



# The S.A.L.T. Communicator

*Seniors and Law Enforcement Together*

**Serving & Protecting Senior Citizens**

**October 2004**

Coordinated by Milton Township Trustee Ken McNatt



S.A.L.T.  
Council  
Booth

## Seniors & Caregivers Fair

**M**ark your calendars for the 13th Annual Seniors & Caregivers Fair on, Friday October 15, 2004, from 8:30 am to 12:30 pm. Stop by and visit the Milton Township S.A.L.T. Council's booth. You can learn about all of the services provided through S.A.L.T. and pick up a safety whistle and a File of Life Packet.

If you would like to volunteer to assist the S.A.L.T. Council contact Gail Hinkle at 630.668.1616.

*Join us for giveaways, raffles, refreshments & fun!*

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

**For more information call Senior Citizen Services  
630.682.7000 or 1.800.942.9412**

## Free Auto Safety Inspection for Seniors!

**M**ilton Township S.A.L.T. Council is offering the *free* Auto Inspection program again this fall. Anyone who would like a car inspected for safety is invited to come. It will be held on the west side of the campus at St. Daniel the Prophet, 101 West Loop Road, Wheaton.

Car safety is always a concern especially with the winter months approaching. Police officers will be on hand to provide inspections and free advice. No names or personal information is required to participate.



**Saturday, November 6, 2004  
St. Daniel the Prophet, Wheaton  
9 am - 1pm**

**For Additional Information  
call 630.668.1616**

## **Reminder**

Absentee Voting at Milton Township Hall is Tuesday, October 12 through Friday, October 29, from 8:30 am - 4 pm. Saturday's during this period 8:30 am until 12 noon; Monday, November 1, 8:30 am - 10 am. Call the Election Commission at 630.682.7440 to get an application to vote by mail.

## **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.

## Fall Prevention Through Balance Correction

Submitted by Michael Bearce, Fall Prevention Clinics of America

**V**irtually all medical associations recognize that falls are the leading cause of injury and death among seniors.

*Do you or a loved one suffer from:*

Dizziness?

Vertigo?

Disequilibrium?

Room or head spinning?

*Do you or a loved one:*

Stumble?

Shuffle when walking?

Touch or hold on to the wall and/or furniture while walking around?

If you answered “yes” to either of the above, you *may* have a balance disorder that can be easily corrected. If your “fall” problems can be corrected it could lead to more stability and mobility, better walking ability and endurance and greater independence.



**For Additional Information on Fall Prevention or for an Evaluation call 630.305.0403**



Check out the “new” Milton Township website. View all the S.A.L.T. newsletters, programs and services that are offered thru the Township.

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



## Northeastern Illinois Area Agency on Aging Has Information & Programs

**C**hartered in 1974 as a 501C3 agency, the Area Agency on Aging (AAA) supports the cost effective Older Americans Act services. These services form the backbone of choices to help older persons live independently. The Area Agency is an effective link between national, state and local services for older persons.

The Mission of Area Agencies is to develop and coordinate a comprehensive network of services for person’s aged 60 and over. The services and information enable older persons to live with dignity, safety and independence in their own homes, and optimize the quality of their lives.

Some of the services available through the Area Agencies are:

- Information & Assistance  
(*gatekeeper for all available services*)
- Group Dining Centers
- Case Management
- Meals on Wheels
- Legal Services



### For Additional Information Contact



Connie Kobitter, Special Events Manager  
245 W. Roosevelt Road, Building 6, Suite 41  
West Chicago, IL 60185  
630.293.5990 or [crkevents@ageguide.org](mailto:crkevents@ageguide.org)

If it seems to good to be true...it probably is...don't call or respond!!

## Prizes & Certificates!

Submitted by Bill Parbs & Joe Vanest

Everyone has likely received one in the mail by now. A card stating, “you’ve won!” Just call this number to collect your prize. Maybe you just threw it away, but others who were convinced they had won something called the number provided. After have been kept on hold, or slowly forced through an automated response system, you enter your ticket number and find you are the big winner of exactly \$1.00.

Companies mass mail these “Official Claim Certificates” with the same “Claim or ID number” to just about every person in the country. If you spend precious time reviewing the card closely, you will note not everything is quite like they say. If you call once, you are then deluged with a continuous steam of sweepstakes solicitations, all urging you to place additional 900 number telephone calls.

Attorney General Madigan recently spoke to seniors about being careful and cautious. The best way to protect yourself is to *never give out personal or financial information to a company or individual you did not contact. And, before giving money to a charity, it is best to verify the organization by calling the Attorney General’s office.* ■

## Drug Card Scam

Submitted by Bill Parbs

Medicare Drug Prescription Cards designed for drug discounts have become the latest tool of the ever-present scam artists who prey on older Americans.

Illinois Attorney General’s office has reported one of the big areas of potential fraud has been the new \$600 credit that Medicare will provide to eligible, low-income recipients to purchase prescription drugs. Many older people have called the Attorney General’s office to report that con artists are telling them the \$600 will be deposited into their account, but first they have to supply personal and financial information which the thieves use to steal money from various financial accounts.

Those eligible for the \$600 credit are responsible for enrolling themselves. So...if you receive any telephone calls or persons identifying themselves from Medicare, State of Illinois or any other agency representing Medicare...**do not** provide any information to them and report them to your local police at 911. ■

## Medicare Approved Prescription Drug Cards

Submitted by Sue Davison

The Medicare Approved Prescription Drug Discount Card program can be very confusing. There are a variety of options and each one has an eligibility test or checklist. Also available is additional help for seniors who meet a qualifying income level as a single person or married couple.

The Department of Health & Human Services Centers for Medicare & Medicaid Services has a

form 20016-E that walks you through the process of signing up for a card and the various options available. There are a number of sources where information can be gathered:

- Visit [www.medicare.gov](http://www.medicare.gov) (Select Prescription Drug and Other Assistance Programs)
- Call 1-800-MEDICARE (1-800-633-4227)
- Call your State Health Insurance Assistance Program (SHIP) The correct SHIP number for you is available through 1-800-633-4227.
- The above sources can also be found at [www.medicare.gov](http://www.medicare.gov) by selecting “Helpful Contacts.”



# Serving & Protecting Senior Citizens

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

Ken J. McNatt, Chairman • Joe Vanest, Vice Chairman • Gail Hinkle, Social Services Coordinator  
Carl Lofgren, Seniors Coordinator/Asst. to Assessor • Bill Parbs, Director of Communications

## DuPage Sheriff's Office

Cpl. Jack Dellinger, Deputy Sheriff Liaison • Jim Hatcher, Director of Senior Services • Bill Mennell

Chief Greg Berk, Wheaton Fire Chief • Sue Davison, Medicare Advocate CDH  
Chief Phillip DiMensa, Winfield Fire District • Marcy Fairbank, Community Nursing Service  
Jodi Hefler, Glen Ellyn, Senior Services • Rich Janske, Wheaton Police Dept.  
Fire Chief Jerry Kleinwachter, Warrenville Fire Dist. • Debbie McKenzie, Glendale Heights Police Dept.  
James Monson, Glen Ellyn Police Dept. • Clifford Mortenson, Wheaton Fire Dept.  
Chief Douglas Riner, Winfield Police Dept. • Lt. Bill Rizer, Winfield Police Dept.

## Citizen's Committee

Hector Fuster • Larry Gage • Sister Peg Ivers, St. Daniel the Prophet • William Krick  
Rose Palma • Robin Pecak, Arden Courts • Jeanne Pitra • Horace Polglaze • Don Russell  
Claude de St. Paer • Charles Schlabach • Barbara Smith • Jack Udelhofen

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

- ▶ Upcoming Events
- ▶ Fall Prevention
- ▶ Northeastern IL Area Agency on Aging
- ▶ Scam Alerts
- ▶ Milton Cemeteries

## *HOT Topics*

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



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

## Sheriff Seeking Volunteers

Submitted by Cprl. Jack Dellinger

**S**heriff John E. Zaruba is starting a new volunteer program called S.T.A.R. (Sheriff's Trail watchers Are Responding) as another component of his office's "Prairie Path Protection Project". Anyone who uses the Prairie Path is eligible for participation.

There will be a special orientation and a distinctive T-Shirt to wear when on the Prairie Path. Volunteers will be asked to carry a cell phone to call 911 if they see anything suspicious or if help is needed. If the volunteer does not have a cell telephone, one will be provided that can make 911 calls to the Sheriff's office only.

The plan is beginning with an already established volunteer force trained in the Citizen Police Academy. The Sheriff's office is offering to partner with clubs, organizations and individuals willing to make the trail system safer for our families to use.

To learn more or receive an application for the "Sheriff's Trail Watchers" Program call 630.668.1608.

## File of Life

Getting organized and staying organized is always a challenge for most of us! The S.A.L.T. Council offers the File of Life Packet to assist in keeping our medications and other essential medical information in one place and handy for family members or medical emergencies.

If you have not taken advantage of this before, now is the time. Stop by the S.A.L.T. Council booth at the Seniors & Caregivers Fair on October 15 and pick one up. You may also contact the Township Hall at the number below.

File Your Life! Call 630.668.1616 for your FREE packet



## Residents Response Survey

Ken McNatt, Chairman of the S.A.L.T. Council, and the members of this committee are always looking for ways to serve you better. In an effort to explore new opportunities for information that would be useful for our residents, please consider taking a few minutes to answer these questions and return this survey in an envelope to:

Milton Township  
S.A.L.T. Council  
1492 N. Main Street  
Wheaton, IL 60187

All returned responses will be included in a drawing for an American Express gift card.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

Thank you in advance for your willingness to respond to this survey.

- Do you have a computer that connects to the Internet in your home?  
\_\_\_\_\_ Yes (go to question 3)      \_\_\_\_\_ No
- If you do not have a computer in your home, do you have access to one?  
\_\_\_\_\_ Yes      \_\_\_\_\_ No (go to question 7)
- Do you personally use a computer for email communication?  
\_\_\_\_\_ Yes      \_\_\_\_\_ No
- Do you personally use a computer for researching information?  
\_\_\_\_\_ Yes      \_\_\_\_\_ No
- Do you shop or purchase goods via the Internet?  
\_\_\_\_\_ Yes      \_\_\_\_\_ No
- Do you pay bills via the Internet?  
\_\_\_\_\_ Yes (end of survey)      \_\_\_\_\_ No (end of survey)
- If you do not personally use a computer, does someone else use a computer on your behalf to gather information, email or use for other activities?  
\_\_\_\_\_ Yes (end of survey)      \_\_\_\_\_ No (end of survey)

THANK YOU!

## Seniors & History Meet at Milton Cemeteries

Submitted by Milton Township Cemeteries Authority

**O**ur Township has a rich history and through the hard work and dogged determination of some of Milton's history minded seniors, much of its story is unfolding at Milton Township Cemeteries. Senior and amateur historian Bob "Jake" Jacobsen is Chairman of the Milton Township Cemeteries Authority and is leading that committee's volunteers in resurrecting the past through study and restoration of our cemeteries. Don Sender, another history minded senior is the Authority's liaison to the Town Board. Working closely with members Bill Kooser and Ray Ribich, the Authority has even engaged the active participation of Wheaton College history students for research assistance and historical perspective.

The Authority oversees the operation of Pleasant Hill Cemetery, where the Township fulfills its obligation to tend to the final rest of the Township's indigent, veterans and relatives of those interred there. Those buried at Pleasant Hill include veterans of the Revolutionary, Civil and World Wars.

St. Steven's Cemetery has been rehabilitated and the adjoining virgin prairie lands have been restored to their original state and now appear as the first settlers may have seen them. It is an ecological treasure, as well as an historical guidepost. This cooperative effort between the Township's volunteers and the Diocese of Joliet was made possible by the leadership, determination and reverence of the Authority. The history of our Township can be traced through the names and family histories told by the markers and memorials contained in those sacred places.

Many of our mature citizens have shown great interest in these rare and fascinating silent tutors of history and ecology. Volunteer opportunities for seniors abound, whether it's searching ancient public records and researching genealogies, harvesting and planting rare, indigenous flora or deciphering and recording the stories told by the weathered tombstones. Before the stories are lost forever, the Cemeteries Authority can use many helping hands and minds hearts to preserve the memory of those residents of Milton Township who have gone on before us. *For more information or to volunteer, call us at 630.668.1616.* ■



## Issues to Consider in Downsizing

**G**loria Bersani, Gero Solutions, is proud to be a Founding Member of the National Association of Senior Move Managers (NASMM).

The mission of NASMM, a non-for-profit organization, is to facilitate the physical and emotional aspects of relocation for *older adults* to increase industry awareness, establish a national referral network, enhance the professional competencies of members, and to promote the delivery of services with compassion and integrity.

The field of Senior Move Management is growing and it is estimated that more than 125 companies exist across the country. The benefits of exclusively using this service is it focuses on the process of seniors living through the experience. They bring significant expertise in resources and approaches that save money, reduce stress, and produce quality results that will exceed the customer's expectations.

NASMM has reviewed insurance and experience requirements for each of its members prior to acceptance. On-going educational requirements reflect the commitment to professionalism in working with older adults. ■

To learn more visit [www.nasmm.org](http://www.nasmm.org)  
or contact a Senior Relocation Specialist  
or Gero Solutions to arrange for a  
**complimentary** home visit 847.705.2123