



# ESSENTIALS

NEWSLETTER of ESSE Adult Day Services

## MISSION STATEMENT

"To provide adult care options that promote the physical, emotional and spiritual well-being of older adults and their families."

## From the Director's Desk

ESSE is in the process of opening a 4th Center at Bethel Lutheran Church, 5110 Grand Ave. Gurnee! We are working with the Village of Gurnee for zoning approval.



### WE ARE VERY GRATEFUL TO...

**The DuPage Community Foundation** for their generous grant to assist us in the purchase of sofas, chairs and a wide screen TV for our Wheaton and Glen Ellyn Centers.

**The Tom Russell Charitable Foundation** for the generous grant to assist us with our care for the elderly.

**The Rotary Club of Central DuPage County** presented us with a donation in honor of our Board President, Ron Bowes, for his volunteerism with ESSE.

**Western DuPage Chamber** for selecting ESSE to share 50% of the Chamber raffle proceeds from Summer Daze!

**BP Charitable Foundation** for their generous grant to assist us with our Program Nurses Salaries.

**Memorial Gifts** in honor of Marjorie Bartholomew (\$300), and Ufida the Therapy Dog (\$20).

ESSE Seniors participated in a **Live Auction** with items generously donated by our supporting church members.



Jo Borow and Mary Ann Holzkampf are trying to out bid one another on treasures that they couldn't live with out!

*Cathy Davis*

## ESSE Adult Day Services 15th Annual Pancake Breakfast Fundraiser

**Saturday, Nov. 5, 2011**

**7:30-11:00 am • Donation: \$5.00**

St. Paul Lutheran Church  
515 S. Wheaton Ave. • Wheaton, Illinois  
Call for tickets or purchase at the door  
(630) 260-3773

### Great Raffle & Silent Auction!

Some great additions to our Silent Auction this year are:  
**Marriott Resort Seven Night Stay** (2 bedrooms, 2 baths, living room and kitchen), and an overnight stay at **The Swissotel, Chicago.**

### Food Sponsors

**Butterfield's Pancake House**  
**Brighton Gardens of Wheaton**  
**Starbuck's**

### ESSE WINGED ANGELS

#### Platinum - \$1,000

Community Bank of Wheaton/Glen Ellyn  
Thrivent Financial for Lutherans  
The Castrejohn Family • Goldman Sachs

#### Gold - \$500

Western DuPage Chamber of Commerce • Law Elder Law  
Capital Management Associates

#### Silver - \$250

Lisle Savings Bank • Dr. Scott Zimmerman  
Beck & Houlihan Attorneys at Law • Lehman Co.  
Central DuPage Kiwanis • Bright Star  
Belmont Village • The Schubert Family • Wyndemere  
Lexington Square • The Vazquez Family

#### Bronze - \$100

C.S. Family Health Mart family Pharmacy  
Williams Kamp • Synergy • Symmetry  
Presbyterian Women • The Meadows of Glen Ellyn  
Law Offices of Eileen Fitzgerald • Quality Catering  
Providence Bank • Inland Bank • Best Chicago Meats  
Warrenville Lions Club • Dr. & Mrs. Phillip Bonomi  
Mr. & Mrs. Zach Hesselbaum • Mr. & Mrs. Vrbos

## ROUTINE CHORES MIGHT HELP KEEP DEMENTIA AT BAY

Study found seniors who expended most energy on daily duties less likely to have mental declines  
Sept. 6 (HealthDay News)

If you've ever wished you didn't have to fold laundry, mow the lawn or stand in line, consider this: Those daily activities may help keep dementia at bay. New research finds that seniors who expended the most energy doing chores, running errands, taking care of loved ones and simply going about their business were less likely to experience mental declines as they aged.

"All those things that you would never think of as exercise, they get our heart rate up and make our blood vessels pump blood," said study co-author Todd Manini, an assistant professor of aging and geriatric research at the University of Florida, Gainesville. "But we kind of ignored them in the past and thought mainly about volitional exercise, such as jogging. What this study is telling us is those other activities might also count for health benefits."

"Of your total daily energy expenditure, about 60-70% of calories burned are just to keep your heart, brain and other organs functioning," Manini said. "The other 30-40% is burned through activity - which can include walking, standing or pretty much anything other than sitting still or sleeping."

"While no one is disputing that a formal exercise program is a good thing, doing, for example, a half hour or so on a treadmill makes up less than 5 or 10% of our daily energy expenditure," Manini said, indicating that the importance of physical activity for the rest of the day shouldn't be overlooked.

So what should seniors do? Remember that any sort of moving-getting up from a chair, taking out the trash, going shopping-all seems to have some health benefits, Manini said. Even standing instead of sitting, for instance, burns 20 to 30 more calories an hour.

Bryan James, an epidemiologist and assistant professor at Rush Alzheimer's Disease Center in Chicago, "When people ask me, 'What is the one thing I can do to keep dementia at bay?' If I had to pick one thing, I'd say exercise." "That has the most clear-cut evidence that it will do something beneficial for your brain," he added.

"You don't necessarily need to do something as formal as going to the gym," James said. "Just getting off your couch, getting out of bed, just doing anything can have some benefit."

## NEW CHOLESTEROL DANGER?

HealthDay Sept. 15, 2011

A cholesterol checkup may point to a surprising health problem decades in your future.

According to the Alzheimer's Association, every 69 seconds an American develops Alzheimer's disease—and the number of people with the disease will skyrocket in coming years. Researchers are scrambling to find ways to prevent or delay the disease, and a new study suggests that controlling your cholesterol may be helpful.

In the study from the journal *Neurology*, researchers gave a cholesterol test to more than 2,500 middle-aged and older people who didn't appear to have Alzheimer's. After 147 died during the next 15 years, the researchers checked their brains for signs of Alzheimer's. People with high cholesterol were more likely to have markers of Alzheimer's in their brains called plaques compared to people with low cholesterol.

Several medications can lower your cholesterol, but natural, drug-free steps can also do the job while improving your overall health.

Be sure to:

- Eat a diet low in saturated fat, which means eating lean choices of meat and low-fat dairy foods.
- Exercise regularly and stay active as part of an overall plan to keep a healthy weight.
- And have your cholesterol checked at least once every five years, so you'll know if you need to increase your efforts.

## MEALTIME CAN BE STRESSFUL

By Diana Kohnle July 29, 2011 (HealthDay News)

Mealtime with an Alzheimer's patient can be stressful and challenging—trying to make sure the patient gets sufficient nutrition.

The Alzheimer's Association suggests how to help mealtime go more smoothly:

- Serve meals in a quiet environment with no distractions.
- Clear the table of everything but basic utensils and dishes; keep dishes plain rather than with bright colors or patterns.
- Make sure the food isn't too hot.
- Serve only one or two foods at a time, and make an effort to honor the patient's food preferences.
- Have meals together, and don't rush the meal.
- Be understanding if the patient can't remember already having eaten.

## MEDICARE PART D ENROLLMENT – OCT. 15 THRU DEC. 7

The Medicare Part D (prescription drugs) open enrollment period for 2012 has changed to October 15 through December 7 in 2011

By James Sullivan, CPA, PFS

During the open enrollment period, you may select a new prescription drug plan for 2012.

Unfortunately, many Medicare beneficiaries focus too much on the monthly premium. Often the plan with the lowest monthly premium is selected even though the overall cost of the plan is much higher than other available plans. It is the total cost of the plan that participants should focus on. Fortunately, the Medicare website ([www.medicare.gov](http://www.medicare.gov)) will do the total cost analysis for you. The instructions below will help you (or your grandchild!) do the analysis and enroll online.

Once on the home page at [www.medicare.com](http://www.medicare.com), click on Compare Drug and Health Plans. A general search can be done quickly by entering your Zip Code and clicking on Find Plans. Clicking on Find Plans takes you to Step 1 of 4: Enter Information. Here you are asked which type of Medicare coverage you have and whether you receive a subsidy ("Extra Help") for the cost of Part D. Most participants will answer that they have original Medicare and are not getting Extra Help.

After answering the questions, click on Continue to Plan Results arriving at a page labeled as Step 2 of 4: Enter Your Drugs. You are asked to enter your medications. Have your medication bottles in front of when you do this section. After a drug has been entered, click on Find My Drug. Select the drug from the list provided. Drug and dosage information will be requested - once completed, click on Add Drug and Dosage.

After entering all the drugs, click on My Drug List is Complete to move on to Step 3 of 4: Select Your Pharmacies. You will be asked to select the local pharmacy where you purchase your medications. After selecting your pharmacy click on Continue to Plan Results. You will be taken to Step 4 of 4: Refine Your Plan Results.

You may wish to elect an option under Refine Your Search (left side of the screen) or limit the results to just Part D plans, but this is not required. Click on Continue to Plan Results. The resulting list will include all the Part D plans ranked by annual cost from lowest to highest. Review the plans carefully. Select a plan and click on Enroll.

# Fun at ESSE!

## PARADE!

ESSE staff, board members and family members participated in the Wheaton, Warrenville and Glen Ellyn 4th of July Parade. They passed out rootbeer candies to the crowds!



## PETS VISIT!



Diane Keith from St. Luke's Lutheran Church and her Greyhounds visit ESSE!

A C O L U M B U S D A Y T R A P O R Q U  
 D R S T B R A B C N E E W O L L A H N T  
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## ESSE WORD SEARCH

by Dawn Schubert

AUTUMN  
 PUMPKINS  
 LEAVES  
 HAYRIDE  
 HARVEST  
 APPLE CIDER  
 HAUNTED HOUSE  
 RAKING  
 GHOSTS  
 CORNUCOPIA  
 SPIDER WEB



FOOTBALL  
 HALLOWEEN  
 CORN STALKS  
 VETERANS DAY  
 THANKSGIVING  
 COLUMBUS DAY  
 BONFIRE  
 JACK-O-LANTERN  
 GOBLINS  
 BATS  
 FALL

Solution on back page

## RECIPE CORNER

Soups On!

### HEALTHY COMFORT FOOD AS THE SEASON GETS CHILLIER

#### Butternut Squash and Apple Soup – Barefoot Contessa

2 tablespoons unsalted butter	1-1/2 lbs. sweet apples, such as McIntosh (4 apples)
2 tablespoons good olive oil	2 teaspoons kosher salt
4 cups chopped yellow onions (3 large)	1/2 teaspoon freshly ground black pepper
2 tablespoons mild curry powder	2 cups water
5 lbs. butternut squash (2 large)	2 cups good apple cider or juice

Warm the butter, olive oil, onions, and curry powder in a large stockpot uncovered over low heat for 15 to 20 minutes, until the onions are tender. Stir occasionally, scraping the bottom of the pot. Peel the squash, cut in half, and remove the seeds. Cut the squash into chunks. Peel, quarter, and core the apples. Cut into chunks. Add the squash, apples, salt, pepper, and 2 cups of water to the pot. Bring to a boil, cover, and cook over low heat for 30 to 40 minutes, until the squash and apples are very soft. Process the soup through a food mill fitted with a large blade, or puree it coarsely in the bowl of a food processor fitted with a steel blade. Pour the soup back into the pot. Add the apple cider or juice and enough water to make the soup the consistency you like; it should be slightly sweet and quite thick. Check the salt and pepper and serve hot.



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### ESSE CENTERS

**Faith Lutheran Church** Phone: 630-838-1005  
41 N. Park Blvd. • Glen Ellyn, IL 60137

**St. Paul Lutheran Church** Phone: 630-260-3773  
515 S. Wheaton Ave. • Wheaton, IL 60187

**Community Baptist Church** Phone: 630-791-9399  
28W444 Main St. • Warrenville, IL 60555

### EXECUTIVE COMMITTEE:

President: RON BOWES  
1st Vice President: RAM SIMSEN  
2nd Vice President: DONNA PEKINGTON  
Treasurer: DORIS NELSON  
Secretary: ART KREYMER  
Member At Large: RATTI TERKOVICH  
Executive Director: CATHY DAVIT  
Business Manager: DON BERRY  
Assistant Business Manager: CAROL MINOR

[www.esseadultdaycare.org](http://www.esseadultdaycare.org)



## CAREGIVERS SUPPORT GROUP

ESSE Adult Day Center offers a Caregiver Support Group on the 3rd Thursday of every month.

3:00-4:30 pm

at St. Paul Lutheran Church  
515 S. Wheaton Ave. • Wheaton

*Refreshments served!*

Call for reservations: 630-260-3773

### Word Search Solution

