

At Your Service

Summer is Just Around the Corner!!

Fun Food Holidays in June

- 2nd - Hazelnut Cake Day
- 3rd - Chocolate Macaroon Day
- 4th - Cheese Day
- 6th - Applesauce Cake Day
- 10th - Brown Cow Day
- 12th - Peanut Butter Cookie Day
- 17th - Apple Strudel Day
- 21st - Peaches and Cream Day
- 25th - Strawberry Parfait Day
- 28th - Tapioca Day
- 30th - Ice Cream Soda Day

Senior Center News

June 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,
June 8th
10:00– 11:00 am.***

At the Senior Center...

The Book Club will meet on Tuesday, June 21st at the Glen Ellyn Library at 10:15 a.m. Please call Sue at (630) 858-6343 for more information.



The DuPage Center for Independent Living (a 501C3 not for profit organization) is proud to sponsor the 17th 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, June 15, 2011 from 3:00 to 6:00 p.m.
*College of DuPage Student Resource Center North, Room 2800,
425 Fawell Boulevard, Glen Ellyn, Illinois.*
There is no cost to attend.

This event brings individuals with visual impairment and those close to them in contact with exhibitors of products and services which can improve their quality of life. Everything will be on display, from computers and other personal data organizers adapted for use by people with visual impairment to information about educational services and programs and support groups. Last year, more than thirty-five providers exhibited their wares to an audience of over two hundred.

We are pleased to announce that our keynote speaker will be Mr. John Corneille, a practicing attorney in DeKalb Illinois. Mr. Corneille has overcome major loss of vision and continues in his chosen profession. He will speak at 5:00 p.m.

Please call Pat Byrne at the DuPage Center for Independent Living for more information (630) 469-2300

What's Happening At the Glen Ellyn Park District

Tuesday Senior Luncheons at the Park District

We're kicking off summer with a mystery game! Who knows what fun we'll 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.



Tuesday, June 14th
12:00 - 2:00 p.m.
Maryknoll Park Clubhouse
845 Pershing Ave., Glen Ellyn
Cost: \$7.00



Call (630) 858-2463 by Tuesday, June 7th to reserve your spot!

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, June 17th
10:00 am - Noon
Main Street Recreation Center
501 Hill Avenue, Glen Ellyn
Cost: Free

Call (630) 858-2463 to register

Long Grove Strawberry Festival

If you love strawberries, you'll love Long Grove's annual tribute to this tasty treat! Strawberry Fest is the granddaddy of Long Grove's signature festivals, drawing thousands of music-loving, and fun-loving visitors. Enjoy the pleasures of summer with "berry" wonderful strawberry inspired treats. Lunch is on your own.

Friday, June 24th
10:00 am - 3:30 pm
Pick-up/Drop-off at Maryknoll Park
845 Pershing Ave.
Cost: \$15.00



Registration Deadline: June 10th
(630) 858-2463 to register

At Grace Lutheran Church...

Extra Brain Exercise for June



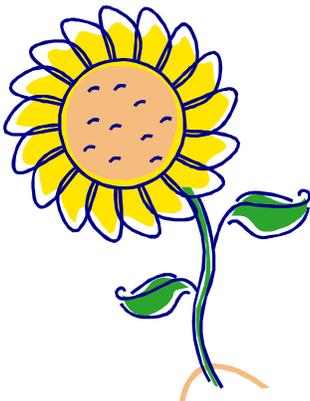
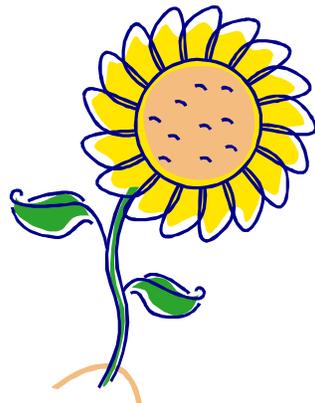
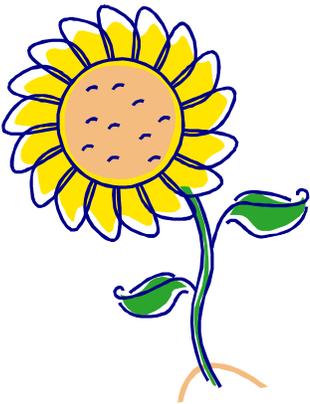
Have A Little Fun ...

PENCIL Pastime

Grab a pencil and paper and jot down at least nine words with the letter sequence

R H O.

If you find 6 or more, that's superb;
5 is great and 3 is pretty darn good.



New Section...FRAUD ALERTS!

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

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

Social Security Receives Reports of “Stimulus Payment” Scam

Our colleague at the Social Security Administration has warned us about a telephone scam in which Social Security beneficiaries are being told that they are eligible for a “stimulus payment” from the government. The caller states that if the person is 65 and older and receives SSDI or SSI, the person will be eligible for an \$1,800 stimulus payment from the government; if the person is 55 and older and receiving SSDI or SSI, the person will be eligible for a \$1,400 payment; and if the person is younger, s/he could receive \$1,400 or \$1,000. The caller then states that the payment will be issued in the form of a credit or debit card. Some of the beneficiaries receiving these calls report that the call came from 1-501-765-1754, which leads to a residential-sounding answering machine.

Please warn consumers in your communities that **this call is a scam** – these so-called stimulus payments are NOT real, and people should never give out any personal information to anyone who calls on the phone, even if the caller claims to be from the government.

Diabetes Calls Continue

One of our SMP partner agencies here in Illinois recently alerted us that consumers have been receiving phone calls from someone claiming to be from the “National Diabetes Association.” The caller asks people if they are diabetic, then asks for their Medicare numbers so that she can send them free meters and supplies automatically every month for free. Thus far, these calls have been reported in Effingham and Champaign, but similar calls have been reported across the state. We urge consumers to avoid doing business with anyone who calls on the phone or comes to the door – these kinds of solicitation are a ‘red flag’ for fraud.

New ‘Twist’ on Grandparents Scam

The Missouri SMP Program received a report of the Grandparents Scam (a scam in which someone receives a phone call claiming to be from the person’s grandchild, asking the person to wire money to ‘help’ the grandchild). This time, the person receiving the call was told that the caller was from the grandchild’s university, and that the grandchild needed funds for his education.

We encourage everyone to verify information received over the phone, since you never know who is calling. If someone claims to be your grandchild in need of help, contact the grandchild and the parents and verify the need before wiring money anywhere!

Lloyd’s Insurance Name Being Used in Sweepstakes Scam

A representative from Lloyd’s Insurance has alerted us to a sweepstakes scam that claims to come from Lloyd’s. The scams involve telephone calls and/or letters that claim that the person has won a prize and must wire money first to pay for a Lloyd’s insurance premium. Lloyd’s has issued a consumer alert about the scam, which is available here: http://www.lloyds.com/News-and-Insight/News-and-Features/Consumer-alerts/2009/Sweepstakes_Lottery_scams

Consumers with questions about this scam may also contact the Lloyd’s helpline at (866)264-2533 or email Lloyd’s at info.us@lloyds.com.



Spring into Summer

Here's some fun trivia about June, summer and more...

- ¶ It's time to welcome Summer! The season starts on June 21st at 1:16 PM EDT. It's also the longest day of the year.
- ¶ Since its adoption in 1777, the U.S. Flag has changed numerous times. The 48 star flag was in use the longest, from 1912 to 1959.
- ¶ Take a walk on National Trails Day, June 4th. A short walk in the park can boost your mood.
- ¶ June was named for the Roman goddess, Juno, patroness of marriage and the well-being of women.
- ¶ The average most Americans will spend in appreciation of their fathers this Father's Day is \$98.
- ¶ Pearls, the birthstone of June, are a Chinese symbol of wealth.
- ¶ The tallest Sand Castle ever built was 31 feet, 6 inches tall in Casco, Maine in 2007.

Different Days for Different Dads



North America is not the only place where Father's Day is celebrated.

In traditionally Catholic countries such as Spain and Portugal, Father's Day is observed on March 19, the Feast of St. Joseph.

Taiwanese celebrate Father's Day on August 8, the eight day of the eighth month, because the Mandarin Chinese word for eight sounds like the word for "Papa."

In Thailand, Father's Day occurs on the king's birthday, which for current King Bhumibol Adulyadej is December 5th.

In 1972, Father's Day was made a permanent national holiday in the U.S. when President Richard Nixon signed into law the 3rd Sunday in June as Father's Day.

We Hope ALL Dads have a Wonderful Day!!



Cool It!



One very hot day in 1758, the inventive Ben Franklin shed his sweat-drenched shirt. When he put on a dry one, he noticed how much hotter he felt, even in the breeze.

Evaporative cooling is how refrigeration works. It first came into use in the 1840s, when Dr. John Gorrie's invention helped cool sickrooms in a Florida hospital. But it wasn't until 1902 that Willis Carrier developed the modern air conditioner.

Here are tips to beat the heat this summer.

- J Dress in lightweight, light-colored clothing. Wear loose fitting clothes.
- J Wear wide-brimmed hats and sunglasses.
- J Fans may provide comfort, but they do not prevent heat-related illnesses when the temperature is in the high 90s. Take a cool shower or bath, or go to an air-conditioned place to cool off.
- J NEVER leave anyone (*or pets*) in a parked car, even with the windows down.
- J To feel cooler, eat cooler. Increase fluids, but avoid dehydrating caffeinated beverages.

Please stay safe and have a Happy Summer!

Bee Careful Outside

How to avoid getting stung & what to do if they sting you

- For everyone:
- 1) Skip bright colored clothes and perfumes so bees don't think you're a flower.
 - 2) Avoid loose clothes that can trap an insect.
 - 3) Wear closed shoes. Don't go barefoot.
 - 4) Move away quietly and slowly if you encounter a bee.

For a reaction: Most people get an itchy red welt when stung. If you get hives, go to an emergency room. Adults and kids who develop hives (itchy elevated patches that are red or pale), tightness in the throat and chest, difficulty breathing, or loss of consciousness may be in danger of fatal anaphylactic shock, say immunologists at the University of Texas, Houston Medical School.

At the ER: Doctors will give you a shot containing adrenaline, antihistamine, and steroids that will stop the reaction.

For an allergy: Stock injected epinephrine kits, available by a prescription, in case you have another encounter. One injection will stave off reactions for 20 to 30 minutes.



5 ways to grab your doctor by the lapels of his lab coat

Physicians are extremely busy, so they tend to connect certain symptoms with certain problems. Break through those barriers by waving these red flags to raise your doctor's suspicions.

Use the word "new."

"I have a constant new pain..." A new pain, particularly one that is frequent, can be a sign that something is really wrong.

Pinpoint the location.

"...in the tip of my big toe..." The more precise you can be, the easier it will be for your doctor to make a diagnosis.

Use strong adjectives.

"...a stabbing pain, pretty severe..." Severe, blunt, numbing, stabbing, these words will grab your doctor's attention.

Rate your symptoms.

"...maybe a 6 out of 10..." Giving your pain a severity score provides your doctor with a concrete idea of how it feels. This will also help at follow-up visits because your doctor will be able to judge if a treatment is working.

Tell the doctor what you can't do.

"...now I can't raise my arm..." If you used to be able to work crosswords for hours and now you can't because your vision is blurry, say so.

-Men's Health

B.Y.O.D. (Bring your own drugs)

Hospitals are notorious for charging outrageous fees for prescription and over-the-counter medications - up to four times the price you would pay at the drugstore.

Don't want to pay \$5 per pill for a postoperative antibiotic or the cholesterol-lowering statin you take daily? Before a hospital stay, ask your doctor what drugs you'll likely need following your procedure, get and fill a prescription for them - as well as the medications you usually take - and bring them with you. If your hospital allows you to bring such items, just sign off when you're admitted that you'll supply and administer those drugs.

-AARP

A Freak Home Accident

Don't let it happen to you!

Slippery Stockings

Falls are the leading cause of home-accident deaths and disabilities - every year there are about 9,000 fatal falls. Words to the wise: Be careful on carpeted steps when wearing nylon stockings. Nylon stockings or socks provide no traction and your feet can sail right out from under you. The same is true for well-worn bedroom slippers.

Watch your step!





Funny Zone



Getting Old - Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf. - Eventually you will reach a point when you stop lying about your age and start bragging about it. - The older we get, the fewer things seem worth waiting in line for. - Some people try to turn back their odometers. Not me, I want to people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved. - How old would you be if you didn't know how old you are? - When you are dissatisfied and would like to go back to youth, think of Algebra.

Truthful Sayings? Wisdom from Grandpa... - Whether a man winds up with a nest egg, or a goose egg, depends a lot on the kind of chick he marries. - Trouble in marriage often starts when a man gets so busy earnin' his salt, that he forgets his sugar. - Too many couples marry for better, or for worse, but not for good. - When a man marries a woman, they become one; but the trouble starts when they try to decide which one. - If a man has enough horse sense to treat his wife like a thoroughbred, she will never turn into an old nag. - On anniversaries, the wise husband always forgets the past - but never the present.

The Happy Groom - "Congratulations my boy!" said the groom's uncle. "I'm sure you'll look back and remember today as the happiest day of your life." "But I'm not getting married until tomorrow," protested his nephew. "I know," replied the uncle. "That's exactly what I mean."

It's a Girl - Stationed in Okinawa, Japan, my son and his wife were expecting their first baby. I was elated when he called me at work with the news of my grandchild's birth. I took down all the statistics and turned to relate it all to my co-workers. "I'm a grandmother!" I declared. "It's a baby girl, and she weighs five pounds." "When was she born?" someone asked. Recalling the date my son told me, I stopped, looked at the calendar, and said in amazement, "Tomorrow!"

The Power of Woman - There were 11 people - ten men and one woman - hanging onto a rope that came down from a helicopter. They all decided that one person should get off, because if they didn't, the rope would break and everyone would die. No one could decide who should go, so finally, the woman gave a really touching speech saying how she would give up her life to save the others, because women were used to giving up things for their husbands and children, giving in to men, and not receiving anything in return. When she finished speaking, all the men started clapping.

College Writing - A visitor to a certain college paused to admire the new Hemingway Hall that had been built on campus. "It's a pleasure to see a building named for Ernest Hemingway," he said. "Actually," said his guide, "it's named for Joshua Hemingway. No relation." The visitor was astonished. "Was Joshua Hemingway a writer, also?" "Yes, indeed," said his guide. "He wrote a check."

Tight Shoes - A man walks into a shoe store, and tries on a pair of shoes. "How do they feel?" asks the sales clerk. "Well, they feel a bit tight." replies the man. The assistant promptly bends down and has a look at the shoes and the man's feet. "Try pulling out on the tongue." offers the clerk. "Nath theyth sthll feelth a bith tighth." He says.

Money for the Preacher - After the church service a little boy told the pastor, "When I grow up, I'm going to give you some money." "Well, thank you," the pastor replied, "but why?" "Because my daddy says you're one of the poorest preachers we've ever had."

Answers to the Quizzes/Puzzles

Important Note:

RTA Senior Free Ride Program

Those of you who currently have the RTA Senior Free Ride Pass have received a letter from the RTA regarding changes to the program. Here are the highlights:

If you have already completed your Circuit Breaker application you do not need to do anything - your new Ride Free card will be mailed to you later this summer.

If you meet the income requirements (below \$27,610 for individuals or \$36,635 for couples) you will need to complete the Circuit Breaker application to qualify for the free rides. You can do this yourself online at www.cbrx.il.gov, by calling the Illinois Department on Aging at (800) 624-2459, or we will assist you with the application, **BY APPOINTMENT ONLY**. Our office hours are Monday - Friday, 9:00 am - 1:00 pm. Please call to set an appointment and we will tell you what documentation you will need to bring.

If you do not meet the income requirements, you will receive a new Reduced Fare Card from the RTA later this summer. This will entitle you to discounted fares on the buses and trains.

Until these new cards are issued, you may continue to use your current Free Ride card.

We do not have any information other than what has been provided to you in this letter. If you have additional questions, please contact the RTA at (312) 913-3110

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 June

Ain't Your Mama's Slaw

1 pkg. (12 oz.) broccoli slaw

1 cup red pepper strips

1 cup chopped fresh pineapple

1/3 cup dried cranberries

1/4 cup chopped red onions

1/3 cup KRAFT Zesty Italian Dressing

1 tsp. brown sugar

1/3 cup PLANTERS Sliced Almonds, toasted

COMBINE first 5 ingredients in large bowl.

MIX dressing and sugar. Add to salad; toss to coat.

REFRIGERATE 1 hour. Add nuts; mix lightly.

Substitute 1 pkg. (14 oz.) coleslaw blend (cabbage slaw mix) for the broccoli slaw.

Quick Lemon Berry Trifle

2-1/2 cups cold milk

2 pkg. (3.4 oz. each) JELL-O Lemon Flavor Instant Pudding, or any other flavor

2 cups thawed COOL WHIP Whipped Topping, divided

4 cups mixed fresh berries (blueberries, raspberries, sliced strawberries), divided

42 NILLA Wafers

BEAT milk and pudding mixes in large bowl with whisk 2 min. Stir in 1-1/2 cups COOL WHIP. Reserve 1/4 cup berries for garnish.

ARRANGE 21 wafers on bottom and up side of 2-1/2-qt. bowl; top with layers of 1/3 of the pudding mixture and half each of the berries and remaining pudding mixture. Top with layers of remaining wafers, berries, pudding mixture and COOL WHIP. Garnish with reserved berries.

REFRIGERATE 1 hour.

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