At Your Service

Happy St. Patrick's Day! Happy Spring!!

March 2007

Birthdays to Celebrate!

1st - Dinah Shore (90th)

7th - Monopoly Game (1933)

9th - Barbie Doll (1959)

14th - Baseball Cap (1860)

18th - Pillsbury Doughboy (1961)

20th - Big Bird *on Sesame Street* (1969)

29th - Coca-Cola (1886)

31st - Eiffel Tower (1889)

Senior Center News

March 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, March 14th 10:00– 11:00 am.

Did you know? It's good luck to…

...find a horseshoe.

...have crickets in your house.

...touch unfinished wood.

...find a stone with a natural hole.

...sneeze between midnight and noon.

...pick up a pin.

...have a bent coin in your pocket.

...find a piece of old iron.

...see a hawk flying overhead.

BINGO !

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

Join us on Wednesday, March 14th, 2007 for our next Bingo session !

PLEASE RSVP for Bingo and lunch ($3.00 donation) by Wednesday, March 7th (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 "A Perfect Union" by Dolley Madison. We will meet on *Tuesday, March 20th 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 March 27th. Please call if you would like to play.

Sue Davison (630) 858-6343

Please join us on **Monday, March 19th at 10:00 a.m.** for a visit with an attorney from Prairie State Legal Services to discuss the two types of Power of Attorney - Durable (property) and Medical (living wills). You will be able to work with Prairie State to fill out the Power of Attorney for your self.

Please call to register by Wednesday, March 14th.

Sue Davison (630) 858-6343

Glen Ellyn Park District Happenings

Senior Adult Tuesday Luncheons

Look out for the "Lucky Leprechaun" this month! We're playing a little St. Patrick's Day trivia game to get you ready to celebrate this fun day! Wear your green today and you may be the winner of a "pot-o-gold! This month's menu includes baked ham, garlic mashed potatoes, broccoli and carrots, fresh fruit salad, rolls and apple pie. Don't forget to pick up your free raffle ticket at the door.

Tuesday, March 13th
12:00 - 2:00 p.m.
Maryknoll Park Holes & Knolls Clubhouse
845 Pershing Ave.

Make your reservations by
Tues. March 6th
(630) 858-2463

Cost: $8.25 per person

RULES OF THE ROAD

Use this two-hour course to brush up on traffic laws before taking the driver's license renewal examination. Included is a review of traffic signs and a practice test. This class is free, but registration is required.

Please call (630) 858-6235 to register.

Thursday, March 15th
9:30 - 11:30 a.m.

Main Street Recreation Center
Main Street and Hill Avenue

College of DuPage FREE Winter 2007 Lecture Series

Fiji By Way of the Peace Corps

Wednesday, March 7th

In 1991 one of our more adventurous instructors, Jack Bussert, decided it was time to explore the fabled islands of the South Pacific. So Jack joined the Peace Corps and went to Fiji. He arrived there in October of 1991, taught chemistry for two years and learned about a culture with little resemblance to his home town of Glen Ellyn. This is a fascinating tale.

Tulip Mania

Wednesday, March 14th

The Dutch made and lost fortunes speculating on tulip futures in 1630. For seven years the market went wild. This fascinating history is illustrated by slides of famous Dutch paintings and today's tulips. Speaker Henri Tweedie is one of College of DuPage's most talented art instructors.

Is The Party Over?

Wednesday, March 28th

For most of the last century, the Republican and Democratic parties have been deteriorating as America's dominant political forces. Generations of U.S. citizens have depended on these centralized organizations to define platforms, recruit candidates and get out the vote. This process began to change with social movements of the 1960s and 1970s, and today, in many states, the Republican and Democratic organizations are mostly dysfunctional.

What comes next? New parties? No parties? The question deserves careful consideration. Discussion leaders T.B.A.

College of DuPage Free Lecture Series

Lectures are presented on campus, 425 Fawell Blvd, Glen Ellyn from 1:30 to 3:30 pm

Lectures are held on the west side of Lambert Road in Building K, West Commons

March

The Spring of Things

Open the windows and let in some fresh air. SPRING arrives officially on March 20th at 8:07 p.m., EDT.

March 7 is BIRD AND ARBOR DAY in California. The holiday celebrates pioneering plant breeder Luther Burbank (1849-1926), who developed many varieties familiar today.

March's birthstone, AQUAMARINE, is said to bring love and affection to anyone who wears it.

DAFFODILS, the flowers of March, are thought to be symbols of rebirth - a sign of the new beginnings that come with spring.

Those born under the sign of ARIES, from March 21 to April 19, are said to be dynamic and energetic, but on the dark side they can be impatient.

MARCH is named for the Roman god of war, Mars.

St. Pat Facts

A Wee Bit o' Fun for March 17th

Ever wonder what clovers have to do with St. Patrick's Day? Read on for the stories and customs of the day.

- ST. PATRICK was not actually Irish! Sources report he was born around 373 A.D. in Scotland or England. His real name is believed to be Maewyn Succat.
- When Patrick was about 60 he went to Ireland to spread the Christian word. Along with his unusually winning personality, he used the SHAMROCK, which resembles our clover, as a metaphor to explain the concept of the Trinity (father, son and holy spirit) to win many converts.
- GREEN is associated with St. Patrick's Day because it is the color of spring, Ireland and the shamrock.
- Legend has it that St. Patrick DROVE THE SNAKES OUT OF IRELAND - they all went into the sea and drowned. This may have been a figurative tale alluding to the fact he drove paganism out of Ireland. Ireland never had any snakes.
- The LEPRECHAUN - an Irish fairy - looks like a small, old man (about 2 feet tall). He's often dressed like a shoemaker, with a cocked hat and leather apron. He is said to possess a hidden pot of gold!

HAPPY ST. PATRICK'S DAY!!

Have A Little Fun ...

March is Nutrition Month
What's Your Nutrient IQ?

Œ Which contains the least saturated fat per tablespoon?
- A. Margarine
- B. Olive oil

• Which is highest in fiber?
- A. Baked Beans
- B. A Pear

Ž How many glasses of milk does it take to get your daily calcium?
- A. One
- B. Four

• Which juice has the most iron?
- A. Prune juice
- B. Carrot juice

• What's a better source of Vitamin E?
- A. Eggs
- B. Vegetable Oil

‘ Which is highest in sodium?
- A. 3.5 oz. Cured ham
- B. 1 Cup Cottage Cheese

Menu Mishaps

Sometimes the English language loses some of its meaning in translation. Here are a few items seen on real menus from around the world.

SOUPS - Barely Soup, Soap of the Day

MEAT - Dreaded Veel Cutlets, Warm Little Dogs, Pork with Fresh Garbage

SEAFOOD - Shrimp in a Casket, Muscles in Sailor's Sauce, Drunken Prawns in Spit

POULTRY - Frayed Chicken, Hen Fried with Butler

VEGETABLES - Backed Beans, French Fried Ships, Mushed Potatoes

DESERTS - Lady's Finger, Rice Kooky

UNIDENTIFIABLE - Anti Pasta, Children Sandwich

LAUGH - A - LITTLE

Do It Easier
Getting Dressed

Solutions for Better Living

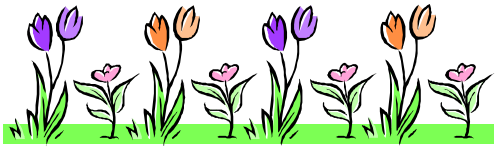
Have a seat. Sit down while you dress. If one arm or leg is more stiff or painful, place it into the piece of clothing first. When undressing remove the stronger arm or leg then slip out the achy one.

Loosen up. Fuller cut clothing with larger openings will enable you to easily slip garments over your head or step into them.

Eliminate buttons. Go for Velcro, elastic waistbands or zipper closures. For an easier grip, choose front zippers or use a zipper pull.

Shop specialty stores. Stores such as J.C. Penney and its *Easy Living Fashions* offer fashionable clothes designed with Velcro, pull loops and flexible materials for easier dressing.

And finally, don't forget your feet. Elastic shoelaces allow you to slip your shoes on and off easily.



Closet CONTROL

Spring is just around the corner and you know what that means. Time to clean out those closets and get organized. Here's how to get started.

- Remove everything from your closet and lay it on the bed so you can look through it all at once. Chances are you'll have to get rid of stuff.
- Sort through the clothes and make "yes", "no" and "maybe" piles. Box up the "no" pile and donate it as soon as possible. Pack up the "maybe" pile and store out of sight. You can always go back and pick something out.
- Put back the "yes" items, sorting by clothing type (shirts, trousers, dresses, etc.). This saves space and makes items easier to find.

And finally, make space by hanging a shoe bag on the back of your closet door to store gloves, socks and underwear.

Timing is Everything

Good timing can mean the difference between getting sick and staying healthy. So before you make another health move, check these tips and then consult your watch or calendar.

To Sharpen Your Brain

Pay bills or do a crossword between 10 and 11 AM or 8 and 9 PM. According to our circadian rhythms, that's when we're maximally alert.

To Power Up Your Pills

Swallow your multi-vitamin with a meal. Your body absorbs vitamins better when you take with food.

Protect Your Pearly Whites

Floss at night. If you can only fit one flossing session per day, your teeth will benefit most if you do it before bed.

To Maximize Your Medical Care

Get the first appointment of the day. Doctors won't yet be distracted by the backlog of patients and paperwork that tends to accumulate as the day goes on.

Poison Prevention Week

It's not uncommon for adults to become victims of unintentional poisoning. Follow the few tips below and prevent needless poisonings.

- Always keep all products in their original containers.
- Always read directions and caution labels before using a household product.
- Never sniff containers to discover what's inside.
- Never take medicines in the dark.
- Never share prescription medicines.

Toss that dusty bottle of syrup of ipecac. Doctors say the old remedy doesn't get the poison out. Instead, the best remedy for a poison emergency is a call to your local poison control center hotline via…

1-800-222-1222

Keep this number next to the phone!

It's Daylight Saving Time!

Spring forward...Fall back... It's ingrained in our consciousness almost as much as the A-B-Cs. Here are some fun facts about Daylight Saving Time.

- This year Daylight Saving Time begins on March 11th, the second Sunday in March and ends on November 4th, the first Sunday in November.
- Daylight Saving Time is not observed in Hawaii, American Samoa, Guam, Puerto Rico, the Virgin Island and Arizona. The Navajo nation participates in Daylight Saving Time, even in Arizona, due to its large size and location in three states.
- It's Daylight Saving Time, NOT Daylight SavingS time. We are saving daylight, so it is not plural.
- Daylight Saving Time was first observed during World War I to conserve resources.
- Changing to Daylight Saving Time is voluntary.

In the News

***According to the experts, the best way to keep* your arms out of the way if your air bag deploys in a collision, is by holding the wheel with hands at 8:00 o'clock and 4:00 o'clock position. Formerly, drivers were advised to hold the steering wheel at the 10:00 and 2:00 position or the 9:00 and 3:00 position.**

-AAA

March Funnies

A man wrote a letter to the IRS: "I have been unable to sleep knowing that I cheated on my taxes. I have enclosed a check for $200.00. If I still can't sleep, I'll send the rest.

What do you get when you cross poison ivy with a four-leaf clover? A rash of good luck.

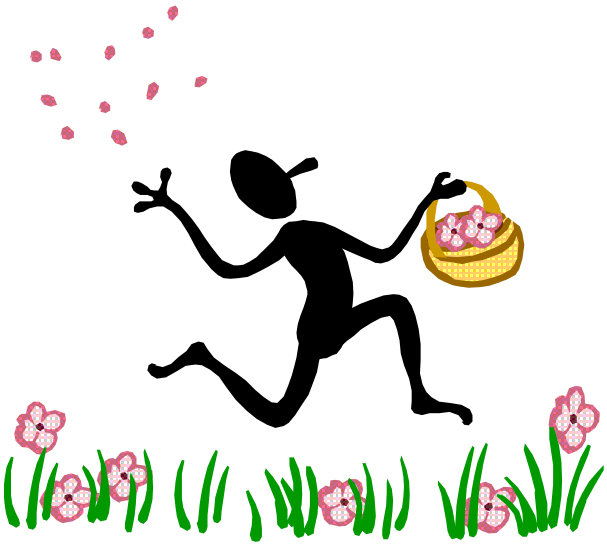
Are you interested in playing **PINOCHLE**??

We have a group starting on *Tuesday, March 13th* here at the Glen Ellyn Senior Center.

Please give us a call if you are interested in joining!!

(Sue Davison
(630) 858-6343)

Answers to the Quizzes



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

Recipe for March

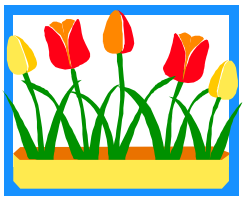
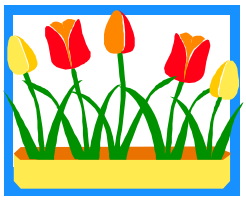
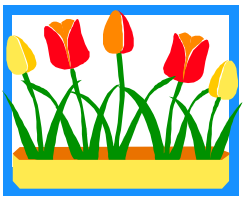
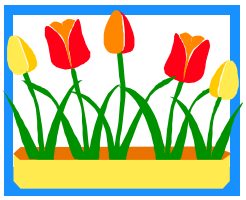
JELL-O CAKE

Remember this recipe???

- 18.25 pkg. White cake mix and ingredients to make it
- 6 oz. Box JELL-O, dark-colored flavor
- 8 oz. Container whipped topping

1) Prepare cake according to directions and bake in 9”x13” pan.
2) Prepare JELL-O, but do not chill.
3) Use the end of a wooden spoon and poke holes in the cake. Pour JELL-O over cake and chill for two hours.
4) Spread whipped topping over cake before serving.

YIELD: 24 pieces

Source: Kraft Foods “Bright Spots for Wartime Meals—66 Ration-wise Recipes,” 1944 booklet. “Hospitality needn’t cost you much...either money or pints. Try some of these color-and-savor combinations, all made with food easy to get nowadays. They’ll prove to you and your friends that you can still do luscious entertaining in spite of shortages and rations. Say welcome in wartime!”

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