



# At Your Service

## *Dog Days of Summer!!*

### ***Food Holidays in August***

1st - Nat'l Raspberry Cream Pie Day

3rd - Nat'l Watermelon Day

6th - Nat'l Root Beer Float Day

10th - Nat'l S'mores Day

14th - Nat'l Creamsicle Day

15th - Nat'l Lemon Meringue Pie Day

21st - Nat'l Spumoni Day

24th - Nat'l Peach Pie Day

26th - Nat'l Cherry Popsicle Day

### **Senior Center News**

August 2011

#### ***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, August 10th 10:00– 11:00 am.***

*At the Senior Center...*

**The Book Club** will meet on Tuesday, August 16th

at the Glen Ellyn Library at 10:15 a.m. Please call Sue at (630) 858-6343 for more information.



### **Wheaton Municipal Band - Free 2011 Indoor Concert**

The Wheaton Municipal Band plays a *FREE* concert at Edman Chapel (Wheaton College). Recognized internationally as one of the finest community bands in the country, the Wheaton Municipal Band has put together a star-studded program "Sousa on Sousa". Great grandson of music icon John Philip Sousa shares in this phenomenal concert honoring the "March King". Also on the program is the United States Marine Band's featured violinist, Peter Wilson.



Saturday, August 6th  
8:00 pm  
At Edman Chapel at Wheaton College  
501 College Ave., Wheaton  
Cost: FREE



Call (630) 260-1288 for more information

# What's Happening At the Glen Ellyn Park District

## *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  
August 24 & 25  
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.

## *Summer Jazz In The Park*

Are you looking for a relaxing night out with wonderful music? The Glen Ellyn Park District has teamed up with 90.9 FM WDCB to present summer jazz concerts in the park. Come listen to the Glen Ellyn Jazz Ensemble, a 16-member group playing a mix of your favorite Big Band tunes. The Jazz Ensemble has appeared at the Taste of Glen Ellyn, the Festival of the Arts and other area events. Jazz in the Park brings a touch of Ravinia to Glen Ellyn. Bring a blanket, lawn chairs and picnic dinner. In case of rain or severe weather the concert will be cancelled.

Call (630) 858-0920 for cancellation info.

Wednesday, August 17

7:00 - 9:00 pm  
At Lake Ellyn  
Cost: FREE

## The 16th Annual **SENIOR LIFESTYLE EXPO**

presented by the Northeastern Illinois Area Agency on Aging will be held on

**Tuesday, August 30th and Wednesday, August 31st**

**9:00 a.m. to 2:00 p.m.**

At

*Drury Lane Conference Center, Oakbrook Terrace*



Highlights will include Entertainment, Exhibitors, Senior Idol Competition and much more!

Cost: \$3.00 per person



For more information call (630) 293-5990 or visit  
[www.SeniorLifestyleExpo.org](http://www.SeniorLifestyleExpo.org)



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# Extra Brain Exercise for August



## Have A Little Fun ...

### Regal Nicknames

Elvis Week is August 10th - 16th. And to honor the “King of Rock ‘n’ Roll,” here’s a fun trivia quiz about a few other “kings.”

- 1) What band leader was nicknamed “The King of Swing”? a - Paul Whiteman, b - Artie Shaw, c - Glenn Miller, d - Benny Goodman
- 2) What rugged actor was nicknamed the “King of Hollywood”? a - Errol Flynn, b - Douglas Fairbanks Jr., c - Yul Brynner, d - Clark Gable
- 3) What French ruler was known as “The Sun King”? a - Louis XIV, b - Louis XV, c - Louis XVI, d - Louis X
- 4) What movie western star was nicknamed “King of the Cowboys”? a - Gene Autry, b - William S. Hart, c - Rod Cameron, d - Roy Rogers
- 5) What animal is considered the “King of the Jungle”? a - elephant, b - lion, c - giraffe, d - hippopotamus



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# New Section...FRAUD ALERTS!

## Information for everyone to be aware of and to share!!

*-Courtesy of Age Options & Illinois SMP (Senior Medicare Patrol)*

### **Beware of Door-to-Door Home Health Solicitation**

The Illinois SMP program has received complaints from Robbins, Illinois about a home health agency that is sending individuals who are under 18 door-to-door to solicit seniors for home health services. The youth are asking seniors for their Medicare numbers, Social Security numbers, and a completed consent form. Please note that legitimate home health agencies will NOT solicit door-to-door, and people should never give personal information such as a Medicare or Social Security number to someone who comes to the door. If anyone has experienced a situation like this in Illinois, please report it to the Illinois SMP program by calling AgeOptions at (800)699-9043.

### **Energy Service Scam Phone Calls**

Several SMP partner agencies were alerted to a scam this week in which a resident in a senior building received a call from someone claiming to be from "Intergry's Energy Services." The caller stated that the resident's electric bill had not been paid and was overdue. When an advocate assisted the individual in contacting the supposed company, they left several messages and were unable to reach anyone. Anyone who is receiving calls like this is encouraged to report them to the Illinois Attorney General's Office via their consumer fraud hotlines: (800)386-5438 in Chicago, (800)243-0618 in Springfield, and (800)243-0607 in Carbondale.

### **Home Delivered Meals Donation Scam**

Our SMP Coordinators in Bloomington, Illinois have warned us about a scam reported in their area in which a home delivered meal client received a phone call from someone claiming to be asking for donations for her home delivered meals. The caller asked the person if she was a member of AARP, if she receives home delivered meals, and if she donates for her meals. The caller then asked the person for bank account information to make a donation. The client verified with her home delivered meal provider that these calls did not come from them, and we suspect that it is likely a scam. We encourage people to make donations over the phone ONLY if you make the call, so that you know who you are speaking to!

### **CMS Warns About Medicare Card Replacement Scam**

The SMP programs received warning from the Centers for Medicare and Medicaid Services this week that a scam has been reported in Kansas City in which people are receiving phone calls telling them that their Medicare cards need to be replaced, and that the caller needs to verify address, phone number, and bank information. These calls are a scam; Medicare is not issuing new cards, and consumers should not give personal information to anyone who calls on the phone.



## August Fun Facts

### Did you know...?

More **BIRTHDAYS** are reported in August than any other month.

South American Shamans used **PERIDOT**, the birthstone of August, to ward off snake bites and evil spirits.

Ten percent of all Americans taking a **SUMMER VACATION** pack the day of their trip.

**NATIONAL NIGHT OUT** is observed on August 2nd. This annual crime prevention event helps protect millions of Americans each year.

**VIRGO** individuals, those born between August 23rd and September 22nd, are very informative and passionate givers of advice.

**GLADIOLUS**, the flower of August, is sometimes called Sword Lily even though it's not related to the lily. The gladiolus is actually a form of iris.

## International Left-hander's Day!



On August 13, 1976 International Left-hander's Day was launched. This day was chosen because it was Friday the 13th and a way to poke fun at the superstitions that surrounded left-handed people for years. Here are just a few:

- F A ringing in your right ear means someone is complimenting you. In the left ear it means someone is maligning you.**
- F If a left-handed person is forced to use his or her right hand, he or she will become a stutterer.**
- F Getting out of bed with your left foot first means you'll have bad luck all day.**
- F It's bad luck to pass a drink to another person with your left hand.**
- F If your right palm itches, you'll receive money. If your left palm itches, you'll give money.**

*For more great leftie info visit [anythingleft-handed.co.uk](http://anythingleft-handed.co.uk)*

## Speaking of Safety

**AUGUST 22-26 Is Safe at Home Week**

About half of all American households consist of one person. Living safely on your own is a key source of independence. All home safety advice given to couples and families applies to the homes of single people, but these cautions are even more important for one-person households.

- ü Put the telephone in a convenient spot. If you use a cell phone, be conscious of where you leave it so it can be found quickly.
- ü When visitors knock, have them identify themselves. Use the door chain if you have one. Never open the door for an unidentified stranger.
- ü Have daily communications with family or friends. Remain socially engaged.
- ü Keep track of doctor's appointments and times to take any medications.
- ü Keep your floors clear. Reduce clutter and safely tuck telephone and electrical cords out of walkways to prevent a fall.

And finally, create an action plan in case of an emergency. Who will you call, a neighbor, 911, family or a friend?

## MEDS ONLY - Hold the Chips

Vending machines now offer more than M&Ms. With InstyMeds (instymeds.com), convenient ATM-like dispensers provide medications. Machines are in 24 states, mainly in Emergency Rooms. They're for when you need medications and can't wait.

**Security** - Doctors enter prescriptions into a computer and issue vouchers. Patients enter voucher costs to receive meds.

**Payment** - Machines take credit cards; patients with insurance are charged their standard co-payment.

**Stock** - Most dispensers carry 50 to 60 acute care medications from antibiotics to painkillers.

-AARP

## BRIGHT IDEAS



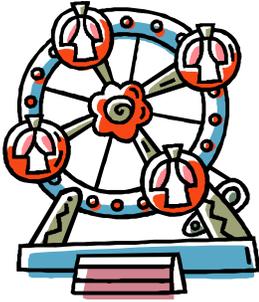
Here are 3 ways to use an old toothbrush:

**BRUSHES AND COMBS** - Run a toothbrush between the bristles or teeth to get out residue from sticky hair products.

**STAINED CLOTHING** - After you let stain remover soak, scrub fabric from the backside with a toothbrush.

**SURFACES** - A toothbrush is the perfect tool to scrub around faucets with ease.

# Fair Days AHEAD!



Our modern state and county fairs feature agricultural displays, competitions, races and entertainment of many kinds. They're an annual event attended by hundreds of thousands of people. But when did all of this begin? How about 14,000 years ago, or even before that?

In China, the Rites of Chowli, a fair-like event, dates from the 12th century BC. In Mexico, the Aztecs had festivals and fairs a few centuries later. In Greece, the Olympic games were primarily athletic, but there was trading at the same time, including grain, linens, carpets and furniture.

The word "fair" is believed to originate from the Latin word, *feriae*, meaning festival or holiday. From the 5th century of the Christian era, fairs were held in Champagne, France.

The first fair in the U.S. took place at New Haven, CT in 1644 and was devoted to the exhibition of livestock and agricultural products.

Two of the oldest state fairs started in 1841 at New Brunswick, NJ and Syracuse, NY. Other states soon held their own state fairs.

So keep in mind when you're having fun at the fair, that fairs were born at the dawn of recorded history!

## Gee Whiz! What's A Ton of Money Worth?



When you say something would cost a ton of money, here's what you're actually talking about:

According to the Bureau of Engraving and Printing, all paper bills weigh the same: one gram. About 454 grams make a pound, which means that a ton of dollar bills would be worth \$908,000.



A ton of \$5s then would be worth \$4,540,000 and a ton of \$10s would come to \$9,080,000.

You don't get as much with a ton of coins. A quarter weighs 5.7 grams, according to the U.S. Mint. So a ton of quarters would be worth \$40,000.



With pennies, it gets worse. You would need 362,200 pennies, at 2.5 grams each, to make a ton, for a paltry sum of \$3622. In that case, losing a ton of money would not be a total disaster.



# Funny Zone



**An Addiction** - Connie told her 4-year-old grandson, Dean, not to jump on the beds. After several warnings she punished him, explaining that should he fall, he would hurt himself badly. Several minutes passed... and he was back to jumping on the beds. Connie said, "Dean, you weren't jumping on the beds again, were you?" He stood with his little head dropped low and said, "I'm trying, but it's so hard to quit."

**Names** - George goes to the Birth Registration Office to register his newborn son. The man behind the counter asks the name he wants to give to the boy, and the father replies: "Euro." The man says that such a name is not acceptable, because it's a currency. Says George: "What? There weren't any objections when I called my first two sons Mark and Frank."

**The Boring Speaker** - The after-dinner speaker just didn't have a Stop button. He bumbled on and on and on, oblivious to his increasingly restless audience. Finally one of the more drunken diners hurled an empty wine bottle at him. It missed, and hit the Chairman instead. As the Chairman slid slowly to the floor clutching his head, he was heard to murmur, "Hit me again, I can still hear him."

**Reasons You Should Buy a New Car** - - Your passenger seat is on the National Register of Historic Places. - Instead of an air bag, there is a whoopee cushion taped to your steering wheel. - You lose the stoplight challenge to a 14 year old on a moped. - 15 minute Jiffy Lube needs to keep you car for 3 days. - When you gas up, the attendant asks, "Can I re-duct tape that windshield for you?" - Thieves repeatedly break in your car just to steal the "Club". - While sitting at a stoplight, people keep running up to you and asking if anyone was hurt. - For the last five years, you've had to settle for making "vroom, vroom" noises while in the driveway. - You keep losing dates on left turns

**Occupation** - My job is in the aerospace industry, and it's always been a challenge to explain what kind of work I do. At one gathering, I tried several unsuccessful attempted explanations before deciding to be as generic as possible. When the subject came up while I was talking with a group of guys, I replied simply, "Defense contractor." The men nodded, and as the conversation went on, I silently declared victory to myself. Then, one of them turned to me and asked, "So, what do you put up mainly? Chain-link?"

**Business Name** - Some of my friends started a company built around an innovative idea for an online business. A debate broke out about what to name the venture. "We have to call it Imagination," one passionate participant cried out. Everyone thought the idea over for a minute, and then a voice of reason replied, "Are you sure you want your business card to read 'Imagination, Limited'?"

**Casserole** - Before rushing to work, I prepared a casserole for that evening's dinner and put it in the fridge. As I turned to leave, I told my son to stick it in the oven when he got home from school. "Make sure to put it in at 350," I said. "Sorry, can't," he replied. "I don't get home until quarter after four."

# Are You Ready for an Emergency?

Help 9-1-1 protect you and your family!

DU-COMM (the dispatch center for our police and fire departments) now offers a FREE, new service to help you when you call 9-1-1. Once you've signed up, first responders will be provided important information that will help them address your emergency. This information - including medical issues, photos, number of members in the resident, location of bedrooms, etc. - can help Police, Fire and EMS locate you.

- Supported by existing 9-1-1 fees - *FREE to register*
- Brought to you by DuPage Public Safety Communications
- 100% private and secure

Sign up today or get more information at  
***Smart911.com***



## 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](mailto:seniors493@geseniors.net)

Website: [www.glenellyn.org/Senior/Senior.htm](http://www.glenellyn.org/Senior/Senior.htm)



# Recipes for August



## Skillet Chicken & Vegetables Parmesan

2 cloves garlic, minced  
 1/4 cup KRAFT Light Zesty Italian Dressing  
 4 small boneless skinless chicken breast halves (1 lb.)  
 1 tsp. dried basil leaves, divided  
 1/4 tsp. black pepper  
 1 pkg. (10 oz.) frozen mixed vegetables (carrots, broccoli, beans, peppers), thawed  
 2 Tbsp. KRAFT Grated Parmesan Cheese

**COOK** garlic in dressing in large skillet on medium heat 1 min. Add chicken, 3/4 tsp. basil and pepper; cook 4 to 5 min. on each side or until chicken is done (165°F).

**ADD** vegetables and remaining basil; cook 2 to 3 min. or until heated through, stirring occasionally.

**SPRINKLE** with cheese.

### *Special Extra*

For a spicier flavor, substitute crushed red pepper for the black pepper.

## Crust

24 Nutter Butter sandwich cookies  
 5 tablespoons [butter](#), melted

## Filling

1 (8 ounce) package [cream cheese](#), softened  
 1 cup [creamy peanut butter](#)  
 3/4 cup [sugar](#)  
 1 tablespoon [vanilla](#)  
 1 (8 ounce) container [Cool Whip](#), thawed, divided

1 To make crust\*, crush the cookies in a zipper style plastic bag with a rolling pin, or in a food processor.

2 Mix cookie crumbs with butter.

3 Press into bottom and sides of a 9 inch pie plate.

4 Mix cream cheese, peanut butter, sugar and vanilla with electric mixer on medium speed until well blended.

5 Gently stir in 1 1/2 cups whipped topping.

6 Spoon into crust.

7 Freeze 4 hours or overnight until firm.

8 Let stand 1/2 hour or until pie can be cut.

9 Garnish with remaining whipped topping and additional cookies if desired.

10 Special extra: Just before serving, drizzle chocolate flavored syrup on plates.

11 \*If desired, omit Nutter Butter cookie crust and use an oreo crust instead.

## Nutter Butter Frozen

### Peanut Butter Pie

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