



# At Your Service

*Autumn Has Arrived!! Happy Halloween!*

October 2007

### Dates to Celebrate

- 5th - World Smile Day
- 10th - Nat'l Angel Food Cake Day
- 12th - World Egg Day
- 15th - Be Bald and Be Free Day
- 22nd - Nat'l Nut Day
- 24th - Nat'l Bologna Day
- 28th - Mother-In-Law Day
- 30th - Nat'l Candy Corn Day
- 31st - Nat'l Carmel Apple Day

## Senior Center News

October 2007

### **Senior Center Hours**

**Monday—Friday**

**9:00 am—1:00 pm**



### **Blood Pressure Screenings**

**FREE Blood Pressure Screening will be on the 2nd Wednesday of each month.**

**The next screening will be Wednesday, October 10th 10:00– 11:00 am.**

The Story of the Little Turtle  
 Deep within a forest a little turtle began to climb a tree. After hours of effort he reached the top, jumped into the air waving his front legs and crashed to the ground. After recovering, he slowly climbed the tree again, jumped, and fell to the ground. The turtle tried again and again while a couple of birds sitting on a branch watched his sad efforts. Finally, the female bird turned to her mate. "Dear," she chirped, "I think it's time to tell him he's adopted."

### *What's Happening at the Senior Center This Month*

#### Bingo !!

Our next session will be Wednesday, October 10th, 10:30 - 11:30 a.m. Lunch will be available for a \$3.00 donation. Please call and let us know if you are joining us for Bingo and to reserve a lunch, by Friday, October 5th.

#### Bunco

Our next Bunco game will be Monday, October 22nd at 10:00 a.m. Please call and reserve your spot.

Call the Senior Center to register for these programs. (630) 858-6343

## *What's Happening at the Senior Center*

The Glen Ellyn Senior Center and Grace Lutheran Church will be sponsoring our

### **Annual Flu Shot Clinic**

On

Monday, October 29th  
9:00 a.m. to 12:00 p.m.

At

Grace Lutheran Church, 493 Forest Avenue

Please bring your Medicare card. There is a \$25.00 charge for those not covered by Medicare Part B. Checks or cash will be accepted

### **Appointments are required.**

Call (630) 858-6343 (after Oct. 1st) to schedule your appointment.

This clinic is provided courtesy of CNS Home Health & Hospice

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## Programs at the Glen Ellyn Park District

### *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 8-hour classroom entitles you to a reduction on your automobile insurance premium. No refund after the first meeting.

Please call (630) 858-2463 to register.

*Wednesday, October 24th &*

*Thursday, October 25th*

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

Main Street Recreation Center

501 Hill Avenue

Cost: \$10.00

### *Active Senior Adult Tuesday Luncheon*

Happy Halloween! We're playing Halloween BINGO this month with lots of Halloween prizes to get you in the spirit, or get the spirit into you! This month's menu includes baked mostaccoli, meatballs, California blend veggies, Caesar salad, rolls and cake. Don't forget to pick up your free raffle ticket at the door. Reservations are required one week prior to the lunch date.

*Tuesday, October 9th, 12:00 - 2:00 p.m.*

Holes & Knolls Clubhouse

845 Pershing Ave., Glen Ellyn

Cost: \$7.00

Call (630) 858-2463 by Tuesday, October 2nd, to make your reservation.

## College of Dupage

## Fall 2007 Lecture Series

### *A Healthy Brain, An Active Mind*

Wednesday, October 3rd

The brain is a complex organ. Along with the spinal cord, it coordinates all nerve cell activities necessary to the operation of tissues and organs. It behooves us to keep our brains healthy. Speaker Maurice Birt has devoted his medical practice to primary care for the past 30 years. He will help us understand how the brain works and how we can give our brains proper care.

### *Is The Party Over?*

Friday, October 19th

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 the vote out. This process began to change with social movements of the 1960s and 1970s and today, in many states, the Republican and Democratic organizations are almost dysfunctional. What comes next? New parties? No parties? The question deserves careful consideration. Our lecturer and discussion leader is David Goldberg, Assistant Professor of Political Science.

### *Ears - What You Need to Know*

Wednesday, October 24th

Terri Lightbody discusses ears and how to keep them healthy. She incorporates ear anatomy and function to show how damage to that system can affect you. Dr.

Lightbody also talks about the options available to help improve hearing ability in many different listening environments, including: advanced digital hearing aids and what is available in new technology today; amplified telephones and how you may qualify to receive a FREE amplified phone from the State of Illinois; and TV listening devices to improve enjoyment of your favorite programs. There will be an extended "Ask Dr. Lightbody" question and answer period. Please come prepared to ask questions!

### *Highlights From A Seminar In India*

Wednesday, October 31st

Ellen C.K. Johnson, professor of Anthropology, speaks and presents slides about her recent experience attending a seminar in India. Ellen is a very special lady whose keen interest in human beings takes her all over the world. On this trip she traveled to New Delhi, Hyderabad, Jaipur and Agra observing this rapidly globalizing nation. Don't miss this one!

### 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

## What's Happening Around Town

### *Navigating Through VA Benefits*

Many American wartime veterans are unaware that they may be entitled to a pension benefit. This tax free benefit may help offset the cost of: 1) assisted living; 2) nursing home; or 3) enhanced independent living.

Jim Cauthorn, CEA American Association for Wartime Veterans will be making this presentation.

*Saturday, October 20th  
10:00 a.m.*

Sunrise Assisted Living of Glen Ellyn  
95 Carleton Avenue

**(630) 469-5555 to RSVP by  
Wednesday, October 17th.**

### *"Protect Your Identity" AND Free Shredding*

Join us for an Identity Theft presentation by Detective Monson from the Glen Ellyn Police Department.

*Saturday, October 27th  
9:00 - 11:00 a.m.*

Sunrise Assisted Living  
95 Carleton Avenue

**(630) 469-5555 to RSVP by  
Thursday, October 25th.**

### *Change Your Thinking...Change Your Life*

Life coach Alesa Burbach will show you how to use the Law of Attraction to create the life you want. Explore how to identify limiting beliefs and make deliberate choices that can empower all areas of your life.

*Thursday, October 4th  
7:00 - 8:00 p.m.*

Glen Ellyn Public Library  
400 Duane Street

### *Around the World in 60 Minutes*

As an executive for Time-Life Books, Bill Helmuth lived on 4 continents, traveling to over 100 countries. In his stimulating slide presentation, he will share his experiences with you on both sides of the equator, exploring fascinating architectural treasures, shrines and festivals.

*Thursday, October 11th  
7:00 - 8:00 p.m.*

Glen Ellyn Public Library  
400 Duane Street

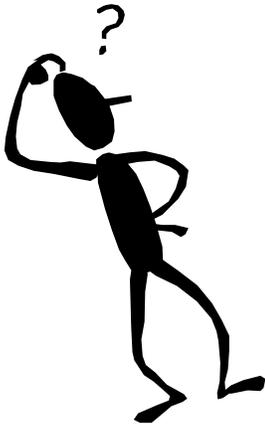
These programs are free. Call the Library at 469-0879 to sign up, or to find out about more Adult Programs offered this Fall.

## Have A Little Fun ...

### What Do You Know About Personal Safety?

October is Crime Prevention Month so take this quiz to test your safety smarts.

- u What should you do if someone grabs your purse or package?  
*A. Fight back B. Let Go*
- v What should you do if you believe someone is following you when you are walking? *A. Go to a place with a lot of people B. Go home*
- w What can you do to stay safe on public transportation? *A. Sit in the back of the bus B. Sit near other people*
- x What should you do to stay safe when driving by yourself?  
*A. Make sure your car is in good condition B. Keep the windows down*



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# Lighter Side of Quotes

When I eventually met Mr. Right, I had no idea that his first name was *Always*.

-Rita Rudner

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I told my doctor I broke my leg in two places. He told me to quit going to those places.

-Henny Youngman

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You know why fish are so thin? They eat fish. -Jerry Seinfeld

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I don't consider myself bald. I'm simply taller than my hair. -Thom Sharp

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A bank is a place that will lend you money, if you can prove that you don't need it.

-Bob Hope

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I really didn't say everything I said. -Yogi Berra

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## LAUGH - A - LITTLE

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## October All About The Month

**Enough Candy Corn will be produced this year to circle the moon four times if laid end to end. Get your share on October 30th, Candy Corn Day.**

**October begins on the same day of the week as January in most years.**

**The Halloween custom of bobbing for apples began as a Celtic matchmaking game. The first person to bite into an apple was deemed the next to marry.**

**Studies show that people perceive a room decorated in Orange to be as much as ten degrees warmer than the actual temperature.**

**Opal, the birthstone of October, is said to represent hope and love.**

**Pumpkin is called for in some of America's earliest written recipes. A 1672 recipe had instructions for cooking stewed pumpkin, suggesting it be served with fish or meat.**



## Jack-o'-Lantern LORE



The name "Jack-o'-lantern" has changed in meaning several times. It was first recorded as a nickname for a night watchman, dating back to 1663. Around the same time, it was used as another name for a will-o'-the-wisp. It began to be used for pumpkin lanterns sometime in the 19th century. It's possible that the name simply went from the night watchman (a man holding a lantern) to the lantern itself.

*On the other hand*, an Irish legend tells of a miserly man named Jack who, while alive, tricked the devil into agreeing not to take him in hell. Upon his death, St. Peter wouldn't let Jack into Heaven, because he had been too stingy and sinful. The devil wouldn't let him into hell because of the deal they'd made. Jack was condemned to wander between Heaven and hell with his lantern, looking for a place to rest and never finding one.

We Hope You Have a  
Happy Halloween!

## Health News & Notes

YOU MAY BE SUFFERING FROM DEPRESSION and should see a mental health professional if you answer yes to three or more of these questions. Do you often feel downhearted and sad? Do you have trouble falling asleep? Have you experienced a sudden change in appetite? Is it an effort to do things you used to do with ease? Do you feel hopeless about the future? For more information, contact the National Mental Health Association at 800-969-NMHA or visit [nmha.org](http://nmha.org). Or go to [mentalhealthscreening.org](http://mentalhealthscreening.org) to find a location for a FREE screening.

PINK BREAST CANCER RIBBONS FOR MEN are not a common sight. It's the cancer men don't talk about, since few know how they can develop it. A recent study found that rates of male breast cancer increased 25% in the U.S. in the last 25 years. One reason may be the nation's increased obesity rate. Fat tissue produces estrogen in women **and** men and this hormone promotes breast tumors. Like women, men should feel their chests once a month for hard lumps and report anything suspicious to their doctor. For more information, visit [www.cancer.org](http://www.cancer.org).

## Canes

### Don't let choosing one throw you off balance

Perhaps you are less sure-footed than you once were. Or, maybe you injured a foot or leg. Whatever the reason, you've found you need to use a cane. How do you select one? Your doctor can help you, but here are pointers to keep in mind.

**Style:** If you need to use it daily, the traditional "candy cane" style may not be your best bet, especially if you have arthritis in your hands. Consider the swan-neck style for stability.

**Length:** With shoes on, stand up straight, letting your arms hang at your sides. The top of the cane's handle should align with the crease of your wrist.

**Use:** Surprisingly, it's best to hold your cane in the hand opposite the side that needs support. The cane and affected leg should swing and strike the ground together.

-Mayo Clinic Health Letter

## Fire *Electrical Safety Advice*

**Wiring, switches, receptacles and outlets account for a large share of home fires. To protect yourself, follow the excellent advice below.**

**If outlets or switches feel warm, shut off the circuit and have them checked out.**

**Avoid overloading outlets. Plug only one high-wattage appliance into each receptacle outlet at a time.**

**Place lamps on level surfaces, away from things that can burn and use bulbs that match the lamp's recommended wattage.**

*For more info, visit [nfpa.org](http://nfpa.org)*



## 4 Important Travel Tips



The holiday travel season is almost here and whether you're reserving a hotel room or buying plane tickets, these tips will help you get a deal that delivers what you are promised.

**1** Plan as far ahead as you can. Special deals on hotel rooms and airplanes often sell out quickly.

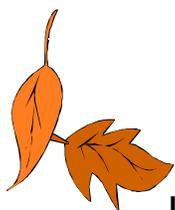
**2** Be flexible in your travel plans. Hotels often offer better rates on slower days, so ask. After you get a fare quote from an airline, ask if there is a cheaper day or time to travel.

**3** Be aware of unusually cheap prices and freebies. It could be a scam and you could end up paying more than a regular tour package.

**4** Pay by credit card. A credit card gives you the right to dispute charges for services that were misrepresented or never delivered.



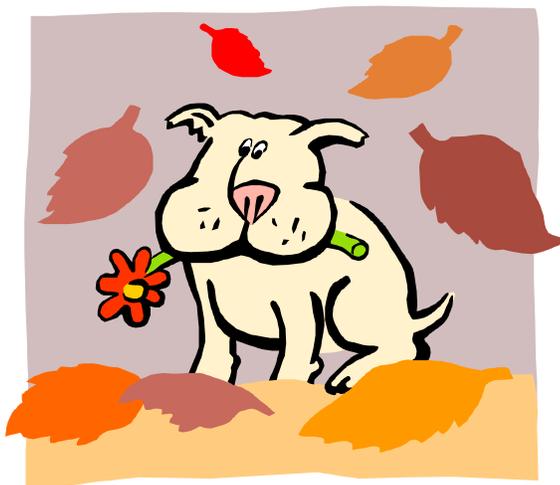
## Answers to the Quizzes



## October Horoscopes

**LIBRA:** The start of autumn sparks your creative juices. Instead of dreaming up a new, innovative idea, direct your efforts toward presenting old ideas in new ways.

**SCORPIO:** You may be asked to carry some added responsibilities during this period, but do not view them as burdens. Take satisfaction in doing your share and reap the benefits.



### 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 October

### Pumpkin Bars

4 eggs, beaten

15-oz Can of pumpkin

1-1/3 Cups sugar

1 Cup Cooking Oil

2 Cups flour

2 tsp. Baking powder

2 tsp. Cinnamon

1 tsp. Baking soda

1 tsp. Salt

Cream Cheese Frosting

4 oz. Cream cheese

1/4 Cup margarine

1 tsp. Vanilla

2 Cups powdered sugar



- 1) Combine eggs, pumpkin, sugar and oil.
- 2) Add dry ingredients and mix until smooth. Spread in 15"x10"x1" ungreased pan (or a pan close to that size).
- 3) Bake in a preheated 350° oven for 25-35 minutes, or until tests done. Let cool.
- 4) To make frosting, beat cream cheese, margarine and vanilla until smooth and add powdered sugar. Mix until smooth. Ice the bars with frosting.

YIELD: 36 bars.

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