



# At Your Service

## Happy New Year!!

January 2007

### Dates to Celebrate

- 3rd - Nat'l Chocolate Covered Cherry Day
- 4th - Birthday of the Blender
- 8th - Bubble Bath Day
- 11th - Banana Boat Day
- 13th - Frisbee's Birthday
- 19th - Tin Can Day
- 24th - Kazoo Day
- 26th - Backwards Day
- 28th - Nat'l Corn Chip Day

## Senior Center News

January 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, January 10th 10:00- 11:00 am.*

### Important Note:

The Home Delivered/ Congregate Meal Program will be CLOSED on Monday, January 1st for the New Year Holiday. No Meals will be delivered or served on this date.



## BINGO !

Bingo will be held on the 2nd Wednesday of each month from 10:30 - 11:30 a.m.

Join us on Wednesday, January 10th, 2007 for our next Bingo session !

PLEASE RSVP for Bingo and lunch (\$3.00 donation) by Wednesday, January 3rd (to ensure we have enough space AND lunches ordered for everyone!)



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



### **Book Club**

Our first meeting will be here at the Senior Center on *Tuesday, January 16th at 10:00 a.m.* to choose our book and discuss our format. Please call and let us know if you are planning to join us.

### **Bridge Club**

Our next session for bridge will be *Tuesday, January 30th at 10:00 a.m.* Please call if you are interested in playing with us!

Sue Davison (630) 858-6343

### **PRAIRIE STATE LEGAL SERVICES**

will be at the Senior Center on

***Monday, January 22nd***  
***10:00 a.m.***

To tell us about the services they provide to senior citizens who are 60 years and older and persons with low incomes. Prairie State can help with Public Aid problems, SSI Disability, Social Security and Medicare, Utility Shutoffs and other non-criminal legal problems.

Please call to reserve your spot!  
(630) 858-6343

## Glen Ellyn Park District Happenings

### **Senior Adult Tuesday Luncheons**

Happy New Year! Join us for a fun afternoon of "Win, Lose or Draw!" We may not have Burt Convy, but we will have tons of fun! Before our game, warm up with a nice hot bowl of soup. We will also have a tossed salad, rolls and a sweet dessert. Don't forget to pick up your free raffle ticket at the door.

**Tuesday, January 9th**

12:00 - 2:00 p.m.

Maryknoll Park Holes & Knolls Clubhouse  
845 Pershing Ave.

Make your reservations by

**Tues. January 2nd**

(630) 858-2463

Cost: \$8.25 per person

### **AARP Driver Safety Program**

Seniors, sharpen your defensive driving skills and become a safer driver by enrolling in this class that combines discussion and text. Completion of this eight-hour classroom program entitles you to a reduction on your automobile insurance premium. No refund after first meeting.

**Wednesday, January 24th &**

**Thursday, January 25th**

9:00 a.m. - 1:00 p.m.

Main Street Recreation Center  
Hill Ave. and Main St.

Call 858-2463 to register.

Cost: \$10.00 payable to AARP

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## At the Glen Ellyn Public Library

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### "Through the Decades" Adult Programs

1900s - 1910s

#### *The Carnegie Library - Treasures on the Illinois Landscape*

In the first quarter of the 20th century, hundreds of public library buildings, including the Glen Ellyn Library, were built through the philanthropy of Andrew Carnegie. In this visual journey, Annette Baldwin will take you on a back roads trip to discover the history, architecture and presence of the Carnegie Libraries in Illinois Today.

**Thursday, January 11th**

**7:00-8:00 p.m.**

1920s - 1930s

#### *"Those Were the Days Radio Players"*

Re-live the days of live radio when Jack Benny and George Burns did their comedy shows in front of microphones. Those Were the Days Radio Players will be at the Library to re-enact the radio shows that you love from radio's golden era. Join us to enjoy some of these classic radio programs.

**Thursday, January 25th**

**7:00-8:00 p.m.**



**Please join us...**

### *Music Therapy in Hospice Care*

**Presented by Virginia L. Gross, MT-BC  
VITAS Music Therapist**

**Thursday, January 25th**

**6:00 - 9:00 p.m.**

**Sunrise Assisted Living**

**95 Carleton Ave.**

**Glen Ellyn**



**RSVP by January 22nd to Sandy Horvath, Director of Community Relations, (630) 469-5555**



## Fun Trivia About January

Before noisemakers were made, European farmers wailed on horns and beat drums on NEW YEARS EVE to banish the spirits they believed brought disease to their crops.

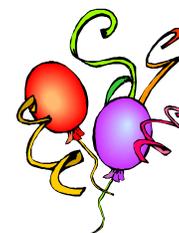
January is named for the Roman god JANUS, protector of gates and doorways. Janus is depicted with two faces, one looking to the past, the other to the future.

The deep red color of the GARNET, January's birthstone, is said to have the power to help anemia and aid the circulatory system.

CARNATIONS, the flowers of January, are sometimes referred to as pinks because the petal edges are serrated like they've been cut with pinking shears.

The tradition of using a BABY to signify a new year was started in Greece around 600 B.C.

## Ring in the New Year!



**Here are some superstitions that are thought to guarantee a good outcome through our acts on the first day of the year.**

### **Kissing At Midnight**

**We kiss those dearest to us at midnight not only to share a moment of celebration, but also to ensure those affections and ties will continue throughout the next year.**

### **Paying Off Bills**

**The new year should not begin with the household in debt, so checks should be written and mailed off prior to the first of the year.**

### **New Clothes**

**Wear something new on January 1st to increase the likelihood of receiving more new garments during the following year.**

### **Breakage**

**Avoid breaking things on that first day or wreckage will be part of your new year.**

### **Born on the First**

**Babies born on this day will always have luck on their side.**

## Have A Little Fun ...

### Crime Busters

Match these clever sleuths  
with the mystery writers who  
created them.

1. *Hercule Poirot*
2. *Nancy Drew*
3. *Sherlock Holmes*
4. *Dr. Kay Scarpetta*
5. *Sam Spade*

- A. Carolyn Keene
- B. Dashiell Hammett
- C. Agatha Christie
- D. Arthur Conan Doyle
- E. Patricia Cornwell



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# The Lighter Side of Insults

Here are some not so nice, but funny, quotes from famous people.

I've had a perfectly wonderful evening. But this wasn't it.

*-Groucho Marx*

I didn't attend the funeral, but I sent a nice letter saying I approved of it.

*-Mark Twain*

He has no enemies, but is intensely disliked by his friends.

*-Oscar Wilde*

He has all the virtues I dislike and none of the vices I admire.

*-Winston Churchill*

His mother should have thrown him away and kept the stork.

*-Mae West*

He has Van Gogh's ear for music.

*-Billy Wilder*

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LAUGH - A - LITTLE

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## Terrific Trivia!

Trivia Day is January 4th

How's this for trivia - it takes twenty muscles to form a kiss, all fish are born without scales and prairie dogs are popular pets in Japan! If that's not enough to get you thinking, ponder this:

- « There are 12 letters in the Hawaiian alphabet.
- « James Bond, the spy is named after the real-life ornithologist.
- « More than 2.2 million Americans play the accordion.
- « Celery has negative calories, it takes more calories to eat and digest a piece of celery than it has.
- « The letter "Q" is the only letter of the alphabet that does not appear in the name of any U.S. state.
- « Not one adult has ever appeared in a "Peanuts" comic strip.
- « The average kid eats 15 pounds of cereal a year.
- « A pelican doesn't have nostrils.
- « According to the Census Bureau, the average American marriage lasts 9.4 years.

## In Memory

Dr. Martin Luther King, Jr.

January 15, 1929 - April 4, 1968

Ordinary folks and mega-stars gathered last November for the Martin Luther King, Jr. Memorial ground breaking ceremony on the National Mall in Washington, D.C. Scheduled for completion in spring 2008, the \$100 million crescent-shaped memorial stands on four acres of land along Washington's Tidal Basin between the Jefferson & Lincoln memorials.

The location is symbolic and significant. Jefferson, the author of the Declaration of Independence, is a founding father of the country. Lincoln signed the Emancipation Proclamation, which declared freedom from slavery.

"Today we see only those open acres, yet we know that when the work is done, the King Memorial will be a fitting tribute, powerful and hopeful and poetic, like the man it honors," President Bush told the crowd. We honor Dr. King this year on January 15th.

## **This Just In** **The Latest Studies on Health**

**Older adults are  
more likely to  
fall if they are  
deficient in**



**Vitamin D. A study showed  
those who were D-deficient were  
twice as likely to fall as those with  
adequate levels. Vitamin D is  
important for muscle function as  
well as strengthening bones.**

**Caseload may be more  
important than a surgeon's  
age. A study found that while  
surgeons over 60 with low surgical  
volumes had higher mortality rates  
on some procedures, those who  
continued to have high caseloads  
had comparable outcomes with  
surgeons ages 41 to 50.**

## **January is Glaucoma Awareness Month**

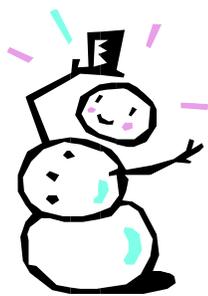
**A simple test can help you prevent  
blindness. Get it today!**

**Glaucoma is an eye disease that  
gradually diminishes sight without  
warning and often without  
symptoms. The damage results  
from an increase in the pressure  
fluid within the eye. The rise in  
pressure caused by fluid build-up  
leads to progressive damage to the  
optic nerve. Over time, glaucoma  
can lead to gradual loss of  
peripheral vision. Get more info at  
Glaucoma Research Foundation  
(1-800-826-6693). Receive a free  
copy of Prevent Blindness -  
America's Guide for People with  
Glaucoma at  
*[preventblindness.org/glaucoma](http://preventblindness.org/glaucoma).***



## How to Stick to Your Resolutions!

Making New Year's resolutions is a breeze. Keeping them is another matter. Here are a few strategies from the experts that will help see your good intentions through.



- ê Make no more than two or three resolutions. The fewer resolutions you make, the more likely you'll stick with them.
- ê Jot down your resolutions and post the list where you can see it every day. Keeping resolutions in sight will motivate you to work on them.
- ê Make your time frame realistic. If you've been biting your nails for years, don't expect to break the habit in a few days.
- ê Work one resolution at a time. Change is difficult. Focusing on one resolution will make it easier.

Most importantly, don't be too hard on yourself. And remember the old saying,

*"If at first you don't succeed, try, try again!"*

## Beware of Sweepstakes Scams

**Sweepstakes and the promise of prizes are easy ways to lure the unsuspecting into scams. Here is important advice from [stopseniorscams.org](http://stopseniorscams.org) to keep you from becoming a victim.**

- P Never pay to play. It's illegal for a company to require you to buy something or pay a fee in order to win or claim a prize.**
- P Don't believe that you have to give the company money for taxes on your prize. The money will be deducted from your winnings or you will pay then directly to the government.**
- P Get the details in writing. Legitimate sweepstakes companies will give you written information about how a contest works, including the odds of winning and the value of the prize.**

**And finally, remember that con-artists lie. It's hard to believe there are people who will tell you that you won a prize when you haven't, but it's true.**

## Answers to the Quizzes

## Do You Have Time To

### Save A Life?



January is Blood Donor Month. To give blood, you must be healthy, at least 17 years of age and weigh 110 pounds or more. Blood types O+ (38%) and A+ (34%) are the most common. Nearly 10% of the population is B+, while AB- accounts for only .7% of all blood collected. Call 1-800-GIVE LIFE or visit [redcross.org](http://redcross.org) for more info.



## GLEN ELLYN SENIOR CENTER

493 Forest Avenue  
Glen Ellyn, IL 60137

Phone: 858-6343 Jodi & Sue  
858-6325 Senior Meals - Cathy  
Email: [geseniors@ameritech.net](mailto:geseniors@ameritech.net)

## Recipe for January

### Sour Cream Coffee Cake

1 Cup sugar	1-1/2 tsp. Baking soda
1 Cup butter, softened	1/2 Cup sour cream
3 eggs	1 Cup walnuts, chopped
2 Cups flour	3/4 Cup sugar
1-1/2 tsp. Baking powder	2 tsp. Cinnamon



- 1) Lightly grease a 8" x12" pan.
- 2) In a large bowl, cream together the 1 cup sugar with the butter. Add the eggs and beat well.
- 3) Mix in the flour, baking powder, baking soda and sour cream, and stir until just combined.
- 4) To make the filling, in a small bowl, combine the nuts, 3/4 cup sugar, and cinnamon and mix well.
- 5) Pour 1/2 of the batter into the prepared pan, then sprinkle on 3/4 of the filling. Pour the remaining batter on top and sprinkle the remaining filling on top. Bake at 350° for 40 minutes or until tests done.

**YIELD: 20 servings**

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