



At Your Service

Fall Is Around The Corner!!

Strange Holidays in September

- 3rd - Skyscraper Day
- 5th - Be Late for Something Day
- 9th - Teddy Bear Day
- 12th - Chocolate Milkshake Day
- 13th - Fortune Cookie Day
- 15th - Make a Hat Day
- 18th - Cheeseburger Day
- 21st - Miniature Golf Day
- 23rd - Checkers Day
- 27th - Crush a Can Day

Senior Center News

September 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,
September 10th
10:00- 11:00 am.***

At the Senior Center...

The Book Club will meet on Tuesday, September 16th 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.

Join Us for a "Field Trip" to Cantigny Park!

We are planning a trip to tour and have lunch at Cantigny Park in Wheaton, on *Friday, September 12th at 10:00 a.m.* This is a chance to tour the beautiful gardens and museums that Cantigny has to offer!

Transportation will be by private car, so if you drive and can "chauffeur" some of your fellow seniors, let us know. You will bring your own sack lunch, we will provide drinks and dessert. *The cost will be \$5.00 per person.*

If you are interested, please contact the Senior Center to reserve a spot. We need your reservation and your \$5.00 by Wednesday, September 10th.

(630) 858-6343



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., September 9 (9 am - 12 pm)

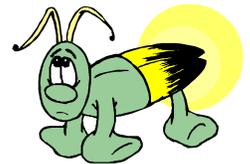
Location: 350 S. Schmale Rd., #150

Tues., September 23 (9 am - 12 pm)

Carol Stream, IL 60188

(630) 690-2130

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



New Programs at the Glen Ellyn Park District!

Birthday Bunco!

Join in the fun and celebrate everyone's birthday! We'll play BUNCO once a month and celebrate everyone's birthday occurring that month. Join us for sweet treats and coffee while we have fun and learn a new game. We will meet the third Thursday of each month. Our first gathering will be:

Thursday, September 18th

9:30 - 10:30 a.m.

Main Street Recreation Center
501 Hill Avenue, Glen Ellyn

Cost: \$2.00

Brown Bag Bingo

Do you like B-I-N-G-O? How about lunch? Here's the best of both right in your own back yard! Pack your lunch and join us for a fun-filled morning of bingo and socialization! We're playing bingo for an hour and then sharing our lunch hour with friends. Coffee will be provided; please bring your own lunch. You won't want to miss this one! We will meet on the fourth Wednesday of each month. The first Bingo will be:

Wednesday, September 24th

10:30 - 12:30 p.m.

Main Street Recreation Center,
501 Hill Avenue, Glen Ellyn

Cost: \$2.00

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.**

Exercise Your Brain in September!

Have A Little Fun ...

HISPANIC HERITAGE MONTH

Test your Hispanic geography knowledge.

1. What is South America's smallest Country?

A. Uruguay or B. Ecuador

2. What is the largest island in the Carribean?

A. Puerto Rico or B. Cuba

3. Where is Venezuela?

A. Central America or B. South America



FUNNY ZONE

“Senior Moment”

Don't laugh, it could happen to you some day...



The irate customer calling the newspaper office loudly demanded to know where her Sunday edition was.

'Ma'am, said the employee, today is Saturday. The Sunday paper is not delivered until Sunday.'

There was quite a pause on the other end of the phone, followed by a ray of recognition.

'I'll bet that's why no one was in church today too.'



LAUGH - A - LITTLE

September Fun Facts About the Month



Touching a *Sapphire*, the birthstone of September, was believed to cure diseases of the eyes. These gems are also thought to lessen tension and align the mental, physical and spiritual planes.

According to American folklore, a freshly fallen *Acorn* placed on a windowsill will protect your home from lightning.

The *Harvest Moon* is always the first moon closest to the autumnal equinox.

Fall-blooming *Asters*, the flowers of September, were believed by the Greeks to be the tears of the star goddess *Asterea*.

September comes from the Latin word *septem*, “seven” because this had been the seventh month of the early Roman calendar.

FALL



It's almost time to get those light jackets out, Fall officially begins on September 22nd, at 11:44 a.m. EDT. So to welcome the new season, here are quotes, a quiz and more about beautiful autumn.

Thoughts on Autumn

Every leaf speaks bliss to me, fluttering from the autumn tree. *-Emily Bronte*

Autumn is a second spring, when every leaf is in flower. *-Albert Camus*

Test Your Fall Knowledge

- Why do we call autumn “fall”?
A. Because the leaves fall from the tree.
B. Because the sun falls below the equator.
- Which climate produces the most vibrant leaf colors during fall?
A. Chilly and frosty, B. Cool and dry.

Answers at the bottom.

Find Fall

Don't plan your trip until you check out the status of fall color in your area. Call the Forest Service Color Hotline toll-free at 800-354-4595 for the hot spots near you.



Answers: 1. A, 2. B



10 Bright Ideas

- Ø Use clear nail polish if you are out of glue.
- Ø Put rubber gloves on to help open a stuck jar lid.
- Ø If gum sticks to your shoe, a squirt of WD40 should loosen it.
- Ø Rub candle wax or soap over sticky drawer runners.
- Ø Dust light bulbs to increase output by 10%.
- Ø Roll up belts and store them in a cleaned-out coffee can with a clear lid.
- Ø Add club soda to your pancake batter to make them fluffier.
- Ø Cut back on sugar by filling your salt shaker with sugar to sprinkle over your cereal.
- Ø Use a rubber band as a book mark. Just stretch it over the part you read.
- Ø Crumple up a handful of aluminum foil and use to scrub pots and pans.

-Reader's Digest

Key Strategies



To maintain the security of your home, you should be able to immediately identify the location of all keys. Here are some tips:

- Ä When you have additional keys of any kind, keep them labeled and in a secure place so you won't forget where they are or what they unlock.
- Ä If you have a "keyboard" with extra keys, don't keep it in plain sight for anyone coming into the house to see.
 - Ä Don't hide keys outside your residence where burglars can find them.
- Ä Never attach anything to your key ring that lists your name, address or phone number.
- Ä Separate your house keys from your car keys when leaving the car for service parking.
- Ä When going out of town, give a key to your place only to someone who will guard it as if it were their own.

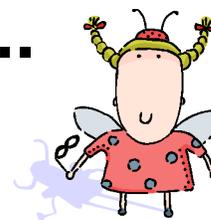
Sept. 21 - 27 National Adult Immunization Awareness Week

This week promotes the benefits of immunizations and highlights the importance of immunizing adults against vaccine-preventable diseases.

Immunization is one of the most important public health achievements of the 20th century. Vaccines have eradicated smallpox and polio in the U.S. and reduced the occurrence of many other diseases. But despite this accomplishment, tens of thousands of people in the U.S. still die from vaccine-preventable diseases.

This is your reminder. Don't delay, call today and make an appointment with your doctor to receive the vaccines you need.

This Just In...



Songbird, the first “DISPOSABLE” hearing aid - Typically, hearing aids cost a heck of a lot of money - we’re talking four digits. They’re individually fitted, and you have to replace the batteries. When the Songbird comes to market later this year, it will cost only \$80.00. The speaker element comes on an adjustable-length wire, so it’s one-size-sorta-fits-all. You buy it over the counter with no doctor’s visit required. And when you run out of the 400 hours of battery life (call it a month or so), you buy another one. Obviously, the cost will add up if you use it for a long time. But for people just starting to get hearing loss, or as a backup hearing aid, it looks like it could be just what you need.

For Labor Day Facts About the Holiday

Labor Day is the day we honor our work force and it's also the day that signals summer is coming to an end. So sit back, enjoy these last days of summer and ponder these facts about Labor Day.

- ◊ The first outline the holiday proposed a street parade followed by a festival for workers and their families.
- ◊ After all this time, there is still some doubt as to who first proposed the holiday for workers.
- ◊ The first Labor Day was celebrated on Tuesday, September 5th, 1882, in New York City with a big parade.
- ◊ In 1884, the first Monday of September was chosen to celebrate the "workingmen's holiday" every year.
- ◊ Congress made Labor Day a federal holiday in 1894.

We hope you have a Safe and Happy Labor Day!



Patriot Day

In the United States, Patriot Day is observed each year in memory of the nearly three thousand who died in the September 11, 2001 attacks. The U.S. House Joint Resolution 71 was approved by a vote of 407-0 on October 24, 2001. It requested that the President designate September 11 of each year a Patriot Day, a day of remembrance. On September 4, 2002, President George W. Bush proclaimed September 11, 2002 as the first Patriot Day. He has made similar declarations every year since. On this day, the President directs that the flag of the United States be flown at half-staff and displayed from individual homes, at the White House, and on all U.S. government buildings and establishments at home and abroad. Americans are asked to observe a moment of silence beginning at 8:46 a.m. EDT, the time the attacks began.

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 **after October 1st** 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
Website: www.glenellyn.org/Senior/Senior.htm

Recipe for September

Lemon Cheese Bars



18-1/4 oz. Pkg. Yellow cake mix
2 eggs
1/3 Cup vegetable oil

8 oz. Pkg. cream cheese, softened
1/3 Cup sugar
1 tsp. Lemon extract

- 1) Combine the dry cake mix, one egg, and oil until crumbly. Set aside 1 cup for topping. Press the remaining crumb mixture into a greased 9"x13" baking pan. Bake at 350° for 15 minutes.
- 2) In a small mixing bowl, beat the cream cheese until smooth and add the sugar, lemon extract, and remaining egg. Spread over the crust. Sprinkle with reserved crumb mixture.
- 3) Bake at 350° for 25-30 minutes or until golden brown. Let cool.

YIELD: 2-1/2 dozen bars

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

