



At Your Service

Happy New Year!!

January 2010

Unusual Holidays in January

- 3rd - Sleep Day
- 4th - Trivia Day
- 6th - Bean Day
- 7th - Old Rock Day
- 10th - Peculiar People Day
- 13th - Make Your Dream Come True Day
- 21st - Hugging Day
- 24th - Compliment Day
- 25th - Opposite Day
- 29th - Corn Chip 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, January 13th 10:00- 11:00 am.

At the Senior Center...

The Book Club will meet on Tuesday, January 19th 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



BINGO is back!!! We will be hosting our first post-construction Bingo session on **Wednesday, January 13, 2010 at 10:00 a.m.**

We will be doing things a little different this time around though. The home delivered meals program has left Grace Lutheran Church so we will no longer be able to offer lunch after Bingo, but yummy light refreshments will be served during the games. In addition, budget changes will not allow us to have gift card prizes, so we will try to be creative with each upcoming session for our prize offerings. For January, we will have white elephant prizes! So bring in something from around the house that you think someone else might like to take home (and that you want to get rid of)!! Bingo winners will be able to pick from an assortment of "treasures".

Please call to let us know if you are planning to attend. (630) 858-6343.

What's Happening At the Park District



Glen Ellyn Park District *Senior Adult Tuesday Luncheon*

Happy New Year! Join us for a fun afternoon of B-I-N-G-O! Start the year off with a chance to be a big winner! Before our game we'll warm up with a hot lunch of beef stroganoff! We will also have a tossed salad, rolls and a sweet dessert. Don't forget to pick up your free raffle ticket at the door.

Tuesday, January 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, January 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, January 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

January 27th & 28th

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

Main Street Recreation Center

501 Hill Avenue

\$12.00 Resident/\$14.00 Non-Resident

You may also contact Sue Davison at the Senior Center for questions about Medicare and Medicare prescription drug plans. In addition, both Sue and Jodi can assist you with your 2009 Circuit Breaker applications. Call for an appointment.

(630) 858-6343 M-F, 9:00 am - 1:00 pm

Extra Brain Exercises for the New Year

Have A Little Fun ...

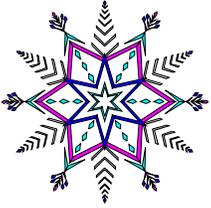
Pencil Pastime

Testing in "A"

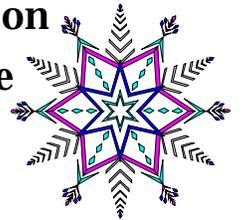
There are five common words, each containing only 5 letters, which begin with A and end with A. How many can you come up with? A score of 3 is good; 4 is above average and 5 is outstanding.



Life's Crazy Rules



- á **Miller's Law of Insurance:** Insurance covers everything except what happens.
- á **First Law of Living:** As soon as you start doing what you always wanted to be doing, you'll want to be doing something else.
- á **Weiner's Law of Libraries:** There are no answers, only cross-references.
- á **Isaac's Strange Rule of Staleness:** Any food that starts out hard will soften when stale. Any food that starts out soft will harden when stale.
- á **Kenny's Law of Auto Repair:** The part requiring the most consistent repair or replacement will be housed in the most inaccessible location.
- á **The Grocery Bag Law:** The candy bar you planned to eat on the way home from the market is hidden at the bottom of the grocery bag.



LAUGH - A - LITTLE



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How to Keep Your 2010 Resolutions

Lose 5 pounds. Save \$25 a month. Cut down on chocolate donuts. Each January we arm ourselves with an arsenal of resolutions to tackle the new year. Yet by Valentine's Day, or even sooner, they're often as neglected as the holiday fruitcake stashed in the freezer.

Here are some excellent strategies for keeping your 2010 resolutions.

- ê Set specific goals. If your resolution is general, such as losing weight, replace it with a specific goal, such as losing 5 pounds by March.
- ê Write down your goals. Once they are on paper, you can affirm your resolutions and update them as you progress. When you achieve a resolution, take pride in crossing it off the list.
- ê Slip, but don't quit. If you backslide on a resolution, don't view it as a failure. Instead, consider it what it really is - a minor setback.

Remember, the fewer resolutions you make, the more likely you'll stick to them.

Dr. Martin Luther King, Jr. Day

On January 18, we celebrate the federal holiday honoring Dr. Martin Luther King, Jr. In doing so, we recognize the life of a great man who was one of the visionaries of the civil rights movement. Some quotes from Dr. King...

- î The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.
- î Nothing in the world is more dangerous than sincere ignorance and conscientious stupidity.
- î We must learn to live together as brothers or perish together as fools.

-Martin Luther King, Jr.
Born January 15, 1929, died April 4, 1968

Alternative Uses For...



More Useful Tips!

Paint Brushes - Use clean ones to dust plants and lamp shades.

Talcum Powder - Untangle a snarled jewelry chain by sprinkling a little powder on the knot. Slowly pull the knot apart.

Baking Soda - Get rid of perspiration stains by rubbing them with a paste of baking soda and water. Let sit for one hour, then launder.

Petroleum Jelly - Coat shower door tracks to keep them running smoothly.

Address Labels - Keep a label inside your eyeglass case. If you lose your glasses they can be returned to you.

Emery Boards - Rub the soles of new shoes with an emery board to prevent slips and falls.

Muffin Tins - Use as a handy drawer organizer for small gadgets, screws, etc.

-Woman's Day and Another Use For...

Perfume Samples - Don't throw away the perfume strips from magazines. Find one you think you might like, and put it in your purse. You'll have a chance to find out if you like the perfume, and it's also an easy way to give your purse a nice scent.

Metal cookie cutters do double duty as unique napkin holders for special dinners. If you want, spray paint them to match the decor.

Winter Driving - Stuck on the ice without sand or kitty litter? In a pinch, you can take the mats out of your car, place them behind or in front of the tires, and slowly inch the car onto the mats. To restore proper windshield wiper blade action, smooth the rubber blades with fine sandpaper to remove any grit and pits. Avoid driving when you have the flu, which can reduce your reaction time almost six times as much as moderate alcohol intake. ~ *oldfarmersalmanac.com*

In between uses, put your steel wool scrubbing pads in a plastic bag and store in the freezer to help prevent rust.

Need an inexpensive but original gift? Purchase fancy dinner plates, and place a homemade cake on top. Your gift will be the hit of the party.

A toothbrush in the kitchen will help clean graters, beaters, and choppers. A soft one will clean mushrooms, lemons, limes, and fresh string beans.

Brooms and brushes last longer if hung when not in use. Once fibers and bristles are bent out of shape, these tools no longer function well.

Burned food on your pots and pans? Let a mixture of half water and half vinegar soak in a pan overnight. The burned food will come off easily with a light scouring.

Green Tea Tonic - For a refreshing trick that's also good for your skin, mix two tablespoons green tea with half a cup of water. Sweep the mixture over your face with a cotton ball and let it evaporate -- you don't need to wash it off.



How to Stay Well This Winter

If you're trying hard to avoid colds and the flu, here are some prevention strategies to keep you healthy - short of moving to the North Pole where germs cannot survive!

- P** Keep current on inoculations.
- P** Wash your hands often, with lots of soap and lots of water! Don't share wash cloths or towels.
- P** Use disposable tissues instead of a cloth handkerchief.
- P** If you're in a public restroom, shut the faucet off with a paper towel and try to push the door open with your shoulder or use the paper towel to turn the knob.
- P** Cover your mouth and nose with a tissue when you sneeze or cough. If you don't have a tissue, cough into your upper sleeve.
- P** Don't shake hands or touch surfaces then bring your fingers to your nose or face. Colds are only caught from other people.
- P** Don't bite your nails, it spreads germs.
- P** Don't share food or drinks, even a taste.
- P** Drink plenty of liquids, especially fresh, pure water.
- P** Get plenty of sleep. Go to bed early!
- P** Cut back on sugars and alcoholic drinks.

6 Ways to Jump-Start Your Health in 2010

By incorporating the following easy-to-do health-savers into your daily routine, you can help to ensure better health in 2010!

- 1) Read the label directions and warnings before you take any medication.**
- 2) Check out your toothbrush. Replace it if the bristles are frayed and or discolored.**
- 3) Keep your immunizations up to date. Ask your doctor if you should schedule any shots in the year ahead.**
- 4) Wear your seat belt. People who wear seat belts reduce their risk of death in vehicle accidents by 45 to 65 percent.**
- 5) Wear sunglasses when you are outdoors. Doing so can preserve your sight by shielding the retina from ultraviolet rays.**
- 6) Clean out your medicine cabinet; dispose of any drugs with expired dates. Don't flush down the toilet.**

Follow this simple advice and you'll have a healthier new year!



Trivia Day January 4th

Triv-i-a: n. pl. matters or things that are very unimportant or inconsequential

In honor of this fun day, here are some interesting and amusing trivia.

- Ê The cooking spray PAM actually stands for "Product of Arthur Meyerhoff."
- Ê When he died in 1977, Elvis had \$1,055,173.99 in a non-interesting bearing checking account.
- Ê One in five restaurant meals in the U.S. is purchased from a car.
- Ê A **liger** is a real animal - the offspring of a female tiger and male lion. Ligers are the world's largest cats, and they can weigh up to 900 pounds.
- Ê Cappuccino gets its name from *Capuchin* monks, whose robes are light brown.
- Ê Yankee Trivia: The 'CC' in CC Sabathia stands for Carsten Charles.
- Ê There are about 120,000 known varieties of rice in existence.
- Ê Failed PEZ flavors include coffee, licorice, eucalyptus, menthol and flower.
- Ê In 1991, an equestrian club in San Francisco, CA celebrated Mozart's bicentennial by training horses to perform ballet to his music.

-mentalfloss.com

How Your Wallet Can Hurt You



Identity theft often begins with a stolen wallet. Here's a list of items found in a typical wallet that can help thieves steal from you.

- Ò **Medical Insurance Cards** - Some of these have your medical record number, which can be your Social Security number, and with that the sky's the limit.
- Ò **Bank Debit Card** - Depending on whether there's a PIN number associated with it (some don't have them) a thief can empty your account.
- Ò **Credit Cards** - With a credit card number, a thief can make orders across the country.
- Ò **Department Store Receipts** - If a receipt has a credit card number on it, they can use that number to make purchases.
- Ò **Checkbook** - Thieves can use the checks, then create duplicates using the check program that office supply stores sell.
- Ò **Driver's License** - Depending on the state's DMV policy, a thief can probably go in and get a duplicate.

Bottom line: Only carry what you must and keep a record at home of account numbers for every card you carry.

IMPORTANT INFORMATION!!!!

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.

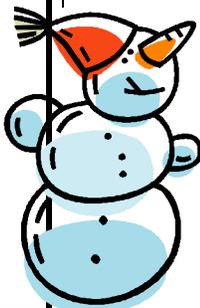
The next meeting will be held on **Tuesday,
January 5, 2010.**

The speaker will be Mary Bina, Manager of
Senior Citizen Services in DuPage County.
Mary will talk about Elder Abuse plus all the
other services available in DuPage County.
Everyone is welcome!

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
beginning **January 2, 2010**. All
appointments are located at Main
Street Recreation Center, 501 Hill Ave.,
Glen Ellyn.



GLEN ELLYN SENIOR
CENTER

493 Forest Avenue
Glen Ellyn, IL 60137

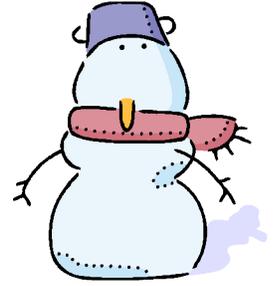
Phone: 858-6343 Jodi & Sue

Email: seniors493@geseniors.net

Website: www.glenellyn.org/Senior/Senior.

Recipe for January

Triple Chocolate Fudge Cake



4 oz. pkg. Chocolate pudding mix (not instant) and ingredients to make it

18-1/2 oz. pkg. chocolate cake mix

1/2 Cup semisweet chocolate pieces

1/2 Cup nuts, chipped

Whipped Cream

- 1) Cook pudding as directed on the package and blend dry cake mix into the hot pudding. Mixture will be thick.
- 2) Pour mixture into a 9"x13" baking pan sprayed with non-stick cooking spray. Sprinkle chocolate pieces and nuts over the batter. Bake 30-35 minutes in a 350° oven.
- 3) Cool and cut into 2" squares. Serve plain or with a dollop of whipped cream.

Yield: 28 servings

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

