



At Your Service

Dog Days of Summer!!

August 2010

Unusual Holidays in August Senior Center News

- 1st - Raspberry Cream Pie Day
- 3rd - Watermelon Day
- 4th - Chocolate Chip Day
- 6th - Root Beer Float Day
- 9th - Birthday of Smokey the Bear (1944)
- 12th - Vinyl Record Day
- 15th - Nat'l Relaxation Day
- 19th - Potato Day
- 22nd - Be An Angel Day
- 24th - Nat'l Peach Pie Day
- 26th - Nat'l Cherry Popsicle 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, August 11th 10:00– 11:00 am.

At the Senior Center...

The Book Club will meet on Tuesday, August 17th at 10:15 a.m. at the Glen Ellyn Public Library (*NOTE LOCATION CHANGE*). Please call Sue for more information. (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.



Senior Center Outing!!

Please join us on **Wednesday, August 25th** for lunch, a tour and candy bingo at Saratoga Grove Retirement and Assisted Living in Downers Grove.

The bus will leave the Senior Center (Grace Lutheran Church), 493 Forest Ave., Glen Ellyn at 11:15 a.m.

Space is limited, so call soon to reserve your spot!

(630) 858-6343



The 15th Annual **SENIOR LIFESTYLE EXPO**

presented by the Northeastern Illinois Area Agency on Aging will be held on



Tuesday, August 24th and Wednesday, August 25th

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

At

Drury Lane Conference Center, Oakbrook Terrace

Highlights will include Entertainment, Exhibitors, Senior Idol Competition and much more!

Cost: \$3.00 per person



For more information call (630) 293-5990 or visit

www.SeniorLifestyleExpo.org

What's Happening At the Park District

Kick Up Your Heels at Cadillac Ranch

Join us for the Statewide Senior Luncheon, hosted by the Illinois Parks and Recreation Association's Senior Committee.

This is a great time to have fun meeting, eating, and line dancing with seniors from across the state of Illinois! Enjoy a plated meal of minestrone soup, spinach salad, pasta rigatoni with tomato, basil and olive oil, bread and chocolate mousse for dessert (hot beverages are included in the price; soft drinks will be available for an extra charge).

After lunch, we will learn the newest country line dances taught by a professional line dance instructor, then kick up our heels on the dance floor!

The Statewide Senior Luncheon is a social event for the seniors of Illinois. Door prizes will be awarded.

Tuesday, September 28th

Cadillac Ranch, 1175 W. Lake St., Bartlett

You Drive: 11:30am - 2:30pm, Cost \$25.00

Ride With Us: 10:45am - 3:45pm, Cost \$30.00 (meet at Maryknoll Park)

Call (630) 858-2463 to register.



Funny Zone



Don't mess with old people - Old George was getting ready for bed when he saw that a light in the shed was on. When he opened the back door, he could see people stealing things. He called the police who told him they were busy and just to stay in the house until an officer was available. George hung up and waited a minute. He called back and said there was no hurry because he just shot them all. Within minutes, six police cars, a SWAT team, a helicopter, two fire trucks and an ambulance showed up. The police caught the burglars. One policeman called out, "I thought you said you shot them all!" George called back, "I thought you said nobody was available!"

The Human Race - A little girl asked her mother, "How did the human race appear?" The mother answered, "God made Adam and Eve and they had children, and so all mankind was made." Two days later the girl asked her father the same question. The father answered, "Many years ago there were monkeys from which the human race evolved." The confused girl returned to her mother and said, "Mom, how is it possible that you told me the human race was created by God, and Dad said they developed from monkeys?" The mother answered, "Well, dear, it is very simple. I told you about my side of the family and your father told you about his."

Pet Sweater - In an upscale pet-supply store, a customer wanted to buy a red sweater for her dog. The clerk suggested that she bring her dog in for a proper fit. "Oh, no, I can't do that!" the lady said. "See, the sweater is going to be a surprise!"

Plea - After a trial had been going on for three days, Finley, the man accused of committing the crimes, stood up and approached the judge's bench. "Your Honor, I would like to change my plea from 'innocent' to 'guilty' of the charges." The judge angrily banged his fist on the desk. "If you're guilty, why didn't you say so in the first place and save this court a lot of time and inconvenience?" he demanded. Finley looked up wide-eyed and stated, "Well, when the trial started I thought I was innocent, but that was before I heard all the evidence against me."

Anniversary Dinner - On their anniversary night, the husband sat his wife sat down in the den with her favorite magazine, turned on the soft reading lamp, slipped off her shoes, patted and propped her feet and announced that he was preparing dinner all by himself.

"How romantic!" she thought. Two-and-a-half hours later, she was still waiting for dinner to be served. She tiptoed to the kitchen and found it a colossal mess. Her hurried husband, removing something indescribable from the smoking oven, saw her in the doorway. "Almost ready!" he vowed. "Sorry it took me so long but I had to refill the pepper shaker." "Why, honey, how long could that have taken you?" "More'n an hour, I reckon. Wasn't easy stuffin' it through those dumb little holes."

Brain Workouts for August

Have A Little Fun ...

The Accidental Inventions

Since August is National Inventor's Month, here is a quiz about 7 famous inventions. Match the surprising circumstances that led to their discoveries.

- A. Velcro E. Dynamite
B. Vaseline F. Dry Cleaning
C. Microwave Oven G. Nutrisweet
D. Modern Fingerprinting

- 1) In 1825, Jean-Baptiste Jolly spilled an oil lamp containing distilled turpentine on his wife's tablecloth.
- 2) In 1859, Robert Chesebrough watched oil-field workers scrubbing a waxy substance off their machinery.
- 3) In 1982, researchers at a Japanese laboratory used superglue to fix a crack in a fish tank.
- 4) In the 1950s, George de Mestral came home from a walk in the woods to find his jacket covered with cockleburrs.
- 5) In 1942, Mr. Spencer was working with radar equipment at Raytheon when he noticed a candy bar melted in his pocket.
- 6) In 1965, Dr. Schlatter was developing a new drug to treat ulcers when he spilled some on his finger.
- 7) In the mid-1800s, Alfred Nobel was transporting a sensitive material in glass flasks packed in soil when one of them broke.

More Funny Zone

Lighter Side of Toll-Free Lines

Food companies get millions of questions and comments annually on their toll-free hot lines. Here, courtesy of phone operators, are a few choice ones.

TROPICANA - A consumer asked why we tell customers to cut out the UPC codes on the carton as part of our promotions. She said each time she did this, all the juice leaked out.

KELLOGG'S - Calls come in regularly from people wanting to know why Tony the Tiger's nose is blue and what makes Rice Krispies talk.

PILLSBURY - "I've moved to the fifth floor in my apartment building. Do I need to use the high altitude recipe?"

BUTTERBALL - A man called to say his oven was producing a Technicolor turkey. An interrogation revealed the man had failed to remove the plastic wrapper.

LAUGH - A - LITTLE



August Facts About the Month

PERIDOT, the birthstone of August, was mined at night because miners claimed it was not easily seen by day. It is the symbol of the sun and protects against night terrors.

The **PERSEID** meteor shower will peak just before midnight with around 50 meteors per hour on August 11 & 12.

LEFT-HANDERS celebrate their day, August 13th. On average, every ninth person you meet is left-handed.

GLADIOLUS, the flower of August, comes from the Latin gladius, meaning sword, relating to its leaf shape.

Gladiolus corms were roasted and eaten in Africa where many originated.

August 19, is **AVIATION DAY**. It's the anniversary of the birthday of Orville Wright who piloted the "first self-powered flight in history."

National Night Out August 3, 2010



Millions strong and counting The celebrations have become neighborhood festivals with fun and food combined with a serious purpose: crime prevention. The 27th annual safety event began with just porch lights and vigils plus information being delivered to the community.

Today, National Night Out (NNO) draws more than thirty-five million people from more than ten thousand communities in all 50 states. The focus of this unique celebration is on bringing neighbors and communities together with festivals, block parties, cookouts and parades. At the same time, organizers provide ideas, tips and guidelines on how to prevent crime, plus the opportunity for individuals to get to know and socialize with police officers.

If there is an NNO event near you, you could attend, have a good time, learn something and get to know people and law enforcement officials. Put your porch light on August 3.



What to Include on Medical Forms

The form in the doctor's office or hospital reads: "List medications you currently take." To help avoid unwanted drug interactions, don't forget to include:

Over-the-counter medications - If you take an aspirin every day, say so. Also include allergy products, non-prescription pain relievers, antacids and laxatives you commonly use.

Vitamins and minerals - If you take a multivitamin, list it. Also list supplements such as Vitamin C or E, or minerals such as calcium.

"Natural" remedies - Do you take garlic tablets? Saint John's Wort? Don't be embarrassed to list herbal supplements. This information is very important.

All prescription medications - Don't assume your doctor knows everything you take. People forget to list prescription drugs they take daily, such as diuretics and eye drops.

And finally, make sure you list the doses for everything, such as "40 mg twice a day." Consider bringing your medicine bottles and containers with you.

-Mayo Clinic Health Letter

Help A Heart

Did you know you can stop a heart attack by coughing? It's true. Coughing alternately increases and decreases chest pressure, which can raise a slow heart rate, boost cardiac output, and sometimes even stop an arrhythmia. It's called "cough CPR."

If you have coronary disease and feel palpitations and are lightheaded, take deep breaths and cough repeatedly. This may support your circulation a bit longer until help arrives.

Remember to call 911, if you suspect that you or someone close by is having a heart attack.

-Prevention

Would you like to find a way to recycle all those EMPTY prescription medication bottles/containers around your house?

Bring them to the Glen Ellyn Senior Center!
(493 Forest Ave., Glen Ellyn)

We are collecting used medicine bottles/containers for a missionary in Africa. The medical clinic there has to dispense medications to their residents wrapped in dirty rags because they have no containers!

You can drop them off Monday-Friday,
9 am-1 pm.

Questions - call us at (630) 858-6343

Why Do We Say It?

Why does saying “burning the candle at both ends” mean staying up half the night at work or play? In European mourning, it was customary to “watch” the dead through the night to guard the body from nocturnal demons. Since demons feared firelight, candles were burned during this vigil at the head and foot of the coffin. Thus the ends originally associated with keeping late hours were at the two ends of the bier.

What is the reason we say of something that’s deteriorated “it’s gone to pot”? It’s because blacksmiths generally keep a pot on hand into which they throw broken pieces of metal. Anything which has no further use goes into this pot.

What is the reason the spot at our elbow is called a “funny bone”? It’s a pun. This spot not only gives us a “funny feeling” when we hit it; it’s located at the enlarged end of the bone known to medical science as the “humerus.”

Where did the governmental delay get the name “red tape”? From England - the everlasting tying and untying of the red ribbon which bound dispatch and document cases led men to pick it as the symbol of useless delay. By the way, the present British “red tape: is pink.

-The Cat’s Pajamas & Why Do We Say It?

The All New Benjamins



New \$100 bill, debuting February 2011, has sophisticated 3-D forgery protection. The eye-catching features of the redesigned \$100 bill include a 3-D ribbon that runs from top to bottom. It contains images of \$100 and the Liberty Bell which appear to move when the bill is tilted. The bill also has a portrait watermark, a second security thread, and a Liberty Bell image that turns from copper to a green color when tilted. The bell appears to disappear depending on the angle from which it’s viewed. And the face of the bill shows a ghostly image of a quill pen. Because there are more than half a trillion “Benjamins” in circulation around the world, it has been a prime target for counterfeiters, usually from criminal gangs.

There is evidence linking the most realistic and dangerous counterfeits with governments, whose goal is to weaken the American economy. These two threats are behind the dramatic changes in the \$100 bill.

Benjamin Franklin designed the country’s first paper money. Continental dollars were used in the American Revolution to help pay for the war. On many of the bills, this warning was printed: “To counterfeit is DEATH.”

You'll LOVE These 4 Little Saving Tricks

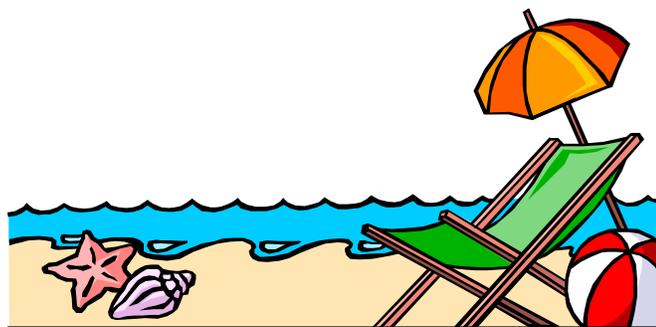
This collection of 4 virtually painless suggestions will help you save.

- 1 **TRANSFER** shampoo and conditioner to large, plastic pump bottles to avoid pouring out more product than you need.
- 2 **REFILL** your foaming soap dispenser with one part hand soap and three parts water. You'll get a thick foam that cleans as well as full strength.
- 3 **SELECT** greeting cards from the lowest two or three rows on the rack where you'll find the inexpensive ones.
- 4 **SWITCH** to compact fluorescent bulbs, which provide as much light as regular bulbs, but use less energy and last *10 times* longer.

-Woman's Day

Stay Safe Away From Home

- ü **Use a hotel safe to store valuable items instead of leaving them lying around your hotel room.**
- ü **Keep the entry and balcony doors locked and use deadbolts and chains whenever possible.**
- ü **Don't open the door to anyone. Even if a hotel repairman shows up, call the front desk to verify that a repairman has been sent. Don't leave keys lying around when you're at the beach or pool.**
- ü **Always lock your car, even if you will be gone for just a few minutes.**



UPCOMING EVENT...

Answers to the Quizzes/Puzzles

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, August 3rd

We will have an introduction to Birding (Bird Watching). This has become a rapidly growing pastime for seniors. Three of our members have prepared a program.

Everyone is welcome!



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.



Recipe for August Angel Dream Filling



20 oz. Can crushed pineapple, undrained

3.4 oz. Pkg. Instant vanilla pudding

1 Cup whipped topping, thawed

Angel Food Cake or 12 dessert shells

Strawberries, Blueberries, and/or Raspberries

To make the filling, mix pineapple with the juice and dry pudding mix in a bowl. Stir in the whipped topping.

Angel Dream Parfait

Cut up the angel food cake into cubes. Layer cake cubes, Angel Dream Filling and berries in 12 dessert glasses. Refrigerate until ready to serve.

Angel Dream Cake

Cut an angel food cake horizontally in three layers. Put Angel Dream Filling between the layers, then top with your choice of berries. Refrigerate until ready to serve.

Angel Dream Dessert

Fill 12 dessert shells with the Angel Dream Filling, then top with your choice of berries. Refrigerate until ready to serve.

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

