

We invite you to join the fun

The **Oak Forest Senior Citizens' Commission** offers information and assistance to seniors in the community. The commission meets the second Wednesday of each month at 1 p.m. at City Hall, located at 15440 S. Central Avenue. For more details, call the commission at 708-687-4050, ext. 1607. Leave a message, and a representative will get back to you as soon as possible.

The commission provides programming on the fourth Thursday of each month (except during July, August and December) at 11 a.m. at the **Oak Forest Community Center**, located at 155th and Kilpatrick. Seniors also are invited to drop in at the community center on Mondays at 10 a.m. to find out what's going on.

The **Bremen Township Senior Center**, located at 15350 Oak Park Avenue, encourages seniors to drop in on Fridays from 9 a.m. to 1 p.m. for coffee, rolls, bingo, speakers, and entertainment. On the third Friday of each month, the center offers lunch for a small fee. For more details, call Richard Innocenti at 708-687-4803.

We give you the latest news

Stay abreast of city news and events by signing up for the City of Oak Forest's **weekly e-Briefs**. To subscribe to this free service, please send an e-mail to cityoakforest@oak-forest.org.

You also can receive the latest news by visiting the **city's Web site** at www.oak-forest.org.

To receive the latest news and promotions from Bremen Township, call 708-596-6880 and ask to be added to its **senior mailing list**.

We help you stay connected

Be sure to keep the following important phone numbers easily accessible.

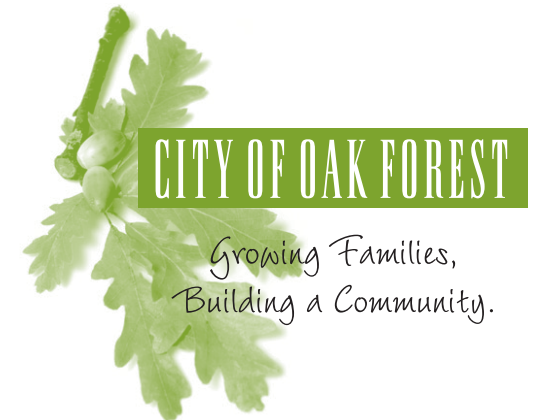
AARP:	888.687.2277
Alzheimer's Disease Information:	800.272.3900
American Cancer Society:	800.227.2345
American Diabetes Association:	800.232.3472
American Heart Association:	312.346.4675
Arthritis Foundation:	800.735.0096
Depression Awareness:	800.421.4211
Elder Abuse:	800.252.8966
Energy Assistance:	800.571.2332
Food, Health, Nutrition Hotline:	888.723.3366
Medicare Claims (Parts A and B):	800.633.4227
Respiratory Health Association:	312.243.2000
Secretary of State Seniors' Line:	800.252.2904
Social Security:	800.772.1213
Y-ME Breast Cancer Support:	800.221.2141



15440 S. Central Avenue
Oak Forest, IL 60452
Phone: 708-687-4050
Fax: 708-687-8817
www.oak-forest.org

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Oak Forest cares about seniors



Your guide to
programs, services
and resources
in Oak Forest

We promote activities & events

Fun-n-Friends meets on the second and fourth Friday of each month at 10 a.m. for coffee, rolls, conversation, and cards at the Oak Forest Community Center.

Golden Oaks meets on the first and third Thursday of each month at 10 a.m. for bingo and cards at the Oak Forest Community Center.

The Oak Forest Senior Citizens' Commission sponsors a **Christmas shopping trip** to Orland Park Mall every December.

The Oak Forest Fire Department hosts a **breakfast for seniors** at Fire Station 1 each spring. This free breakfast is a great way to meet local firefighters and mingle with your neighbors.

On the second Friday of each month, Bremen Township organizes a **free produce market** at 16361 S. Kedzie for those in need, regardless of age or income. The market is open from 10:30 a.m. to 1:30 p.m. For more details, call Rondel Jones at 708-333-9530.

We help you get around town

The City of Oak Forest offers a **free bus service** for individuals over the age of 60. The bus travels to senior programs and events and to businesses in Oak Forest and area communities. The senior bus also provides Sunday morning transportation to worship services within the city. Reservations for pick up to worship services must be made by 3 p.m. on the preceding Friday.

To register for the senior bus, call 708-687-4050, ext. 1024. Registered seniors can request routine rides by calling 708-473-2925 and rides to special

events by calling 708-535-4090.

Bremen Township also provides transportation through its **Senior Wheels** program. Rides are \$1 each way. However, seniors can buy a book of 10 rides for \$8. The cars operate five days a week between 8:30 a.m. and 3 p.m. To schedule a ride, call 708-596-6880.

Seniors, ages 65 and over, receive a **free city vehicle sticker**, a \$25 value, from City Hall.

We find ways to help you save

Oak Forest seniors, ages 65 and over, who live in single family or two-unit residences, are eligible for a **\$5 per month discount on their waste disposal and recycling bills**. For details, call NuWay Disposal at 708-479-9555.

The Illinois Department on Aging's **Grandparents Raising Grandchildren Program** helps caregivers pay for emergency needs, utility bills, medications, food, and clothing. It also provides referral services to local resources. For more details, call the Senior Helpline at 800-252-8966.

The **Low-Income Home Energy Assistance Program (LIHEAP)** subsidizes electric and heat for low-income individuals and families. For more details, call the Community and Economic Development Association at 800-571-2332.

The **Power Up Program** also provides energy assistance grants for up to \$400 to households with incomes between 150 percent and 200 percent of the federal poverty level. For more information, call 800-571-2332.

The **Universal Telephone Service Assistance Program** helps qualified households obtain and maintain basic local phone service. For details or to apply, call your telephone company.

We care about your well-being

The Oak Forest Police Department provides **medical emergency bracelets** for \$11 for those who have a need. To purchase a bracelet, call the department at 708-687-1376.

The Oak Forest Fire Department performs **well-being checks** at the request of family members, friends or neighbors, who are concerned about a loved one. For more information or to request a well-being check, call 708-687-1376.

Upon request, the Fire Department can offer **free blood pressure screenings** to groups of seniors. To learn more, call 708-687-6050.

The Senior Citizens' Commission hosts a **senior health fair** each October at the Oak Forest Park District Gym. At the fair, you can receive free health screenings, get your flu and pneumonia shots, renew your driver's license, and more.

The Senior Wheels USA Program provides **free power wheelchairs** to those who qualify. For more information, call 800-246-6010.

Contact EyeCare America's Seniors EyeCare Program Helpline at 800-222-3937 to find out if you qualify for a **free eye exam**.

The Chicago Southland Development Corporation's **Single-Family Rehabilitation Program** helps residents make their homes safe, healthy and maintenance-free. For more details, call Holly Campbell at 708-922-4600.

Together We Cope is a private, non-profit group of neighbors working to help other neighbors in need. The group provides the following services to those who qualify: a monthly food pantry; clothing vouchers; donations of furniture, appliances or household items; financial assistance; and referrals. For details, call 708-633-5040.