proof of age(driver's license or other ID)
- Current applications can only be accepted between January 1st to October 1st of year applying

Exemption Questions Call:
Tax Assessor's Staff 630.653.5220
Mr. Bob Earl, Assessor • Milton Township
www.milontownshipassessor.com



The S.A.L.T Council invites you to one of their upcoming meetings. Learn more by calling the Township 630.668.1616

Serving & Protecting Senior Citizens



This

Issue

Sponsored

By

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

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



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- ▶ Laughing Your Way to Wellness
- ▶ Senior Fair Approaching
- ▶ Protecting Yourself

HOT Topics

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