



# At Your Service

*Fall Is Just Around The Corner!!*

September 2010

## ***Unusual Holidays in*** Senior Center News

### ***September***

- 2nd - Blueberry Popsicle Day
- 3rd - Nat'l Lazy Moms Day
- 5th - Be Late for Something Day
- 9th - Wonderful Wierdos Day
- 12th - Nat'l Hug Your Hound Day
- 16th - Collect Rocks Day
- 21st - Miniature Golf Day
- 22nd - Elephant Appreciation Day
- 25th - Comic Book Day
- 30th - Ask a Stupid Question Day

### ***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, September 8th 10:00– 11:00 am.***

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

The Book Club will meet on Tuesday, September 21st 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.

## **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 after September 15th 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.



## What's Happening At the Park District

### Prairie State Legal Services

Prairie State Legal Services provides legal assistance to persons with low income and persons 60 years or older. If you need assistance with landlord-tenant issues, Social Security, elder abuse or noncriminal legal problems, schedule an appointment by calling (630) 690-2130.

*Tuesday, September 7th*

*1:30 - 3:30 p.m.*

Main Street Recreation Center

501 Hill Avenue

Fee: **FREE**

### Active Senior Adult Tuesday Luncheons

**Welcome back! We're playing a little Left-Right-Center this month with a chance to win some fun prizes! Before our game, enjoy a wonderful lunch of fried chicken, roasted mashed potatoes, mixed vegetables, tossed salad, rolls and lemon pound cake. Don't forget to pick up your free raffle ticket at the door.**

*Tuesday, September 14th*

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

Maryknoll Park Clubhouse

845 Pershing Avenue

Cost: **\$7.00**

## 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



**The Shredder** - A young executive is working late one evening. As he comes out of his office about 8 p.m., he sees the big boss standing by the shredder in the hallway, a piece of paper in his hand. "Do you know how to work this thing?" the older man asks. "My secretary's gone home and I don't know how to run it." "Yes, sir," says the young executive, who turns on the machine, takes the paper and feeds it in. "OK!" says the boss, "I just need the one copy."

**Leaning Left** - I have this friend who always seemed to lean slightly to the left all the time. It used to bother me, so I suggested he see a doctor, and have his legs checked out. For years, he refused... told me I was crazy. But last week, he finally went, and sure enough, the doctor discovered his left leg was 1/4 of an inch shorter than his right. A quick bit of orthopedic surgery later, he was cured, and both legs are exactly the same length now, and he no longer leans. "So," I said, "You didn't believe me when I told you a doctor could fix your leg." He just looked at me and said, "I, stand corrected."

**The Witness** - An old man was a witness in a burglary case. The defense lawyer asked Richard, "Did you see my client commit this burglary?" "Yes," said Richard, "I saw him plainly take the goods." The lawyer asks Richard again, "Richard, this happened at night. Are you sure you saw my client commit this crime?" "Yes" says Richard, "I saw him do it." Then the lawyer asks Richard, "Richard listen, you are 80 years old and your eye sight probably is bad. Just how far can you see at night?" Richard says, "I can see the moon, how far is that?"

**Real Politics** - Two political candidates were having a hot debate. Finally, one of them jumped up and yelled at the other, "What about the powerful interest that controls you?" And the other guy screamed back, "You leave my wife out of this!"

**Hourly Rate** - Sign seen in repair shop (directed at customers):

Hourly rate: \$10.50

Hourly rate if you sit and watch: \$12.50

Hourly rate if you sit, watch, and comment: \$15.50

Hourly rate if you sit, watch, comment, and "help": \$20.00

**Salesman** - "So, how did you do?" the boss asked his new salesman after his first day on the road. "All I got were two orders." "What were they? Anything good?" "Nope," the salesman replied. "They were 'Get out!' and 'Stay out!'"

# Extra Brain Exercise for September

## Have A Little Fun ...

### Test Your Memory

You need about 30 minutes for this quiz (although the exercise itself takes less than five). Set a timer for

2 minutes, then study the words below. When the bell rings, put the list aside and do something else that will distract you. Twenty minutes later, write down as many words as you remember (in any order):

- Violin
- Balloon
- Stereo
- Lizard
- Teacher
- Building
- Strawberry
- Cradle
- Oven



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# More Funny Zone

## Lighter Side of Typos

Here are real-life examples of typos found in newspapers.

- é They were married and lived happily even after.
- é The eight-and-a-half pound daughter came to frighten the home of Mr. And Mrs. White.
- é Preheat the oven to 450 degrees and place foot in it. It will be ready to serve in one hour.
  - é Come see ducks, deer, turkey and wild wife.
  - é The defendant was charged with carless driving.
  - é Last year, Mother Nature hit the mountain with a furry.
- é Mr. and Mrs. Richard Hill announced the coming marriage of their daughter Helene. No mate has been selected for the wedding.

*-Revenge of the Anguished English*

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LAUGH - A - LITTLE

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# September

## Facts About the Month

**SAPPHIRE**, September's

birthstone, was thought to have the power to turn stupidity to wisdom and peevishness to good humor.

**ASTER**, the flower of September, gets its name from the Greek *asteros* meaning "star", and is descriptive of the common form of the flower heads.

The ancient Egyptians used **HONEY** to treat cataracts, cuts and burns.

**AUTUMN** officially begins at 11:09 p. m. EDT on September 22nd.

Happy Fall!!

**LABOR DAY** is the 3rd most popular holiday to barbecue in America, right after the 4th of July and Memorial Day.

The **HARVEST MOON** is the full Moon that occurs closest to the Autumnal equinox.

**LIBRAS**, those born between September 23 and October 22, are said to be tactful and have good manners.

# Labor Day

## How It All Began



About 118 years ago, a fellow named Peter J. McGuire wanted a day of rest for workers. The best time for it, thought McGuire, would be between July 4th and Thanksgiving.

McGuire knew a lot about working. The son of Irish immigrants, he went to work at age 11.

He held every sort of job until he found his niche as a carpenter. A natural leader, McGuire soon became a force for unionization.

At the time of the United Brotherhood of Carpenters formation, McGuire had two principal goals: First, he wanted carpenters to have an eight-hour workday, which was achieved several years later. Second, he wanted a Labor Day holiday.

In 1882, the UBC and others organized the first Labor Day parade in New York City. The celebration spread to other cities and states in the following years. In 1894, Congress passed a law recognizing Labor Day as an official national holiday.

And now, Labor Day has come to be recognized as the unofficial end of the summer - a time for parades, the last cookouts of the season, parties and fun.

**We hope you have a safe and happy Labor Day!**

# Health Watch



# Fall Time Cleanup

## The Cold Truth

Vitamin C for colds is not what it was thought to be. It's Vitamin D that keeps bugs at bay. Scientists found that people with the highest level of D had fewer colds, possibly because the vitamin stimulates the production of infection-fighting chemicals.

*-Fitness*

## Active Flying

To help prevent deep-vein thrombosis, a potentially deadly blood associated with long plane rides, bend and straighten your legs, wiggle your toes and rotate your feet every half hour. Get up and walk around.

*-Consumer Reports*

## Falls and the Inner Ear

A third of people over 40 have signs of inner ear dysfunction. People with the ear problem who also experience dizziness or other symptoms are 12 times more likely to fall. Age increases risk of the problem, as does a history of diabetes.

*-OnHealth*

## Sick-Proof Yourself

Most infections are transferred by hand contact. Get in the habit of washing your hands with soap and water for as long as it takes to sing "Happy Birthday."

*-Woman's Day*

Below are a few cleanup tips using items you may have handy.

**Squeegees** - Use a squeegee to clean the tiles after a shower. Or, use to scrape pet fur off furniture.

**Oven Mitts** - Use an old oven mitt for dusting - one side for waxing the other for polishing. Or, wear an oven mitt to change a hot light bulb.

**Toothpaste** - Use non-gel toothpaste to shine your toaster.

**Dryer sheets** - Use a used dryer sheet to clean TV screens, blinds and mirrors.

**White Bread** - Use a ball of soft bread to pick up small pieces of broken glass.

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

## Happy Grandparents Day!!



Though National Grandparents Day was officially recognized in 1978, observance was spotty until recent years. Now, the first Sunday after Labor Day is becoming an anticipated time to visit with grandparents in person or on the telephone.

Recently, the *AARP Bulletin* asked readers about their own experiences in order to learn more about the state of grandparenting today. Some of their findings:

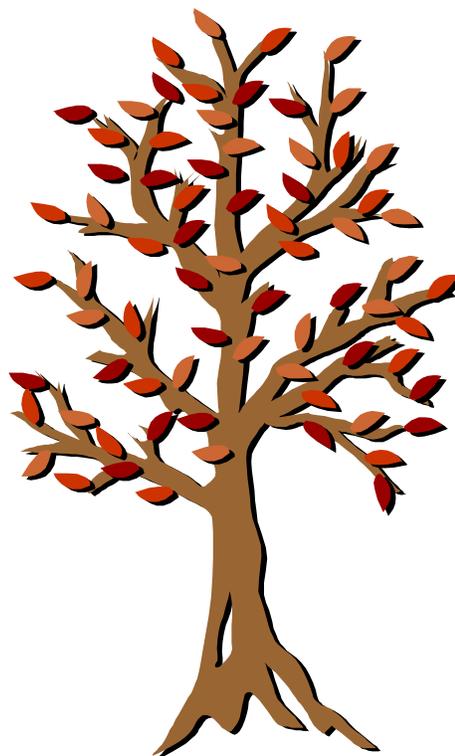
- Y **The youngest grandparents** were in their 40s, and the oldest in their late 90s.
- Y **Most had only a few grandchildren** but about 5 percent had 20 or more.
- Y **Only a third live less than 25 miles** away and are able to see grandchildren more than once a week.
- Y **For most, only occasional visits** are possible. They keep in touch by visiting and talking on the phone. A few use email.
- Y **Five percent of respondents** were raising their grandchildren.

The most satisfying thing about grandparenting is the joy of watching kids grow, teaching them and doing projects together. It seems the world changes all the time, but the bond between grandparents and grandchildren remains essentially the same.

## Awesome Autumn

The shorter days and longer nights can only mean one thing: Mother Nature is about to start her glorious show. Once green gives way to a palette of yellows, oranges and reds - it's time to have some fun. Raid your local park for colorful leaves, then press for posterity. To do: Open a large, heavy book to the center. Lay a piece of paper towel on each side to absorb any moisture; place leaves on one side not touching, then close the book for about a week. Frame or affix to cards to make one-of-a-kind notes.

Call the Fall Color Hotline - 800-354-4595 to find color hot spots.





# Miscellaneous Tidbits



## ***Your personal paper shredder -***

The Better Business Bureau reports that more than 9 million Americans were victims of identity theft last year. Security experts say the majority of identity-theft cases don't involve criminal computer masterminds. The thefts are more commonly done by dumpster-diving crooks. They go through trash cans to find bank statements, pre-approved credit card solicitations, old bills, computer printouts, and other financial documents. Or they use the telephone to get gullible people to reveal their bank account or Social Security numbers. Paper documents you throw away put your identity at greater risk than giving credit card information online. Law enforcement officials now recommend using a paper shredder to destroy all papers that show financial information, Social Security numbers, or other personal information.



**Pack a Picnic** -Savor the last warm days of summer with an alfresco meal. Here are some tips on picnics—and the pursuit of happiness!

Old-timers say that ants won't cross a thick chalk line. If you bring a pie, draw a chalk circle around it! Freeze a couple of water bottles that can be used first to cool your picnic basket and then to quench your thirst. Don't let insects bug you. Avoid tablecloths or clothes in dark or bright colors. Keep food in sealed containers. Prepare cold or room-temperature food that travels well.

## ***Don't wash meat, poultry-***

New guidelines by the U.S. Department of Agriculture discourage washing of meats and poultry before cooking. The risk of cross-contamination from handling the food as it's washed outweighs any benefits. Bacteria in raw meat and poultry juices can be spread to other foods, utensils, and surfaces. Your hands could become just as bacteria-laden as the surface of the food. Bacteria on the food are destroyed by cooking to a temperature of 160 degrees Fahrenheit.



## **Poison plants are more dangerous in fall -**

Whether you're fishing, hiking, hunting, or picnicking, your chances of contacting poison plants are higher in fall. Poison ivy, oak, and sumac have grown up and spread out. \* Don't count on "leaves three, let it be," because poison plants vary in appearance depending on the area. Ask a local guide to show you what you need to avoid. \* Dress for protection. Wear long pants, socks, and a long-sleeved shirt. \* If you suspect you have touched a poison plant, start treating yourself immediately with water. If you have to go into a stream, do it. Urushiol requires about 20 minutes to penetrate deeply in the skin. Soap helps, but immediately washing with just water can prevent a bad reaction.



# Recipe for September



## Frosted Peanut Marshmallow Crispy Squares

1/4 Cup (1/2 stick) butter or margarine  
1 pkg. (10 oz.) Jet-Puffed Marshmallows  
(40 marshmallows)  
1/2 Cup creamy peanut butter  
5 Cups Crisp rice cereal

1 Cup Planters salted peanuts  
1 Cup Baker's Semi-Sweet Chocolate Chunks  
1 Cup Butterscotch chips

- 1) Microwave butter in large microwaveable bowl on HIGH 45 seconds or until melted. Add marshmallows; toss to coat. Microwave 1-1/2 minutes or until marshmallows are completely melted, stirring after 45 seconds.
- 2) Stir in peanut butter until blended. Add cereal and nuts; mix well. Press onto bottom of greased 13"x9" pan.
- 3) Microwave remaining ingredients in small microwaveable bowl 1 to 1-1/2 minutes or until completely melted and mixture is well blended, stirring every 30 seconds. Pour over cereal mixture; spread to cover. Refrigerate 1 hour or until chocolate mixture is set.

### Or...Use your stove

Melt butter in 3 qt. Saucepan on low heat. Add marshmallows; stir until marshmallows are completely melted and mixture is well blended. Stir in peanut butter; remove from heat. Add cereal and nuts, mix well. Press mixture firmly onto bottom of greased 13"x9" pan. Place remaining ingredients in saucepan; cook on very low heat until completely melted and mixture is well blended, stirring frequently. Pour over cereal; spread to cover. Refrigerate until chocolate mixture is set.

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