



At Your Service

Happy Spring!! Happy Easter!!

April 2009

Dates to Celebrate

- 2nd - Birthday of Velcro (1978)
- 4th - Ballroom Dancing Day
- 6th - Birthday of Twinkies® (1930)
- 7th - Birthday of the Slinky® (1945)
- 12th - Nat'l Licorice Day
- 18th - Nat'l Animal Crackers Day
- 22nd - Nat'l Jellybean Day
- 30th - Nat'l Oatmeal Cookie Day

Senior Center News

April 2009

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, April 8th 10:00– 11:00 am.

At the Senior Center...

The Book Club will meet on Tuesday, April 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.



Good News!!!

President Obama recently signed the American Recovery and Reinvestment Act of 2009. This act provides for the one-time payment of \$250 to individuals who get Supplemental Security Income (SSI) or Social Security Benefits.

It is expected that everyone who is entitled to payment will receive it by late May 2009. **NO ACTION IS REQUIRED ON YOUR PART!**

For more information, go to www.socialsecurity.gov



What's Happening at the Glen Ellyn Park District

Senior Adult Tuesday Luncheon

Spring is here! Time to smell the blooms and get ready for another fun filled summer. Have a spring B-I-N-G-O fling with us at the Park District! Enjoy mostaccoli with meatballs, veggies, Ceasar salad and dessert. Don't forget to pick up your free raffle ticket at the door.



Tuesday, April 14th

12:00 - 2:00 p.m.

Maryknoll Park, 845 Pershing Ave.

Cost: \$7.00

Call (630) 858-2463 to reserve your spot by

Tuesday, April 7th.



At The Glen Ellyn Public Library

400 Duane Street, Glen Ellyn

"Dollar-A-Day Boys!"

**A Multi-Media Tribute to the Civilian
Conservation Corps**

The CCC, a Depression-era work program, was often a turning point in the lives of enrollees. The worker's pay was sent home directly to their families to put food on the table. Author Bill Jamerson will present a program which includes stories, music, a video and original songs about the CCC.

Thursday, April 23rd

7:00 - 8:00 p.m.

Springtime in Paris

Cooking Class with Chef Michael Maddox

Chef Michael Maddox of *Le Titi de Paris* is back by popular demand. He will prepare an appetizer, entrée and dessert that will transport you to a French café. You will be able to sample the food and take home recipes.

Thursday, April 30th

7:00 - 8:30 p.m.

Programs are free. Sign up on our web page www.gepl.org or call (630) 469-0879 to register.

Glen Ellyn Police Department Residential Security Survey Program

A Residential Security Survey is an inspection of your home, performed by a specially trained police officer, in an effort to identify areas in which you could improve the physical security of your residence. Many security features may be discussed, ranging in cost from simply trimming shrubbery appropriately, to the changing of locks and the upgrading of exterior lighting. Recommendations will be made if any deficiencies are discovered. There are no obligations to the resident to perform any of the recommendations.

No permanent record of the inspection is made. All information remains with the resident. The survey is offered to homeowners living in Glen Ellyn, free of charge, by appointment only. They generally take less than an hour of your time.

For further information or to schedule an appointment, please call:

**Ofc. Tom Staples, Community Education Officer
Glen Ellyn Police Department
(630) 469-1187**



MARK YOUR CALENDARS!
Glen Ellyn Senior Citizen's Police Academy 2009

The Glen Ellyn Police Department is now taking applications for its 2009 "Senior Citizen's Police Academy." The program is designed to provide an opportunity for senior community members to meet with Glen Ellyn Police Officers one morning per week for six weeks. The first class is scheduled to begin June 2009.

Officers will provide instruction and feedback on various law enforcement and Senior topics including:

- Organization and Functions of the Police Department and Village
- Personal Protection for Your Home, Property and Person
- Identity Theft and Crimes Targeted Toward the Elderly
 - Criminal Law and Crime Scene Investigation
 - Other Senior Specific Topics

Applications are available at the Police Department or can be downloaded on the Village's website at www.glenellyn.org. Anyone having questions regarding the program should contact Officer Tom Staples at (630) 469-1187.



Funny Zone



Dad: Sure, I could probably write in the dark. What should I write?

Bo: Your name on my report card.

Psychiatry seminar Psychiatry students were attending their first seminar. It was on emotional extremes. The professor wanted to establish some parameters, so he asked what they would say was the opposite of joy. "Sadness," replied Mr. Nichols. Ms. Biggs defined the opposite of depression as elation. "And Mr. Martin, what is the opposite of woe?" Bubba replied, "I believe that would be giddyup!"

Seen on a bumper sticker

I Haven't Lost My Mind, It's Backed Up On Disk Somewhere.

Modern euphuisms and acronyms for 2009:

WOOF'S: Well-Off Older Folks.

PERCUSSIVE MAINTENANCE: The fine art of whacking the begeezes out of an electronic device to get it to work again.

SWIPEOUT: An ATM or credit card that has been rendered useless because the magnetic strip is worn away from extensive use.

MOUSE POTATO: The on-line, wired generation's answer to the couch potato.

April Riddles

What does it mean when the Easter Bunny arrives late and with melted candy?

He had a bad hare day.

How does a rabbit make gold soup? *He starts with 24 "carets."*

What do you get if you cross an insect with a rabbit? *Bugs Bunny.*

What does it mean when you see 10 rabbits in a row, and they are all marching backward? *It means you have a receding "hareline."*

How could you say "rabbit" without using an R? *Say "bunny"!*

Which side of a rabbit has the most fur? *The outside.*

What grows down as it grows up? *A duck.*

When do princes usually become kings? *In April, when the "rains" begin.*

Have A Little Fun ...

Pencil Pastime

Change a letter in each of the following words to **X** to create a new word. The letters you change *in order* will spell something marked by an **X**.

A. TENON _____

B. BORED _____

C. FLUE _____

D. NEAT _____

E. TWIST _____

F. LOU _____

G. LATER _____

H. FOE _____



The Lighter Side of Headlines

Witness how the double meaning of a word or two can inadvertently change a serious journalist into a silly play-write.

- ê Officials Suspended Over Hotel Fire
- ê Lawmakers Back Train Through Iowa
 - ê Boat Captain Fishes for Family
- ê Japanese Scientists Grow Frog Eyes and Ears
 - ê Asian Population Jumps Across Country
 - ê Cubans March Over 6-year-old
 - ê Municipal Seats Up for Grabs
- ê Denver Chapter Will Have Senator for Breakfast
 - ê Lack of Brains Hinders Research

LAUGH - A - LITTLE



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All About March

APRIL FOOL'S DAY seems to have begun in France in 1564. April 1st used to be New Year's Day, but the New Year was changed to January 1st that year. People who insisted on celebrating the "old" New Year became known as April fools and it was common to play jokes and tricks on them.

EASTER is always celebrated on the first Sunday after the first full moon after the vernal equinox.

The *DIAMOND*, birthstone of April, is the hardest natural substance on Earth. Diamonds can only be polished with another diamond.

APRIL comes from the Latin word *aperio*, "to open (bud)," because plants begin to grow in this month.

Legend holds that an *EGG* laid on Good Friday will never spoil and that if you don't cook it, the yolk will become a diamond in a century.



Eggs-plantations

Did you know that it's believed Columbus carried chickens aboard his ship to provide fresh eggs for the journey and that some of the chickens that remained became the first American flock? Surprised?

Here's more eggs-cellent trivia.

During the two weeks before Easter, over 211 million dozen eggs are sold; that's more than 2 billion eggs.

In modern henhouses, computers control the lighting, which triggers egg laying. Most eggs are laid between 7 and 11 a.m. A hen requires about 24 to 26 hours to produce an egg. After the egg is laid, the hen starts all over again about 30 minutes later.

To tell if an egg is raw or cooked, spin it! If the egg spins easily, it's hard-boiled, but if it wobbles, it's raw.

Howard Helmer, is the Omelet King. Helmer holds the Guinness World Record for omelet making - 427 omelets in 30 minutes.

It's nearly impossible to hard-cook an egg at an altitude of more than 10,000 feet.

For more fun facts, visit aeb.org.



Must-Know Tips for Rainy Day Driving



Here's advice from the experts to help keep you safe on wet roads.

Windshield Wipers: Replace worn wiper blades as soon as possible to assure best visibility in the rain

Tires: Keep tires inflated to the manufacturer's recommended tire pressure.

Windshield Washer Fluid: Keep fluid level topped off.

Slow Down! Stopping times are greatly reduced on wet pavement, so reduce speed and leave a greater distance between yourself and the car ahead.

Avoid flood-prone roadways: Never drive in standing water on a flooded road. Standing water can be sucked into your engine via the air intake and can ruin your engine.

It's Raining Cats and Dogs

Ever wonder how that saying got started? Well, wonder no more.

Here's one account. Numerous "frog and fish showers" have been reported in Europe since ancient times. The stories include ludicrous notions that creatures fall from whirlwinds or are vomited by birds. No clear conclusion can be drawn, but what does seem clear is that cats and dogs in the expression raining cats and dogs refer not to mammals but to fish - specifically the catfish and the dogfish that especially heavy rain may bring down.

Proof of the catfish link was found in a Singapore downpour when fifty acres of land were found "covered with a local species of catfish." For the dogfish, there is evidence in an old sailors' belief that if dogfish were sighted on a morning run, a torrent would soon come and the clouds of the storm would contain dogfish. So grab an umbrella when it starts to rain and have a very wonderful April!

-The Cat's Pajamas

Never Have a Heart Attack!

Some lifesaving advice from the experts:

A huge study found that these 5 lifestyle guidelines slash heart attack risk by a whopping 92% (incorporating just the first two into your routine cuts your risk by more than half). Here are the factors that count.

- ∅ Moderate amount of alcohol: no more than half a glass of wine daily.
- ∅ Healthy diet: one based on fruits, vegetables, whole grains, fish and legumes.
- ∅ Daily exercise: more than 40 minutes of daily walking plus 1 hour a week of more strenuous activity.
- ∅ Healthy body weight: waist size is 85% or less of your hip size (use a measuring tape).
- ∅ Not smoking: never smoked or stopped at least a year ago.

-Karolinska Institute & Boston U. School of Medicine

Under the Weather

Climate changes don't just influence your clothing choices, the weather can also forecast your health.

COLD TEMPERATURES

Strokes - Stroke risk spikes during the winter due to more cold and flu infections, which can thicken a person's blood.

HIGH HUMIDITY

Heart Attacks - Infarction deaths are 3.5 times higher in June. Heat keeps your body from cooling itself, burdening your heart.

HIGH WINDS

Migraines - Wind alters the number of positive and negative charged molecules in the air, which can alter your brain's biochemistry.

RAIN

Allergies - Rain ruptures pollen sacs, increasing airborne pollen levels 12 fold.

RISING BAROMETRIC PRESSURE

Osteoarthritis - As barometric pressure rises, so does pressure within your joints. This causes pain and may slow the flow of lubricating fluids.

-Men's Health

Extra Puzzles for April!

Senior Center News

The Glen Ellyn Senior Center will be hosting a trip to visit and have lunch at Monarch Landing in Naperville on **Friday, May 29th.**

A bus from Monarch Landing will pick up the group at **10:30 a.m.** at Holes and Knolls, 845 Pershing Ave., Glen Ellyn.

Please call Sue on Mondays or Tuesdays to register or for more information. (630) 858-6343

DO YOU NEED HELP WITH YARD CLEAN-UP THIS MONTH??

The Glenbard West Football team has volunteered to help 2-3 senior homeowners in Glen Ellyn with Spring Yard Cleaning (mowing, raking, trimming), at the end of April. If you live in Glen Ellyn (preferably near Glenbard West High School) and would like some help, please call Jodi at the Senior Center for more information.

(630) 858-6343



Answers to the Quizzes/Puzzles

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 April Deviled Eggs



6 eggs
Cold Water
1/3 Cup Miracle Whip®
1/4 tsp. Pepper
1/2 tsp. Ranch dressing mix
1 tsp. Yellow mustard
Paprika

- 1) Place eggs in a saucepan filled with water and bring to a boil; boil for 10-12 minutes.
- 2) Cool the eggs in a bowl with cold water and peel.
- 3) Cut the eggs in half lengthwise, and remove the yolks.
- 4) Place the yolks in a bowl and mash with all the remaining ingredients except the paprika. Blend the mixture until smooth. Scoop the mixture into the egg white halves.
- 5) Sprinkle with paprika. Refrigerate until serving time

Yield: 12

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

