



# At Your Service

## *Fall Is Around The Corner!!*

### ***Unusual Dates in October***

- 2nd - Guardian Angels Day
- 3rd - World Smile Day
- 10th - Nat'l Angel Food Cake Day
- 14th - Nat'l Chocolate Covered Insect Day
- 15th - National Grouch Day
- 18th - Nat'l Chocolate Cupcake Day
- 23rd - Nat'l Bologna Day
- 25th - World Pasta Day
- 26th - Mother-in-law Day

### **Senior Center News**

October 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, October 8th 10:00– 11:00 am.***

#### ***At the Senior Center...***

The Book Club will meet on Tuesday, October 21st at 10:15 a.m. at the Glen Ellyn Public Library. Please call Sue to reserve your spot!  
(630)858-6343

We continue to process the RTA passes for FREE rides on Wednesday, Thursday and Friday, 9:00am - 1:00pm. Please call first to make sure we are in the office.

### **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., October 7 (9 am - 12 pm)  
Tues., October 21 (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.\*\***

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## *College of DuPage Fall Lecture Series*

### *It's Never Too Late*

*Wednesday, October 1st*

It's never too late to heed President Kennedy's words to "ask not what your country can do for you, ask what you can do for your country." Peace Corps volunteers joining at 50 years or older are leading a new wave of mature adult volunteerism.

Some feel they have more to offer, some are looking for adventure, but whatever their reasons, come and hear their tales of mid-to-late life service overseas as volunteer ambassadors for their country.

### *Chicago's Greatest*

*Wednesday, October 8th*

With Maria Olson as our guide, we will hear and see Chicago's greatest art, boulevards, architecture, people and more. Olson is a great friend of the Older Adult Institute and has lead tours for many years. She is, among her many other accomplishments, a docent for the Chicago Architectural Foundation. She says her presentation will help us "see the rise of Chicago to its heights as a great metropolis."

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### *Managing Arthritis: Don't Let It Slow You Down*

*Wednesday, October 15th*

Stiffness and pain conspire to keep us away from the fun that others are having. Arthritis cannot be cured, but many symptoms can be managed so that you can resume activities you once enjoyed. An expert from the Arthritis Foundation, Heartland Region, Greater Chicago Chapter, will guide us through the latest in information and suggestions.

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### *Truth in 2008*

*Wednesday, October 22nd*

As Thomas Jefferson said, "an informed electorate is the basis for sound democracy." Sheila A. Weinberg will help us understand the actual financial situation we find ourselves in just before the election. Weinberg made a big impression after addressing an OAI class this year, and she returns to talk about truth in accounting; that is, accounting at the highest levels of our government. She is CEO of the Institute for Truth in Accounting and will discuss "political math vs. truth."

### *Know Your Rights*

*Wednesday, October 29th*

From how Medicaid works to tax relief for homeowners, do you know your rights as a senior citizen? All sorts of special legislation and programs have been initiated for citizens of Illinois, but do you know what they are, if you are eligible, or how to get them? Maria G. George, an expert in Elder Law from Prairie State Legal Services, Inc. has the answers seniors want to know to these and other questions.

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### **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 Around Town...*

### **Mark Your Calendars!!!**

DuPage County Human Services Seniors' & Caregivers' Fair

*Friday, October 17th, 8:30 a.m. - 12:30 p.m.*

DuPage County Fairgrounds  
2015 W. Manchester Road, Wheaton



**Senior citizens are invited to attend the *DuPage County Seniors' and Caregivers' Fair* on Friday, October 17th. Free Parking will be available.**

à Many free health services will be offered, including blood pressure, glucose (2-hour fast required, water and medication allowed), vision, hearing, podiatry and bone density screenings. Note: All Screenings are subject to availability. For a nominal charge, DuPage County residents can obtain flu shots. *Flu shots are subject to availability and appointments are necessary.*

à A representative from the Low Income Home Energy Assistance Program (LIHEAP) will be available to accept applications and provide information on help with heating bills.

à The Citizen Utility Board will be providing free analysis of telephone service and provide a free fluorescent light bulb. Bring your recent phone bill.

à A pharmacist will be available to answer questions about drug interactions.

à Also available will be numerous brochures, free giveaways, raffle prizes and refreshments

**For additional information or to schedule your flu shot call:  
DuPage County Senior Services at (630) 407-6500.**



Have A Little Fun ...

## Pencil Pastime

There are at least 12 words,  
each 5 letters or more, that can  
be made out of the letters in  
the word

**PHILODENDRON.**

Can you find them?

A score of 7 is  
great - 10 is  
outstanding!



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## The Lighter Side of English

The English language has many ways to trip you up. Here's what happens when a modifier turns up in the wrong place.

- ó She handed out brownies to kids wrapped in Tupperware.
- ó We've been encouraging people to drive to the gym, change clothes and work out for 20 years.
- ó We will show you how to fix up your home and then sell it, for just a few dollars.
- ó We spent most of our time on the porch watching cows playing Scrabble and reading.
- ó With his tail held high, my father led his prize bull around the arena.

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LAUGH - A - LITTLE

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## October All About Candy Corn, Opals and more.



**OPAL**, the birthstone of October, symbolizes magic, love and hope. Superstition says that anyone wearing an opal, not born in October, will be unlucky.

The Romans gave **CALENDULA**, the flower of October its name, observing that the flowers bloomed on the first day, or *calends*, of every month.

The tradition of **BOBBING FOR APPLES** on Halloween may have originated with the ancient Roman autumn festival honoring *Pomona*, the goddess of fruit.

More than 35 million pounds of **CANDY CORN** are produced in a year, which adds up to nearly 9 billion pieces - enough to circle the moon nearly 4 times if laid end to end.

A **FULL MOON** rarely shows up on Halloween, although the holiday is associated with one. The next year with a full moon on October 31st will be 2020.

Nearly a quarter of all mammal species on earth are **BATS**.

## FIRE PREVENTION WEEK

October 5th through 11th



Your home should be a safe haven.

But do you regularly check for home fire hazards? If not, there is the potential for danger. This year's theme of Fire Prevention Week is

*"It's Fire Prevention Week:  
Prevent Home Fires!"*

Here's important fire safety advice from the National Fire Protection Association.

- P** Keep lamps, light fixtures, and light bulbs away from anything that can burn, such as bedding, curtains and clothing.
- P** Replace cracked and damaged electrical cords.
- P** Avoid overloading outlets.
- P** Turn portable space heaters off when you go to bed or leave the room.
- P** Avoid running extension cords across doorways or under carpets.
- P** Keep matches and lighters up high in a locked cabinet, out of the reach of grandchildren.

*And finally, remember if there is a fire, get out quick and don't go back.*

## **6 Guaranteed Ways to NOT CATCH a COLD or the FLU this year**

**Become a clean freak. If you are out and about, wash your hands or slap on some sanitizer as often as you can.**

**Restrict your air space. Droplets in sneezes and coughs can travel 3 to 6 feet. Step away from hackers so you don't inhale their bugs.**

**Get vaccinated. The flu usually peaks in February so now is a great time to get your inoculation.**

**Don't touch your face. Most viruses gain entry to your body through your nose, eyes or mouth. Keep your hands down and you'll cut off their access.**

**BYOP (bring your own pen). Avoid using any pen handed to you at the store. No telling how many people have touched it.**

**Put on your sneakers. That quick walk in the park or around the mall will increase circulation of your immune cells, improving their ability to fight infection.**

*-Real Simple*

## **Stop Phone Cheats!**

Did you know phone cheats are able to charge calls to your phone? Here's how they do it. First they call you, often posing as service technicians "testing" your line, or as police officers or emergency room workers. Depending on your service, they'll ask you to dial \*72, 72# or 90#, which activates your call-forwarding function and then a phone number. Scammers can then make long-distance calls from that number and bill them to you. This ruse, doable on landlines or cell phones, "surrenders" your phone number to the scammers until you deactivate call forwarding, usually by dialing \*73.

*-AARP*

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## **FREE Check-ups**

October is Breast Cancer Awareness Month and a federal program offers free or reduced rate mammograms to low-income or uninsured women. Visit [www.cdc.gov/cancer/NBCCEDP/](http://www.cdc.gov/cancer/NBCCEDP/) to find your state's local office to see if you, a relative or friend qualify.

## Travel Trivia



**DO TEL:** Hotels were originally designed for rail travelers and were located in urban areas with no parking space available. In 1925, Arthur Heineman opened the Milestone in San Luis Obispo, California, which featured individual bungalows along with a small garage next to each room. He originally wanted to call his concept a Motor Hotel, but it wouldn't fit on his sign. Rather than buying a larger shingle, he combined the terms and the Milestone became the world's first "Mo-Tel."

**BEST EASTERN?** We've all seen Best Western signs along America's interstates, but did you know there used to be a Best Eastern too? When M.K. Guertin started his hospitality empire in 1946, all his properties were west of the Mississippi River. At that time, Quality Courts (now Quality Inn) dominated the east. When a proposed marketing agreement between the two failed, Guertin built motels on the other side of the "Ole Miss" and dubbed them "Best Eastern," using his gold crown logo.

## Unusual Uses for Brand-Name Products



Keep shoes dry and comfortable by dusting

the insides with **Kingsford's Corn Starch.**

Place a piece of **Crayola Chalk** in your jewelry box to keep costume jewelry from tarnishing.

Spray bathroom fixtures generously with **Spray 'n Wash**, then shine with a cloth.

If you run out of shaving cream, slather on **Lubriderm.**

Clean rust from a car bumper by scrubbing briskly with an **S.O.S. Steel Wool Soap Pad.**

*-Paint Your House With Powdered Milk*

## Columbus Day Trivia

### October 13th



Some key facts (in case you forgot them since grade school):

- Ä Columbus discovered America in 1492.
- Ä He originally set sail on August 3, 1492, but had trouble with the ships, stopping at the Canary Islands for a month.
- Ä The ships left the Canary Islands on September 3, 1492.
- Ä He traveled with three ships: The Nina, the Pinta and the Santa Maria.
- Ä While Columbus was an Italian, he could not find funding in Italy, so he turned to the King of Spain. King Ferdinand and Queen Isabella provided the funding.
- Ä He did not land on the U.S. mainland. He landed on an island in the Caribbean.
- Ä While many believed he landed on San Salvador, there is still debate on which island he originally landed.

## It's Halloween



Halloween is right around the corner and we have some fun facts, a recipe and a little scary quiz just for you.

### Where to Spend Halloween?

Some places around the country that may put you in the Halloween mood:

- Ø Transylvania County, NC
- Ø Tombstone, AZ
- Ø Pumpkin Center, NC

### Ghoulish Match-Up

Match the song with the artist.

- |                               |                          |
|-------------------------------|--------------------------|
| 1. <i>Monster Mash</i>        | A. Sheb Wooley           |
| 2. <i>Purple People Eater</i> | B. Bobby "Boris" Pickett |
| 3. <i>The Witch Doctor</i>    | C. Bob McFadden          |
| 4. <i>The Mummy</i>           | D. David Seville         |

### SENSATIONAL Seeds

Put 2 cups washed and dried pumpkin seeds in a jelly roll pan. Toss with 1 tsp. Olive oil and 1/4 tsp. Salt. Spread seeds out and bake 50 to 60 minutes at 250°.

### DID YOU KNOW?

The largest ever jack-o-lantern was carved from a 1,469 pound pumpkin with a 17 ft. circumference.

Illinois leads the country in pumpkin production.

Answers: 1. B, 2. A, 3. D, 4. C

## Flu Shots Are Coming!

It's that time of year again - time to start thinking about getting your flu shot!

The Glen Ellyn Senior Center will hold its *Annual Flu Shot Clinic* on Friday, October 24th, from 9:00 a.m. to 12:00 p.m.

Due to construction at the church, the Clinic will be held at the **Main Street Recreation Center, 501 Hill Avenue, Glen Ellyn**, in the Senior Meeting Room. There is an elevator in the building and plenty of parking!

You may call (630) 858-6343 to make your appointment.



## Answers to the Quizzes

### GLEN ELLYN SENIOR CENTER

493 Forest Avenue  
Glen Ellyn, IL 60137  
Phone: 858-6343 Jodi & Sue  
Email: [seniors493@geseniors.net](mailto:seniors493@geseniors.net)  
Website: [www.glenellyn.org/Senior/Senior.htm](http://www.glenellyn.org/Senior/Senior.htm)

## Recipe for October Pecan Squares

1 Cup butter, softened  
2 Cups brown sugar, divided  
2 eggs, well beaten, divided

Pinch salt  
2 Cups sifted cake flour  
1 Cup pecans, chopped

- 1) Preheat oven to 350°. Grease a 9"x13" pan.
- 2) Cream butter and 1 cup of brown sugar until fluffy, then mix in one egg and stir in salt and flour until well combined.
- 3) Spread the batter in the pan.
- 4) Cover the batter with the remaining egg.
- 5) Sprinkle with 1/2 cup brown sugar over the surface, then sprinkle with the pecans and top with the remaining 1/2 cup of brown sugar.
- 6) Bake for 35 minutes. Let cool for 30 minutes then cut into 1"x2" pieces.

YIELD: about 60 small squares

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

