

At Your Service

Happy Spring!

May 2008

Dates to Celebrate

- 5th - National Hoagie Day
- 8th - No Socks Day
- 10th - Clean Up Your Room Day
- 14th - Root Canal Appreciation Day
- 23rd - World Turtle Day
- 25th - Nat'l Tap Dance Day
- 27th - Nat'l Grape Popsicle Day
- 31st - National Macaroon Day

Senior Center News

May 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, May 14th 10:00– 11:00 am.

At the Senior Center...

The Book Club will meet on Tuesday, May 20th 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.

Senior Citizen Prom!!!

No Date Needed!

Saturday, May 17th, 5:30 - 7:30 p.m.

York High School Commons
355 W. St. Charles Rd., Elmhurst, IL
\$5.00 Admission fee

Live Band!

The high school kids are not the only ones who get to attend prom this year!

For additional info please contact Matt Moran
Mmoran@elmhurst205.org

Programs at the Glen Ellyn Park District

Active Senior Adult Tuesday Luncheon

We're kicking off summer with a mystery game! Who knows what fun we'll have?? Lunch includes teriyaki chicken, rice pilaf, green bean almondine, tossed salad, rolls and cake.

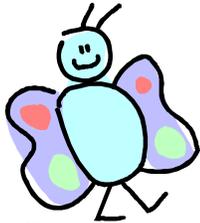
Don't forget to pick up your free raffle ticket at the door.

Tuesday, May 13th, 12:00 - 2:00 p.m.

Holes & Knolls Clubhouse

845 Pershing Ave., Glen Ellyn

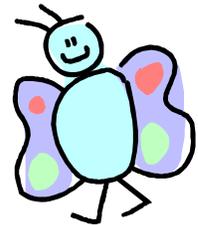
Cost: \$7.00



Call

by Tuesday, May 6th, to make your reservation.

(630) 858-2463



Prairie State^{Pr} Legal Services

Prairie State Legal Services 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 non-criminal legal problems, schedule an appointment by calling 630-690-2130.

May 6th, 1:30-3:30 pm

Main Street Recreation Center

501 Hill Ave., Glen Ellyn

Cost: FREE

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 auto insurance premium. No refund after the first meeting.

May 7th & 8th, 9:00 - 1:00 pm

Main Street Recreation Center

501 Hill Ave., Glen Ellyn

Cost: \$10.00

Call (630) 858-2463 to register

Have A Little Fun ...

Start Your Engines

Each of the clues below refers to a word that begins with the letters C-A-R. Can you find them all?

No idling allowed.

1. VI NO VESSEL

2. SEED SPICE

3. ROUND RI DE

4. MEAT MUNCHER

5. CRAB COVER

6. ANTLERED ANIMAL

7. BASEBALL BIRD



The Lighter Side of Church Bulletins

More bloopers from bulletins...

«

Thursday night - Potluck supper; Prayer and medication to follow

«

This afternoon there will be a meeting in the South and North ends of the church. Children will be baptized at both ends.

«

The Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

«

Ladies Bible Study will be held Thursday morning at 10. All ladies are invited to lunch in the Fellowship Hall after the B.S. is done.

«

The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday morning.

«

A songfest was hell at the church Wednesday.

LAUGH - A - LITTLE

The Merry Month of May All About the Month



Although Cinco de Mayo is referred to as Mexico's independence day, Cinco De Mayo actually marks the 1862 battle in Puebla when a small outnumbered group of Mexicans defeated the French, a turning point in Mexico's struggle for freedom.

May 6 is Nurses Day and according to surveys, Americans say nurses take top honors in honesty and ethics. Pharmacists come in second; doctors placed fifth.

Legend says that wearing a bracelet made of Emeralds, the birthstones of May, on the left wrist will protect the wearer when traveling.

Lily-of-the-Valley, the flower of May, was called "ladder to heaven" by medieval monks because its white, bell-like flowers ascend to the top of the stalk.

Each year Americans eat 7 billion hot dogs between Memorial Day and Labor Day.

May is named for the Roman goddess, Maia, who oversaw the growth of plants.

May is Older Americans Month

In honor of Older Americans month, here are words to live (long) by from four smart older women.

Something good usually comes out of bad events.

Don't hold on to anger - you'll just make yourself miserable.

When playing Scrabble, don't use up your S's right away.

-Francis Johnson, 100

Never feel sorry for yourself.

Eat what you're hungry for.

Look for a husband that makes you laugh.

-Evelyn "Tootie" Yeager, 102

Anything you love is important.

Children love praise. They'll do something again and again just to get you to praise them.

You'll always need your girlfriends.

-Melva Radcliffe, 105

A person never gets too old to love.

Forgiveness really is divine.

If you expect perfection from everyone, you'll be all alone.

-Mary Cavaliere, 106

Are You Prone to Sleep Apnea?

Researchers have found two features that can help you and your doctor determine whether you should be evaluated for obstructive sleep apnea, a harmful disorder in which you briefly, but repeatedly stop breathing because of a blocked airway.

People with sleep apnea had a larger thyromental angle (see illustration) and more tissue crowding in back of the throat. Sleep apnea increases the risk of heart attack, abnormal heart rhythms, depression and stroke. So if you often snore - a significant symptom of apnea - or are inexplicably sleepy, you may want to have someone check your thyromental angle.

The second feature is the inability to see your entire uvula, the flap of tissue hanging down in the back of your throat. To check, face mirror, open your mouth wide, and stick out your tongue. See your doctor if you suspect you have sleep apnea.

-on Health

Your Meds: 4 Must-Ask Questions

When you get new medicine, ask your doctor or pharmacist these crucial questions:

- j When and for how long should I take it?
- k Are there any side effects and what should I do if I experience them?
- l Are there any foods, beverages, medications or herbal supplements I should avoid while taking this drug?
- m What should I do if I miss a dose?

May Freebies

May is Skin Cancer Awareness Month.

Take advantage of nationwide FREE screenings offered by the American Academy of Dermatology. Visit aad.org or call 888-462-DERM for more info.

May is Asthma and Allergy Month, and the American College of Allergy, Asthma and Immunology is sponsoring FREE asthma screenings starting May 1. Log on to acaai.org for more information.

MOMentous

The Story of Mother's Day

The driving force behind Mother's Day was Anna Jarvis, who organized observances in Grafton, West Virginia and Philadelphia on May 10, 1908. As the annual celebration became popular around the country, Jarvis asked members of Congress to set aside a day to honor mothers. She finally succeeded in 1914, when Congress designated the second Sunday in May as Mother's Day.

We'd like to wish all mothers a very Happy Mother's Day!



Memorial Day

May 26th



Memorial Day originated in 1868, when Union General John A. Logan designated a day in which the graves of Civil War soldiers would be decorated.

Known as Decoration Day, the holiday was changed to Memorial Day within twenty years, becoming a holiday dedicated to the memory of all war dead. It was originally celebrated on May 30th every year. It became a federal holiday in 1971, and is now observed on the last Monday in May.

With our nation at war, Memorial Day seems to carry more meaning this year. More than ever, we want to honor those who have given their lives for the United States and its principles. On May 26th, we pay tribute and remember those who have fallen for our freedom.

**We hope you have a safe
Memorial Day!**

That's Not True!

There are many things we were taught to believe that just *are not* true. Here's two.

- ê **Cashews are nuts.** Cashews are not true nuts, but the seeds of a tropical fruit called the cashew apple, which grows on trees. The fruit is about the size of a pear and edible. Hanging from the fruit are comma-shaped nutlike pods which contain the "cashew nut". Cashews are not sold in their natural form because they are covered in a caustic oil that has to be removed by machinery before they can be touched.
- ê **Russian dressing comes from Russia.** Russian dressing is about as Russian as hot dogs and ketchup. Invented in America, the dressing was so named because earlier versions of the recipe contained a relish of caviar, which was associated with Russia.

-Amazing..but False!

Country Wisdom

Here are some handy hints from country folk.

- ¶ **Lose a pin in the frame of your eyeglasses?** Thread **dental floss** through holes, tie a couple of tight knots and trim the rest.
- ¶ **Cereal boxes** can be used to hold magazines and newsletters. Cut away the top and halfway down the narrow side and your file box is ready.
- ¶ To add extra cushion when shipping fragile items, open **egg cartons** and line the perimeter of the box.

-Pearls of Country Wisdom



IMPORTANT INFORMATION!!

Now that senior citizens are receiving FREE rides on the Metra trains and Pace fixed route buses - Central DuPage Hospital has made available a FREE transportation service to the hospital from the Winfield Metra train station.

Riders must call **(630) 933-6559** and give the dispatcher the following information:

- 1. First and Last Name**
- 2. Cell phone number**
- 3. Time train arrives in Winfield.**

The bus will pick the riders up on the NORTH side of the tracks right outside the train station.

If Public Safety has an emergency, they will call your cell phone number to advise that they may be late.



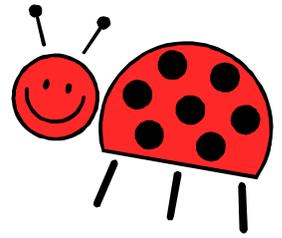
GLEN ELLYN SENIOR CENTER

493 Forest Avenue
Glen Ellyn, IL 60137

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

Recipe for May

Spring Breeze Cheesecake Pie



8 - oz Cream Cheese, softened
1/3 Cup sugar
1 Cup Sour Cream

2 tsp. Vanilla
8 - oz container frozen, whipped topping, thawed
9" graham cracker crust

Rhubarb Sauce

3 Cups fresh or frozen rhubarb, chopped
1/3 Cup Sugar
1/8 tsp. Cinnamon

1 Tbsp. cornstarch
2 Tbsp. Cold water

1) In a mixing bowl, beat cream cheese until smooth. Then gradually beat in the sugar. 2) Add the sour cream and vanilla and mix well. 3) Set aside 1/2 Cup whipped topping for garnish and cover and refrigerate. Beat 1/2 Cup whipped topping into the cream cheese mixture, then fold in remaining whipped topping. 4) Spoon the mixture into the crust. Cover and refrigerate for at least 2 hours. 5) To make the rhubarb sauce, bring the rhubarb, sugar and cinnamon to a boil in a large saucepan. Reduce the heat and let simmer uncovered for 5-8 minutes or until the rhubarb is tender. In a small bowl, combine cornstarch and cold water until smooth. Gradually stir into the rhubarb mixture. Return to a boil and stir for 1-2 minutes or until thickened. Let cool. 6) At serving time, cut the pie into slices and top with the rhubarb sauce and reserved whipped topping.

YIELD: 8 servings.

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

