



At Your Service



Happy Independence Day!!

Unusual Holidays in July

- 1st - International Joke Day
- 3rd - Build a Scarecrow Day
- 2nd - Halfway Point of 2011
- 6th - Nat'l Fried Chicken Day
- 9th - Nat'l Sugar Cookie Day
- 12th - Paper Bag Day
- 17th - Peach Ice Cream Day
- 22nd - Hammock Day
- 23rd - Gorgeous Grandma Day
- 27th - Bugs Bunny's Birthday
- 28th - Nat'l Chili Dog Day

Senior Center News

July 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,
July 13th
10:00– 11:00 am.**

At the Senior Center...

The **Book Club** will
meet on
Tuesday, July 19th
at the Glen Ellyn
Library at 10:15 a.m.
Please call Sue at
(630) 858-6343 for
more information.



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.

Wednesdays, July 27 and August 17

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



What's Happening At the Glen Ellyn Park District

Tuesday Senior Luncheons at the Park District

Glen Ellyn Park District will graciously host another beautiful Senior Picnic at the Lake Ellyn Boathouse.

Come join us for a fun-filled afternoon of entertainment, friends and good food as well as fabulous prizes! This year's menu consists of fried chicken, two sides, rolls, lemonade and a COOL dessert treat.

Reservations are limited and will be accepted through Tuesday July 5 only. Please note: if you are unable to attend, please call the Glen Ellyn Park District immediately.



Tuesday, July 12th

12:00 - 2:00 p.m.

Lake Ellyn Boathouse

Cost: \$5.00



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

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 non-criminal legal problems,

schedule an appointment by calling (630) 690-2130.

Tuesday, July 5th

1:30 - 3:30 p.m.

Main Street Recreation Center
501 Hill Avenue

Don't forget the 4th of July festivities in Glen Ellyn!!

Saturday, July 2nd - Cardboard Boat Regatta at Lake Ellyn

Races begin at 12:00 pm

Monday, July 4th - 4th of July Parade kicks off at 12:00 pm

Afternoon festivities at Lake Ellyn with live music and dancing from 1:00-4:00 pm

Fireworks at Lake Ellyn start at dusk!



SENIORS CIRCUIT RIDE FREE & SENIORS REDUCED FARE PROGRAM UPDATES

Seniors who are currently enrolled in the Seniors Ride Free program can continue to ride fixed-routes without interruption. However, there are changes that will take place in the program based on a new law that amended the RTA Act.

The Seniors Ride Free program will now be known as the Seniors Circuit Ride Free program and the Seniors Reduced Fare program. Only seniors enrolled in the Illinois Department on Aging's Circuit Breaker Program will qualify for free rides on the transit system's fixed routes. All other seniors who do not qualify with the Circuit Breaker program will receive a Reduced Fare permit.

To be eligible for the Circuit Breaker program, a senior must be age 65 or over and meet household income eligibility, ranging from \$27,610 or less for an individual, \$36,635 for a two-person household to \$45,657 for a household of three or more people. To apply for the Illinois Circuit Breaker program, visit www.cbrx.il.gov or call 800-624-2459 to request an application.

Seniors that transition to reduced fare cards will be able to put money on their card prior to boarding their CTA bus or train, Metra train or Pace bus. Seniors can load and replenish funds on their reduced fare cards at any CTA vending machine. Metra riders must display their Senior Circuit Ride Free or Reduced Fare cards to Metra ticket agents or conductors to pay half fare. Reduced fare is approximately half of the regular fare. Please refer to the CTA (www.transitchicago.com), Metra (www.metrarail.com) or Pace (www.pacebus.com) websites for specific fare information.

Important Dates to Remember – Seniors Circuit Ride Free & Reduced Fare Programs

June 1 Beginning June 1, all new applications for the RTA Seniors Ride Free program will be means tested with the Department on Aging Circuit Breaker program. Those individuals who qualify for the Circuit Breaker Program will receive a new senior Circuit Ride Free card. All others will receive a Reduced Fare card.

July 1 The RTA will stop processing replacement cards for the current Seniors Ride Free program to avoid sending duplicate cards. This includes any lost, damaged or stolen cards.

August 1 The RTA will begin mailing new magnetic stripe cards for fixed-route service for all seniors currently enrolled in the RTA's Senior Ride Free program. Depending on their eligibility, seniors will receive either a Circuit Ride Free card or a Reduced Fare card.

September 1 The previous Seniors Ride Free card will no longer be accepted on any CTA train or bus, Metra train or Pace bus.

The new Senior Circuit Ride Free and Reduced Fare cards will only be accepted on the CTA train or bus, Metra train or Pace bus. If you have not received your new card by August 15, please call (312)913-3110. A customer service operator is available Monday through Friday, 8:30 a.m. and 5:00 p.m. For more information about changes to the Seniors Ride Free program, visit www.RTAchicago.com.

If you meet age and income eligibility requirements and wish to apply in the Illinois Circuit Breaker program, visit www.cbrx.il.gov or call 800-624-2459 to request an application. Applications filed online take approximately 6 weeks to process. Paper applications (IL-1363) take approximately 4 months to process. Processing may be delayed if there is a need to request additional information. You may also contact the Glen Ellyn Senior Center at (630) 858-6343 to set up an appointment to file your Circuit Breaker application.

Extra Brain Exercise for July



Have A Little Fun ...

Put Up Your Dukes

- 1) What was the name of the female cousin on The Dukes of Hazard?
a-Petunia, b-Rose, c-Daisy, d-Honey
- 2) Duke the talking dog is featured in TV commercials for what food product?
a-Activia yogurt, b-Snickers candy bar, c-Miracle Whip Salad Dressing, d-Bush's baked beans.
- 3) Centerfielder Duke Snider played for what baseball team for 15 seasons?

a-Orioles, b-Dodgers, c-Cubs, d-Giants
- 4) What is the correct address when speaking to a duke?
a-Your grace, b-Your eminence, c-Your honor, d-your holiness.
- 5) What was the name of Patty Lane's identical cousin on The Patty Duke Show?
a-Wanda, b-Randi, c-Cathy, d-Betty
- 6) Who recorded the 1962 hit song "Duke of Earl"?
a-Thurston Harris, b-Buddy Holly, c-Gene Chandler, d-Frankie Valli



New Section...**FRAUD ALERTS!**

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

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

Just Hang Up!

The Best Way to Avoid Telephone Scams Is Also the Easiest.

Every day, seniors throughout Illinois fall prey to smooth-talking con artists who call them up and tell all kinds of convincing stories to get their money.

The Office of the Illinois Attorney General wants you to know that it's shrewd, not rude, to hang up the phone when a stranger asks you to send them money or give out your personal information.

The following are some common warning signs of telephone scams. If you spot any of these signs while on the phone, don't think twice:

Just Hang Up!

THEY CONTACT YOU. When you look up the number of a reputable business on your own and call to place an order, you have a good idea who's on the other end of the deal. But when the tables are turned and someone calls you, you have no way of knowing who the person really is, where they're calling from, or what they want from you. *Just Hang Up!*

THEY WANT YOUR PERSONAL INFORMATION. Any time a stranger asks you for your bank account number, Social Security number, or other sensitive information, you should be on high alert. This is a sure sign of identity theft. *Never give personal or financial information to someone you do not know. Just Hang Up!*

THEY PROMISE A BIG AWARD. Scammers try to lure you in with promises of unexpected riches such as a large sum of money, a vacation, or a "get rich quick" investment scheme. Remember: If it sounds too good to be true, it probably is. *Just Hang Up! Just Hang Up!*

YOU MUST PAY THEM FIRST. It is illegal for someone to require an up-front payment to claim a lottery or sweepstakes prize. Scammers will often tell you that you must wire money out of state, or even out of the country, to obtain your winnings. *Never wire money to stranger. Wiring money is just like sending cash—scammers will get the money quickly, and you won't get it back. Just Hang Up!*

Consider placing your phone number on the National Do Not Call Registry, if you haven't already done so. This will block most unwanted telemarketing calls. So, once your number is on the registry, you'll know that any telemarketer who does call you is probably up to no good. You can register your home phone or cell phone online at www.donotcall.gov or by calling 1-888-382-1222 (TTY: 1-866-290-4236) from the phone number you wish to register.

If you've fallen victim to or want to report a telephone scam, please contact the Illinois Attorney General's Consumer Fraud Hotline at 1-800-386-5438 (TTY: 1-800-964-3013) or Senior Fraud Helpline at

1-800-243-5377 (TTY: 1-800-964-3013).

LISA MADIGAN

Illinois Attorney General



All About July

Did you know...?

July begins on the same day of the week as April every year and also January in leap years.

July was named for Julius Caesar who was born in this month.

Previously it was called *Quintilis* in Latin, since it was the fifth month in the Roman calendar.

July's flower, the Larkspur, is a member of the buttercup family and is very poisonous.

July 3rd through August 11th, the Dog Days of Summer, are considered to be the hottest time of the year.

July's birthstone, the Ruby, is thought to instill courage when going to war and to ensure victory.

July is Blueberries Month and a single bush can produce up to 6,000 berries a year.

We Hope You Have A Very Happy and Safe Fourth of July!!



Ahhhhh... Ice Cream



Ice cream is an American tradition. George Washington spent \$200 on ice cream during the summer of 1790. Thomas Jefferson brought a recipe for ice cream, made with egg yolks and an exotic spice called vanilla, back from France. And First Lady Dolly Madison served ice cream often at the White House.

Since July is *National Ice Cream Month*, here are a few sweet ice cream tips and a yummy recipe.

- « Ice cream tends to absorb odors so double wrap the carton in a heavy-duty plastic bag.
- « Ice crystals won't form as fast if you place plastic wrap directly on the surface of the ice cream before replacing the lid.
- « Stop leaking ice cream cones by placing a marshmallow in the bottom of the cone before filling with ice cream.
- « Make your own premium stir-in style of ice cream by adding your favorite crushed cookie, candy bar, etc. to softened ice cream. Refreeze for at least 2 hours.

Marvelous Milkshake: COOKIES & CREAM: 3 scoops vanilla ice cream, 4 crushed Oreos and 1/2 cup milk. Just place the ingredients in a blender and mix until well combined.

How To... Tune Up Your Memory

There is nothing wrong with forgetting things from time to time, but if you would like to sharpen your memory, here are a few pointers...

Make it a habit. Return keys to the same place, park outside the same store at the mall and place your grocery list in the same pocket or place in your purse. Have a routine helps.

Take notes. Writing something down reinforces it in your mind. Post notes to the door you use most often. Keep important dates listed on your calendar.

Perfect timing. Use alarm clocks, wrist-watch timers and kitchen buzzers to remind yourself of events during the day.

Say it again, Sam. Immediately repeat info such as names, telephone numbers and directions several times to yourself after first learning it.

TEST YOUR MEMORY

Have a friend read this list to you. See how many words you can recall. After 30 minutes, try reciting the list again.

*Monkey *necklace *ladder *tractor *electrician
*shoelace *cement *fruit *camera *door *airplane
*elbow *city *flower *statue *funnel. The typical person will get: 1st try, 5-6 words; 2nd try, 8-9 words, 3rd try, 10-11 words; 4th try, 12 words, 5th try 12+ words.

Summer Health Hints

Bees and Yellow Jackets

They're attracted to bright colors and sweet smells. Dress in khaki or white-colored clothing, and skip scented lotions, hair spray and perfume.

Prickly Heat

Small bumps and an unpleasant prickly sensation occur when sweat is trapped and skin is overheated. Choose loose-fitting shorts and tees made of breathable fabric such as cotton.

Ticks and Mosquitos

If you're walking in long grass or near water, wear a light-weight, long-sleeve shirt and long pants tucked into socks or boots. Spray on an insect repellent containing 20 to 30% DEET. (Use pediatric versions for grandkids over 2, and don't use any product containing DEET on children under 2.)

Keeping Cool

When the heat soars, try these tricks to stay cool.

Run cold water over your wrists and ankles.

Sprinkle baby powder or powder containing absorbent baby powder on your sheets. Your bed will feel wonderful. And don't forget to drink at least 8 glasses of water a day.



Hot Tips for Summer

Apply **Vaseline Petroleum Jelly** liberally on your feet wherever you feel friction from your shoes.

Dissolve six **Bayer Aspirin** in a tall glass of warm water. Rub solution into your hair to make the greenish pool tinge disappear (unless you are allergic to aspirin).

Dampen a **Lipton Tea Bag** with warm water and press on insect bites to help stop the itching.

Rub **Ban Stick Deodorant** directly on a bee or wasp sting to stop the pain and swelling immediately.

-Amazing Kitchen Cures

5 Smart Moves to Make BEFORE You Leave

Whether you are going on a weekend trip or a week-long cruise follow these suggestions from the experts.

- à Don't hide keys. Thieves know where to look. If you must leave a key, give it to a trusted neighbor.
- à Make sure all your doors and windows are locked.
- à Don't let deliveries pile up at your door. Arrange to have someone pick them up for you.
- à Leave a radio on - low. Consider putting it and your lights on a timer.



- à Leave drapes and blinds the way you would always keep them.

Moonbeams Shining



To honor the 1st landing on the moon - July 20, 1969 - here are moon superstitions and an fun fact about the moon.

Lunar Lore

Collect water in the light of a waxing Moon and put it into a silver dish. Place the dish so that the moon is reflected in the water, and dip your hands into the water. As your hands dry, imagine money flowing to you. Money should come to you within this lunar cycle.

In ancient Rome, silver symbolized the moon and possessed female powers. For this reason, young married women wore silver crescents on their shoes to ensure bearing healthy children.

It's commonly believed that a person who sleeps with bright moonlight shining on him is likely to become mentally defective. In fact, the origins of the word lunatic, come from *luna*, meaning moon, and *tic* meaning struck.

Lunar Statistic

The moon's diameter is 2,160 miles. This is about the distance from Washington DC to the Rocky Mountains.

-Old Farmer's Almanac & A Treasury of Superstitions



Funny Zone



Going Out In Style - Unable to attend the funeral after his father died, a son who lived far away called his brother and told him, "Do something nice for Dad and send me the bill." Later, he got a bill for \$200.00, which he paid. The next month, he got another bill for \$200.00, which he also paid, figuring it was some incidental expense. Bills for \$200.00 kept arriving every month, and finally the man called his brother again to find out what was going on. "Well," said the other brother, "you said to do something nice for Dad. So I rented him a tuxedo."

Crowded Store - It was the day of the big sale. Rumors of the sale (and some advertising in the local paper) were the main reason for the long line that formed by 8:30, the store's opening time, in front of the store. A small man pushed his way to the front of the line, only to be pushed back, amid loud and colorful curses. On the man's second attempt, he was punched square in the jaw, and knocked around a bit, and then thrown to the end of the line again. As he got up the second time, he said to the person at the end of the line... "That does it! If they hit me one more time, I won't open the store!"

New Teeth - Our local minister had all of his remaining teeth pulled and new dentures made a few weeks ago. The first Sunday, his sermon lasted 10 minutes. The second Sunday, he preached only 20 minutes. But, on the third Sunday, he preached for an hour and a half. I asked him about this. He then told me "well, John, that first Sunday, my gums were so sore it hurt to talk. The second Sunday, my dentures were still hurting a lot. Now the third Sunday, I accidentally grabbed my wife's dentures AND I COULDN'T STOP TALKING!"

Stagecoach Surprise - I had a dream the other night. I was in the old West riding in a stagecoach. Suddenly, a man riding a horse pulls up to the left side of the stagecoach, and a riderless horse pulls up on the right. The man leans down, pulls open the door, and jumps off his horse into the stagecoach. Then he opens the door on the other side and jumps onto the other horse. Just before he rode off, I yelled out, "What was all that about?" He replied, "Nothing. It's just a stage I'm going through."

A Feat of Strength - The strong young man at the construction site was bragging that he could outdo anyone in a feat of strength. He made a special case of making fun of one of the older workmen. After several minutes, the older worker had had enough. "Why don't you put your money where your mouth is?" he said. "I will bet a week's wages that I can haul something in a wheelbarrow over to that building that you won't be able to wheel back." "You're on, old man," the young guy replied. The old man reached out and grabbed the wheelbarrow by the handles. Then he turned to the young man and said, "Alright. Get in."

Most people hate to parallel park. The other day, I saw this woman trying to get out of a tight parking space. She'd bump the car in front, then back-up and strike the car behind her. This went on about 2 minutes. I walked over to see if I could somehow help. My offer was declined though. She said, "Why have bumpers if you're not going to use them once in a while?"

Just Ask Me - On a flight to Florida, I was preparing my notes for one of the parent education seminars I conduct as an educational psychologist. The elderly woman sitting next to me explained that she was returning to Miami after having spent two weeks visiting her six children, 18 grandchildren and ten great-grandchildren in Boston. Then she inquired what I did for a living. I told her, fully expecting her to question me for free professional advice. Instead she sat back and said, "If there's anything you want to know, just ask me."

Missing School - The local high school has a policy that the parents must call the school if a student is to be absent for the day. Alice deciding to skip school and go to the mall with her friends. So she waited until her parents had left for work and called the school herself. "Hi, I'm calling to report that Alice is unable to make it to school today because she is ill." Secretary at high school answered, "I'm sorry to hear that. I'll note her absence. Who is this calling please?" "This is my mother."

Eating Strawberries - A farmer was driving along the road with a load of fertilizer. A child playing in front of his house saw him and called, "What are you hauling?" "Fertilizer," the farmer replied. "What are you going to do with it?" asked the child. "Put it on strawberries," answered the farmer. "You ought to live here," the child advised him. "We put sugar and cream on them."



MAIL Matters

On the birthday of America's first official postage stamps, issued on July 1, 1847, here are some funny superstitions, insightful quotes and a crazy fact about the post.

Superstitions

- * If a moth flies toward you, you will receive a letter.
- * Stamp a letter upside down to get a speedy response.
- * Never burn a love letter unless you wish to destroy the love.

Quotes

Letter writing is the only device for combining solitude and good company.

-Lord Byron (1788-1824)

For God's sake, don't give up writing to me simply because I don't write to you.

-Robert Frost (1874-1963)

Fact

Each of our letter carriers deliver about 42.7 tons of mail a year. That's equivalent to carrying over 10 male elephants!



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

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

Recipes for July



Quick Fettuccine Cacciatore

1/2 lb. fettuccine, uncooked
2 tsp. oil
1 lb. boneless skinless chicken breasts, cut into bite-size pieces
1 cup each green pepper strips and sliced fresh mushrooms
1 can (14-1/2 oz.) diced tomatoes, undrained
1/4 cup KRAFT Zesty Italian Dressing
1/2 cup KRAFT Shredded Italian* Low-Moisture Mozzarella-Parmesan Cheese Blend
1/2 cup chopped fresh basil

COOK pasta as directed on package, omitting salt.

MEANWHILE, heat oil in large skillet on medium-high heat. Add chicken; cook and stir 5 to 6 min. or until no longer pink. Add peppers and mushrooms; cook 3 min., stirring occasionally. Stir in tomatoes and dressing; simmer on medium-low heat 5 min. or until chicken is done.

DRAIN pasta. Toss with chicken mixture; top with cheese and basil.

Strawberry Freeze

12 CHIPS AHOY! Cookies
1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened
1/2 cup sugar
1 can (12 oz.) frozen berry juice concentrate, thawed
1 cup crushed strawberries
1 tub (8 oz.) COOL WHIP Whipped Topping, thawed
2 cups whole strawberries, cut in half

ARRANGE cookies in single layer on bottom of 9-inch springform pan.

BEAT cream cheese and sugar in large bowl with mixer until well blended. Gradually beat in juice concentrate. Stir in crushed berries. Whisk in COOL WHIP until well blended. Pour over cookies in pan.

FREEZE 6 hours or until firm. Remove from freezer 15 min. before serving; let stand at room temperature to soften slightly. Top with berry halves.

**Can also prepare using your favorite flavor of frozen juice or drink concentrate, such as raspberry, lemonade, grape or pink lemonade.

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