



At Your Service

Happy Summer!

June 2008

Dates to Celebrate

- 2nd - Nat'l Rocky Road Day
- 6th - Nat'l Yo-yo Day
- 8th - Upsy Daisy Day
- 14th - World Juggling Day
- 16th - Nat'l Fudge Day
- 18th - Int'l Picnic Day
- 20th - Ice Cream Soda Day
- 22nd - Nat'l Chocolate Éclair Day
- 26th - Nat'l Chocolate Pudding Day

Senior Center News

June 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, June 11th 10:00– 11:00 am.

At the Senior Center...

The Book Club will meet on Tuesday, June 17th 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.

NEED FREE LEGAL HELP?

Prairie State Legal Services Walk-In Clinic For Seniors

Prairie State Legal Services has new walk-in hours at its Carol Stream office for free legal assistance & advice to DuPage County seniors. Civil Legal Issues Only (No Criminal Cases). Bring all documents about your case with you. Cases include Social Security, disability, Medicaid, Medicare, public benefits, power of attorney, housing, and many other civil legal issues.

Dates: Tues., June 3 (9 am - 12 pm)
Tues., June 17 (9 am - 12 pm)

Location: 350 S. Schmale Rd., #150
Carol Stream, IL 60188
(630) 690-2130

****Walk-ins are taken on a first come, first served basis.****

Programs at the Glen Ellyn Park District

Active Senior Adult Tuesday Luncheon

The last game of bingo will be called for the summer. Don't miss your opportunity to be a big winner at the June luncheon. Lunch includes pork chop, au gratin potatoes, broccoli, Caesar salad, rolls and pie. Don't forget to pick up your free raffle ticket at the door.

Tuesday, June 10th, 12:00 - 2:00 p.m.

Holes & Knolls Clubhouse

845 Pershing Ave., Glen Ellyn

Cost: \$7.00

Call by Tuesday, June 3rd, to make your reservation.

(630) 858-2463



2300 degress: The Glass Experience

The science, technology, brilliance and beauty behind glass are revealed in this stunning exhibition at the Museum of Science and Industry. Guests will admire glass pieces from premier artisans, studios and schools around the world - including Chihuly, Tiffany, Botti and Corning. A journey through this exhibition will take you to a "Hot Shop" where you can watch master glass-makers take molten glass and turn it into beautiful bowls, vases and more. Travel through time to witness the changing role of glass in society and science. See glass restorations by the Botti Studios as well as eye-opening glass-blowing demonstrations.

Thursday, June 19th, 9:30 am - 3:00 pm

Pick-up/Drop: MaryKnoll Park

Cost: \$62.00

Call (630) 858-2463 to register

Rules of the Road

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

Thursday, June 19th

9:30 am - 11:30 am

Main Street Recreation Center

501 Hill Ave., Glen Ellyn

Call (630) 858-2463 to register

College of DuPage Summer Lecture Series

Plan for Retirement: It's Never Too Late

Wednesday, June 4th

We are living in a time of constant, mind-boggling change. The retirement plans we made with such care 10 or 20 years ago might need a modern touch-up. Speaker

Mark Putbrese is an investment representative with a degree in economics from Iowa State University. He has taught financial classes for the Older Adult Institute for 12 years and has a special interest in the economic well being of older citizens.

China As It Is Today

Wednesday, June 11th

Politically China is still a communist country. But look at what is going on there! Is this the way a communist nation behaves? Ray Berndtson, one of our most popular instructors, has been following this phenomenon for many years. Ray leads a discussion of the following:

- ¶ China's growth in wealth and world investment
- ¶ China's growing involvement in world social development, education and health care
- ¶ China's military and education programs
- ¶ The roles played by the United States and China in the world economy

Don't Fall!

Wednesday, June 18th

Have you ever broken a rib? Oh! Oh! Oh! Does that hurt! Since 2005, the U.S. Center for Disease Control ranks fall injury as the fifth leading cause of death for those 65 and over, and the number of fall injuries is rising at a double-digit ratio. Our guest speaker is Michael A. Bearce, Executive Director of Fall Prevention Clinics of America. Bearce discusses how the balance system works, how it changes with age, and how we can revitalize our balance function. Join us.

How The Circuit Court Clerks Office Helps You

Wednesday, June 25th

Chris Kachiraubas, Clerk of DuPage Circuit Court, has volunteered to join us to discuss what his job requires. Chris discusses many topics of interest to older adults, including:

- ⊖ How a case works its way through the court system
- ⊖ Collecting money owed by defendants
- ⊖ What happens when someone gets a traffic ticket
- ⊖ Can the clerk help us get a passport?
- ⊖ And more!

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 at the Glen Ellyn Public Library...

Ice Cream Social

Monday, June 9th
7:00 p.m. - 8:30 p.m.

Kick off summer with the second annual Ice Cream Social held in the Library parking lot. There will be free ice cream, ice pops, and other treats. Entertainment will be provided by juggler Jason Kollum.

This event is sponsored by the Friends of the Library and a donation from ALDI.

Traveling Exhibit- Midwest Prisoners of War in Nazi Germany

Thursday, June 12th
5:00 p.m. - 8:00 p.m.

“Behind Barbed Wire” explores the experiences of Midwest prisoners of war who were imprisoned in Hitler’s Third Reich. You will be able to see photographs, DVD documentaries, artifacts and more. Parked in the Library parking lot and housed in a converted school bus, this mobile exhibit is free and open to the public.



Got Game?? Play Book Bingo

Adult Summer Reading Club

May 28—August 9



Don't let the kids play all the games this summer. Join the Adult Summer Reading Club and receive a pack of playing cards when you sign up. Weekly prize drawings begin June 23 with the Grand Prize drawing on August 10. The first 60 people to register will also get their choice of 2 Ravinia lawn tickets.

Thank you to our sponsors: Barones, Claim Jumper Restaurant, Egg Harbor Café, Glen Ellyn Chamber of Commerce, Honey Café, Lucky Strikes Lanes, Marinella Restaurant, Panera Bread and Shannon's Irish Pub.

Have A Little Fun ...

Pencil Pastime

Grab a piece of paper and pencil
and list at least 6 words which
contain the letter sequence

I L B.

Here's one: railbind.



Traveler's Delight

English signs in other places...

«

In a Bucharest hotel lobby: The lift is being fixed for the next day. During that time we regret that you will be unbearable.

«

In a Paris hotel elevator: Please leave your values at the front desk.

«

In an Athens hotel: Visitors are expected to complain at the office between 9 and 11 a.m. daily

«

In a Tokyo hotel: Is forbidden to steal hotel towels please. If you are not person to do such thing is please not to read this notice.

«

In a Leipzig elevator: Do not enter the lift backwards or when not lit up.

LAUGH - A - LITTLE



June Is Busting Out All Over!

Here's some interesting trivia about topics in this issue.

Although George Washington is known as the **FATHER** of our country, he had no children of his own.

It's said that if a single woman sleeps with a piece of **WEDDING** cake under her pillow, she will dream of her future husband.

HONEYBEES convey to one another the location of food by dancing.

GOLF champion Jack Nicklaus scored a 51 in the first nine holes he ever played - when he was only 10 years old.

The legacy of **CORN FLAKES** goes back to the late 19th century, when a team of Seventh-day Adventists began to develop new food to meet the standards of their strict vegan diet.

SUMMER begins on June 20th at 7:59 a.m. EDT.

Happy Summer!

Father's Day June 15th



Fun Facts About Father's Day

The estimated number of fathers across the nation today is 64.3 million.

In the U.S., the first modern Father's Day celebration was held on July 5, 1908 in Fairmont, West Virginia.

In 1972, President Richard Nixon signed into law a permanent U.S. Father's Day to be observed on the third Sunday of June

Like them or not, neckties are the Father's Day gift. Americans spend more than \$1 billion each year to buy a staggering 100 million ties. That's roughly one tie for every male over the age of 20 in the U.S.

We'd like to wish all dads a Happy Father's Day!





Enjoy Your SUMMER

At long last summer is here and you know what that means. More outdoor activities and more encounters of the buzzing kind. So before you head out, remember these tips.

- § **Use repellents.** Though DEET has been thought of as best, new aroma-free products containing picaridin are just as good and have no downsides. Experts say *Cutter Advanced Sport* is one of the best.
- § **Wear loose clothes.** Mosquitoes can bite through tight-fitting shirts and pants.
- § **Don't disturb a bee.** If a bee, hornet or yellow jacket visits your picnic, ignore it and it will probably fly away.
- § **Stay calm.** If you wave your hands or anything else at the bee, it will feel threatened and will be more likely to sting.
- § **Skip the Hawaiian shirt.** Bees are attracted to bright colors and patterns. If you look like a bunch of flowers, you will attract the bees.
- § **Keep food covered, especially sweets.** Something sweet is what bees are looking for, whether it's in perfume or a cake.

How to Keep Your COOL This Summer



Wear cool clothing: Dress in light-weight, light-colored, loose-fitting clothing, preferably of natural fabrics like cotton. Use hats and umbrellas outside.

Use air conditioning: Keep the air conditioning on or below 80 degrees. Or use room fans to circulate inside air. No air conditioning? Go to an air conditioned place where you can sit, such as a library, mall or theater.

Cover windows: During the day, pull the curtains on all windows that are in direct sunlight.

Avoid direct sun: Stay indoors during the hottest hours, 11 a.m. to 4 p.m.

Eliminate or limit physical activity: Limit exercise to short periods during cool hours. Eliminate entirely on very hot days.

Drink plenty of fluids: Stick with water or juice - no alcohol, coffee or tea. Seek medical help if you suspect you're getting dehydrated.

Eat light meals: Avoid hot, heavy meals and don't use the oven.

Take cool showers: Or lay a cool, moistened towel over your forehead or back of your neck and replace often.

Spotlight on Men's Health

June is Men's Health Month and below is a summary of important steps you can take to improve the quality - and length - of your life.

- Ø Eat a varied diet, rich in fruits, vegetables, whole grains and low-fat foods.
- Ø Limit cholesterol intake and avoid saturated fats.
- Ø Exercise 20 minutes three days per week at least.
- Ø Maintain a healthy weight.
- Ø Drink at least eight 8-ounce glasses of water per day.
- Ø Don't smoke.
- Ø See your doctor regularly.
- Ø Wear a seatbelt whenever you're in a car.
- Ø Manage your stress.
- Ø Get help if you need it.

For more information about your health, visit menshealthnetwork.org and download their FREE booklet, *Blueprint for Men's Health: A Guide to a Healthy Lifestyle*. It's available in English and Spanish.

Flip Flops vs. Escalators

It's summer, time for flip-flops and those plastic shoes called Crocs. But here's a thought. Whether it's you wearing them or your child, either of you could get caught on an escalator. Loose-fitting shoes made of flexible spongy material can get caught in the escalator teeth. A spokesman for the Washington, D.D. subway system, which has 588 escalators, says they are seeing five or six incidents of shoe entrapment a week during summer. Most related injuries are minor, but toes could be amputated. So watch those tootsies this summer

and be careful!



The Shocking Origin of Our National Anthem



Here's something to ponder on Flag Day. Every third grader knows about Francis Scott Key and how he penned "The Star Spangled Banner" while watching the British siege of Fort McHenry during the War of 1812. But that was just the poem. So where did the nigh-impossible-to-sing melody come from? Some say Key wrote the lyrics to match the meter of a specific tune—a British tune at that. It was a drinking ditty written by John Stafford Smith entitled "The Anacreon Song". It was also the theme song for London's Anacreontic Club, a group of rich English men who got together to eat and drink and then drink some more. At the club it was commonly used as a sobriety test. If you sang a stanza of this difficult melody and stayed in key, you were sober enough to have another round.

-*Mental Floss*

Suitable Substitutions

Here are several clever and unique ways to substitute for an item you don't have handy.

RULER - A dollar bill measures slightly more than 6 inches.

DUSTPAN - Take half a sheet of newspaper, lightly dampen the edge and press to adhere to the floor.

SANDPAPER - Use a small emery board to get into narrow or hard-to-reach places.

PHILLIPS-HEAD SCREWDRIVER - The rounded tip of a potato peeler unscrews Phillips-head screws.

-*Women's Day*

Have You Heard?

New nanotechnology can reduce particles to as small as a nanometer, or about one-hundredth-thousandth the width of a human hair. Using this technology, *color shifting sensors*, are being placed in contact lenses that will let diabetics check their sugar level just by glancing in a mirror. The contacts are expected within 5 years.

Answers to the Quizzes

ATTENTION VETERANS (& Surviving Spouses)

Have you ever heard of the ***Aid and Attendance Benefit*** for U.S. Veterans? This is a little known pension benefit that American Wartime Veterans (or their surviving spouses) may be entitled to receive. This tax-free benefit may help offset the cost of:

- Assisted Living facilities
- Nursing Home
- Enhanced Independent Living

The American Association for Wartime Veterans (AAWV) can help you find out if you qualify for this benefit and help with the complex task of filing the applications - FREE OF CHARGE.

You can call them at 1-800-850-5504 or visit them online at usawarvet.com to find out more information.



GLEN ELLYN SENIOR CENTER

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Glen Ellyn, IL 60137

Phone: 858-6343 Jodi & Sue
858-6325 Senior Meals - Debbie
Email: geseniors@ameritech.net

Recipe for June

Lemon Pound Cake

Cake:

18-1/4 oz. Pkg. Yellow cake mix
1/2 Cup vegetable oil
1/2 Cup water

3 oz. Pkg. Lemon gelatin
4 eggs
1 tsp. Vanilla



Cake glaze:

1/2 Cup powdered sugar, sifted

6 TBS. Freshly squeezed lemon juice

- 1) Mix all the cake ingredients together.
- 2) Pour into greased, 9"x13" cake pan. Bake at 350° for 35 to 40 minutes, until done.
- 3) While still hot, put holes into the cake with a table fork.
- 4) To make the cake glaze, mix the powdered sugar and lemon juice. Pour glaze over the hot cake and spread down into the holes made.

Yield: 24 servings.

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