



# At Your Service

## Happy New Year!

January 2008

### Dates to Celebrate

- 3rd - Nat'l Chocolate Covered Cherry Day
- 4th - Birthday of the Blender (1910)
- 9th - Nat'l Apricot Day
- 13th - Birthday of the Frisbee (1957)
- 18th - Hat Day
- 21st - Squirrel Appreciation Day
- 23rd - Nat'l Kazoo Day
- 29th - Nat'l Puzzle Day

## Senior Center News

January 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, January 9th 10:00– 11:00 am.**

### At the Senior Center...

Book Club meets on January 15th at 10:15 a.m. The book for January is The Notebook by Nicholas Sparks.

NEW! Puzzle Exchange  
Bring your old puzzles and pick out new ones at the Senior Center on January 23rd, 9:30 - 10:30 a.m.

Bunco group will meet on January 28th at 10:00 a.m.

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



## Bingo!!



Our next session will be *Wednesday, January 9th*  
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 spot for lunch, by Friday, January 4th.

Note: We only have 3 bingo sessions left! Grace Lutheran Church will be under construction beginning on April 6, 2008 so activities will be suspended until the construction is complete in April of 2009.



## Programs at the Glen Ellyn Park District



### *Active Senior Adult Tuesday Luncheon*

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'll 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 8th, 12:00 - 2:00 p.m.*  
 Holes & Knolls Clubhouse  
 845 Pershing Ave., Glen Ellyn  
 Cost: \$7.00

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

### *New! What Does Retirement Hold for You?*

H&R Block is back again to help you with preparing for your retirement considerations. This short seminar, with a question and answer period, will provide information about pension plan distributions, annuities, rollovers, Roth IRAs, and traditional IRAs. Come prepared to learn a little more about handling the tax issues that concern you most

*Thursday, January 10th, 11:00a - 12:15p*  
 Main Street Recreation Center  
 501 Hill Ave., Glen Ellyn  
 Cost: \$5.00

### *NEW! Getting the Most Out of Your Property*

H&R Block is back again to help you with your concerns regarding taxes and owning property. This informational seminar will give you a better understanding of business use of the home, casualty losses, conversion to business or rental property, mortgage interest, prepayment of mortgage, real estate taxes, shared equity agreements and much more!

*Thursday, January 24th, 11:00a - 12:15p*  
 Main Street Recreation Center  
 501 Hill Ave., Glen Ellyn  
 Cost: \$5.00

### *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 and Thursday*  
*January 23rd and January 24th*  
 9:00 am - 1:00 pm  
 Main Street Recreation Center  
 501 Hill Ave., Glen Ellyn  
 Cost: \$10.00



Call the Glen Ellyn Park District at (630) 858-2463 to register for these programs.



## College of DuPage Spring Lecture Series

### *Life in Provincial Russia*

Wednesday, January 30th

Ben Whisenhunt, professor of history at College of DuPage, gives a presentation on life on provincial Russia. During Fall 2006, Whisenhunt taught at Ryazan' State University in Ryazan', Russia, as a J. William Fulbright Senior Scholar. He is the author of *In Search of Legality: Mikhail M. Speranskii* and *The Codification of Russian Law* (2001), *Russian and Soviet History: From the Time of Troubles to the Collapse of the Soviet Union* (2008), and *A Russian Paints America: Pavel P. Svin'in's Impressions of Early Nineteenth Century America* (2008). He will be taking C.O.D. Field and Experiential Studies students to Russia during Summer 2008. Whisenhunt has taught at C.O.D. since 1992. He received his Ph.D. in Russian history from the University of Illinois at Chicago in 1997.

### *Low Vision*

Wednesday, February 6th

Millions of Americans lose some portion of their vision every year, making everyday tasks more difficult. By making better use of your remaining vision, you can regain the confidence, freedom and independence to navigate through everyday tasks such as reading the mail, shopping, cooking, writing checks and watching TV.

Our speakers are doctors Lisa G. Wohl and J. Jenna Lee. Dr. Wohl is the medical staff president at Glen Oaks Hospital. She is a member of the American Academy of Ophthalmology, American Society of Cataract and Refractive Surgery, Illinois Association of Ophthalmology and Women in Ophthalmology. Dr. Lee received her Doctorate of Optometry in 2006 from the Illinois College of Optometry. She completed her dual residency in Low-Vision Rehabilitation and Ocular Disease at the Deicke Center, Lighthouse for the Blind and the Illinois College of Optometry.

### 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

## At the Glen Ellyn Public Library...

### *USS Indianapolis Survivor Mike Kuryla*

Monday, January 14  
7:00 - 8:00 p.m.

WWII veteran Mike Kuryla will talk about and show a video about his experience as a survivor of a torpedo attack on his ship, the Indianapolis, which had just delivered the part for the top-secret atomic bomb that would be dropped on Hiroshima. He was on a raft for 5 nights before being rescued by a destroyer ship.

### *The Truth About Mary Lincoln*

Thursday, January 17  
7:00 - 8:00 p.m.

One of our most misunderstood first ladies. Mary Lincoln comes to life. Valerie Gugala sets the historical record straight, taking us through the life of a young woman born into a wealthy Kentucky family. She will talk about Mary's life as wife of a wartime president and her later troubles.

### *Chocolates for Valentine's Day*

Thursday, January 31  
7:00 - 8:00 p.m.

This program is for all chocoholics who want to learn more about their addiction. Chef Rose Deneen will discuss the differences in chocolates and how to melt and store chocolate. She will also show us how to dip foods, how to mold chocolate into dessert cups, heart suckers and a beautiful heart box.

All programs are free at the library, 400 Duane Street  
Call (630) 469-0879 for more information



## Have A Little Fun ...

### Pencil Pastime

Each of the clues below describes an American place, like Jamestown, whose name ends with town. So grab a pencil and paper and see if you can figure these out.

1. D.C. college neighborhood
2. 1781 battlefield
3. Home to baseball shrine
4. Pilgrims first landfall
5. 1889 flood hits this PA city
6. Lady investors meet here



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## The Lighter Side of Ads

The greatest sin in advertising is not to be noticed, but here are several ads that got noticed for all the wrong reasons.

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Lose all your weight for only \$68.

ù

If any piece proves defective, we will replace it with one of similar quality.

ù

Free earwash with Lube & Oil Change Only.

ù

50 lb. Potato - \$6.00

ù

Bar S sliced Bologna - regular or tasty

ù

Wanted: Used Paint

ù

Main Street Pizza: We deliver or pick up.

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## LAUGH - A - LITTLE

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## Happy New Year 2008

**New Year's is man's oldest holiday, although it is celebrated at various times of the year by different peoples and races with distinct customs and beliefs. Tradition dictates that what you do on New Year's Day you will do all the year through. Here are a few superstitions that are supposed to guarantee a good outcome for the year ahead.**

**STOCKING UP** - The new year must not be seen in with bare cupboards or that will be the way of things for the year.

**DANCE** - On New Year's Day, dance in the open air, especially around a tree, to ensure luck in love and freedom from ill health during the coming year.

**CLOCKS** - All clocks should be wound immediately following the stroke of midnight to endow the house with good fortune.

**MONEY** - Do not pay back loans or lend money on New Year's Day. To do so is to guarantee you'll be paying out all year.

## Martin Luther King, Jr. Day January 21st

First observed in 1986, the third Monday in January is set aside to honor the birth of Martin Luther King, Jr. Here are just a few famous quotes from Dr. King.

- ◌ We must learn to live together as brothers or perish together as fools.
  - ◌ Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.
  - ◌ Nothing in the world is more dangerous than sincere ignorance and conscientious stupidity.
  - ◌ The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.

*Happy Birthday Dr. King!*



## Scam Alert

### Watch Out for Fake Checks

The Federal Trade Commission is warning of a surge in a new scam - phony checks that look real to consumers and bank tellers alike but wind up costing those who deposit them dearly. The con works like this: You get an unexpected check from what appears to be a legitimate source with a letter saying you've won an award, prize, lottery or some other windfall. You are instructed to deposit the check and then wire a portion back to the sender to cover fees. Inevitably, your bank finds out the check was a fake. By law, you are on the hook to make good on the funds.

Remember, no reputable firm requires payment for a prize. If it seems too good to be true it probably is!

-Reader's Digest

## Tax Refund Tactics



Three-year window for some tax refunds to close soon. Some people haven't filed income tax returns for the years 2004, 2005 and 2006. If they don't file, of course, they can't get a refund.

The IRS estimates that about 1.6 million people will lose more than \$2 billion if they don't file back taxes by mid-April. The average refund is about \$570. This year, people must file a 2004 tax refund.

Filers have three years from the date tax returns were due to file the returns to be eligible for a refund. No penalty is assessed for a late return on which a refund is due.

## STOP Junk Mail!



Go to

[dmacconsumers.org/cgi/offmailinglist](http://dmacconsumers.org/cgi/offmailinglist).

There you can register with Mail Preference Service to reduce the amount of junk mail you get. It costs a buck, but it's worth it. Each year, the average U.S. household receives about 1.5 trees worth of junk mail.

## The Sneak That CAN Be Arrested



**This thief doesn't lift your wallet. This "sneak thief" can steal your vision. More than 2.2 million Americans aged 40 and over have glaucoma. Here is what you need to know NOW.**

### What it is:

**Increased fluid pressure within the eye damages the optic nerve, the part of the eye that transmits images to the brain.**

### Symptoms:

**Eye pain, blurred vision, headaches and seeing rainbow colored halos around lights.**

### Risk Factors:

**\*Being over 60. \*Family History. \*Being African American. \*Steroid use. \*Diabetes. \*Poor Circulation.**

### Prevention:

**If you're high risk, have an eye exam at least once every two years.**

### Treatment:

**If detected early, glaucoma can be controlled with medicated eye drops, surgery or laser surgery. But, there is no cure.**

-Vitality

## 7 Habits of People with Great Memories

Protect and improve your memory the simple way: with easy lifestyle changes. Want a mind like a steel trap? Here are seven habits found most likely to help.

- j** Have fewer than two alcoholic drinks a day.
- k** Watch less than one hour of TV a day.
  - l** Read novels.
  - m** Do Crosswords.
  - n** Eat fish.
  - o** Drink tea or coffee.
  - p** Keep a journal.

### How Good Is Your Balance?

It's a good idea to occasionally test your balance. Do this simple exercise with someone standing by to observe you - and to catch you if necessary. See your doctor if you have trouble doing this.

**Timed Up-and-Go - using an armchair and a stopwatch:** Mark a spot 10 feet ahead of a chair. Then sit down with your back touching the backrest. On "go" stand up, walk to the spot at a normal pace, turn around, walk to the chair, and sit. A time of 8 to 10 seconds is normal, 11 to 19 seconds indicates moderate risk of falling, 20 or more signals high risk.

-onHealth

## Who Knew?

To celebrate Trivia Day (Friday, January 4th) here are some fun and unusual tidbits.



- o Thomas Wedders, an 18th century Englishman, had a nose that measured 7-1/2 inches long
- o One in three children in the U.S. recognize brand-name foods by age 3.
- o Oscar winner Tommy Lee Jones was the college roommate of (Harvard, class of 1969) Vice President Al Gore.
- o Most people wear 20% of their wardrobe 80% of the time.
- o A food company in Belgium created a single strand of spaghetti that measured 468 feet long
- o In every deck of cards, the King of Hearts is sticking his sword through his head. That is why he is often called the suicide king
- o The wingspan of a Boeing 747 jet is longer than the Wright Brothers' first flight.
- o The cruise liner, Queen Elizabeth 2, moves only 6 inches for every gallon of diesel it burns.

## 6 Weird but Wonderful Tricks & Tips

- a Eliminate static cling from your TV screen by wiping it with a Bounce Dryer sheet.
- a Loosen a rusted bolt by applying a cloth soaked in Coca Cola to the bolt for several minutes.
- a Lubricate zippers by rubbing with a bar of Ivory soap.
- a Use Listerine, in a pinch, as deodorant. Just dab under your arms to kill bacteria.
- a Keep shower curtains gliding easily by applying a thin coat of Vaseline to the curtain rod.
- a Open a stubborn jar by donning a pair of Playtex Living Gloves to improve your grip.



# AARP Tax Aide

Free counseling for seniors completing income tax returns will be available Mondays, from *February 4 through April 7, 2008* from AARP Tax-Aide volunteers.

The counselors are trained and certified by the Internal Revenue Service. Please call (630) 858-2463 for more information or to make an appointment beginning January 2, 2008. All appointments are located at Main Street Recreation Center, 501 Hill Ave., Glen Ellyn.



## 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](mailto:geseniors@ameritech.net)

## Recipe for January

### *Strawberry Cloud Pie*

- 1-1/2 cups sliced strawberries
- 8 oz. Reduced fat cream cheese, softened
- 1/4 Cup sugar
- 1/4 tsp. Almond extract
- 2 drops red food coloring
- 1 Cup reduced fat whipped topping
- 1 reduced fat graham cracker pie crust, ready to use



Layer 3/4 cup strawberries on bottom of crust. Mix cream cheese, sugar and almond extract together. Add food coloring and whipped topping 1 tablespoon at a time to the cream cheese mixture, using an electric mixer or stirring by hand. Spoon filling over berries, spreading evenly. Chill at least 6 hours. Top with remaining berries to serve.

\*This recipe is Diabetic-Friendly. Exchanges per serving: 3 carbohydrate and 2-1/2 fat

Glen Ellyn Senior Center  
493 Forest Avenue  
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