

...because learning is a lifelong experience

April 1, 2011

ICLRU UPDATE



Lunchtime Programs
11:45 am - 12:45 pm

Encore

Tues., April 5 Rm. 314
KATHLEEN MILLER –
“WORLDVIEWS”

Viewpoints and values have shifted through the centuries. This entertaining presentation will outline a succession of worldviews (classical, modern, postmodern) and offer some speculation on what will come next. An early version of this talk was part of “The Lighter Side of the Middle Ages.”

Plato's Place

Wed., 4/6 Rm. 330

What should conservation efforts include? Consider animals, plants, cultures etc.

The Lighter Side

Thurs., 4/7 Rm. 314
Join us for a showing of two hilarious Laurel & Hardy short films of the 1930's. Featured will be their famed 1932 Academy Award winning The Music Box, in which Stan and Ollie try to deliver a piano up 131 steps. Also shown will be the boys' futile and riotous attempts at manual labor in Busy Bodies. Laughs are guaranteed!

Notes from the Center

- Thanks to everyone who picked up a tent card last week. Remember to bring them every week and use them.
- We have had a couple of room changes this week. Be sure to check the easel by room 314 before your study groups.

Medicare's New Preventive Services

For more info see [click here](#).

Original Medicare now offers most preventive services completely free, including **new annual wellness visits**. A wellness visit is designed to promote health and include lessons in how to make better choices to avoid or reduce the effects of chronic conditions, such as hypertension, diabetes and heart disease. The new wellness benefit tasks doctors with creating “personalized prevention plans”, tailored to each person's daily routine, psyche and family life.

In addition to wellness visits, here's a list of the free health screenings and vaccinations Original Medicare began offering in 2011:

- Breast cancer
- Colorectal cancer
- Cervical cancer
- Cardiovascular
- Diabetes

- Medical nutrition therapy
- Prostate cancer
- Bone mass measurements
- Abdominal aortic aneurysm
- HIV
- Vaccinations (flu, pneumonia and hepatitis B)

For a breakdown of the different preventive services including the free health screenings and vaccinations, along with the eligibility requirements you'll need to meet to get them, see your “Medicare & You 2011” booklet that you received in the mail in October, 2010 or read it online at [medicare.gov](#).

Note: If you have Medicare Advantage—a private Medicare plan sold by insurance companies typically available through HMOs and PPOs—you need to know that the health care reform law did not require these plans to provide free preventive services. However, most Advantage plans already offer Medicare-covered preventive services without cost-sharing. Check your plan to find out your specific coverage.



Friendship Village of Schaumburg
“Life is Better Among Friends”

Exclusive Sponsor of ICLRU's Winter Lecture Series.

Visit them at:
www.friendshipvillage.org

Things To Do

The Best of the Illinois Brass Band

An all-volunteer group of 30 of the finest brass musicians from the greater Chicago area perform selections that highlight their success as 6-time national champions of the North American Brass Band Assn Sunday, 4/3, from 2:00–3:30 pm at Arlington Heights Memorial Library, Free admission. [Register](#) at: ahml.info (go to Events) or call 847-392-0100.

April 9 (9:30am-5:00pm) April 10 (10:00 am-4:00 pm) **Des Plaines Valley Geological Society 46th Annual Jewelry, Gem, Fossil, Mineral and Lapidary Show.** Des Plaines Park District Leisure Center, 2222 Birch St. (west of River Rd. off Touhy) Free Parking. Admission Seniors \$2.00 /Adults \$3 Info: Lois Zima at 847-298-4653 or rocksandminerals.org

Watercolor 2011 Mar. 12–Apr. 30 at the Norris Gallery 1040 Dunham Rd. St. Charles, IL

Including works by ICLRU Member, Betty Morley. Reception, Sunday, 4/10 from 2–4 pm. Free Admission. Awards will be presented. Open to the public. For info: [Norris Cultural Arts](#) or 630.584.7200 x. 14

ICLRU Member, Mary Rose Nowak, let us know that her son, Dan Nowak is a writer for a **new series** on [AMC The Killing](#). It premieres Sunday, 4/3 with 2 episodes from 8–10 pm Central. The story is about the killing of a young girl and the investigation that ensues. Each episode is a day in the investigation — there will be 13 episodes.

What's Up at ICLRU?

Our fledgling book exchange is up and running.. If you have books, CD's, movies, to share, please drop them off in the Center. Or, stop by and pick up a book (honor system).