



The S.A.L.T. Communicator

Seniors and Law Enforcement Together

Serving & Protecting Senior Citizens

October 2011

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

Guardianship

Presented by Associate Judge Thomas Dudgeon of the Chancery Division of the 18th Judicial Court

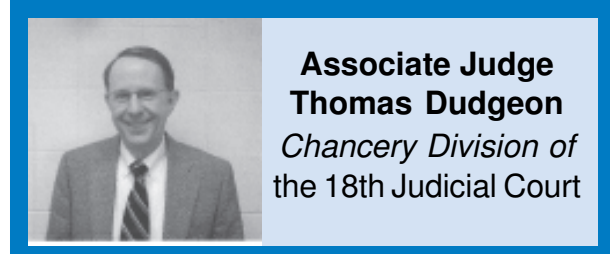
Guardianship is one of those challenging issues that we all hope never has to be faced. However, in the event we do it is an important topic to be educated about and understand the process.

In order to file for guardianship, the courts have to find the individual disabled and unable to make responsible decisions on their own. Once the person is deemed disabled by the court, they then establish who the best person will be to hold guardianship for that individual. This process can be emotionally challenging and distressful for all parties.

A guardian must be at least 18 years old, a resident of the United States and competent and never convicted of a felony. They are required to report to the judge and court annually.

There are several different types of Guardianship:

Personal: A guardian handles personal matters, healthcare decisions, and where the person will physically live. This type of guardian has total care for the individual, but must go to the court/ judge for any changes that will occur in their care like moving the individual from their place of residence. The courts/ judge



**Associate Judge
Thomas Dudgeon**
*Chancery Division of
the 18th Judicial Court*

serve as a back up or safety net so the role of guardian cannot be used as power over an individual or put the individual in a potentially harmful or less than safe circumstance.

Property: This guardianship takes care of all bills and debts owed by an individual and any property like their home. Once again, the courts/ judge would have to approve the sale of property before it could actually take place.

Corporate: This type of guardian invests and manages money. It is generally a bank and there is a fee for this type of guardianship.

When selecting a guardian, make sure the person knows what you would like done. The person's moral character should be taken in account. If you do not want your money invested in the stock market, then this is the type of discussion that should take place with a selected guardian.

(continued on page 2)

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.

www.miltontownship.net

(continued from page 1)

General Process For Guardianship

A draft petition for guardianship must occur alleging that the individual in question is unable to manage the tasks of daily living, and that their welfare is in jeopardy without an appointed guardian. The petition proposes a person to be named the guardian of the allegedly incapacitated person. The process includes:

- Obtain an evaluation of the health (physical and/or mental) of the alleged incapacitated person. The evaluation needs to be undertaken by a physician or psychiatrist. The doctor prepares an affidavit to be attached to the petition.
- File the petition and supporting documentation with the Clerk of the Court. The probate court will set the matter for hearing at the time the petition is filed with the clerk.
- Notify “interested persons” of the pending hearing. Interested persons include closely related family members and the alleged incapacitated person as well. The doctor who undertook the evaluation likely is required to be notified and present at the hearing.
- Attend the hearing on the petition for guardianship. Evidence presented needs to support the argument that the individual who is the subject of these proceedings is unable to care for their needs. The judge likely will question that person during the hearing.

There are alternate options to consider:

Power of Attorney allows or gives the ability for an individual or entity like a bank to handle your affairs. If you have Power of Attorney in place it would trump guardianship. Power of Attorney can be revoked at any time by yourself, but guardianship must be a decision of the courts/ judge. The person or organization you appoint is referred to as an “Attorney-in-Fact” or “Agent.”

General Power of Attorney authorizes your Agent to act on your behalf in a variety of different situations.

Special Power of Attorney authorizes your Agent to act on your behalf in specific situations only.

Health Care Power of Attorney allows you to appoint someone to make health care decisions for you if you are unable to do so.

“Durable” Power of Attorney allows the general, special and health care powers of attorney to be made “durable” by adding certain text to the document. This means that the document will remain in effect or take effect if you become mentally incompetent.

Both Guardianship and Power of Attorney can be found on the internet with the appropriate forms and a great deal of additional information.

The most important thing is to educate yourself and remember to plan ahead!



“I have metal fillings in my teeth. My refrigerator magnets keep pulling me into the kitchen. That’s why I can’t loose weight!”

The 15th Annual Ecumenical Support Services (ESSE) Pancake Breakfast
(A Salute to our Veterans)
is being held Saturday, November 5, 2011
7:30-11 am
St. Paul Lutheran Church
515 S. Wheaton Avenue, Wheaton

Memory

Presented by Patti Terkovich, Marketing Director, Arden Courts of Glen Ellyn

Memory, one of the favorite topics of jokes, senior conversation and often in the media today. The brain and its functions are complex and often difficult for non healthcare people to understand. Ms. Terkovich, from Arden Courts, presented this topic in simplistic terms so all of us could understand.

There are a number of different parts of the brain. They each have its own specific task which integrate with other parts in a very complex manner. Memories are stored in multiple parts of the brain. Short term memory is very fragile and often the first thing we all recognize that is becoming difficult for us as we age. Your mind is meant to hold seven items at a time.

Long term memory is broken up into several categories. *Episodic memories* which are personal memories about our experiences at specific times. *Semantic memories* which is factual data which is not attached to a time or place and *procedural memory* which is skills and routines we perform so often they do not require a conscious recall. In addition, there are three areas of the brain:

- (1) **Hippocampus** - primitive structure deep in the brain which plays the largest role in processing information as memory
- (2) **Amygdala** - an almond-shaped area which processes emotion and helps imprint memories that involve emotion
- (3) **Cerebral Cortex** - the outer layer of the brain that stores most long-term memory in different zones, depending on what kind of processing the information involves: language, sensory input, problem solving, etc.



Then the “**Stages of Memory Foundation**” use encoding which tags specific memories for storage into parts of the brain. Concentration plays an important factor in this process. Retrieval of information goes through the same process in reverse allowing us to draw off from our short term or long term memory banks of information.

Each of us must care for our brain just like healthy lifestyle actions for the rest of our body. This entails a healthy diet, exercising, managing stress and good sleeping habits. There are specific nutrition tips that will benefit our brain.

5 STEPS TO A HEALTHIER BRAIN

Physical Activity
Mental Stimulation
Good Nutrition
Spirituality
Socialization

- B vitamins and folic acid protect neurons and they help make red blood cells which carry oxygen.
- Antioxidants improve flow of oxygen through the body and brain.
- Omega-3 fatty acids are associated with cognitive function. They count as “healthy” fats protecting against inflammation and high cholesterol.

Many articles on nutrition and information are available regarding healthy foods for the brain. Check the internet or there are a number of books that address this topic.

If you have questions or would like more information about Arden Courts contact **Patti Terkovich at 630.469.5500.**



Annual Auto Inspection

On **Saturday, October 15**, the Annual Auto Inspection has been scheduled from 9 am - 12:30 pm at the Wheaton Fire Department Station #1. This station is located one block north of Roosevelt Road and Fapp Circle behind the Target.

Be sure to come out to this important event and get your car ready for winter driving. Everything is checked under the hood and the tires are inspected for wear and inflation. We continue to find that nine out of ten cars either have spare tires that are underinflated or have no air at all.

Thank you to the **Wheaton Fire Department** and the **Community Bank of Wheaton/Glen Ellyn** who help sponsor and make this event a success.



Annual Senior Fair

The Annual Senior Fair will be **Friday, October 7**, at the DuPage County Fair Grounds. The Sheriff's Department will have a booth and S.A.L.T. will be sharing it. Stop by and say hello. Tell us what you think about the [S.A.L.T. Communicator](#). Give ideas or suggestions for speakers or topics of interest that you would like to see in upcoming newsletters.

Senior Free Ride Changes

Submitted by Jodi Hefler

The previous Seniors Ride Free Card will no longer be accepted on any CTA train or bus, Metra train or Pace bus. The **new** senior Circuit Ride Free and Reduced Fare cards will only be accepted on the CTA train or bus, Metra train or Pace bus.

If you have not received your new card **please call 312-913-3110. A customer service operator is available Monday through Friday, 8:30 a.m. and 5:00 p.m.**

For more information about changes to the Seniors Ride Free program, visit www.RTChicago.com. If you meet age and income eligibility requirements and wish to apply in the Illinois Circuit Breaker program, visit www.cbrx.il.gov or call 800-624-2459 to request an application. Applications filed online take approximately 6 weeks to process. Paper applications (IL-1363) take approximately four months to process. Processing may be delayed if there is a need to request additional information.

Traveling Tip

When traveling, make a copy of your itinerary that has your name and flight information. Put this in your luggage. If your luggage is lost, the airlines have a way of identifying and contacting you. If they lose your luggage, they must refund your luggage fee. Do not put personal identifying information in your luggage if you are checking it. Your luggage could be stolen or opened and your personal information is at risk of being used for identity theft. Make copies of your important information and keep them with you or leave them with a family member. This will serve as a backup in case yours are lost or stolen.

DuPage County Food Safety Program

Presented by Sue Kowalczyk, Assistant Director of Environmental Health Services

Sue discussed the inspection and regulating processes involving food service establishments and other systems that may affect the health of citizens. The DuPage Environmental Health Services monitors environmental and food services within the County.

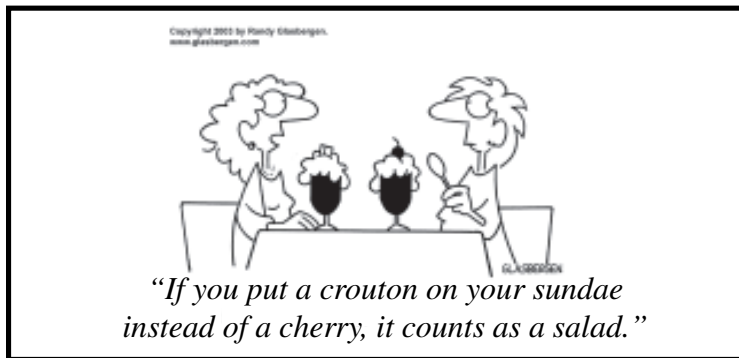
The goal of regulation and inspection is to maintain acceptable levels of sanitation and reduce the occurrence of food borne illness in the community. Food Borne Illness (FBI) is an illness or injury resulting from consuming specific foods that do not meet the regulated criteria. An incident is when two or more individuals have a similar food borne illness.

Environmental Health Services monitors:

- Public Swimming Pools and Spas
- West Nile Virus Protection
- Private Water Wells and Sewage Systems
- Tanning Salons
- Body Art Establishments
- Retail Food Service
- Temporary Food Events
- Mobile Vendors

Retail Food Safety Program oversees:

- 4,000 food facilities
- 1,500 temporary mobile food permits
- Complaint and outbreak investigation
- Education of industry and public



There are three top causes for food borne outbreaks. The first is time and temperature during storage, cooking or holding the food prior to serving. Infected food handlers with poor hand washing skills or poor personal habits is the second top cause. The third is cross contamination which is generally related to improper food storage or inadequate equipment.

Inspections occur one to five times annually based on food handling frequency. A restaurant will be inspected more often than a retail store. They concentrate on critical violations and focus on educating the food establishments.

The Noro Virus which is one of the most common outcomes of food borne illnesses looks like the flu. It produces gastrointestinal symptoms for 12-24 hours following the exposure and generally is caused by poor hand washing or contamination of food and unsafe water. This spreads very easily from surface to surface and is quickly becoming the leading cause of food borne illness.

Recalls have increased dramatically and are available by visiting www.dupagehealth.org. Contact Sue with any questions:

630.221.7396 or skowalcz@dupagehealth.org

Become an Informed Consumer!

Complain • Know Your Risk • Pay Attention to Recalls and Health Alerts • Practice Food Safety at Home

FOOD

A C T S

- Centers for Disease Control estimated there are 45 million food borne illnesses per year with 125,000 hospitalizations each year
- DuPage County averages 200 complaints, with 5-7 confirmed outbreaks each year

- 3,000 deaths each year
- Most susceptible individuals are pregnant women, the elderly, and children younger than age four
- Less than 2% of facilities close due to health violations
- Three most common reasons: Noro Virus, Shigella Bacteria and Cyclospora Parasite

Serving & Protecting Senior Citizens



Want to read a past issue of this newsletter?

Visit

www.

miltontownship.net

Want to call the Township?

630.668.1616

Want to visit the Township?

We're back at our permanent location!

1492 N. Main St.
Wheaton

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.
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

Douglas Ackerman • Larry Gage • Karen Hall • Chuck Kramer • Fred Nauert • Rose Palma
Jeanne Pitra • Don Russell • Arnold Shifrin • Barbara Smith • Leonard Tuggy • Arthur Zwierein

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

HOT Topics

- ▶ Guardianship
- ▶ Memory
- ▶ DuPage County Food Safety Program
- ▶ Important Dates to Remember
- ▶ Senior Free Ride Changes

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