



# At Your Service



*Happy Spring!*

## *Unusual Holidays in May*

- 1st - Birthday of Cheerios
- 5th - Nat'l Hoagie Day
- 8th - No Socks Day
- 10th - Clean Up Your Room Day
- 13th - Frog Jumping Day
- 14th - Nat'l Dance Like A Chicken Day
- 23rd - Lucky Penny Day
- 25th - Nat'l Tap Dance Day
- 27th - Nat'l Grape Popsicle Day

## Senior Center News

May 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,  
May 12th  
10:00– 11:00 am.*

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

The Book Club will meet on Tuesday, May 18th 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.

## **FREE HEARING SCREENING**

*Friday, May 21st  
10:00 a.m. to 12:00 noon*

Kurt Bohndorf of Glen Ellyn Beltone, will be providing FREE hearing evaluations at the Glen Ellyn Senior Center. In addition, hearing aid cleanings, hearing consultations and hearing health answers will be available. Kurt has worked for Beltone since 2001 and is Illinois Board Certified.

Please call by Thursday, May 13th to reserve your spot!!  
(630) 858-6343

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## What's Happening At the Park District

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

We're kicking off summer with a mystery game! Who knows what fun we will have?? Lunch includes teriyaki chicken, rice pilaf, peas, corn & carrots, tossed salad, rolls and cake. Don't forget to pick up your free raffle ticket at the door.

12:00 - 2:00 p.m.  
Tuesday, May 11th

Maryknoll Park, 845 Pershing Ave.

Cost: \$7.00

Call (630) 858-2463 to reserve your spot by  
Tuesday, May 4th

### *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

May 12 & 13

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

Main Street Recreation Center

501 Hill Avenue

\$12.00 AARP Member/\$14.00 Non-Member

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## What's Happening at the Glen Ellyn Public Library

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

### Scrabble Tournament

*Saturday, May 1st*  
10:00 a.m. to 4:00 p.m.

This tournament is open to casual as well as sanctioned players. Casual players are welcome to play anytime - no registration is required.

Tournament players **MUST** register.

Contact Tom Tremont at  
[tomtremont@hotmail.com](mailto:tomtremont@hotmail.com) for a registration form. Please bring a Scrabble set if you have one.

### Supercouponing II

*Thursday, May 6th*  
7:00 - 8:00 pm

Jill Cataldo's workshop features advanced couponing techniques designed to save you even more money. You'll learn how to maximize your grocery, clothing, toys and housewares savings.

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Programs are free. Sign up on the library web page [www.gepl.org](http://www.gepl.org) or call (630) 790-6630 to register.

## *Glen Ellyn Senior Citizen's Police Academy 2010*

The Glen Ellyn Police Department is now taking applications for its 2010 "Senior Citizen's Police Academy." The program is designed to provide an opportunity for senior community members to meet with Glen Ellyn Police Officers one morning per week for six weeks. The first class is scheduled to begin June 2010.

Officers will provide instruction and feedback on various law enforcement and Senior citizen topics including:

- o Organization and Functions of the Police Department and Village
- o Personal Protection for Your Home, Property and Person
- o Identify Theft and Crimes Targeted Towards the Elderly
  - o Criminal Law and Crime Scene Investigation
  - o Other Senior Specific Topics



Applications are available at the Police Department or can be downloaded on the Village's website at [www.glenellyn.org](http://www.glenellyn.org). Questions about the program - contact Officer Tom Staples at (630) 469-1187



### **Breaking News...New Program in Glen Ellyn!**



On August 28, 2009, the Illinois Premise Alert Program (PAP) Act was approved and incorporated into the State of Illinois legislative law.

The Illinois Premise Alert Program is a safety program designed to enhance police and fire service to those Glen Ellyn residents who have disabilities and/or special needs, by providing first responders with needed information about individuals at a specific address. The information provided to first responders is stored in a secure database that provides responders with information via a computer aided dispatch, prior to arriving at the scene.

*The Premise Alert Program is a voluntary program and free of charge.*

If you are a Glen Ellyn resident and are interested in participating in the Illinois Premise Alert Program, you will need to complete an Enrollment Form. The form can be downloaded from the Glen Ellyn Police Department page of the Glen Ellyn website at [www.glenellyn.org](http://www.glenellyn.org). A copy of the form may also be obtained at the front desk at the Glen Ellyn Police Department.

The completed forms should be returned to the Glen Ellyn Police Department,  
535 Duane Street, Glen Ellyn.



# Extra Brain Exercises for May

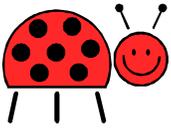
## Have A Little Fun ...

### Old Sayings...Different Twist QUIZ

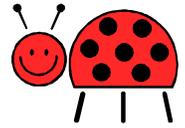
See if you can translate the following into the familiar sayings we've all heard.

1. Scintillate, Scintillate, asteroid  
exiguous.
2. Members of an avian species of  
identical plumage congregate.
3. Contemplation should precede  
salutations.
4. The stylus is more potent than  
the claymore.





# Funny Zone



**The Blind Date** - After being with her all evening, the man couldn't take another minute with his blind date. Earlier, he had secretly arranged to have a friend call him to the phone so he would have an excuse to leave if something like this happened. When he returned to the table, he lowered his eyes, put on a grim expression and said, "I have some bad news. My grandfather just died." "Thank heaven," his date replied. "If yours hadn't, mine would have had too."

**Young Bride** - The family was disturbed. Grandpa Ezra, aged seventy-five, decided to get married. What worried the relatives was the fact that the bride Ezra selected was a young, healthy twenty-two year old. One of Ezra's sons cornered him and pleaded: "Look Paw, you must give this more thought. It's very serious. In fact, a thing like this could prove fatal!" "So what?" answered Ezra, unperturbed. "If she dies, I'll marry again."

**Can't Sleep** - An accountant is having a hard time sleeping and goes to see his doctor. "Doctor, I just can't get to sleep at night." "Have you tried counting sheep?" "That's the problem - I make a mistake and then spend three hours trying to find it."

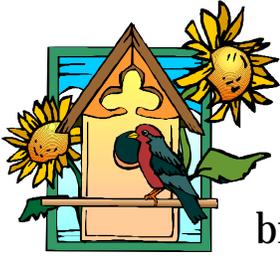
**The Computer is Down** - I work in a busy office, and when a computer goes down it causes quite an inconvenience. Recently one of our computers not only crashed, it made a noise that sounded like a heart monitor. "This computer has flat-lined," a co-worker called out with mock horror. "Does anyone here know how to do mouse-to-mouse?"

## LAUGH - A - LITTLE



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## Fun Trivia About The Month of MAY



*Emeralds*, the birthstones of May, are said to strengthen the owner's memory, quicken the intelligence and help in predicting the future.

*May* is named for the Roman goddess *Maia*, who ruled over the growth of plants. Indeed, farmers and gardeners in most of the country try to complete all planting this month.

America's most famous horse race, the *Kentucky Derby*, has been held continuously since 1875.

Nineteen percent of Americans go away for *Memorial Day* weekend.

A widespread superstition held that washing your face in the *May Day* morning dew would beautify the skin.

*Lily of the Valley*, the flower of May, was long used medicinally for cardiac disorders and contains poisonous substances.

## Memorial Day



### *The History of Taps - the Sound of Reverence*

Whenever Memorial Day is celebrated this year, those fallen in battle will be honored and remembered with the melancholy notes of Taps.

The 24-note piece was developed during the Civil War by Union General Daniel Butterfield. Butterfield took the melody from a French bugle signal called the tattoo. The tattoo was sounded at the end of the day, an hour before soldiers had to be back in their garrisons with lights out.

As head of a brigade camped at Harrison Landing, VA, Butterfield recalled the tattoo music and hummed a version of it to an aide who wrote down the music. After listening to the brigade bugler play the notes, they lengthened some notes and shortened others, but the melody remained the same.

From then on it was played at the end of the day, and both the Union and Confederate brigades used it. After the war, the music was made the official bugle call, but it wasn't given the name Taps until 1874.

It is still used by the military at burial and memorial services, to accompany the lowering of the flag, and to signal the lights out command at the end of the day. And, it continues to evoke memories and emotion.

Please stay safe this Memorial Day weekend!

## ***May is Better Sleep Month***

The position you go to sleep in can reveal key personality traits. Here are the 6 top positions and their traits.

- c **The Log (15%):** If you tend to lie on your side with both arms at your sides, you're easygoing and social.
- c **The Yearner (13%):** If you favor sleeping on your side with both arms out in front of you, you have an open nature.
- c **The Soldier (8%):** If you like to recline on your back with both arms at your sides, you're quiet and reserved.
- c **The Freefaller (7%):** If you sleep on your stomach with hands wrapped around the pillow and your head to one side, you can be sociable but brash.
- c **The Starfish (5%):** If you snooze on your stomach with both hands around the pillow you make a good friend and you listen well.
- c **The Fetus Position (41%):** You have a tough exterior, but a soft heart. Twice as many women as men sleep like this.

## **Outsmart Strokes**

Stroke is America's #3 killer and leading cause of serious disabilities. You should know the warning signs and respond quickly if any of these signs occur.

- ü Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- ü Sudden confusion, trouble speaking or understanding.
- ü Sudden trouble seeing in one or both eyes.
- ü Sudden trouble walking, dizziness, loss of balance or coordination.
- ü Sudden, severe headache with no known cause.

As with heart attack, not all these signs occur in every stroke. Sometimes they go away and return. If any occur, get help fast and call 911. If you can get to the hospital within 3 hours, you might be able to be treated with clot-busting drugs which improve your chance of making a full recovery.

-Prevention



## *May is...* Older Americans Month

Did you know...?

**\*When Older Americans Month began in 1963, only 17 million Americans had reached their 65th birthday. Now there are around 34 million.**

**\*By the year 2030, it's expected that there will be 70 million older Americans, more than double the current number.**

**Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.**

**Older Americans Month is celebrated across the country with ceremonies, special events, fun fairs and other such activities. For more information about events, go to**

**[www.aoa.gov](http://www.aoa.gov)**

## CINCO DE MAYO



**Cinco de Mayo commemorates Mexico's victory over the French at the Battle of Puebla on May 5, 1862, more than 50 years after the country declared its independence from Spain (on September 16th, 1810, Mexico's official independence day). Perhaps Cinco de Mayo has become such a big hit in the U.S. because it celebrates the triumph of principles both Mexican and U.S. citizens have fought to protect for centuries: freedom and liberty. So on the 5th, bring out the salsa and chips and have a celebration!**

**There's no other like a  
MOTHER!**  
(Praise for Moms)



All that I am, or hope to be, I owe to my angel mother.

*-Abraham Lincoln (1809-1930)  
16th President*

In my interest she left no wire unpulled, no stone unturned, no cutlet uncooked.

*-Winston Churchill (1874-1965)  
English statesman and writer*

A mother is the truest friend we have.

*-D.H. Lawrence (1885-1930)  
English novelist*

God could not be everywhere and therefore he made mothers.

*-Proverb*



***We'd Like to Wish all Moms a Very  
Happy Mothers Day!***

## **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, May 4th**

On this date, we will have a bit of nostalgia  
by Larry Bergnach on "The Cowboys." We'll  
relive the early westerns, the singing cowboys  
and Clint Eastwood.

Everyone is welcome!

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### **Visually Impaired Awareness Day**

The DuPage Center for Independent Living is  
proud to sponsor the 16th Annual Visually  
Impaired Awareness Day. This event, open to  
anyone who is blind or visually impaired,  
their families and friends and anyone else  
interested in attending will take place on

**Wednesday, May 12th**  
**3:00 - 6:00 p.m.**

College of DuPage, Student Resource Center  
Room 2800  
425 Fawell Blvd., Glen Ellyn

There is no cost to attend.

Please call the DCIL at (630) 469-2300 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](http://www.glenellyn.org/Senior/Senior).

## Recipe for May Upside-Down Sunshine Cake



1 pkg. (2 layer size) yellow cake mix  
1 pkg. (3 oz.) JELL-O Orange Flavor Gelatin  
1 can (20 oz.) DOLE Pineapple slices, in juice, drained  
10 maraschino cherries  
3/4 Cup thawed COOL WHIP topping

- 1) Heat oven to 350°.
- 2) Prepare cake batter as directed on package. Spray 13x9 inch baking dish generously with cooking spray. Sprinkle dry gelatin mix onto bottom of dish. Top with pineapple; place cherry in center of each slice.
- 3) Pour batter over fruit in dish.
- 4) Bake 40 to 45 minutes or until toothpick inserted in center comes out clean. Cool 5 min. Loosen cake from sides of dish; invert into platter. Gently remove dish; cool cake completely. Serve topped with COOL WHIP.

Makes: 12 servings

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

