



At Your Service

Happy Valentines Day!

Unusual Holidays in February

- 3rd - Nat'l Carrot Cake Day
- 4th - Thank a Mailman Day
- 7th - Wave All Your Fingers at Your Neighbor Day
- 9th - Toothache Day
- 11th - Nat'l Don't Cry Over Spilled Milk Day
- 15th - Nat'l Gumdrop Day
- 22nd - Be Humble Day
- 27th - Polar Bear Day

Senior Center News

February 2010

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

At the Senior Center...

The Book Club will meet on Tuesday, February 16th at 10:15 a.m. at the Glen Ellyn Public Library. 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 News

The Glen Ellyn Senior Center will be hosting a trip to visit and have lunch at Clare Oaks in Bartlett on **Thursday, February 25th**. A bus from Clare Oaks will pick up the group at Grace Lutheran Church, 493 Forest Avenue, Glen Ellyn. Please be at the church at 10:00 a.m.

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



What's Happening At the Park District

Glen Ellyn Park District *Senior Adult Tuesday Luncheon*

Celebrate the month of love with a little Valentine's Bingo! This isn't your typical Bingo game - come find out what the fun is all about! This month's menu includes herb crusted pork loin with rice, mixed veggies, tossed salad, rolls and cake. Don't forget to pick up your free raffle ticket at the door.



Tuesday, February 9th
12:00 - 2:00 p.m.

Maryknoll Park, 845 Pershing Ave.

Cost: \$7.00

Call (630) 858-2463 to reserve your spot by
Tuesday, February 2nd



Understanding & Managing the Risks of Long Term Care

About 60 percent of people over age 65 will require at least some type of long-term care during their lifetime. Long term care can easily spend down your asset base to the point that you or your surviving spouse are at risk of out-living your assets. How can you protect them while preserving your dignity throughout your retirement? This class address misconceptions surrounding long term care, options for obtaining long term care and attributes to consider when comparing insurance policies. Strategies discussed are most useful to those 50-65 years old. Our instructor specializes in helping families and individuals create plans designed to help them work toward their financial goals and provide a secure future for their families. Instructor: Beth O'Malley, Financial Advisor, Waddell & Reed.

Wednesday, February 10th

7:00 - 9:00 p.m.

Main Street Recreation Center

501 Hill Ave., Glen Ellyn

Cost: \$15R/\$22NR

Call (630) 858-2463 to register

Extra Brain Exercises for the February

Have A Little Fun ...

A Heart-Felt Rebus

A REBUS is a representation of words in the form of pictures and letters. Below, all but one of the pictures represent a hearty word or phrase for Valentine's Day. Can you solve these?



Lighter Side of Doctors' Reports



Jest for the health of it, here's a sampling of malpracticed medical transcriptions.

Ÿ Patient was to remain plastered for the next six-to-eight weeks.

Ÿ I've authorized two more trips to the chiropractor to help finish him off.

Ÿ Her mother will look at her ears today and bring them in tomorrow.

Ÿ The patient is a 79-year-old widow who no longer lives with her husband.

Ÿ Three bullets were removed from the patient - one from each leg.

Ÿ Both her old and new noses have been placed in our album.

Ÿ He should continue to wear his tennis elbow.

-Anguished English

LAUGH - A - LITTLE



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All About Fabulous February

AMETHYST, the birthstone of February, stood for sobriety. Drinking alcohol from an amethyst cup was said to prevent intoxication.

It's said that a garland of **VIOLETS**, the flowers of February, worn about the head prevents dizziness.

February's **FULL SNOW MOON** is so called because the month is considered to be the snowiest month of the year.

MARDI GRAS falls on February 16th this year. Although Mardi Gras (Fat Tuesday, literally) is properly limited to that Tuesday, it's usually celebrated for two weeks prior.

It's said that if the **GROUNDHOG** sees its shadow on February 2, it's a bad omen and there will be 6 more weeks of winter.

Of the 7 billion greeting cards Americans send every year, 25% are **VALENTINE CARDS**.

The Valentine's Day Story



Valentine's Day is named for two early Christian martyrs, neither of them a champion of romantic love. Their common feast day was February 14, which became known as a lover's holiday because of two historical coincidences: the ancient Roman Festival of the Lupercalia, frequently marked with romance was celebrated on February 15, and a medieval folk tradition maintained that the springtime mating of birds took place on St. Valentine's Day. By the 14th century, this latter belief led to the custom of choosing by lot, a sweetheart or valentine for a day. Messages of love passed between these randomly chosen lovers were precursors of the modern Valentine card. Retailers now say that chocolate and roses are the best symbols of love. Candy or not, the 14th of February remains the one day of the year given over to romance.

We hope you have a very...

Happy Valentine's Day!!





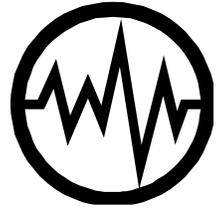
The Paper Chase

If one of your new year resolutions was to sort through your stacks of receipts, bank statements, etc., read these helpful guidelines before you toss a single piece of paper.

- / Tax returns as well as supporting documents like W-2 forms, receipts, and real estate closing statements should be kept for seven years.
- / Investment records should be kept as long as you own the securities, plus another seven years. You'll need them to prove capital gains and losses.
- / Credit card statements should be shredded immediately after checking the accuracy of transactions. These documents are a prime source for identity theft. Unless the statement is your only record for a tax-related transaction, there's no need to keep them longer. Plus, your issuer will have them available online.
- / Medical bills and proof of payment keep for three years.
- / Save telephone and utility and water bills for six months to a year (unless you want to compare costs from year to year).

Finally, if you are in doubt about throwing important paperwork away, ask your accountant, tax planner or lawyer for help.

American Heart Health Month



A poll sponsored in part by the American Heart Association found that 47 percent of Americans don't know the warning signs of a heart attack. Here's what you need to know - heart attack symptoms can be different in men and women.

For men, the symptoms are usually:

- P Pain radiating from the chest to the left shoulder, left arm, jaw or neck
- P Weakness or shortness of breath
- P Sweating, paleness, lightheadedness
- P Pressure, fullness, squeezing pain in the center of the chest
- P A feeling of impending doom

Women's symptoms can be any of the above plus:

- P Unusual fatigue
- P New, unusual shortness of breath during everyday activities (or no activity at all)
- P Nausea
- P Dizziness
- P Lower chest discomfort
- P Upper abdominal pressure or discomfort

If you're affected by any of these symptoms or if you see someone who is, don't hesitate, **call 911 immediately!**



Groundhog Day

February 2nd!
How the Story Goes...

The Ancient History

When the first settlers arrived in the area today known as Punxsutawney, about 80 miles northeast of Pittsburgh, they brought with them from Europe a centuries-old tradition known as Candlemas Day. On Candlemas day, clergy would bless candles and distribute them to the people. The weather on Candlemas Day was considered an important indicator of the weather to come, according to an old English song:

*If Candlemas is fair and bright,
Come, winter, have another flight.
If Candlemas brings cold and rain,
Go, winter, and come not again.*

Soon people from Germany picked up the Candlemas custom incorporating the groundhog. If the groundhog cast its shadow on Candlemas Day, another six weeks of winter was inevitable.

Presidents' Day



In honor of Presidents' Day, we thought we would share some of the lesser-known bizarre and intriguing facts about our elected presidential leaders. We think you will agree, truth is indeed stranger than fiction!

John Adams - Adams and his family wandered aimlessly in the woods for hours before finally finding their way to their new home at the White House.

Thomas Jefferson - Writing his own epitaph, Jefferson did not even mention his stint as president.

William Howard Taft - Weighing over 300 pounds, Taft holds the undesirable distinction of being the heaviest U.S. president. Embarrassingly, Taft once got stuck in the White House bathtub. To avoid a repeat of the awkward fiasco, a new tub, four times the normal size, was installed.

Millard Fillmore - Fillmore and his cabinet members helped fight the Library of Congress fire.

Grover Cleveland - Cleveland was known for personally answering incoming phone calls to the White House.

Herbert Hoover - Gave his salary to charity.

Harry S. Truman - This musical president rose before dawn each day for two hours of piano practice.

Black History Month

Black History Month originated with the influence of Dr. Carter G. Woodson. Dr. Woodson lamented the fact that history books rarely mentioned contributions by black people, except for George Washington Carver.

In 1926, Dr. Woodson began Negro History Week. At the time of the bicentennial in 1976, Congress designated the entire month of February as a time to celebrate black history. Black History Month is a remembrance of the people and events that have shaped African-American and United States history.

February was designated as the month for celebration because two men influential in the future of African-Americans were born in this month - President Abraham Lincoln and abolitionist Frederick Douglass.

Olympic Fanfare



The games have changed considerably from their ancient beginnings in Olympia, Greece in 776 B.C. (Good-by togas! Hello, scientifically engineered track suits!) Here's a bit of Olympic trivia to think about while watching the 21st Winter Olympic Games in Vancouver, British Columbia, starting February 12th.

- ⊖ With the average temperature of 44 degrees, Vancouver is the warmest city to ever host the Winter Olympics.
- ⊖ It's also the first time in history any Olympic opening ceremony will take place in an indoor venue.
- ⊖ Canada has hosted Winter Games twice before: Montreal in 1976 and Calgary in 1988.

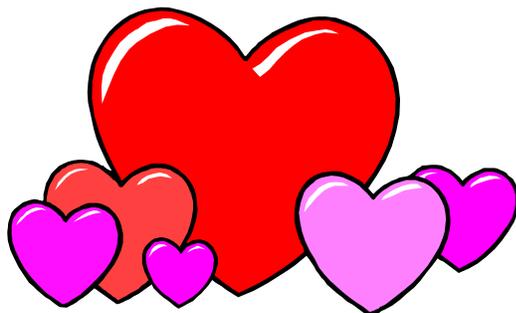


IMPORTANT INFORMATION!!!!

FREE TAX AIDE

Free counseling for senior citizens completing income tax returns will be available Mondays, beginning February 8th through April 12th, 2010 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 Glen Ellyn Park District, 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.

Recipe for February Chicken Italiano Skillet



- 1 lb. Boneless, skinless chicken breasts, cut into bite-size pieces
- 1 green pepper, chopped
- 1 small onion, cut into thin wedges
- 1 can (14-1/2 oz) diced tomatoes, undrained
- 1 Cup water
- 1 pkg. (14 oz) KRAFT Deluxe Macaroni & Cheese Dinner

- 1) Cook and stir chicken in large skillet sprayed with cooking spray on medium-high heat 5 min. or until chicken is no longer pink. Add peppers and onions; cook and stir 5 min. or until chicken is done and vegetables are crisp-tender.
- 2) Stir in tomatoes, water and Macaroni. Bring to a boil; cover. Simmer on low heat 10 min. or until macaroni is tender, stirring occasionally.
- 3) Add cheese sauce; stir until blended.

Makes 4 servings, about 1-1/2 Cups each

Tips: Can substitute 1-1/2 Cups of your favorite frozen mixed vegetable for the pepper and onion.

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

