



# At Your Service

## Happy Spring!!

**May 2009**

### ***Dates to Celebrate***

- 1st - Birthday of Cheerios (1941)
- 5th - Nat'l Hoagie Day
- 9th - Lost Sock Memorial Day
- 11th - Eat What You Want Day
- 14th - Dance Like A Chicken Day
- 15th - Nat'l Chocolate Chip Day
- 24th - Nat'l Escargot Day
- 27th - Nat'l Grape Popsicle Day
- 28th - Nat'l Hamburger Day

## Senior Center News

May 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, May 13th 10:00– 11:00 am.***

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

The Book Club will meet on Tuesday, May 19th 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.

## ***SPECIAL FAMILY PROGRAM!!!***



**Kathryn Harris, Library Services Director at the Abraham Lincoln Presidential Library, will perform as Harriet Tubman for families of all ages in conjunction with the Village-wide Lincoln bicentennial celebration. Be ready with the questions you've always wanted to ask Harriet Tubman! No reservations needed. The first 100 people in attendance will be admitted.**

**Saturday, May 9th**

**1:00 - 2:00 p.m.**

**Glen Ellyn Public Library, 400 Duane Street**

**(630) 469-0879**

# What's Happening at the Glen Ellyn Park District

## *Senior Adult Tuesday Luncheon*

We're kicking off summer with a mystery game! Who knows what fun we will have?? Lunch includes teriyaki chicken, rice pilaf, peas, corn & carrots, tossed salad, rolls and cake. Don't forget to pick up your free raffle ticket at the door.



**Tuesday, May 12th**

**12:00 - 2:00 p.m.**

**Maryknoll Park, 845 Pershing Ave.**

**Cost: \$7.00**

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

**Tuesday, May 5th.**



### *Prairie State 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.

**Tuesday, May 5th**

**1:30 - 3:30 p.m.**

**Main Street Recreation Center**

**501 Hill Avenue**

### *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 automobile insurance premium. No refund after the first meeting. Call (630) 858-2463 to register.

**Wednesday & Thursday**

**May 13th & 14th**

**9:00 a.m. - 1:00 p.m.**

**Main Street Recreation Center**

**501 Hill Avenue**

# College of Dupage Spring Lecture Series

## *No More Green Bananas*

**Wednesday, May 6th**

Aging well in a youth-obsessed culture is the topic for Jody Kanikula of Metropolitan Family Services DuPage, as she asks: "What does it mean to age, what kind of concerns do we face as we age, and how do we deal with challenges of aging?" Attitudes, body language and tips on how to "age well" are explored in this upbeat and entertaining presentation.

Kanikula earned a master's degree in social work from Jane Addams School of Social Work in 1998 and is a licensed

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

**Wednesday, May 13th**

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, Dr. Fran Lichon, representing the Arthritis Foundation, Heartland region, Greater Chicago Chapter, guides us through the latest information and suggestions. This lecture was rescheduled from Fall.

## *Henri and the Art of Self-Publishing*

**Wednesday, May 20th**

Artist Henrietta Tweedie, dear instructor and friend of OAI, talks to us about her experiences as a professional illustrator and published author. She decided to self-publish her volumes, and was then approached by publishing companies to continue the work. She explains the highs and lows of the process.

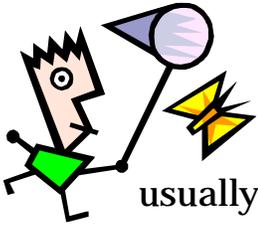
## *What's New with Prescriptions and Medicare?*

**Wednesday, May 27th**

Dan Cantu keeps us up to the minute on Medicare and prescriptions. He tells us the latest on prescription information for senior citizens and how this relates to Medicare. Update your understanding and ask your questions at this informative session. Cantu is Community Relations Representative for BlueCross BlueShield of Illinois.

### **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



## Funny Zone

We went to the movie the other night. I sat in an aisle seat as I usually do because it feels a little roomier. Just as the feature was about to start, a baby boomer from the center of the row got up and started working her way out. "Excuse me, sorry, oops, excuse me, pardon me, gotta hurry, oops, excuse me." By the time she got to me I was trying to look around her and I was a little impatient so I said, "Couldn't you have done this a little earlier?" "No!!" she said in a loud whisper, "The TURN OFF YOUR CELL PHONE PLEASE message just flashed up on the screen and mine is out in the car."

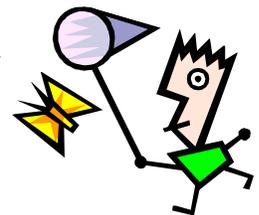
While I was paying for my items in a local store, the man behind me laid his purchases on the counter. Among them was a large, flowery birthday card with "To my wonderful wife" printed on the front. The clerk said, "You've chosen our biggest and prettiest card."

The man nodded sadly and replied, "One day late."

We all grew up in a town on the New Jersey shore and spent our summers at the beach, swimming, surfing, hanging out with friends. One of my friends loved the season so much, we began calling him Mr. Summertime. "What happens when summer is over?" someone asked. I thought for a minute, then said, "In September he becomes the Fall Guy."

A police recruit was asked during the exam, "What would you do if you had to arrest your own mother?" He answered "Call for backup."

A Sunday School teacher asked her class why Joseph and Mary took Jesus with them to Jerusalem. A small child replied: "They couldn't get a babysitter."



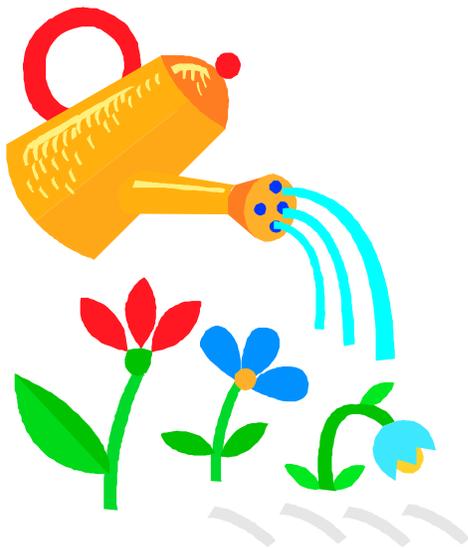
## Have A Little Fun ...

### Walk the Blank QUIZ

Find the "box" of treasures below.  
Each answer is a familiar term starting with the word box.

*Example: modest move = box step*

1. Towering toy    box \_ \_ \_ \_ \_
2. Rail rider      box \_ \_ \_ \_
3. Ticket table    box \_ \_ \_ \_ \_
4. Stat sheet      box \_ \_ \_ \_ \_
5. Choice chair    box \_ \_ \_ \_ \_
6. Bed bit          box \_ \_ \_ \_ \_
7. Simple snack    box \_ \_ \_ \_ \_



## The Lighter Side of Headlines

The following are some grammar gaffes in newspaper headlines.

- c SMOKING MORE HAZARDOUS THAN THOUGHT
- c DOGS HELP TERRORIST ATTACH VICTIMS
  - c MAN HITS DOG ON MOTORCYCLE
- c PRINCIPAL TRANSFERS UPSET PARENTS
- c JURY FAVORS SHOOTING VICTIMS
- c WOMAN QUIZZED AFTER DEATH
- c TWO CARS COLLIDE, ONE SENT TO HOSPITAL

## LAUGH - A - LITTLE



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# All About the month of May



# May is Older Americans Month!

MAY was named for the Greek goddess *Maia*, who was identified with the Roman era goddess of fertility, *Bona Dea*, whose festival was held in May.

In both leap and non-leap years, no other month begins on the same day of the week as MAY. This month and June are the only two months that have this trait.

In Germany it is an old custom to plant a “tree of MAY” to honor someone. Often a young man would set up an adorned birch in front of his girlfriend’s house in the night before May 1st.

Emeralds, the birthstones of MAY were once thought to correct poor eyesight. The nearsighted Nero was said to have peered through an emerald to take in the gladiator fights.



## Fun Facts & Figures

Older Americans Month originated with a presidential proclamation in May 1963. It has been proclaimed by presidents every year since then.

880,000 people are added each month to the world’s population of people 65 and over. More than one-third of the world’s oldest people (80 and above) live in three countries: China (14.8 million), the United States (10.7 million) and India (7.5 million).

4.6 million people age 65 and over are still employed - this amounts to 13 percent of all people in this age group.

3.7 million U.S. residents 65 and over are foreign-born.

Around 9.7 million people age 65 and over are military veterans.





## Mother's Day

Anna Jarvis, the woman who pushed for an official Mother's Day, said the day's purpose

should be, "To let mothers know we appreciate them, though we do not show it as often as we ought." Here's a look at how moms have been celebrated throughout history.

People in ancient Greece paid tribute to Rhea, the mother of the gods, with honey cakes, fine drinks, and flowers at dawn.

This was the earliest Mother's Day celebration.

During the 1600s, England celebrated a day called "Mothering Sunday." Servants would go home to see their families, bringing cakes and sweets to their moms. Each mother would receive a *simnel*-cake (Latin for fine flour) and mothers would give blessings to their children.

In Serbia, Mother's Day is *Materice* and is celebrated on the second Sunday before Christmas. Children sneak into their mother's bedroom and gently tie her feet with ribbon or string. To negotiate her release, the mother gives her children small gifts. (Not much in it for Mom, but she does get to lie down for a bit.)

*We'd like to wish all Mothers a very happy Mother's Day!!*

## Memorial Day

A Little History  
About the Day



Today's Memorial Day events, the parades

and wreath-layings, honor the dead of all wars; but the prototype of the holiday recalled the victims of the Civil War.

In 1866, Henry C. Welles, suggested the graves of the Civil War dead be decorated with flowers. Decoration Day was born of that idea, and it was celebrated for the first time on May 5th.

In 1882, the name was changed to Memorial Day to honor all soldiers who died in war and in 1971, Memorial Day was declared a national holiday to be held on the last Monday in May.

So on May 25th, we pay tribute and remember those who have fallen for our freedom.



## Go On A Treasure Hunt

Each year over 15,000 savings bonds and 25,000 payments are returned to the Department of the Treasury as undeliverable. In addition, billions of dollars in savings bonds have stopped earning interest, but haven't been cashed. *Treasury Hunt* tells you about savings bonds no longer earning interest. If you still have these savings bonds - cash or reinvest them so your money can start working for you again.

Check out *Treasury Hunt* if you...

- C Own a savings bond that you haven't received in the mail.**
- C Own a savings bond, registered Treasury note or bond that has matured and is no longer earning interest.**
- C Have Legacy Treasury Direct payments that you haven't received.**
- C Need to know whether a deceased loved one owned securities.**
- C Wonder whether you own a security.**

Visit [www.treasurydirect.gov/indiv/tools/](http://www.treasurydirect.gov/indiv/tools/)

## MAY's Bright Ideas

- Ä Running your clean iron over a used fabric softener sheet will give the iron a smoother glide.
- Ä If your drinking glasses are slippery, you can put a wide rubber band around them to get a better grip.
- Ä You can get the last squeeze of toothpaste - roll the tube and clamp with a clothespin.



## Travel Bag

**Problem** - You're on a busy tour looking at historic buildings, when your friend wanders off ahead and you can't find her. **Solution** - Carry a large patterned umbrella (big, bright flowers work well) and have your friend carry the same. Then, if you get separated, you can both open them up and raise them above the crowd to find each other in an instant!



## 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

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Don't forget about the **Glen Ellyn Police Department Citizen's Police Academy.**

An fun and informative opportunity to meet with your Glen Ellyn Police Officers and learn more about what they do for us! The first class is scheduled to begin in June.

Call Officer Tom Staples at (630) 469-1187 to sign up or for more information.



## 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](mailto:seniors493@geseniors.net)  
Website: [www.glenellyn.org/Senior/Senior.htm](http://www.glenellyn.org/Senior/Senior.htm)

Recipe for May  
Lemon Pudding Poke Cake



1 pkg. (2-layer size) white cake mix  
2 egg whites  
1-1/3 cups water

2 Tbsp. oil  
1 qt. (4 cups) cold milk  
2 pkg. (4-serving size each) JELL-O Lemon Flavor  
Instant Pudding

- 1) Prepare and bake cake mix as directed on package for 13x9 inch baking pan, using the egg whites, water and oil.
- 2) Remove from oven. Immediately poke holes down through cake to bottom of pan with round handle of wooden spoon. (Or, poke holes with a plastic drinking straw, using turning motion to make large holes.) Holes should be at 1-in intervals.
- 3) Pour milk into large bowl. Add dry pudding mixes. Beat with wire whisk 2 min. Immediately pour about half of the thin pudding mixture evenly over warm cake and into holes to make stripes. Let remaining pudding mixture stand until slightly thickened. Spoon over top of cake, swirling to "frost" cake.
- 4) Refrigerate at least 1 hour or until ready to serve. Cut into 24 squares. Store in refrigerator.

*-Kraft Food & Family Magazine*

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

