



# At Your Service

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

### ***Unusual Holidays in October***

- 1st - World Smile Day
- 8th - Nat'l Fluffernutter Day
- 10th - Nat'l Angel Food Cake Day
- 11th - Nat'l Sausage Pizza Day
- 14th - Be Bald and Be Free Day
- 15th - Nat'l Grouch Day
- 22nd - Nat'l Nut Day
- 24th - Nat'l Bologna Day
- 30th - Nat'l Candy Corn Day

### **Senior Center News**

October 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, October 13th 10:00– 11:00 am.***

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

The Book Club will meet on Tuesday, October 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, 9:00 am - 1:00 pm. 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 13th, 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 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.

#### **Glen Ellyn Shredder Event!**

The highly popular shredder event hosted by the Glen Ellyn Police Department and the Glen Ellyn Chamber of Commerce is back for its third year. This year's event is scheduled for ***Saturday, October 16,***

***9:00 a.m. - 12:00 p.m.,*** at the municipal parking lot on Crescent Blvd near Prospect Avenue. A three box limit per household is the same as last year and excludes businesses. The first year this event shredded 8,500 pounds of documents and the second year totaled over 10,000 pounds shredded.

## What's Happening At the Park District

### Rules of the Road

Use this two-hour course to brush up on traffic laws before taking the driver's license renewal examination. Included is a review of traffic signs and a practice test. This class is free, but registration is required.

Friday, October 15th  
9:30 - 11:30 a.m.

Main Street Recreation Center  
501 Hill Avenue, Glen Ellyn  
*Cost: Free*

Call (630) 858-2463 to register

### 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.

Wednesday & Thursday  
October 20 & 21  
9:00 a.m. - 1:00 p.m.

Main Street Recreation Center  
501 Hill Avenue  
\$12.00 AARP Member/\$14.00 Non-Member

Call (630) 858-2463 to register.

## Tuesday Senior Luncheons

**Happy Halloween! We're having a spooktacular good time playing Halloween Bingo this month with prizes to get you in the spirit, or get the spirit into you! This month's menu includes baked mostaccioli, meatballs, broccoli, Caesar salad, rolls and cake. Don't forget to pick up your free raffle ticket at the door. Reservations are required one week prior to the lunch date.**



**Tuesday, October 12th**

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

**Maryknoll Park Clubhouse**

**845 Pershing Ave., Glen Ellyn**

*Cost: \$7.00*



**Call (630) 858-2463 by Tuesday, October 5th to reserve your spot!**



## Funny Zone



**How to bake a cake** One day nine year old David was asked by his mother if he'd like to learn how to bake a cake. She told him, "You'll have no trouble as long as you follow the instructions on the box." Later she was shocked to return to the kitchen and find David with his hand submerged in batter. "What are you doing?" she gasped. "I'm just following the instructions on the box," David announced. "They say, 'Mix by hand.'"

**Silent Treatment** -Mike and Joan were having some problems at home and were giving each other the "silent treatment." But then Mike realized that he would need his wife to wake him at 5:00 am for an early morning drive with some pals to go golfing.

Not wanting to be the first to break the silence (and so lose the 'war'), he wrote on a piece of paper, "Please wake me at 5:00 am." The next morning, Mike woke up, only to discover it was 9:00 am and that his friends had left for the golf course without him.

Furious, he was about to go and see why his wife hadn't awakened him, when he noticed a piece of paper by the bed. The paper said, "It's 5:00 am. Wake up." Men simply are not equipped for these kinds of contests

**Big Turkey** -A lady was picking through the frozen turkeys at the grocery store, but couldn't find one big enough for her family. She asked the stock boy, "Do these turkeys get any bigger?" The stock boy answered, "No ma'am, they're dead."

**The Wall** -A funeral service is being held for a woman who has just passed away. At the end of the service the pallbearers are carrying the casket out when they accidentally bump into a wall, jarring the casket. They hear a faint moan. They open the casket and find that the woman is actually alive! She lives for ten more years, and then finally dies. A ceremony is again held at the same place, and at the end of the ceremony the pallbearers are again carrying out the casket. As they are walking, the husband cries out, "Watch the wall!"

**Water Pistols** -When my three-year-old son opened the birthday gift from his grandmother, he discovered a water pistol. He squealed with delight and headed for the nearest sink. I was not so pleased. I turned to mom and said, "I'm surprised at you. Don't you remember how we used to drive you crazy with water guns?" Mom smiled and then replied, "OH YES! I do remember."

# Extra Brain Exercise for October

## Have A Little Fun ...

### In Honor of Dictionary Day *October 16th*

Here is a fun word game...

Can you make at least 12 words,  
each with 4 letters or more,  
from the word BRIDGE?

*-Answers on the last page*





## What's Happening Around Town

### DuPage Seniors & Caregivers Fair



*Friday, October 8, 2010, 8:30 - 12:30 p.m.*

DuPage County Fairgrounds, 2015 W. Manchester Rd., Wheaton

#### Services available:

- Ø Vision Screenings
- Ø Hearing Test
- Ø Body Fat Analysis
- Ø Blood Pressure
- Ø Bone Density
- Ø Podiatry
- Ø Fall Risk
- Ø Diabetes-2 Testing (requires 2 hr fast-  
Excluding water and medication)
- Ø Flu Shots available by appointment.

More than 75 vendors will be available to answer questions and offer their services!

#### REFRESHMENTS & PRIZES!!

Low Income Energy Assistance Program (LIHEAP) applications may be taken. Call for details of what to bring.

For additional information call: DuPage County Senior Services, (630) 407-6500



## Get Your Car Ready for Winter!!

The Milton Township SALT (Seniors and Lawmen Together) Council will be holding their annual **Seniors Auto Inspection** on Saturday, October 23rd, 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).

A team of volunteers will inspect your vehicle and make recommendations for making it safer for the winter months ahead. Appointments are not required.

Coffee and cookies will be served while you wait.

Please call (630) 668-1616 with questions or for more information.



## October Facts About the Month

**OPAL**, the birthstone of October, symbolizes magic, love and hope. Superstition says that anyone wearing an opal, not born in October, will be unlucky.

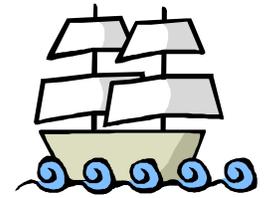
**CALENDULAS**, the flowers of October, were thought to be an effective remedy for jaundice.

The tradition of bobbing for **APPLES** on Halloween may have originated with an ancient Roman autumn festival honoring *Pomona*, the goddess of fruit.

If thoughts of jack-o'-lanterns give you the chills, you may suffer from the fear of Halloween or **SAMHAINOPHOBIA**.

**SCORPIO**, the sign of the scorpion, is the period between October 23 and November 22. Those born under this sign are said to be outwardly friendly and easygoing.

Days to Remember in  
OCTOBER



### **Columbus Day - October 11**

The anniversary of Columbus' landfall in the New World is a public holiday for most countries in the Americas. It's observed under different names such as *Dia de la Raza* or Day of the Race, and on different dates.

Americans observe Columbus Day the second Monday in October. Keep in mind banks and post offices may be closed.

### **Dictionary Day - October 16**

This is the birth anniversary of Noah Webster who was born in 1758. He was a teacher and journalist whose name became synonymous with the word "dictionary." He compiled the earliest American Dictionaries in the English language.

### **Make A Difference Day - October 23**

This day is set aside to help others less fortunate than ourselves. Every year nearly two-million people nationwide participate in this special day. To find out how you can get involved, visit [www.makeadifference.com](http://www.makeadifference.com) or call 800-416-3824.



# Health Watch

## For October

### Sleep And Insulin

**Being deprived of sleep for just one night impairs the ability of insulin to ferry sugar from the blood to the body's tissues. Such insulin resistance might increase the risk of developing type 2 diabetes.**

### Shot In the Arm

**A shocking number of adults are not up-to-date on the immunizations. Check with your doctor about which you may need, but here are some guidelines.**

**ê Chicken Pox *Who needs?* Anyone born after 1979 who hasn't had the disease or been vaccinated.**

**ê Measles, mumps, rubella *Who needs?* People born after 1956 who haven't been vaccinated.**

**ê Pneumonia *Who needs?* Those 65 and older or those with chronic illness.**

**ê Shingles *Who needs?* People 60 and older.**

*-Prevention and OnHealth*

# Key Knowledge

To maintain the security of your home, you should be able to immediately identify the location of all keys. Here are some additional tips:

- ü If you have a "keyboard" with extra keys to the house and car, don't keep it in plain sight for anyone coming into the house to see.
- ü When you have additional keys of any kind, keep them labeled and in a secure place so you won't forget where they are or what they unlock.
- ü Don't hide keys outside the house where burglars can find them.
- ü Never attach anything to your key ring that lists your name, address, or telephone number.
- ü Separate your house keys from your car keys when leaving the car for service or parking.
- ü When going out of town, give a key to your home only to someone who will guard it as if it were there own.

And finally, always lock the door when you leave your place, an obvious safety measure that is not always taken.



## Hats Off To Our Brave Firefighters

### Fire Prevention Week October 3 - 9



**An amazing number of home fires are due to some type of electrical failure. Here is very important electrical safety advice from the experts at the National Fire Protection Association.**

- o Replace or repair damaged or loose electrical cords.**
- o Avoid running extension cords across door ways or under carpets.**
- o Avoid overloading outlets. Plug only one high-wattage appliance into each receptacle outlet at a time.**
- o If you have outlets that feel warm, frequent problems with tripping circuits, or dimming lights, have a repairperson in.**
- o Place lamps on level surfaces, away from things that can burn and use bulbs that match the lamp's recommended wattage.**

***And remember, if there is a fire, get out quick and don't go back for any reason!***

## Jack-O'-Lantern Lore



Carving pumpkins originated in Ireland, where, according to legend, a drunkard named Jack had a run-in with the devil. The devil wanted Jack's soul. Unwilling to give his soul, Jack trapped the devil in a tree and made him promise never to ask for his soul again.

When Jack died, he was not admitted to heaven. Desperate for a resting place, Jack approached the devil, who turned him away because of their bargain. But the road back was dark and windy, so the devil tossed Jack a coal from hell's fire to light the way. To prevent the wind from blowing out the coal, Jack placed it inside a turnip. Since that fateful night, Jack of the Lantern or Jack-o'-Lantern has been traveling the world searching for a place to rest.

Irish children traditionally carved turnips and potatoes to light the night on Halloween. The custom was brought to America in the nineteenth century by Irish immigrants. Since turnips were not as readily available here, pumpkins became a popular substitute.

***We hope you have a very***

***Happy Halloween!!***



## IMPORTANT INFORMATION

## Answers to the Quizzes/Puzzles

Don't forget...

è **If you are receiving benefits from Circuit Breaker**, you **MUST** file a new application each year. The deadline is December 30th! Please call us if you still need to file your 2009 application!!

è **The Open Enrollment period for Medicare Part D (Prescription Drug plans)** is November 15 through December 31st.

We will be scheduling appointments to review your current plans or sign you up for a new plan during that time period.

Watch for the information in the  
November newsletter!



*New Program at Sunrise Assisted Living*

**"MAKE ME FEEL IMPORTANT"**

Experience some powerful ideas for success! Understand the important of a first impression, discuss and demonstrate steps for successful communication.

*Wednesday, October 27th, 6:00 p.m.*

A light supper will be served.

Please call (630) 469-5555 to RSVP or 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 October

## *Mac 'N Cheese Pie*



1 pkg. (14 oz.) KRAFT Deluxe Macaroni & Cheese Dinner  
2 Cups small broccoli florets  
4 eggs  
1 pkg. (6 oz.) OSCAR MAYER Smoked Ham, chopped  
1/2 Cup KRAFT Shredded Cheddar & Monterey Jack Cheeses

- 1) HEAT oven to 350°.
- 2) COOK Macaroni in large saucepan as directed on package, adding broccoli to the boiling water for the last 2 minutes; drain.
- 3) BEAT eggs in a small bowl; stir in Cheese Sauce. Add to Macaroni mixture with ham; mix well. Spoon into 9-inch pie plate sprayed with cooking spray. Top with shredded cheese.
- 4) BAKE 30 minutes or until macaroni mixture is set in center and top is golden brown.

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

