



The S.A.L.T. Communicator

Seniors and Law Enforcement Together

Serving & Protecting Senior Citizens

January 2010



Judy Miltner, CMP

*Director of Sales & Marketing
Wyndemere Senior Living Campus*

Never too Old to Go Green!

Wellness is a popular concept and we at Wyndemere wanted to pass on some wellness information that we hope you will find meaningful and interesting.

You may have heard about “Going Green”. People of all ages – seniors in particular – are on a mission to go green. It’s all about making positive lifestyle changes with the goal of reducing your environmental footprint, improving your health and saving money. Fortunately, it’s not as complicated as you might think.

Two easy things that you can do are recycling and using compact fluorescent light bulbs (CFL). Tossing paper, aluminum, plastic and glass items into a recycling bin rather than the garbage is one of the easiest moves you can make. It’s

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

important because we send all but a paltry 32.5% of our recyclable material to the landfill, according to the U.S. Environmental Protection Agency. Also, the next time a light bulb burns out in your house, replace it with an energy-efficient CFL, which uses approximately 75% less energy and lasts up to 10 times longer than a standard incandescent bulb.

Wyndemere is proud to be a leader in preserving the environment. In 2004, Wyndemere was honored as the first retirement community in the nation to receive an Earth Flag based on continued efforts toward preserving the environment. ■



Ken McNatt, Chairman of the SALT Council, thanks **Sheriff John Zaruba** for 11 years of support and collaboration in supporting the success of the Seniors And Law Enforcement Together (S.A.L.T.)

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.

S.A.L.T. Council Senior's Auto Inspection Program

Submitted by: Joe Vanest

On Saturday, October 24, 2009 the S.A.L.T. Council of Milton Township conducted its ninth annual Automobile Inspection Program for seniors. With the help of 18 volunteers from Midwestern University's (MWU) Occupational Therapy Program, the DuPage Sheriff's office and the use of the Wheaton Fire Station, it was by far the most successful auto inspection to date.



Cars began lining up at 8 am.
Car check began at 9 am.

The Wheaton Fire Chief made two bays at the station available to us. The volunteers were organized into five teams each headed by an Auto Mechanic, with a recorder and tire checkers. Five teams checked 84 senior cars for winter driving in just under three hours.

The teams checked each car against a thirty nine point check list including fluid levels in the brakes, engine transmission, cooling system, tire pressure and where needed fluids or air were added. Spare tires in the trunk were checked as were engine belts and hoses. Checking spares resulted in a lot of trunk unloading, it was found however, that over 75% of the spare tires were flat. An inspection report is given to the driver. If serious problems are noted, a recommendation to take the car to a garage is made.



Sgt. Randy Groh explaining engine operation problems.

SALT's Auto Inspection Program has become increasingly popular as it provides seniors with assurance their car is ready to face the challenges of winter driving. We have received a number of favorable comments from the participants regarding their relief at having their car checked for winter driving.



Volunteers passing out snacks and information to those waiting in line.

The volunteers delivered coffee and cookies and passed out informational literature to seniors as they waited in line. The pamphlets dealt with services and security matters for seniors. Members of the Council also talked with each driver about their senior needs and concerns.

The S.A.L.T. Council Auto Inspection Program was underwritten again this year by **Community Bank of Wheaton/GlenEllyn**. **Glen Ellyn Firestone** provided lubricants and other fluids and **NAPA Auto Parts** provided cases of window washer fluid.

Appreciation is extended to the Wheaton Fire Department for making Fire Station One available for the Senior's Auto Inspection Program; to Community Bank for their ongoing support and all of the volunteers that willingly provided their time and expertise to make this event happen.



Volunteers at the end of a morning of hard work.

SCAMS: Member Alert

AT&T has notified their internet service members that an increase in the number of “**phishing**” emails is being reported. These emails are attempting to obtain your personal or account information by falsely posing as a reputable company. If this is happening on one internet service provider, it is more than likely happening on all internet providers. The lesson is **do not give out your personal information via email or telephone** unless you have contacted the source yourself and know you are communicating with a reliable person and organization.

Most internet organizations do not request personal / private information via email so do not provide it. Do not provide your account information or password.

Help is at hand! If an **unmarked police car** pulls you over or attempts to do so, do not stop until you are in a busy location where other people are around. If this happens to you, dial *77 on your cell phone and it goes directly into the police dispatcher at the State Police. Even if an unmarked car has a red flashing light... check with your local police first before stopping. By dialing *77 you can be safe not sorry!

Scam artists are going after people looking for employment. **Scammers are stealing personal information** with the promise they will help you in your search for employment. Make sure you know the company you are applying with and that they are legitimate. Never pay money for a company to do an employment search.

Legislation recently went into effect regarding **telemarketers**. They will need written permission from consumers to solicit them through telephone calls. For more information contact 877.382.4357.



Angela Bentsen

*Executive Director,
Senior Home
Sharing*

An Affordable Option

Senior Home Sharing is committed to providing affordable senior housing. The organization has a project-based housing choice voucher program which assists qualifying residents. The staff and residents work closely with the DuPage Housing Authority to obtain rental assistance, based on the seniors’ income.

This small not-for-profit provides a shared senior life-style through the creation of group homes where seniors live together as a family. Benefits include:

- An opportunity for seniors age 62 and older to live independently in an affordable group home
- A warm, comfortable residence with private bedrooms for six or seven seniors
- Case management and social services
- Community interaction and socialization
- A place to enjoy a mix of privacy, as well as the companionship and company of others

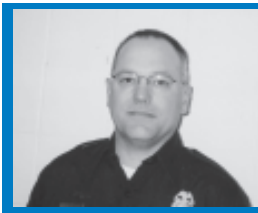
Homes are available in Lombard, Naperville, Downers Grove and Elmhurst.

Learn More About Senior Home Sharing

www.seniorhomesharing.org
630.407.0440

*Mention you saw this article
in the S.A.L.T. Communicator*





Craig Eldridge

*Glen Ellyn
Fire Department*

Home Fire Prevention Tips

*Submitted by: Craig Eldridge,
Glen Ellyn Fire Department*

Top causes of fires in homes today are smoking, heating and cooking. The top reason people die or are seriously injured in fires today is smoke inhalation during the fire. It is recommended to have one alarm on each floor and one in each room anyone smokes or one in your bedroom if you sleep with the door closed. It is recommended that the smoke alarm be 20 feet from where you cook. These and other tips are available at your local fire department:

If leaving the kitchen while something is on the stove, carry the spatula to remind yourself you left the stove on.

- Do not overload your kitchen outlets.
- When cooking, turn the handle of the pan so the pot is not easily knocked off the stove.
- Remove oxygen from fire; put the lid on, keep the oven closed and turn off the burners.
- The thermostat on the water heater should not be higher than 120 degrees.
- When cooking with grease or oil gradually increase the heat.

As an impressive note..... the Glen Ellyn Fire Department is the last all volunteer fire department in the greater Chicagoland area. There are 66 fire fighters at this post. *Thank you to all of them for their service to the community.*

Reality Check

One of our S.A.L.T. members was at home after she had heard Craig Eldridge from the Glen Ellyn Fire Department. She had put some oil in a pan on the stove and turned on the burner. She turned around and she looked back to find the oil had flared up and started a fire in the pan.

Her first instinct was to pick up the pan and run outside with it. This would of course been disastrous! She may have been burned or dropped the pan and started another fire on her way out. She remembered Craig saying that for fires on the stove she needed to put a lid on the pan or somehow suffocate the fire. She grabbed a plate and put it over the top of the pan. The fire went out without causing any injury or damage. She feels grateful to have learned the correct and safe way to put out this fire from Craig. One more reason to attend your S.A.L.T. Council meetings!! A happy ending! Thank you for sharing!

S.A.L.T. is Always Looking to Improve

We are always looking for ways to improve our services and deliver our mission to the seniors of Milton Township. Recently, **Marita Manning**, Accessibility Coordinator for the City of Naperville came to discuss the senior safety programs. Sharing information and looking at additional options that may be possible for Milton Township remains a continuous effort by the S.A.L.T. Council. Our thanks and appreciation to Marita for her time in sharing.



The Nuts & Bolts Guide to Veterans Benefits

Submitted by: Marcus Woodward, Former Military Policeman with US Army 101st Airborne Division and currently a Veterans Service Officer

Most people think of veterans benefits as being only for servicemen and women who were wounded or disabled while serving in the armed forces. We have learned that there are substantial benefits that may be available to wartime veterans who are now senior citizens and are facing the burden of long term care due to a host of diseases such as Alzheimer's, Parkinson's, MS, Lou Gehrig's Disease and many others. In fact, the Veterans Administration estimates that millions of wartime veterans and their spouses may be eligible for Special Monthly Pension benefits and not even be aware of it!

Wartime veterans, or their surviving spouses, become eligible for the Special Monthly Pension benefit when they are over 65 years of age, are permanently disabled and unable to work, are homebound, or need the regular aid and attendance of another, whether at home, in assisted / supportive living, or in a nursing home. The program is based on actual financial need for assistance, so there are income and asset limitations.

This program is referred to as "Aid and Attendance" and is somewhat challenging to navigate but worth it. There is widespread misunderstanding regarding how to determine qualification for this important benefit. There are only three types of persons who are authorized to provide a veteran with assistance filing a claim for veterans benefits:

1. An attorney licensed to practice law in your state and few have knowledge in this area of the law.



Marcus Woodward
former Military Policeman & current Veterans Service Officer

2. A veterans service organization such as VFW, American Legion, Amvets, etc... (Many have very limited resources to assist).

3. A state or county official of the Department of Veterans Affairs in your state.

Only accredited agents can complete forms and file claims with the United States Department of Veterans Affairs on behalf of claimants. No fees can be received for filling out forms or actually filing a claim for you once you have decided to make a claim.

The State of Illinois Department of Veterans' Affairs can assist you with filling out claims and completing an application for any other available state and federal benefits.

Contact Us Today!

Wheaton Office: 630.690.9449

Lombard Office: 630.495.9460



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 • Dianna Taylor, Deputy Town Clerk
Bill Parbs, Director of Communications

DuPage Sheriff's Office

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

Richard Veenstra, Asst. State's Attorney • Chief Greg Berk, Wheaton Fire Chief • Sue Davison
Chief Phillip DiMensa, Winfield Fire Dist. • Fire Chief Jerry Kleinwachter, Warrenville Fire Dist.
Debbie McKenzie, Glendale Heights Police Dept. • Tom Staples, Glen Ellyn Police Dept.
Clifford Mortenson, Wheaton Fire Dept. • Shirley Moreen, Wheaton Women's Dpt. Club
Patti Terkovich, Arden Courts • Dennis Luehring, Wheaton Mosquito District
Beth Cusack, Glen Ellyn Public Library • Mary Beth James, Comfort Keepers

Citizen's Committee

Larry Gage • Rose Palma • Jeanne Pitra • Horace Polglaze • Don Russell • Barbara Smith
Chuck Kramer • Leonard Tuggy

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

▶ Never too Old to Go Green

▶ Senior Auto Inspection a Success

▶ Affordable Option: Senior Home Sharing

▶ Veteran's Benefits

▶ Home Fire Prevention Tips

HOT Topics

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Issue

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