



# At Your Service

*Happy Spring!!*

April 2007

## Dates to Celebrate

- 2nd - Nat'l Peanut Butter Day
- 4th - Ballroom Dancing Day
- 6th - Twinkies® Birthday
- 7th - Slinky's® Birthday
- 12th - Nat'l Licorice Day
- 16th - Nat'l Eggs Benedict Day
- 22nd - Nat'l Jellybean Day
- 25th - Nat'l Zucchini Bread Day
- 26th - Nat'l Pretzel Day
- 30th - Nat'l Honesty Day

## Senior Center News

April 2007

### *Senior Center Hours*

*Monday—Friday*

*9:00 am—1:00 pm*



### *Blood Pressure Screenings*

*FREE Blood Pressure Screenings will continue at the Dining Center on the 2nd Wednesday of each month.*

*The next screening will be Wednesday, April 11th 10:00- 11:00 am.*

Don't Forget...

April 15th is Tax Day!!

As income tax time approaches; did you ever notice that when you put the two words "The" and "IRS" together it spells, "THEIRS"?

## BINGO !

Bingo will be held on the 3rd Wednesday of THIS month from 10:30 - 11:30 a.m.

Join us on Wednesday, April 11th, 2007 for our next Bingo session !

PLEASE RSVP for Bingo and lunch (\$3.00 donation) by Wednesday, April 4th (to ensure we have enough space AND lunches ordered for everyone!)



## What's Happening at the Glen Ellyn Senior Center



### Book Club

Our Book Club is reading "*I Feel Bad About My Neck*". We will meet on *Tuesday, April 17th at 10:15 a.m.* Please call and let us know if you are planning to join us.

### Bridge Club

Our Bridge Club meets the 4th Tuesday of each month. The next date is April 24th. Please call if you would like to play.

Call Sue Davison on Mondays or Tuesdays (630) 858-6343

We would like to start a **BUNCO** group...are you interested?

The first gathering will be Monday, April 30th at 10:00 a.m.

Please call and let Sue know if you are interested. We need a minimum of 8 players.

## Glen Ellyn Park District

### Senior Adult Tuesday Luncheons

Spring is here! Time to smell the blooms and get ready for another fun filled summer. Have a spring fling with us at the Park District! Enjoy roast beef au jus with mostaccioli, veggies and dessert. Don't forget to pick up your free raffle ticket at the door.

**Tuesday, April 10th**

12:00 - 2:00 p.m.

Maryknoll Park Holes & Knolls Clubhouse  
845 Pershing Ave.

Make your reservations by  
Tues. April 3rd  
(630) 858-2463

Cost: \$8.25 per person

## Glen Ellyn Public Library

Author Alexander McCall Smith

*Lecture and Book Signing.* Join us for a very special evening with Alexander McCall Smith, author of more than 50 books including the best-selling "No. 1 Ladies Detective Agency" series. The Library is partnering with College of DuPage for a lecture and book signing with this fascinating author.

*Reception:* Immediately following the lecture and book signing, you may attend a reception at C.O.D. catered by True Cuisine.

Tickets for the lecture, book signing and reception are available at the Library - **\$50.00 per person.**

Sunday, April 22nd - 7:00 p.m.  
The McAninch Arts Center at College of DuPage

## College of DuPage

### *Big Band Dances*

Ballroom dancing is back! Right here in Glen Ellyn, senior citizens are teaching the baby boomers to dance, and we are having a ball! Join us at College of DuPage, West Campus, Building K, on **Sundays, April 15 and May 20 from 1:30 to 4:30 p.m.**

A fee of \$6 dollars includes light refreshments and wonderful music from a real, live band. Dress is informal. Singles and couples are welcome.

### *Senior Driving: 55 Alive - Safe Driving*

AARP offers this excellent training course to all motorists over age 50. This 8-hour classroom refresher covers rules of the road, overcoming the effects of aging on driving skills and accident prevention.

Taught by AARP trained instructors, completion of the course enables adults to reduce their auto insurance rates.

Building K, Room 142  
**Saturdays, April 14 & 21, 9 am - 1 pm**  
(Code #35813) Registration fee \$10.00

Call 942-2700 to register



## Marianjoy Rehabilitation Hospital

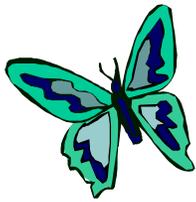
### *To Drive or Not to Drive*

The ability to drive is often key to a person's independence and quality of life. Come learn about what can affect a person's ability to drive safely, ways to stay safe, and warning signs that may indicate the need to limit or retire from driving. This class is open to older (mature) drivers and all those who want their loved ones to stay safe on the road. Marianjoy also offers driver evaluations during regular business hours. To inquire, call 909-6082.

**Tuesday, April 17th at 6:30 p.m. FREE**

Marianjoy Rehabilitation Hospital  
26W 171 Roosevelt Rd., Wheaton

Speaker: Anne Hegberg, Certified Driver Rehabilitation Specialist



## April

“Sweet April showers  
Do spring May flowers”  
-Thomas Tusser (1557)

Did you know...?

That familiar, earthy smell after a RAIN comes from soil-dwelling *Streptomyces* bacteria and organic matter, which are kicked into the air by falling raindrops.

DIAMONDS, the birthstones of April, truly are precious. It takes a minimum of a million diamonds mined, to obtain a one-carat gem-quality diamond.

EASTER is always celebrated on the first Sunday after the first full moon after the vernal equinox.

Those born under the sign of TAURUS, between April 20th and May 20th, are said to be warmhearted, but on the dark side they can be jealous.

The SWEET PEA, flower of April, is so called because of its sweet scent.

## Play Ball!



Baseball fans - rejoice - the major league baseball season begins on the 1st! In honor of that special day, here's a little trivia to think about as you are watching the opening game.

Where does the saying *ballpark figure* come from? In the 1890s, ball grounds, or ball parks as they were then beginning to be called, hosted not only the increasingly popular “national game” of baseball, but also political rallies. Since admission to these rallies was free, attendance could not be determined by ticket stubs, and so the figures had to be estimated. Typically the local paper supporting the party that had organized the rally would give one inflated figure and the rival paper would give another, equally unreliable, deflated figure. Thus *ballpark figure* came to mean, at best, a very rough estimate.

## Have A Little Fun ...

### Clueless Until the End

Each hint below ends in a five-letter word. All you have to do is rearrange the letters in the last word of each phrase and you'll be able to find the answer.

Example: Craft that might tip in the ocean - CANOE.

1. Bit of brush

\_\_\_\_\_

2. Opposite of unite

\_\_\_\_\_

3. Jottings of a steno

\_\_\_\_\_

4. Having less reason for fears

\_\_\_\_\_

5. Animal that may need a shoer

\_\_\_\_\_

6. Doesn't always bring rain, but  
could \_\_\_\_\_

7. Weapon that a calvary man bears

\_\_\_\_\_

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# Take a Giggle Break...

Three older friends were discussing the travails of getting older. One lamented "Sometimes I catch myself standing in front of the refrigerator with a jar of mayonnaise in my hand and can't remember whether I need to put it away or start making a sandwich.

The second friend chimed in, "I know what you mean. Sometimes I find myself standing at the turn in my stairs and can't remember whether I was on my way up or on my way down."

The third responded, "Well, knock on wood that I don't have that problem." As she rapped her knuckles on the table, she jumped up exclaiming, "Oh! Someone's at the door. I'll get it!"

-AARP Humor & Hobbies Newsletter

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## LAUGH - A - LITTLE

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## Egg-citing Facts



**Did you know...?**

**French brides traditionally break an egg on their new home's threshold before entering - for luck and healthy babies.**

**The sulfur-smelling, greenish tinge on hard-cooked yolks stems from cooking the eggs too long. But it doesn't affect the eggs' safety or nutrition.**

**Legend holds that an egg laid on Good Friday will never spoil - and that if you don't cook it, the yolk will become a diamond after a century.**

**In 19th century Germany, eggs were used as birth certificates. The baby's name and birth date were etched into the shell of a dyed egg, and courts honored these "I Ds" as proof of age and identity.**



## Triskaidekaphobia

### Trivia



There are two Fridays the 13th in 2007. One is this month and one in July. So here are some fun facts about Friday the 13th.

In the 14 possible configurations for the annual calendar, the occurrence of Friday the 13th is this.

6 of 14 years have 1 Friday the 13th.

6 of 14 years have 2 Fridays the 13th.

2 of 14 years have 3 Fridays the 13th.

There is no year without one Friday the 13th, and no year with more than three.

The reason we say "Fridays the 13th" is that no one can pronounce "Friday the 13ths."

Triskaidekaphobia is the fear of the number 13.

-Old Farmer's Almanac

## **Your Safety**

### **Medication Safety Week**

#### **April 1-7**

A recent study found that **88%** of medication errors involved the wrong drug or the wrong dose. To prevent dangerous medication errors, follow this advice from the experts.

- ? Know what medications you are taking and why.** If you can't read a prescription, ask your doctor to write it so you can read it. Make sure you get the correct medicine from your pharmacist.
- ? Keep a list of everything you take.** Make sure you know the dosages and how often to take them.
- ? Read medicine labels, including warnings and interactions.** A drug label will tell you what side effects to watch for, if the medicine has dangerous interactions with other drugs and if you should avoid certain activities like drinking alcohol or spending time in the sun.
- ? Make sure the medicine you receive from your pharmacist is what the doctor prescribed.** If it looks different from what you expected, ask your pharmacist to double-check it.

And finally, if you don't understand something, ask for an explanation.

-patientsafety.gov

## **Enjoy Good Health**

### **Wellness Secrets for Spring**

#### **Pillow Perfect**

Sleeping on a worn-out pillow can disrupt your sleep. Test your pillow monthly by folding it in half, squeezing out the air, then letting go. You need a new pillow if it doesn't bounce back to its original shape instantly.

#### **Another Shot at Staying Healthy**

We know about annual flu shots. Now a federal panel of immunization experts suggests that all adults age 60 and older receive Zostavax, a new vaccine to prevent shingles, too. Anyone who's had chickenpox is at risk: The virus lies dormant in your system for years but may reactivate and cause chronic pain later in life. The vaccine reduces risk of a shingles episode by 50%. Ask your doctor about this inoculation.

-Committee on Immunization Practices



## NEW SCAM ALERT!

### 6 Ways to protect your medical ID

Here's how to keep thieves from stealing your medical information.

- 6 Treat your insurance card like a credit card. Don't lose it or loan it and don't show it to anyone except a trusted health-care provider.
- 6 Watch out for "freebies." Be suspicious of offers for free medical care. Avoid clinics that advertise aggressively or promise to waive co-payments.
- 6 Read the E.O.B. Review your "explanation of benefits" letters from our insurance company and call about claims for services and drugs you don't understand.
- 6 Request accounting disclosures. You have a right under HIPAA to get this document from every health-care provider you visit. The accounting will detail what personal info was released and whom it was sent to.
- 6 Review your credit report. If someone has stolen your identity and racked up unpaid hospital bills in your name, the charges could turn up on that report.

-Reader's Digest

## Double Duty

**Here are nifty uses for common items that you probably have around your house right now.**

**A wide-based candle makes a great pincushion. When pins are waxed, they slip through material easily.**

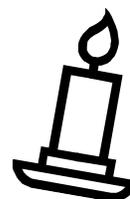
**Make bibs for grandkids and adults of all ages by clipping dishtowels with clothes pins around their necks.**

**Use plastic lids as coasters for kids' drinks, as saucers under plants, as spoon rests, or drip catchers under paint cans.**

**Make a scratch on the crystal of a watch disappear by rubbing toothpaste over it.**

**Rub wax paper over closet rods to make hangers slide easily.**

**If tucking in your sheets is painful, use a long-handled wooden spoon to push the sheet under the mattress. Makes the job easier!**



## Answers to the Quizzes



**Make Every Day  
Earth Day**  
*6 Easy ways to help  
save the planet*

**Turn off the tap  
while brushing your  
teeth.**

**Keep your car engine tuned up  
and your tires properly inflated.**

**Buy recycled products.**

**Carry a reusable bag when  
shopping.**

**Turn the lights and TV off when  
you're out of the room.**

**Return extra hangers to the  
cleaners.**

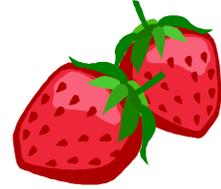
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## Recipe for April

### *Old Fashioned Ice Box Dessert*



- 7-1/2 Honey Maid Honey Grahams, broken in half (15 squares)
- 1 pkg. (8 oz) Philadelphia Cream Cheese, softened
- 2 Cups Milk
- 1 pkg. (4 serving size) Jell-O Vanilla Flavor Instant Pudding & Pie Filling
- 1 tub (8 oz) Cool Whip Whipped Topping, thawed, divided
- 1 Cup quartered strawberries
- 1 Cup chopped kiwis (about 4)
- 1/3 Cup Baker's Angel Flake Coconut, toasted

1. **Arrange** graham squares in even layer on bottom of 13x9 inch pan.
2. **Beat** cream cheese in large bowl with electric mixer on medium speed until creamy. Gradually add milk, mixing until well blended after each addition. Add dry pudding mix; beat 1 min. Gently stir in half of the whipped topping; spread over grahams in pan. Cover with remaining whipped topping. Top with fruit.
3. **Refrigerate** several hours or overnight. Sprinkle with coconut just before serving. Store leftover dessert in refrigerator.

**Makes** 15 servings, 1 square each.

*How to: Toast coconut by spreading it evenly into a thin layer on baking sheet. Bake at 350° for 7 to 12 minutes or until lightly browned, stirring occasionally.*

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