



# At Your Service

## *Fall Is Just Around the Corner!!*

September 2009

### *Unusual Holidays in September*

- 3rd - Skyscraper Day
- 4th - Newspaper Carrier Day
- 5th - Cheese Pizza Day
- 9th - Hot Dog's Birthday (1884)
- 13th - Fortune Cookie Day
- 14th - Cream-Filled Donut Day
- 15th - Make a Hat Day
- 19th - Butterscotch Pudding Day
- 22nd - Elephant Appreciation Day
- 27th - Crush a Can Day
- 30th - Chewing Gum Day

### Senior Center News

#### *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 9th  
10:00– 11:00 am.*

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

The Book Club will meet on Tuesday, September 15th 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.

### **It's That Time Of Year Again!**

The Glen Ellyn Senior Center and Grace Lutheran Church will hold our

#### ***Annual Flu Shot Clinic***

on Wednesday, October 7th, from 9:00 a.m. to 12:00 p.m.

At Grace Lutheran Church, 493 Forest Ave., Glen Ellyn

You may call (630) 858-6343 after September 1st to make your appointment.

Remember to bring your Medicare card. There will be a \$25.00 charge for those not covered by Medicare Part B. Checks or Cash will be accepted.



# What's Happening Around Town

Northeastern Illinois Area Agency on Aging Presents the 14th Annual

## SENIOR LIFESTYLE EXPO

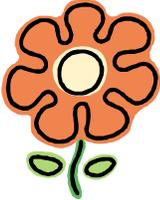
*Wednesday, September 2nd and Thursday, September 3rd*

*9:00 a.m. to 2:00 p.m.*

Drury Lane Theater & Conference Center

100 Drury Lane, Oakbrook Terrace

*Tickets: \$3.00 at the door*



\*\$1.00 off Clip and Save Coupons at

[www.SeniorLifestyleExpo.org](http://www.SeniorLifestyleExpo.org)\*

**Features Include:** Health & Wellness Area; Live Entertainment; Fun & Educational Seminars; Product & Service Exhibitors; Giveaways and Drawings; Senior Idol Competition; Writing Challenge; and Game Show Challenge

### Heartland Blood Donation Drive

Grace Lutheran Church will be holding a blood donation drive for the Heartland Blood Centers on

*Monday, October 5th*

*3:00 - 7:00 p.m.*

at the church, 493 Forest Avenue,  
Glen Ellyn

You may call the church office to make an appointment (630) 469-1555.

Walk-ins are always welcome!

### The Glen Ellyn Senior

**Center** will be hosting a trip to visit and have lunch at Monarch Landing in Naperville on **Thursday, October 8th.**

A bus from Monarch Landing will pick up the group at **10:30 a.m.** at Grace Lutheran Church, 493 Forest Avenue, Glen Ellyn.

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

# What's Happening at the Glen Ellyn Park District

## *Senior Adult Tuesday Luncheon*

Welcome back! We're playing a little Left-Right-Center this month with a chance to win some fun prizes! Before our game enjoy a wonderful lunch of fried chicken, roasted mashed potatoes, mixed vegetables, tossed salad, rolls, and lemon pound cake. Don't forget to pick up your free raffle ticket at the door.



**Tuesday, September 8th**

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

**Maryknoll Park, 845 Pershing Ave.**

**Cost: \$7.00**

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

**Tuesday, September 1st.**



### Popcorn and a Movie!

Who says you need to go to the movie theater for a good flick and tasty popcorn? Drop by our Senior Room at Main Street Recreation Center for a different movie each month! Just sit back, relax and enjoy the movie!

*Friday, September 18th*

*1:00 - 3:00 p.m.*

Main Street Recreation Center  
501 Hill Avenue, Glen Ellyn

Cost: \$1.00

Movie: Hotel for Dogs

### SARC Seniors

**Drop in for coffee, cards, bingo or maybe even a movie. Newcomers are always welcome at this club. Come out and share your ideas with us on the first and third Tuesdays of the month.**

***Tuesday, September 1 & 15***

***9:00 - 11:00 a.m.***

**Spring Avenue Recreation Center**

**185 Spring Ave., Glen Ellyn**

**Cost: \$1.00 at the door**



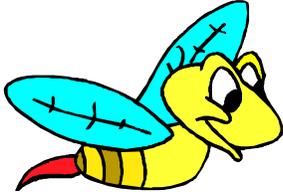
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## Have A Little Fun ...



# Funny Zone

## They Ask Why I Like Retirement -



**Question:** How many days in a week?

**Answer:** Six Saturdays, One Sunday.

**Question:** When is a retiree's bedtime?

**Answer:** Three hours after he falls asleep on the couch.

**Question:** How many retirees does it take to change a light bulb?

**Answer:** Only one, but it might take all day.

**Question:** What's the biggest gripe of retirees?

**Answer:** There is not enough time to get everything done.

## LAUGH - A - LITTLE



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# CHANGE OF SEASONS

*SEPTEMBER* is here and fall is just around the corner, so here are a few interesting tidbits about the month and the season.

- ∅ The first *LABOR DAY* was celebrated on Tuesday, September 5th, 1882, in New York City with a huge parade.
- ∅ The *FULL CORN MOON'S* name is attributed to Native Americans because it marked when corn was supposed to be harvested.
- ∅ *SAPPHIRE*, the birthstone of September, was thought to protect against snakes.
- ∅ Far more *HURRICANES* reach the U.S. in September than any other month. The word "hurricane" is derived from *Huracán*, the Taino god of wind.
- ∅ The *AUTUMNAL EQUINOX* on the 22nd is thought to be a time of great harmony and balance, so much so that you can stand a raw egg on end.
- ∅ Beautiful *FALL COLOR* is on its way. To find out the best color hot spots, call 1-800-354-4595.

*We hope you have a happy Autumn!*

## Au\*tumn (n.)

1. The season of the year between summer and winter, lasting from the autumnal equinox to the winter solstice.
2. A period of maturity or decline.
3. When the leaves fall from the trees.

### Why Do Leaves Change Color In Autumn?

During the winter there is not enough sunlight or rain for photosynthesis, which is how plants make their food. In the fall the green chlorophyll used for photosynthesis breaks down revealing the leaf's other colors. Small amounts of these "fall colors" exist in leaves year-round, but are masked by chlorophyll. The reds and purples of some trees are made from food trapped in the leaf after photosynthesis ends. Finally, the leaves turn yellow or brown as the tree's waste breaks down.



## 6 Reasons You Need A Good Sleep

⊕ Good sleep helps maintain a strong immune system. Sleep deprivation compromises immune function and makes you more vulnerable to disease.

- Good sleep slows aging. Too little sleep elevates levels of stress hormones and lowers levels of growth hormones, necessary for cell repair.

⊕ Good sleep helps prevent diabetes. Sleeplessness increases insulin resistance - a precursor to type 2 diabetes.

- Good sleep can keep you slim. When you're sleep deprived, you have more of the appetite-stimulating hormone *ghrelin* in your blood and less appetite-curbing *leptin*, a combo that leaves you longing for junk food.
- Good sleep helps maintain a sharp memory. Even one sleepless night impairs concentration and can affect daily routines.
- Good sleep can make you happier. Insomniacs face a higher risk of depression and alcoholism.

"I have never taken any exercise except sleeping and resting."

- Mark Twain

## When Headache Pain Can Spell Trouble

Most headaches don't signal a serious medical condition. Yet at times, they can. So how do you know when to seek medical care for a headache? Talk to your doctor about new headache pain. In addition, see your doctor or go to the ER immediately if you have any of these warning signs of something serious.

- ⊖ Sudden, severe headache pain like a "thunderclap."
- ⊖ Headache with fever, stiff neck, rash, mental confusion, seizures, double vision, weakness or speaking problems.
- ⊖ Headache after a recent head injury, even a minor fall or bump.
- ⊖ Chronic or progressive headache that worsens after coughing or making a sudden movement.

-Mayo Clinic

### 3 Folk Remedies for Headaches

- ⊖ Put leeches on your forehead
- ⊖ Rub cow dung and molasses on your temples.
- ⊖ Run around the house three times.

- Old Farmer's Almanac



Since September is National Honey Month, here's the buzz on what happens in the hive.

**THE QUEEN:** A two-day-old larvae picked to be the queen gets the royal-nursery treatment for 11 days, then emerges from the hive, pursued by about 18 drones. Then days later, she begins laying eggs, as many as 2,000 per day.

**THE DRONES:** These stinger-less males live only to mate with a queen. Those who succeed drop dead from the sky after the moment of triumph. The lesser ones hang around the hive until food becomes scarce and they are booted out.

**THE WORKERS:** For the 50,000 to 60,000 females in the hive life is all work, no play, and about 30 days long. A good worker produces one-twelfth of a teaspoon of honey in her life.

Did you know..? There are more than 300 unique types of honey available in the U.S. each originating from a different floral source.

- Honey.com

## Happy Grandparent's Day

In honor of Grandparent's Day, September 13th, here are some wonderful ideas on how to have fun with your grandchildren, some hilarious quotes about grandparents from 8-year olds and an interesting grandparent fact.

### Have Fun with Your Grandchildren

- Y Play dress up and have a tea party.
- Y Teach them how to dance.
- Y Cook together and make a recipe book of your favorites.
- Y Show old home movies.

### 8-year-olds Describe Grandparents

- ê They are so old they shouldn't play hard or run. It is good if they drive us to the store and have lots of quarters for us.
- ê They can take their teeth and gums out.
  - ê Everybody should try to have a grandmother, especially if you don't have television, because they are the only grown ups who like to spend time with us.
  - ê They don't say, "Hurry up."
- ê Usually grandmothers are fat, but not too fat to tie your shoes.

### Fun Fact

The average age for becoming a first-time grandparent is 48!



## No Cost-of-Living Increase for 2010

For the first time in 35 years, the Congressional Budget Office estimates that older Americans will receive no cost-of-living increases in their Social Security checks for 2010.

Under a “hold harmless” provision of federal law, basic premiums for Medicare Part B cannot rise higher than any year’s COLA (Cost of Living Adjustments). So a zero cost-of-living increase means that the basic premium of \$96.40 will not change. Part B covers doctor visits and out-patient services.

The protection does not apply to beneficiaries who do not have Part B premiums withheld from their Social Security checks, pay a higher amount based on higher income, or are newly enrolled in Part B. Their price for Part B will rise unless Congress makes changes before the end of 2009.

## Labor Day

### The Short Story

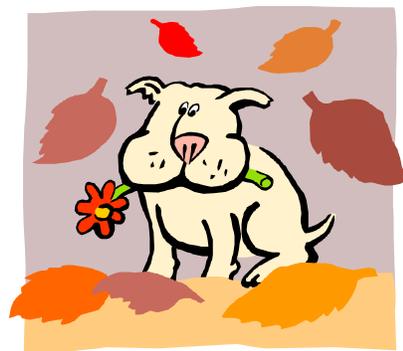
Did you know we have Peter J. McGuire and President Cleveland to thank for Labor Day? Here’s the scoop.

The first observance was believed to have been a parade on September 5, 1882 in New York City, organized by a Carpenters and Joiners Union Secretary, Peter J. McGuire.

In 1883, a union resolution declared “the first Monday in September of each year as Labor Day.”

In 1894, President Cleveland signed into law an act making the first Monday of September a legal holiday.

*We hope you have a safe and happy  
LABOR DAY!*



## Mark the Date On Your Calendar!!

The Milton Township SALT (Seniors and Lawmen Together) Council will be holding their annual **Seniors Auto Inspection** on Saturday, October 24th, 9:00 a.m. to 12:30 p.m. This **FREE** event will be held at the Wheaton Fire Station, One Fapp Circle (behind Target).

More information will follow in the October newsletter.



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 September Berry Berry Crisp



1/3 Cup sugar  
1/2 Cup plus 2 Tbsp. Flour, divided  
2 Cups each sliced strawberries, blueberries  
and raspberries  
5 Honey grahams, coarsely crushed  
3/4 Cup quick-cooking oats

1/2 Cup firmly packed light brown sugar  
1/4 Cup Planters sliced almonds  
1 tsp. Ground cinnamon  
1 Tbsp. Butter, melted  
1 Tbsp. Canola oil  
1 Tbsp. Water

- 1) Mix sugar and 2 Tbsp. Of the flour in large bowl. Add berries; toss to coat. Place in 13x9 inch baking dish.
- 2) Mix remaining 1/2 cup flour, crush grahams, oats, sugar, almonds, cinnamon, butter, oil and water. Sprinkle evenly over berry mixture.
- 3) Bake at 375° for 35 to 40 minutes or until lightly browned. Cool slightly.

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

