

At Your Service

Happy Spring!

April 2008

Dates to Celebrate

- 2nd - Nat'l Peanut Butter & Jelly Day
- 4th - Ballroom Dancing Day
- 6th - Twinkies® Birthday
- 7th - No Housework Day!
- 12th - Nat'l Licorice Day
- 15th - Rubber Eraser Day
- 19th - Garlic Day
- 22nd - Nat'l Jellybean Day
- 25th - Hairstylist Appreciation Day
- 26th - Nat'l Pretzel Day

Senior Center News

April 2008

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, April 9th 10:00– 11:00 am.

At the Senior Center...

The Book Club will meet on Tuesday, April 15th at 10:15 a.m. at the Glen Ellyn Public Library. Please call Sue to reserve your spot!
(630)858-6343

Jodi and Sue will continue to be available at the Senior Center, Monday—Friday, 9 am - 1 pm, for help with transportation, Medicare or other senior issues.

Important Note:

As of March 31st, the DuPage Senior Citizen Council Home Delivered Meal Program will no longer be located at Grace Lutheran Church, due to the construction at the church. The Meals program will be temporarily relocated to:

B.R. Ryall YMCA
49 Deicke Dr.
Glen Ellyn

If you receive this newsletter with your home delivered meal, we will no longer be able to do this. If you would like to continue to receive the newsletter via regular mail, please call and let us know.

We will be happy to add you to our mailing list. (630) 858-6343

Programs at the Glen Ellyn Park District

Active Senior Adult Tuesday Luncheon

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 8th, 12:00 - 2:00 p.m.

Holes & Knolls Clubhouse

845 Pershing Ave., Glen Ellyn

Cost: \$7.00



Call by Tuesday, April 1st, to make your reservation.

(630) 858-2463

SARC Seniors

Drop in at Spring Avenue Recreation Center for coffee, cards, bingo or maybe even a movie. Newcomers are always welcome at this Tuesday morning club. Come out and share your ideas with us on the 1st and 3rd Tuesdays of the month.

April 1 & 15

9:00 - 11:00 a.m.

Spring Avenue Recreation Center

185 Spring Ave., Glen Ellyn

Cost: \$1.00 at the door

NEW! MSRC Senior Cards

Come join our new group of Pinochle and Bridge players or play one of the classic board games that are provided. We supply the coffee, cups & napkins. You supply the snacks and merriment. Our group meets on the 2nd & 4th Thursdays of the month.

April 10 & 24

9:00 - 11:00 a.m.

Main Street Recreation Center

501 Hill Ave., Glen Ellyn

Cost: FREE

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!

Friday, April 11th, 1:00 - 3:30 p.m.

Main Street Recreation Center, 501 Hill Ave.

Cost: \$1.00

Interesting Facts About Topics in This Issue

No Foolin'!



Store 6 years worth of *tax returns*. The IRS has three years to examine your return, six if there is a substantial under-reporting of income.

French fries are called that because the potatoes are “frenched”, meaning to cut in lengthwise strips, not because they are of French origin.

Plastic bags don't biodegrade, they photodegrade - breaking down into smaller and smaller toxic bits contaminating soil and waterways and entering the food chain when animals accidentally ingest them.

Mark Twain said this about *April Fools' Day*, “This is the day upon which we are reminded of what we are on the other 364.”

Aristocratic Italian women in the 15th century wore *platform heels* as high as 30 inches tall, shoes considered so dangerous that a law was passed to prohibit their use by pregnant women, who put their unborn children at risk.



April Fools' Day

101



Hey buddy, your shoelace is untied. April Fool! For many the beginning of April can be well, tricky. The most popular theory regarding the origin of April Fool's Day involves the transition from the Julian to the Gregorian calendar in 1582, which moved the New Year from March 25 to January 1. Those still celebrating weeklong festivities on that April 1 were the target of innocent pranks, such as invitations to nonexistent New Year's parties. So don't let pranksters play tricks on you this first and...

Have a Happy April Fools' Day!

April Weather Lore

For centuries farmers and sailors connected changes in nature with patterns of the weather. Here are several April proverbs.

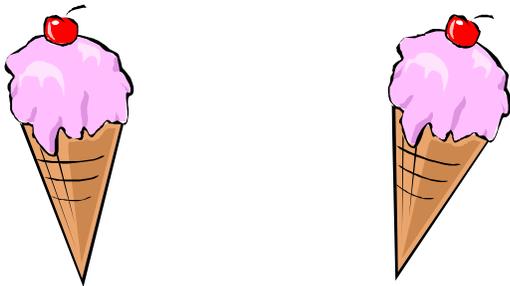
*If it thunders on All Fools' Day,
it brings good crops of
corn and hay.*

Moist April, clear June.

Have A Little Fun ...

Ice Cream Stick Puzzle

Let's pretend the four sticks represent a stemmed glass. You must remove the cherry from the glass by moving two of the sticks to new positions. You can't move the cherry, and you must retain the exact shape of the glass.



Funny Zone

It's About the Words!

A husband read an article to his wife about how many words women use a day - 30,000 to a man's 15,000. The wife replied, "The reason has to be because we have to repeat everything to men." The husband turned to his wife and asked, "What?"

Retirement, a Wife's View

A frustrated wife told me the other day her definition of retirement: "Twice as much husband on half as much pay."

You can tell it's going to be a rotten day when...

Your birthday cake collapses from the weight of the candles.

You turn on the news and they're showing emergency routes out of the city.

Your twin sister forgot your birthday.

Your boss tells you not to bother taking your coat off.

You call your answering service and they tell you it's none of your business.

Your income tax check bounces.

You put both contact lenses in the same eye.

LAUGH - A - LITTLE



Rescue Planet Earth!

Feel good about doing your part for the environment - with hardly any effort. Try these easy ways to help save the planet.

Reuse everything. Change your mind-set and think twice before throwing anything out. Resealable plastic bags that held carrots today can hold pens and pencils tomorrow.

Turn off the tap. The average faucet releases about three gallons of water in a minute, so shut it off while you brush your teeth or shave.

Don't idle. Pausing somewhere? Shut off your vehicle: Idling for any length of time burns more gas than it takes to restart the car.

Bring your own bags to the market. Sounds obvious right? Well, the average year, U.S. households use about 100 billion plastic bags, 99% of which are never recycled. Stash some canvas bags in your car.

RECYCLING IDEAS

Fold several sheets of newspaper in the bottom of your trash can to absorb spills and odors.

Plastic lids placed under plants protect tabletops and floors from water rings.

Stick return-address labels on anything you don't want to lose - books, cell phones, magazines are just a few ideas.

Paper Clutter - Save or Scrap?



There's hardly a paper-clutter junkie alive who won't benefit from perusing the following hints and common-sense ideas. Here's what to save and what to scrap.

SAVE...

- ...credit card records for 6 years.
- ...health records forever.
- ...contracts for 7 years past the expiration date.
- ...loan papers for 3 years after the final payment.
- ...records of all contributions to nondeductible IRAs.
- ...a copy of your will at home and one with your attorney. Destroy outdated versions.
- ...copies of federal and state returns and all supporting documents in a single folder.

SCRAP...

- ...expired insurance policies.
- ...records of items you no longer own.
- ...nontax-related checks more than 3 years old.

April WELLNESS

News & Notes

Say yes to...

Less is more. While eye-drop medications call for one or two drops, experts say just one generally does the job best. A single drop on average contains at least as much liquid as a normal eye can hold. A second drop may either wash out the first or increase the possibility of an overdose, plus double your cost.

Safer shopping. A new web site from Consumers Union lists all products recently recalled by the government along with photos to help you identify each one. Visit consumersunion.org and click on the “product safety” tab.

Medication checkups. See your doctor once or twice a year if you take 3 or more prescription drugs. Bring all your pill bottles, plus any over-the-counter meds, vitamins or supplements you take. Ask if your treatment regimen is optimal - and whether there’s anything you can cut out.

Cancer support. The nonprofit Wellness Community provides free support and education aimed at getting cancer patients more involved in their treatment. Call toll-free 1-888-793-9355 or visit thewellnesscommunity.org.

-On Health

Watch Your Step!

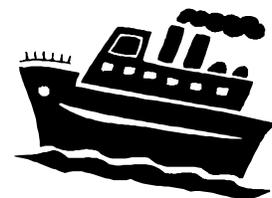
More than 11 million seniors “one out of every three people age 65 or older” have foot problems. The majority of those affected are women. Foot comfort is essential to maintaining your stability, mobility and safety.

TIPS FOR INJURY PREVENTION

- P** Wear properly fitting, sturdy shoes that provide support.
- P** Be sure shoes have a nonskid sole.
- P** If you have a comfortable shoe that has a slippery sole, ask a shoe repair shop to add textured strips to the sole.
- P** Have your feet measured every time you purchase shoes. Your shoe size may change.
- P** Shoes with laces are safer than slip-ons, but keep the laces tied. Loose or long laces can cause you to fall.
- P** People unable to tie laces can select footwear with Velcro fasteners.
- P** Replace slippers that have stretched out of shape and are too loose.
 - P** Never walk in your stocking feet.
 - P** Wear slippers with non-slip soles.
 - P** Keep toenails trimmed.
- P** Women who can’t find athletic shoes that are wide enough, should shop in the men’s shoe department: shoe manufacturers make men’s shoes wider than women’s shoes.
- P** For a free brochure on fall prevention, call (800) 824-BONES.



Travel Bag



The Handy New Passport Card

The new passport card is about to be issued. It's a wallet-sized alternative to a traditional passport. It costs less and is good for the same period of time.

The passport card is valid for 10 years for adults. Adults will pay \$45 for it rather than the normal pass-port cost of \$97. Passport cards for kids cost \$35 instead of the \$82 cost for a traditional passport.

More Passport News

By land or by sea, no passport needed until next year. President Bush recently signed legislation that postpones until 2009 the requirements to show a passport when returning to the U.S. by land or sea from Canada, Mexico or the Caribbean. Since 2007, all AIR travelers returning from those regions have needed passports and still do.

In spite of the one-year official delay, the Department of Homeland Security requires those entering by land, ferry or small boat to at least have a photo ID plus proof of citizenship such as a birth or naturalization certificate. Those 18 and younger need only to prove citizenship. Cruise passengers are officially exempt, but cruise lines encourage passport use and already require photo ID and proof of citizenship.

Here's an easy way to avoid one pesky airline charge:

Bring your own earphones to listen to in-flight music, TV and movies. A number of U.S. airlines charge economy-class passengers a fee to purchase or borrow headsets, including American (\$2), Continental (\$1), Delta (\$2), and US Airways (\$5). These airlines generally provide free earphones in economy on some international flights, and always in business and first-class, but most coach passengers are out of luck.

See the Road Clearly at Night

Ophthalmologists at the University of Iowa offer this advice for better night driving vision:

- ⊖ Clean the windshield. Dirt scatters light, making it more difficult to see.
- ⊖ Don't look into oncoming headlights. Instead, look to the white line that marks the right edge of the road.
- ⊖ Blink often to keep your eyes moist. The drier your eyes are, the more light is scattered, and the harder it is to see.



That's Not True!

Many “facts” that we *believe* - are simply false. Here are just a few from *Amazing...but false*.

Steam is Visible - The white cloudy stuff you see shooting out of a geyser or a teakettle is not steam. It is the mist composed of (visible) water droplets formed when the emerging steam begins to cool off. Steam itself is an invisible gas.

Moths Eat Woolen Clothes - In your closet you may be alarmed to see a moth fly up from an old woolen sweater, but adult moths don't eat clothes. *It's their larvae that do the eating.* And they don't limit their menu to wool. The larvae also dine on fur, leather, silk and felt.

French Fries Come from France - Many Americans believe that french-fried potatoes originated in France or America. In fact, “*French fries*” were *invented in Belgium*. Since the 19th Century, they have been made and served there by street vendors, traditionally in waxed paper.

Common Cents

For those of you who can't make it to the World's Largest Trivia Contest in Steven's Point, WI on April 11-13, here is a bit of trivia about coins, in honor of National Coin Week, April 20-26.

- ? The ridges on the sides of coins are called reeding or milling. A dime has 118 ridges around the edge. A quarter 119 ridges.
- ? The first U.S. coin to bear the words “United States of America” was a penny made in 1727. It was also inscribed with the plain –spoken motto, “Mind your own business.”
- ? The face of a penny can hold thirty drops of water.

The Coin to Look For

During WWII, war needs mandated that copper be allocated to producing shell casings. The U.S. Treasury deemed that one-cent coins for that year were to be struck from a composition of steel, coated with zinc. Unbeknownst to the Mint, a few copper blanks, were still inside the minting machinery, and were struck and placed in circulation along with more than a million steel cents - making them very rare. The highest price for the copper one-cent was \$120,000 in 2000. So, if you find a 1943 copper cent that does not stick to a magnet, you may want to consider submitting it for authentication.

Just For Grins

Answers to the Quizzes

Since it's tax time... here are a few "number" funnies.

What did the 0 say to the 8?

Nice belt.

Why is 6 afraid of 7?

Because 7 8 9.

What did 2 say to 3 about the unruly 6?

Don't mind him. He's just a product of our times.

-Reader's Digest



GLEN ELLYN SENIOR CENTER

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858-6325 Senior Meals - Debbie
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Recipe for April

Coconut Macaroons

2 Egg Whites
1/2 tsp. Vanilla
Dash salt

2/3 Cup Sugar
1-1/3 Cups flaked coconut



- 1) Grease a cookie sheet.
- 2) Beat egg whites, vanilla and salt with an electric mixer until soft peaks form. Slowly add sugar and beat until stiff peaks form. Fold in coconut gently.
- 3) Drop by teaspoonfuls onto the cookie sheet. Bake at 350° for 20 minutes. When cooled, the cookies can be dipped in melted chocolate, if desired. These cookies can be frozen in airtight containers.

YIELD: approx. 23 cookies

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