



At Your Service

Happy St. Patrick's Day!!

March 2009

Senior Center News

March 2009

Dates to Celebrate

- 1st - National Pig Day
- 2nd - Nat'l Banana Cream Pie Day
- 4th - National Poundcake Day
- 8th - Check Your Batteries Day
- 14th - Nat'l Potato Chip Day
- 18th - Birthday of Pillsbury® Doughboy (1961)
- 20th - National Ravioli Day
- 29th - Birthday of Coca-Cola® (1886)
- 31st - Tater Day

Senior Center Hours

Monday—Friday

9:00 am—1:00 pm

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Blood Pressure Screenings

FREE Blood Pressure Screening will be on the 2nd Wednesday of each month.

The next screening will be Wednesday, March 11th 10:00– 11:00 am.

At the Senior Center...

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

“DuPage Daze”



March 7, 2009

2 Shows - 3:00 and 7:00 p.m.

First Presbyterian Church of Wheaton

715 N. Carlton Ave., Wheaton

An original production to benefit Older Adults Program at the Outreach Community Center in Carol Stream.

Call (630) 668-5147 for more information

What's Happening at the Glen Ellyn Park District

Senior Adult Tuesday Luncheon

Look out for the "Lucky Leprechaun" this month! We're playing a St. Patrick's Day game to get you ready to celebrate this fun day! Wear your green today and you may be the winner of a "pot-o-gold!" This month's menu includes baked ham, garlic mashed potatoes, green beans, fresh fruit salad, rolls and apple pie. Don't forget to pick up your free raffle ticket at the door.



Tuesday, March 10th
12:00 - 2:00 p.m.
Maryknoll Park, 845 Pershing Ave.
Cost: \$7.00



Call (630) 858-2463 to reserve your spot by
Tuesday, March 3rd.

Prairie State Legal Services

Prairie State Legal Services provides legal assistance to persons with low income who are 60 years or older. If you need assistance with land-lord tenant disputes, Social Security, elder abuse or non-criminal legal problems, schedule an appointment by calling (630) 690-2130

Tuesday, March 3rd

1:30 - 3:30 p.m.

Main Street Recreation Center

501 Hill Avenue

Glen Ellyn

Popcorn and a Movie!

Who says you need to go to the movie theater for a good flick and tasty popcorn? Just drop on by our NEW Senior Room at Main Street Recreation Center for our monthly Friday afternoon movie! We'll show a different feature each month. Just sit back, relax and enjoy the movie!

Friday, March 20th

1:00 - 3:30 p.m.

Main Street Recreation Center

501 Hill Avenue, Glen Ellyn

March feature presentation:

"Journey to the Center of the Earth"

Senior Center News...

Are you using that Free RTA pass that you waited weeks to get?

Here's one way to put it to good use:

Glen Ellyn seniors can use the Metra train to travel to Central DuPage Hospital (CDH) for FREE!

Just call (630) 933-6559 the day you make your trip. A Public Safety van from CDH will pick you up at the Winfield train station and transport you to the hospital at no cost. When you call, give them:



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



You will be picked up on the north side of the tracks outside the train station. If Public Safety does have an emergency, they will call your cell phone to let you know they will be late. You will then be able to make arrangements for a ride back to the train station for your trip home.

Call (630) 933-6560 for more info or with questions.

At the Glen Ellyn Public Library

Great Magazine Give-Away

The Library will be giving away older magazines to make room for the most recent editions. Come to the meeting room on the first floor to take home as many free copies as you want. They are mostly 4 years old, but some are newer editions of magazines that we no longer subscribe to. These are library magazines, no donations please.

*Friday, March 13 and
Saturday, March 14th
9:00 a.m. - 5:00 p.m.*

Big Book Blowout In the Basement of the Library

Saturday, March 21st, 11:00 am - 5:00 pm
Everyone, including dealers, are welcome from 9-11 with an *early entry fee*. Admission is *free* from 11-5.

Sunday, March 22nd, 1:00 pm - 4:00 pm
Admission is *free* all day Sunday.

- ê Think of the Library when you clean off your book shelves. We accept donations of quality, gently used books throughout the year. No textbooks or magazines please.
- ê The Friends of the Library would like to thank everyone who has made a generous donation to this year's annual fundraising mailing. Your donations help improve the Library.



Funny Zone



As they were driving to yet another dinner, Albert Einstein mentioned to his chauffeur (who resembled him) that he was very tired of speechmaking. The chauffeur said he had heard that speech so many times, he could give it himself. So Einstein let him do it. At the dinner, Einstein wore the chauffeur's cap and jacket and sat in the back of the room. The chauffeur gave a nice rendition of Einstein's speech. Then a pompous professor asked a question about antimatter formation. Without missing a beat, the chauffeur said, "Sir, the answer to that is so simple that I will let my chauffeur answer it!"

For Those Who Love The Philosophy Of Ambiguity

1. What do you do when you see an endangered animal eating an endangered plant? 2. If a parsley farmer is sued, can they garnish his wages? 3. Would a fly without wings be called a walk? 4. Why do they lock gas station bathrooms? Are they afraid someone will clean them? 5. If a turtle doesn't have a shell, is he homeless or naked? 6. If you eat pasta and anti-pasta, do they cancel each other out?

Zen Humor

1. If you lend someone \$20 and never see that person again, it was probably worth it. 2. If you tell the truth, you don't have to remember anything. 3. Some days you're the bug; some days you're the windshield. 4. Everyone seems normal until you get to know them. 5. The quickest way to double your money is to fold it in half and put it back in your pocket. 6. Is there any such thing as tomorrow?

Hitting the sales

The mall was festive with spring sales, and the judge was in a benevolent mood as he questioned the prisoner. "What are you charged with?" he asked. "Shopping early," replied the defendant. "That's no offense," replied the judge. "How early were you doing your shopping?" "Before the stores opened!" replied the prisoner.

Perfect hearing

An elderly gentleman had a serious hearing problem for a long time. He finally saw a doctor who fitted him with a device that gave him normal hearing. When the man returned in a month, the doctor said, "Your hearing is perfect. Your family must be pleased." "Oh, I haven't told them yet," the gentleman replied. "I just sit around and listen to their conversations." "I've changed my will three times!"



Have A Little Fun ...



The Lighter Side of Writing

So you've always wanted to learn how to write something other than a grocery list. Look no further! Here are some valuable tips from *plainlanguage.gov*.

- Ⓐ Avoid cliches like the plague - they're old hat.
 - Ⓐ Parenthetical remarks (however relevant) are unnecessary.
 - Ⓐ Exaggeration is a billion times worse than an understatement.
 - Ⓐ Don't repeat yourself, or say again what you've said before.
 - Ⓐ Be more or less specific.
 - Ⓐ Proofread carefully to see if you any words out.
 - Ⓐ Don't overuse exclamation marks!!
 - Ⓐ Subject and verb always has to agree.
-

LAUGH - A - LITTLE



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ALL ABOUT MARCH

March was named for the Roman god of war, Mars. This was a time of year to resume military campaigns that had been interrupted by winter.

Jonquils, the flowers of March, were thought unlucky by poultry keepers. They thought the flowers kept their hens from laying eggs or kept the eggs from hatching.

Derived from the Latin meaning “sea water,” Aquamarine, the birthstone of March, was said to aid seafarers.

According to Chinese legend, Kites were invented in wartime to frighten enemies into believing that evil spirits hovered over them at night.

The Girl Scouts of America was founded on March 12, 1912. The most popular Girl Scout cookies are Thin Mints.

Those born under the sign of Aries, from March 21st to April 19, are said to be courageous and enthusiastic.

Welcome SPRING



At 7:44 a.m. EDT on March 20th, a much anticipated event occurs: Spring begins! And it seems unusual rituals are the order of the day worldwide as people perform the rites of spring. Here’s just a sampling of odd ceremonies for you to ponder on a beautiful spring day.

- ☪ If you have freckles that you aren’t crazy about, it’s said that applying spring dew to your freckles will make them disappear.
- ☪ Folks in Wales wear leeks in their hats on the first day of spring to assure a year of good luck.
- ☪ Other people believe if you jump up and down on your bed, then get out at the foot of it on a spring day, you will be rewarded with good fortune.
- ☪ Or, you might try the custom of saying “White Rabbit” three times before hopping out of bed on the first day of spring for good luck.

So whether you try one of these spring rituals or a special one of your own, we hope you have a very happy spring!

Medication Safety Rules

Every year poisonings result in nearly 900,000 visits to emergency rooms and some 900 deaths. Most unintentional poisonings occur at home - here's how to prevent them.

- c Never take medicine in the dark. Always turn on the lights and double-check the label especially if you're sleepy or sick.**
- c Never take any medicine that isn't prescribed for you or that has expired.**
- c Never take more medicine than prescribed and take medicine at proper times.**
- c Always store all medications as instructed on the label.**
 - c Always inspect the outer package for tampering when buying medications.**
 - c Always check for pills that differ from the others in the same bottle - tell your pharmacist.**
- c Always keep the national toll-free poison control center number 1-800-222-1222 near your phone.**

How to Foil Identity Theft

Identity theft victimizes one in four households, so you need to know how to protect against the nation's fastest growing crime. The FTC reports that 25% of identity theft cases involve a stolen credit card, wallet or Social Security card. Here's how to deter thieves:

Only print your first initial and last name on personal checks. A thief will not know if you sign your checks with your initials or first name, but your bank will know your signature.

Don't write your complete credit card number on the "For" line of your check when paying a credit card bill. Instead, use the last four digits to avoid a theft as it passes through the check-handling process.

Photocopy your wallet's contents, including your card's toll-free numbers.

Don't carry your Social Security card in your wallet or display the number so it can be copied.

And finally, if your cards get lost or stolen, immediately cancel them by calling the toll-free numbers you copied.

A Wee Bit O' Fun for St. Patrick's Day



St. Patrick's Day is going global! Today it's celebrated by people of all backgrounds in the U.S. and Canada. Although North America is home to the largest productions, this day is being celebrated as far away as Japan and Russia. Read on for more St. Patrick's Day facts and lore.

The Shamrock, a three-leaf clover, is the national emblem of Ireland. This plant, which is also called "seamroy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring. The legend that St. Patrick used it to teach the Christian trinity has not been proven.

It has long been recounted St. Patrick stood on a hilltop with a wood staff and banished all the snakes from the island. Since there were never any snakes in Ireland, "banishment" was a metaphor for the eradication of pagan ideology.

The original Irish name for Leprechauns, the figures of folklore, is "lobaircin," meaning "small bodied fellow." Leprechauns were known for their trickery, which they used to protect their much fabled pot of gold.

AN IRISH TRADITION



The Drowning of the Shamrock - A most rigorously observed tradition is the "Wetting" or "Drowning" of the shamrock. Remember that Saint Patrick's Day falls smack in the middle of lent, a time of restraint and fasting. These rules did not apply on March 17th. After mass and (maybe) a pilgrimage to a holy well the men met in the local pub to empty the *pota Pádraig*, "Patrick's Pot", liberally filled with alcohol. A lot of Patrick's followers repeated this hallowed tradition several times until the pubs closed. For the final drink a sprig of shamrock was put into the glass, covered with whiskey and finally flung over the left shoulder for good luck.

Saint Patrick's Fish – An Irish Legend - Since the late 11th century meat was eaten in honor of Patrick - a tradition that emerged from a wrong interpretation of a legend. Apparently Saint Patrick had tucked away some roast pork for "emergencies" during lent. When he finally took the pork from hiding it was out of remorse. He had just decided to become a vegetarian and asked God for a sign. Promptly an angel appeared and relayed the message to throw the roast pork into the nearest stream. Patrick did so; the pork was transformed into fishes, swimming off lively. Thus it came to pass that roast pork was called "Saint Patrick's Fish" in Ireland. And as fish is allowed during lent, "Saint Patrick's Fish" was certainly allowed on March 17th!

Extra Puzzle for the Month!

In this puzzle, all the answers are famous trios that begin with the word “Three...” Enter the missing word or words in the grid at right. If you can answer all correctly, you’ll see the name of a famous figure during March.

1. A play by Chekov titled for a trio of siblings.
2. TV clowns.
3. 1928 satiric play, “Three coin musical.”
4. Portuguese revolutionary writers.
5. Targets of the big bad wolf.
6. The king’s swashbucklers.
7. Site of nuclear attack.
8. Vision impaired rodents.
9. Visitors at Bethlehem.

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Important Information

Tax Aide

Free counseling for senior citizens completing income tax returns will be available Mondays, beginning February 2nd through April 30th, 2009 from AARP Tax-Aide volunteers. The counselors are trained and certified by the Internal Revenue Service. Please call 858-2463 for more information or to make an appointment . All appointments are located at Main Street Recreation Center, 501 Hill Ave., Glen Ellyn.



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 March



TEN DOLLAR DINNER - 3 Cheese Quiche

This recipe calls for spinach, but you can certainly substitute that for artichokes or even broccoli if you are not a spinach fan.

From the store: (Prices sourced from Shoprite.com) 1 frozen deep dish pie crust (\$1.75); 1-10oz package of frozen spinach (\$.89); 1/2 cup (about 1/4 stick) of pepperoni (chopped) (\$.75); 15 oz ricotta cheese (\$1.67); 1 cup shredded mozzarella cheese (\$1.24); 3/4 cup grated parmesan cheese (\$3.00); **TOTAL \$9.30.**

From your pantry: 1 clove garlic, minced; 3 eggs (beaten); black pepper.

What to do: Microwave the spinach for 4 minutes, then drain well. Preheat oven to 400 degrees. Mix all ingredients together in a large bowl. Pour into the piecrust. Bake for 35 minutes.

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

