



# At Your Service

## Happy Thanksgiving!!

### *Unusual Holidays in November*

- 1st - Vegetarian Day
- 3rd - Housewife's Day
- 6th - Saxophone Day
- 7th - Sadie Hawkins Day
- 8th - Dunce Day
- 15th - Clean Your Refrigerator Day
- 18th - Birthday of Mickey Mouse (1928)
- 19th - Birthday of Pop Tarts® (1965)
- 21st - Pumpkin Pie Day
- 25th - Parfait Day
- 29th - Square Dance Day

### Senior Center News

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

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

The Book Club will meet on Tuesday, November 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.



### **Grace Lutheran Church to host health screenings that could save your life!!**

**Life Line Screening**, the nation's leading provider of community-based preventative health screenings, will offer their affordable, non-invasive, painless health screenings at Grace Lutheran Church (493 Forest Avenue, Glen Ellyn) on **Monday, November 16th**. Screenings will be offered that scan for potential health problems related to: blocked arteries, which is a leading cause of stroke; abdominal aortic aneurysms, which can lead to a ruptured aorta; hardening of the arteries in the legs, which is a strong predictor of heart disease; and atrial fibrillation or irregular heart beat, which is closely tied to stroke risk. Register for the Stroke, Vascular Disease and Heart Rhythm Package for \$139. All four screenings take 60-90 minutes to complete. Your health is in your hands, so please call 1-888-653-6441 for more information or to pre-register.



# What's Happening Around Town



## Fall Prevention

### *A Free Presentation for Seniors and Caregivers*

Eleven million people fell in 2007 and it took \$20 million in rehab costs to rehabilitate these seniors. Families and friends, please join us for an informative presentation on how not to fall and programs to help if you do.

While you are here, meet our team, tour our community and find out what we do to make our community a place seniors are proud to call home.

Light refreshments will be served before the presentation. A question and answer period will follow the presentation.

Sunrise Assisted Living, 95 Carleton Ave., Glen Ellyn  
**Saturday, November 14, 2009 10:00 a.m.**  
 Call (630) 469-5555 for more information



The Glen Ellyn Chapter of **AARP**  
 meets at

St. Barnabas Episcopal Church  
 22W045 Butterfield Rd.

Glen Ellyn

On the first Tuesday of each month,  
 10:00 - 11:30 a.m.

The next meeting will be held on

**Tuesday, November 3rd**

Author Linda Buehler will be  
 discussing the Underground  
 Railway. DuPage County was a  
 "hotbed" of the anti-slavery  
 movement.

Everyone is welcome!

## Glen Ellyn Park District *Senior Adult Tuesday Luncheon*

Get ready for a little B-I-N-G-O! That's right, it's back! Bring your lucky rabbit's foot or favorite fuzzy troll doll and play to be the big winner! This month's menu includes turkey w/stuffing, mashed potatoes & gravy, cranberry relish, green bean almondine, rolls and pumpkin pie. Don't forget to pick up your free raffle ticket at the door.

Tuesday, November 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, November 3rd.

# What's Happening at the Glen Ellyn Public Library

## Children of Aging Parents: What You Need to Know

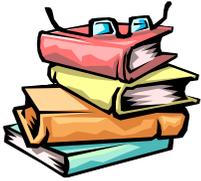
*Wednesday, November 11th*  
*7:00 - 8:00 p.m.*

This one hour program, featuring a speaker from Central DuPage Hospital, addresses the issues of concern to the children of aging parents - legal, financial, and health-care related. Feel better prepared for your parents' aging and how to discuss issues with them.

## Scrabble Club

*Sunday, November 15th*  
*1:30 - 4:40 p.m.*

Join other Scrabble enthusiasts in the meeting room in a friendly group setting. Beginner, as well as experienced, players are welcome. Please bring a Scrabble set if you have one.



Glen Ellyn Public Library  
400 Duane Street, Glen Ellyn  
(630) 469-0879



## Wii Gaming for Older Adults

*Friday, November 20th*  
*2:00 - 4:00 p.m.*

Try your hand at bowling, tennis, golf, baseball, and boxing on Nintendo Wii. There will also be card games, checkers, chess and Scrabble. No registration is required.

## Holiday Walk

*Friday, November 27th*  
*2:00 p.m. - 5:00 p.m.*

Enjoy music, crafts and refreshments at the Library before Santa arrives downtown to light the tree.



# **Extra Brain Exercise for the Month of November**

## Have A Little Fun ...

### Pencil Pastime

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

#### **BRIDGE.**

If you can find 7, that's  
good; 9 is great; and 11 is  
top-notch.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_

# TOTS ON TURKEY

Wondering how to buy, prepare and serve the big bird? Here are some suggestions from a kindergarten class at Riverside School in Riverside, CT.



Isabelle says, "Go to a store. Buy a turkey that weighs 12 lbs. It will cost \$6.00. Stuff it with stuffing. Bake it at 3 degrees for 5 minutes. Serve it with cranberry sauce. Serves 12."

Nicholas says, "Go to the market. Buy a turkey that weighs 100 lbs. It will cost \$1.99. Stuff it with mashed potatoes. Bake it at 500 degrees for about 10 minutes. Serve it with mashed potatoes and chicken. Serves 202."

Cameron says, "Go to a restaurant. Buy a medium turkey. It will cost \$100. Stuff it with a newspaper. Bake it at 8 degrees for a little minutes. Serve it with french fries. Serves 1."



## LAUGH - A - LITTLE





# NOVEMBER

## About the month

The word CRANBERRY comes from 17th century Dutch and German settlers. They called the piquant fruits “cranberries” because in spring, the fruit’s plant produces pink blossoms that resemble the head and neck of a crane.

Folklore attributes autumn’s CHANGE OF COLOR to Jack Frost’s pinching some leaves with his icy fingers, causing them to turn red.

The call of a female turkey is a series of clicking sounds; toms are known for their resounding GOBBLE, which can be heard up to a mile away.

TOPAZ, the birthstone of November, was thought to have the mystical power to cure insomnia and asthma.

CHRYSANTHEMUMS, the flowers of November, are thought to bring laughter and happiness to your home.

Most Americans will have to turn their clocks ONE HOUR BACK on November 1st when Standard time resumes.

# Veterans Day

## November 11th



Veterans Day was observed on November 11th from 1919 through 1970. Then the Monday Holiday Law provided that, beginning in 1971, Veterans Day would be observed on “the fourth Monday in October.” This movable observance date, which separated Veterans Day from the November 11th anniversary of World War I Armistice, proved unpopular. State after state moved its observance back to the traditional November 11 date. Finally a law was passed, effective January 1, 1978, that the observance of Veterans Day revert back to November 11.

To veterans, we say, THANK YOU.  
We recognize your sacrifices and service on our behalf.



## MONEYWISE



### Be Safe. Buy a \$2 Pen

All it takes to clean out your bank account is a signed check swiped from your outgoing mail and the chemical acetone found in nail polish remover.

It works like this: The crook steals outgoing paid bills from your mailbox and places a piece of tape over the front and back of your signature on the check. Then he or she places the check in a pan of nail polish remover - which lifts anything that is not printer's ink, except for your tape protected signature. The check is then blow-dried and flattened in a book and the tape carefully removed. There you have it. A blank check signed by you!

Only one type of ink - the kind in gel pens - is counterfeit proof to acetone. So buy a \$2 gel-type pen today and start using it!



## Packing Pointers



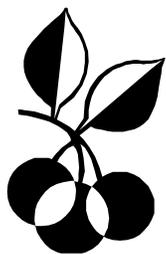
When was the last time you *underpacked*? Knowing how to pack a bag correctly can save you time and energy, not to mention aching shoulders. Try these tips the next time you pack your sack.

- ö When deciding what to pack, lay out everything you think you'll need. Then put half of it back into the closet.
- ö Stick with a color scheme. It will cut down on the amount of clothing you will need.
- ö Stuff your shoes with belts, socks and undergarments. It's a great way to use space and it will help your shoes retain their shape.
- ö Take a tip from the military: Roll as many garments as you can into compact cylinders (just fold as usual, then roll up like a sleeping bag). Synthetics work best for this. Keep khakis and cottons out to fold on top.

*And finally*, whether your destination is a hotel or a relative's house, don't pack what they can provide for you: an alarm clock, blow dryer, iron, etc.



-Women's Day



## Incredible Cranberries!

Astound your family and impress your friends with these juicy tidbits of **cranberry** lore, courtesy of Cranberry World in Plymouth, Massachusetts.

The **cranberry** is one of just a handful of fruits native to North America. (The blueberry and the Concord grape are a couple of other familiar ones.)

A new **cranberry** vine takes three to five years to mature before producing: properly cared for, it can last one hundred years or more.

The first printed recipe for **cranberry** juice appeared in 1683 in a cookbook that was called the *Compleat Cooks Guide*.

“Dry” harvesting the **cranberries** involves a machine that looks like a lawn mower; “wet” harvesting requires one that is known as an “eggbeater.”

Pemican, a kind of early *PowerBar* made from dried **cranberries**, dried venison and animal fat is thought to have been concocted by Cree Indians.

There are about 450 **cranberries** in a pound. Fresh berries bounce, spoiled ones

## ALL ABOUT THE THANKSGIVING CORNUCOPIA



The cornucopia was a symbol of plenty long before it landed on greeting cards and paper napkins. Although it now makes frequent appearances on Thanksgiving tables, the traditional horn-shaped basket originated in Greek Mythology. As one story goes, *Amalthea*, the nymph who raised Zeus, filled a broken goat's horn with food and drink for the insatiable god. No matter how much he ate, the horn always replenished itself, and the horn of plenty was born.

So whether you have a cornucopia on your Thanksgiving table or not, you can entertain your tablemates with these factoids.

Cornucopia derives from two Latin words: “cornu,” meaning horn (as in the name of the one-horned creature the “unicorn”) and “copia,” meaning plenty (a relative of such words as “copious” and “copy”). Thus “cornucopia” literally means horn of plenty, and the names are used interchangeably.

The first-ever ice cream cone was dubbed “the World’s Fair Cornucopia” when debuted in 1904 at the World’s Fair in St. Louis.

Last year FTD sold plenty of its cornucopia bouquets at Thanksgiving - more than 8,000 of them.

## How NOT to be the Stuffed Turkey this Holiday season!



Saving up your calories all day just so you can splurge on turkey and all the trimmings isn't the smartest strategy. By the time you start eating, you'll wolf down enough food for a family of four.

Here's a better plan.

- 1 **Eat small meals throughout the day.** Eating high-fiber (think fruit) and mini-meals for breakfast and lunch will prevent a binge.
- 1 **Eat your vegetables first.** They'll fill you up and leave less room for calorie-packed stuffing, marshmallow sweet potatoes and pie.
- 1 **Don't sample every side dish.** Just pick two or three sides that you like.
- 1 **Slow down.** It takes 20 minutes for your brain to register fullness. Put down your fork and drink some water between bites.



## How to Save on Seasonal Items



### 3 TIPS TO KEEP YOUR WALLET (& HOLIDAYS) HAPPY

- 1 **Mail flat rate for heavier items.** Chose this two-to-three day shipping option (for domestic destinations) from the U.S. Postal Service and pay the same regardless of the box weight.
- 2 **Send out holiday postcards.** If you chose the standard size card, you'll save 16 cents a card (using a 28 cent stamp instead of a 44 cent one).
- 3 **Top gifts with yarn.** Pass on costly ribbon and buy bundles of yarn for a fraction of the cost.

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## DOING DOUBLE DUTY

Here are a few nifty ways to use and reuse items around your home.

**TOOTHPASTE** - \*Use to remove garlic or fish odors from your hands.  
\*Clean silver jewelry with a non-gel paste.

**SOCKS** - \*Cut off the ribbing of a white sock and use for an instant knee or elbow bandage. \*Place a cotton sock over a glass bottle to keep it from slipping out of small hands.

## **IMPORTANT INFORMATION!!!!**

### Answers to the Quizzes/Puzzles

Recently one of our seniors received a call from someone saying they were from Medicare. She was told that Medicare was changing their identification cards and needed some information from the resident. She was then asked for her bank account and other personal information. Thankfully she had the forethought **NOT** to give out this information. Medicare **DOES NOT** call its members on the telephone. All of their correspondence is done via U.S. mail unless you initiate the call. In addition, Medicare has no need for your bank account or other personal information and would not ask for it!! Please be on the alert and let your friends, neighbors, relatives know this also. There are too many unscrupulous people out there trying to take advantage of our seniors!!!

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Also - the Open Enrollment period for Medicare Part D (prescription plans) begins *November 15th* and runs through *December 31st*. If you are on IL Cares through Circuit Breaker, you **MUST** reapply each year. Please call Sue to schedule an appointment or for more information.

#### 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 November Stuffed Pepper Soup



- |  |                             |
|--|-----------------------------|
| 2 lbs. Ground beef                     | 2 C. chopped green pepper   |
| 2 qts. Water                           | 2 beef bouillon cubes       |
| 1 (29oz) can diced tomatoes, undrained | 1/4 C. packed brown sugar   |
| 1 (29oz) can tomato sauce              | 1 tsp. Pepper               |
| 2 C. cooked long grain white rice      | 1 10 oz. Can Rotel tomatoes |

Brown beef and drain. Add remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 30-40 minutes or until peppers are tender.



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

