



# At Your Service

## Autumn Is On It's Way!!

September 2007

### Dates to Celebrate

- 6th - Read A Book Day
- 8th - Nat'l Date-Nut Bread Day
- 9th - Hot Dog Birthday (1884)
- 12th - Nat'l Chocolate Milk shake Day
- 15th - Wife Appreciation Day
- 17th - Nat'l Apple Dumpling Day
- 19th - Nat'l Butterscotch Pudding Day
- 22nd - Nat'l White Chocolate Day

## Senior Center News

September 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, September 12th 10:00– 11:00 am.*

### Important Note:

Sat., September 15th the Senior Center was to hold a presentation for new and future Medicare enrollees - how to navigate the system. We have had to cancel this presentation. We will reschedule at a future date.



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

#### Bingo Returns!!

Our next session will be Wednesday, September 12th, 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 Wednesday, September 5th.

#### Bunco

Our next Bunco game will be Monday, September 24th at 10:00 a.m. Please call and reserve your spot.

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

## Take a Trip With the Glen Ellyn Park District!

*Call (630) 858-2463 for more information*

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### More Programs at the Glen Ellyn Park District

#### *Prairie State Legal Services*

Prairie State Legal Service provides legal assistance to persons with low income and persons who are 60 years or older. If you need assistance with landlord-tenant disputes, Social Security, elder abuse or noncriminal legal problems, schedule an appointment by calling (630) 690-2130.

*Tuesday, September 4th*  
 1:30-3:30 p.m.  
 Cost: Free

#### *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) 858-2463 to register.

*Thursday, September 20th*  
 9:30-11:30 a.m.  
 Cost: Free

#### *NEW! Popcorn and a Movie*

Who says you need to go to the movie theatre for a good flick and tasty popcorn? Just drop on by our NEW Senior Room at Main Street Recreation Center for our monthly Friday afternoon movie! We'll show a different feature each month. Just sit back, relax and enjoy the movie.

*Fridays, 9/28, 10/26, 11/30, 12/14*  
 1:00 - 3:30 p.m.  
 Cost: \$1.00

All programs held at: Main Street Recreation Center, 501 Hill Avenue

## College of Dupage

## Fall 2007 Lecture Series

### *Hit The Road, Jack!*

Wednesday, September 26th

Have you ever had the urge to leave your routine life behind, escape an Illinois winter, and just hit the road and have an amazing adventure instead? Jack Pace did. He celebrated his retirement by loading up his tent, hiking boots, and bicycle, and heading southwest. His adventure covered more than 10,000 miles and included 15 states and 16 national parks. Hear and see what a treasure our national parks are and what it was like to travel solo for two months.

### *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.

### 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

## Glen Ellyn Public Library

### *Adult Fall Programs*

### *Author Charlene Baumbich*

Tuesday, September 25th  
7:00 - 8:00 p.m.

In a program co-sponsored by *The Bookstore*, local author Charlene Baumbich will be at the Library to celebrate the publication of her newest book, "**Dearest Dorothy, If Not Now, When?!**" This is the 6th book in the series that features 87 year old Dorothy Jean Westra, a real dynamo who shakes things up in small-town Partonville.

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

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

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.

These programs are free. Call (630) 469-0879 to sign up.

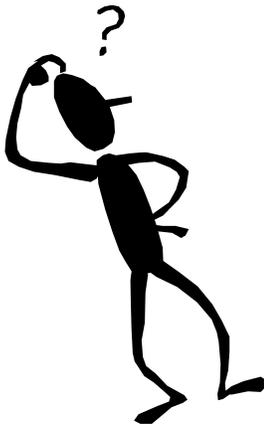
The Glen Ellyn Public Library is located at 400 Duane Street, (Corner of Duane and Prospect)



## Have A Little Fun ...

### Mind - Mangler

Place the numbers 1 through 16  
into this grid so that the  
numbers will add up to 34  
vertically, horizontally and  
diagonally.



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# Weird Science

It's startling what havoc our young students can wreak on the field of scientific inquiry.  
Here are just a few examples.

A liter is a lot of newborn puppies.

\*

The pineapple is the chief product of the pine tree.

\*

The climate is hottest next to the Creator.

\*

Rotation of crops is so that they get the sun on all sides.

\*

Wind is like air, only pushier.

\*

Mercury is the god of weather because he can be found in thermometers.

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## LAUGH - A - LITTLE

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## September About the Month

**The North American name for the season, 'Fall', probably derived as a shortened version of the phrase "fall of the leaves."**

**The name Aster, the flower of September, comes from the Ancient Greek word, *astron*, meaning "star", referring to the shape of the flower head.**

**September begins on the same day of the week as December every year.**

**Sapphires, the birthstones of September, are one of the four most valued stones. The other valued gems are rubies (sapphires that are red, caused by chromium impurities), emeralds and diamonds.**

**The first Labor Day parade was held in New York City on September 5th, , 1882, as 20,000 workers marched up Broadway.**

**Librans, those born between September 23 and October 22, are said to be easygoing and sociable.**

## Have Some Fun With Your Grandchildren It's Grandparents Day September 9th

Did you know that most adults laugh about 15 or 16 times a day? But, get this - toddlers laugh a whopping 400 times a day! That's a big difference. It makes you wonder what happens to our sense of playfulness as we grow older. How can you help your grandchildren hold on to their laughter for as long as possible? Always be willing to "turn that frown upside down," even at a moment's notice!

Here are some fun tips:

- ┆ Keep a supply of funny books around.
  - ┆ Read the comics with the kids.
  - ┆ Trade jokes with them.
  - ┆ Watch funny movies together.
  - ┆ Tell funny family stories to your grandchildren.
- ┆ Don't be afraid to make a silly face or sing a silly song.

Laugh at yourself once in a while. It's healthy for you and it gives your grandchildren a good example. It's hard to say anything bad about humor and laughter. It's free. It's easy. Best of all, it brings grandparents and grandchildren closer together. Laughter is the tie that binds. An that's no joke.

We'd like to wish all  
Grandparents a Happy  
Grandparents' Day!





## Essential Foot Care

Years of wear and tear can be hard on your feet, so taking good care of them can protect them from harm. Here are just a few helpful hints about foot care.

**Inspect your feet regularly.** Look for any changes in color, discoloring or thickening of the nails, or peeling and scaling on the soles. See your doctor if you have these symptoms.

**Wash your feet regularly.** Pat them dry between toes, where moisture can contribute to fungus infection or athlete's foot.

**Alternate shoes each day.** Give shoes a day or so to dry out before wearing them again.

**See your podiatrist.** Even a simple foot problem can lead to knee, hip or low back problems as you adjust your gait to accommodate your foot pain.

### FOOT THOUGHTS

Leonardo da Vinci referred to the foot as "a masterpiece of engineering and a work of art."

-Vitality

## 6 Steps to Prevent Identity Theft

You can reduce the chance a con artist can go on a spending spree with your money or steal your identity by taking the following precautions.

- à **Carry only the cards you will need.** Extra cards increase your risk and your problems if your wallet is lost or stolen.
- à **Sign credit/debit cards when they arrive.** It's harder for thieves to forge your signature.
- à **Watch for "shoulder surfers."** Use your free hand to shield the key pad when using pay phones and ATMs.
- à **Beware of blank spaces.** Draw a line through blank spaces on credit slips. Never sign a blank slip.
- à **Keep your receipts.** Ask for carbons and incorrect charge slips as well.
- à **Pay attention to billing cycles.** A missing bill could mean a thief has taken over your account.

Despite these precautions, problems can still occur. If a card is missing or you suspect another problem, notify the company immediately. By federal law, once you report the card missing, you have no further responsibility for unauthorized charges. Your maximum liability under law is \$50.00 per card.

-ConsumerAction.com

## Don't Toss It! Reuse It!

### Cotton from Medicine Bottles

Use to remove makeup, touch up shoe polish or stuff into the toes of your shoes to adjust the size.

### Paper Clips

Use to mark a passage in a book, break open the shrink-wrap on a package or substitute for a lost pull tab on a zipper.

### Worn Pillowcase

Use as a wrapper for large presents or as a laundry bag when traveling.

### Cardboard Tubes

Use to store scarves wrinkle-free by rolling them around the tubes or fold up extension cords and tuck them inside tubes for neat storage.

### Rule of Thumb

If your life seems to be a blur, you're either going too fast or need new glasses.



## Super Saver September Is National Coupon Month

Coupons are born!

1894 - Asa Candler, the druggist who bought the formula for Coco-Cola for \$2,300, gave out handwritten tickets for a free glass of his new fountain drink. Today - 76% of the United States population uses coupons and shoppers saved nearly \$3 billion last year by using coupons.

### Cool Coupon Hints

- " Use coupons with shorter expiration dates first to stock up on necessary items.
- " Keep those scissors nearby as you go through the newspaper so you can clip as you go.
- " Call manufacturers' 800 numbers (often found on the packages of your favorite products) to request coupons. Up to 35% of manufacturers only send coupons upon request.
- " Look for coupons at the grocery store shelf or on the Internet.
- " If you can't use a particular coupon yourself, share it with a friend.
- " Have your children, nieces, nephews, or grandchildren participate in coupon clipping with you. It can help them learn math skills.
- " Visit [www.coupon.com](http://www.coupon.com) for printable coupons.



## Autumn is in the Air!



We are close to the  
season of  
breathtaking change.

Autumn begins officially on  
September 23rd at 5:51 a.m. EDT.  
The approach of fall means trees  
will start to turn shades of bright  
crimson and gold. To find out  
about peak foliage dates and  
places, call the National Forest  
Service Fall Color Hotline toll-free  
at 1-800-354-4595.

Autumn has inspired many people  
to sing about the season. How  
many of these tunes do you  
remember?

*Autumn Leaves* - Nat "King" Cole

*Autumn Serenade* - Harry James

*Autumn Waltz* -

Tony Bennett



## Good Neighbor Day

*September 23rd*

Good Neighbor Day was started by  
Mrs. Becky Mattson in Montana with  
Congressional correspondence to the  
Honorable Mike Mansfield in 1971.

With Mr. Mansfield's enthusiastic  
support, *National Good Neighbor Day*  
was subsequently proclaimed by three  
United States Presidents: Carter, Ford  
and Nixon. Here are just a few ways  
to be a Good Neighbor.

- ⊕ Welcome newcomers to your  
neighborhood.
- ⊕ Invite a neighbor to dinner.
- ⊕ Pick up litter.
- ⊕ Take a plate of cookies to someone.
- ⊕ Keep your stereo and TV at  
acceptable levels.
- ⊕ Visit or telephone someone lonely.
- ⊕ Spend time with someone ill.
- ⊕ Write to someone far away.
- ⊕ Park in designated areas only.

## Answers to the Quizzes



## IMPORTANT NEWS!

### Would You Like to Save Money on Your Phone Bill??

Join us at the Glen Ellyn Senior Center on Wednesday, September 26th at 10:00 a.m. for a **PHONE BILL CLINIC!**

Representatives from the Citizens Utility Board will be on hand to review your telephone bill and help you decide if you are paying too much, and how to reduce those costs.

Please call us for more information or to reserve your spot!




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The Annual Flu Shot Clinic at the Glen Ellyn Senior Center is currently scheduled for **Monday, October 29th**, 9:00 a.m. to 12:00 p.m. You may call to schedule an appointment anytime after **October 1st.**  
(630) 858-6343

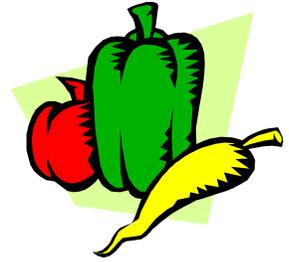


### GLEN ELLYN SENIOR CENTER

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 September Seven-Layer Dip



30 oz. can refried beans

16 oz. container of sour cream

1 Cup salsa

1 Cup black olives

2 medium tomatoes, diced

1/4 Cup green onions, diced

1-1/2 Cups cheddar cheese,  
shredded

Use a glass baking dish or casserole dish to put the ingredients into the following layers: First put down a layer of refried beans, then sour cream, salsa, black olives, tomatoes and green onions. Top with a layer of shredded cheese. Serve with tortilla chips.

Yield: 15-20 1/2 Cup servings

Serve this dish in honor of Hispanic Heritage Month which begins on September 15th, the anniversary of independence for five Latin American countries - Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico declared its independence on September 16, and Chile on September 18.

Glen Ellyn Senior Center  
493 Forest Avenue  
Glen Ellyn, IL 60137

