



At Your Service

Happy Thanksgiving!!

Unusual Holidays in November

- 4th - National Candy Day
- 5th - Book Lovers' Day
- 11th - Nat'l Sundae Day
- 14th - Nat'l Guacamole Day
- 18th - Birthday of Mickey Mouse (1928)
- 21st - Pumpkin Pie Day
- 25th - Nat'l Parfait Day
- 28th - Nat'l French Toast Day
- 29th - Square Dance Day

Senior Center News

November 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,
October 12th
10:00– 11:00 am.*

At the Senior Center...

The **Book Club** will
meet on
Tuesday, November
15th at the Glen Ellyn
Library at 10:00 a.m.
Please call Sue at
(630) 858-6343 for
more information.



HOLIDAY WALK Friday, November 25th



Stop by the Library in the afternoon to celebrate the season before heading to Downtown Glen Ellyn for the Village's annual tree-lighting ceremony.

Friends Bargain Basement Book Sale 12:00-4:30 pm

Events on the first floor of the library:

- Crafts and refreshments...1:30-4:30 pm
- Balloon creations.....2:30-3:30 pm
- Magic Show.....3:45-4:30 pm

Events on the second floor of the library:

- Vivaldi Strings.....1:45 pm
- Musical Entertainment provided by
Anima.....2:30 pm
- One Voice Choir.....3:15 pm
- Glenbard South Madrigal Singers...4:00 pm

What's Happening At the Glen Ellyn Park District

Tuesday Senior Luncheons at the Park District

Get ready for a little **OUTBURST!** That's right, get your brain fired up! This month's menu includes turkey with stuffing, mashed potatoes and gravy, cranberry relish, green bean almondine, rolls and pumpkin pie.



Tuesday, November 8th

12:00 - 2:00 p.m.

Maryknoll Park Clubhouse

845 Pershing Ave., Glen Ellyn

Cost: \$7.00



Call (630) 858-2463 by Tuesday, November 1st to reserve your spot!

Holiday In The City

We're celebrating the season with a trip to Chicago!

Our first stop is Lawry's The Prime Rib for a delicious lunch including your choice of entrée (roast prime of beef au jus, fresh salmon with Chinese mustard glaze or poached breast of chicken with chive gnocchi), Lawry's Original Spinning Bowl Salad, chef's accompaniments to your entrée selection, hot and iced tea and apple pie for dessert.

Afterward, we will take in the window decorations and tree at Macy's or head across the street to Christkindlmarket, a traditional German Christmas market. Our last stop is Navy Pier and Winter Wonderland!

We'll also drive along Michigan Avenue to view the sights and lights.

Please select your entrée when registering. This is a cooperative trip with the Elmhurst Park District.

Tuesday, December 6th, 10:30 am - 6:30 pm

Pick-up/Drop-off location: Maryknoll Park

Cost: \$69.00 per person

Call (630) 858-2463 to register by November 18th.



Yoga offered at Grace Lutheran Church

Yoga is good exercise.

It helps improve balance, flexibility, strength and coordination.

It helps gain understanding of how your body moves and helps reduce stress.



A certified Yoga instructor leads classes here at Grace Lutheran Church at a reduced cost. This is done in an effort to allow anyone interested to take part, not only to gain the benefits of yoga, but also as an effort to improve your health through exercise.

Two different classes meet:

Mondays for “gentle” or chair yoga

At 1:00 pm - Come explore gentle movement and breathing while seated in a chair, with a few poses standing with support of the chair.

The cost is \$30 per 6 week session. Join in anytime.

Thursday evenings at 7:30 pm - For traditional beginning yoga. Experience yoga poses - while seated on a yoga mat, standing and lying down.

The cost is \$30 per 6 week session. Come join in anytime.

For more information, call Cathy Milleville

(630) 469-1555

Grace Lutheran Church
493 Forest Avenue
Glen Ellyn

(Classes held upstairs in the gymnasium - elevator available.)



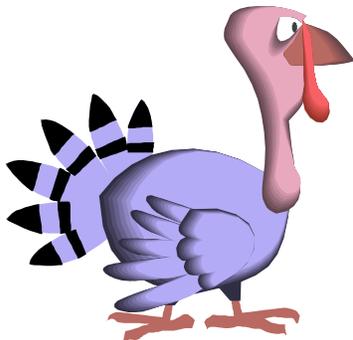
Extra Brain Exercise for November

Have A Little Fun ...

The Terrific TURKEY Trivia Teaser

*In honor of Games and Puzzles Week,
November 20 - 26, here's a fun quick quiz about all
things turkey. Good luck!*

- 1) What is an adult male turkey called?
a. Tom, b. Dog, c. Cob, d. Pen
- 2) What is the name of the bright red appendage below the beak of a turkey?
a. Comb, b. Moul, c. Wattle, d. Brisket
- 3) What noted American advocated the turkey as the national bird of the U.S.?
a. Ben Franklin, b. Thomas Jefferson, c. Thomas Paine, d. George Washington
- 4) In what sport is getting a turkey a good thing?
a. Baseball, b. Golf, c. Polo, d. Bowling
- 5) Which country is located directly south of Turkey?
a. Greece, b. Syria, c. Armenia, d. Italy
- 6) In the 1942 movie Road to Morocco, Bing Crosby played Jeff Peters. Who played Orville "Turkey" Jackson?
a. Bob Hope, b. Anthony Quinn, c. Huntz Hall, d. George Gobel



FRAUD ALERTS!

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

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

Home Health Companies Claiming that Medicare Sent Them

AgeOptions received a call this week from someone who has been approached by two different home health agencies claiming that Medicare told them to contact her and offer her free services.

We wanted to take this opportunity to remind everyone that **Medicare does NOT** endorse any particular company or product, **Medicare does NOT** sell anything, and **Medicare does NOT** ask providers of any kind to contact beneficiaries about services. If you need health care services, contact your doctor to obtain a proper prescription or order for services – do not accept services from anyone who calls on the phone or comes to door!

Senior Buildings Targeted by Marketing Firm

AgeOptions received reports this week from local senior buildings who have been receiving visits from a company called Financial Destination, Inc. The company is marketing free prescription discount cards and telling people that if they use the discount cards and share them with others, they can “get paid.” AgeOptions and the SMP program do not know anything about this company or their practices. That said, we would caution people to be wary of offers to make “free” money – these are often “pyramid” schemes. If it sounds too good to be true, it probably is. If people are looking for prescription assistance, there are many legitimate prescription discount cards that exist (such as the County cards produced by the National Association of Counties, NeedyMeds, and RxAssist). We encourage consumers to contact their local Area Agency on Aging or the Illinois SHIP program hotline to find out about how to save money on prescription drugs, and to avoid giving personal information away to anyone who calls on the phone or comes to the door, regardless of what they are marketing.

Diabetic Supply Scam Calls Continue

The Illinois SMP program received a report this week from someone who has been receiving phone calls from someone claiming to be with the “National Diabetic Association.” When the consumer asked the caller how they got her number, the caller transferred her to a “supervisor.” The “supervisor” told her that they are conducting a survey, and that if a person meets their survey criteria and has diabetes, a “Medicare company” will call with offers for free supplies. The caller already had the consumer’s name, address, and phone number, but the consumer refused to give them her Medicare number. The call came from 814-462-9548.

As mentioned above, Medicare does not sell anything or endorse any company. Moreover, providers of medical equipment and supplies are not allowed to make unsolicited phone calls, so anyone who calls on the phone is likely a scam artist. Just Hang Up!

Medicare Consumer Alert About Fake Website

The Centers for Medicare and Medicaid Services (CMS) issued an alert on October 9 regarding a website that appears to be an official government website for a Pre-Existing Condition Insurance Plan. The website (preexistingconditioninsuranceplan.com) is NOT maintained by any government programs. Consumers are strongly urged NOT to submit any personal information requested by this website, as it is NOT related to the pre-existing condition insurance plans made available through the Affordable Care Act. If you are interested in learning more about the real Pre-Existing Condition Insurance Plans, visit www.pcip.gov or call (866)717-5826.



All About November

Indian Summer is a period of warm weather following a cold spell and can occur between St. Martin's Day, November 11th and November 20th.

November's full moon is called the Beaver Moon because at this time Algonquin tribes set beaver traps before the swamps froze, to ensure a supply of warm winter furs.

November comes from the Latin word *novem*, "nine", because this had been the ninth month of the early Roman calendar.

November's birthstone, the Topaz, symbolizes love and affection. It is believed to give the wearer increased strength and intellect.

Sagittarians, those born between November 22 and December 21, are said to be optimistic, honest and jovial.

Chrysanthemum, the flower of November, is derived from the Greek *chrysos* (gold) and *anthos* (flower).

Armistice Day Becomes Veterans Day



World War I officially ended on June 28, 1919, with the signing of the Treaty of Versailles. The actual fighting between the Allies and Germany however, had ended seven months earlier with the armistice, which went into effect on the eleventh hour of the eleventh day of the eleventh month in 1918. Armistice Day, as November 11 became known, officially became a holiday in the United States in 1926, and a national holiday 12 years later. On June 1, 1954, the name was changed to Veterans Day to honor all U.S. veterans.

In 1968, new legislation changed the national commemoration of Veterans Day to the fourth Monday in October. It soon became apparent however, that November 11 was a date of historic significance to many Americans. Therefore, in 1978 Congress returned the observance to its traditional date.

On Veterans Day, we honor those who worked and fought for our country, as well as those serving in uniform now.

We Salute You!

November WELLNESS News and Notes

2 Surprising Diabetes Risks

- ⊕ A large waist even if you're at a normal weight. Scientists suggest having fat in your abdomen produces compounds that make cells insulin-resistant. Women should try to keep their waist below 35 inches and men under 40 inches.
- Waking up in the middle of the night. Not being able to stay asleep means you're not getting enough shut-eye and that makes you more prone to developing insulin resistance, which can lead to diabetes. It's best to avoid caffeine late in the afternoon and alcohol right before bed. Visit www.diabetes.org for more helpful information.

Mind Your Mind

How healthy is your brain? Find out on November 15th, National Memory Screening Day. That day, Alzheimer's Foundation of America will sponsor FREE memory assessments across the country. For more information call 1-866-AFA-8484 or visit nationalmemoryscreening.org.

Express Yourself

Looking for a low-impact exercise that can lessen pain and improve your outlook without breaking a sweat? Then pick up a pen and start writing! Jotting down your thoughts and feelings can boost immune stress. Follow these tips to get started now.

- ⊕ **Choose tools you like.** Use your favorite pen and a beautiful blank book, or click away on the computer keyboard.
- ⊕ **Keep your journal nearby.** Put it in a familiar place where you're most likely to see it and pick it up.
- ⊕ **Don't judge your thoughts.** Write without inhibitions. There are no wrong answers or taboo topics.
- ⊕ **Write when you feel like it.** Writing doesn't have to be a daily chore in order to provide benefit. Read and reflect on what you have written.

-Arthritis Today

New & Unusual Uses For Everyday Things

- **Ziptop bags** - Pack accessories by category (ties, scarves, socks) so they're easier to find in your suitcase.
- **Shower curtain** - Lay one down at your entryway to catch drips and mud when a bunch of snowy boots are incoming.
- **Coffee filters** - Keep your good dishes chip and scratch free by putting one between each piece when stacking.
- **Hair conditioner** - Take off a bandage painlessly. Rub conditioner into the ends of the sticky part. Wait a minute, then gently peel off the bandage.
- **Rubber bands** - To make cutlery easier to grasp, wind several rubber bands around the handles.
- **Empty facial tissue box** - Corral plastic grocery bags, receipts and other odds and ends.

-Real Simple

Thanksgiving Trivia



While you are dreaming about that mouth-watering Thanksgiving dinner, take a look at this fun and interesting trivia about this wonderful time of year.

At maturity, the Wild Turkey has 3,500 feathers. Wild turkeys like to spend the night in trees and that skin that hangs over the beak is called a *snood*.

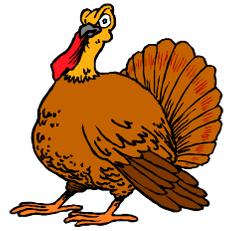
The word Cranberry comes from early settlers. They referred to the fruits as "craneberries" because in spring, the fruit's pink flowers resemble the head and neck of a crane.

The tradition of tugging on a Wishbone to bring good luck evolved from the English custom of *merrythought*, in which the person holding the longer half is believed to be the next to marry.





Funny Zone



Golfer: "You've got to be the worst caddy in the world." Caddy: "I don't think so sir. That would be too much of a coincidence."

Golfer: "Please stop checking your watch all the time. It's too much of a distraction." Caddy: "It's not a watch - it's a compass."

Golfer: "How do you like my game?" Caddy: "Very good sir, but personally, I prefer golf."

Golfer: "Do you think it's a sin to play on Sunday?" Caddy: "The way you play, sir, it's a sin on any day."

Golfer: "This is the worst course I've ever played on." Caddy: "This isn't the golf course. We left that an hour ago."

Best Caddy Comment Golfer: "That can't be my ball, it's too old." Caddy: "It's been a long time since we teed off, sir."

Season's Tickets_ Sarah was reading a newspaper while her husband was engrossed in a game on TV. Suddenly, she burst out laughing. "Listen to this, there's a classified ad here where a guy is offering to swap his wife for a season tickets."

"Hmmm," her husband said, not bothering to look away from the game. Sarah said teasingly, "Would you swap me for season tickets?" "Absolutely not," he said, "season's more than half over."

Man and Wife_ A man and his wife are sitting in the living room and he says to her, "Just so you know, I never want to live in a vegetative state dependent on some machine. If that ever happens, just pull the plug." "OK," says his wife as she gets up and unplugs the TV.

Chores - My friend's husband always teases her about her lack of interest in household chores. One day he came home with a gag gift, a refrigerator magnet that read: "Martha Stewart doesn't live here." The next day he came home to find the magnet holding up a slip of paper. The note read, "Neither does Bob Vila."

The Gas Men_ Two gas company servicemen, a senior training supervisor and a young trainee, were out checking meters in a suburban neighborhood. They parked their truck at the end of the alley and worked their way to the other end. At the last house a woman looking out her kitchen window watched the two men as they checked her gas meter. Finishing the meter check, the senior supervisor challenged his younger co-worker to a foot race down the alley back to the truck to prove that an older guy could outrun a younger one. As they came running up to the truck, they realized the lady from that last house was huffing and puffing right behind them. They stopped and asked her what was wrong. Gasping for breath, she replied, "When I see two gas men running as hard as you two were, I figured I'd better run too!"

Taxing Flag - A visitor from Holland was chatting with his American friend and was jokingly explaining about the red, white and blue in the Netherlands flag. "Our flag symbolizes our taxes," he said. "We get red when we talk about them, white when we get our tax bill, and blue after we pay them." "That's the same with us," the American said, "only we see stars, too."

Fur Coat - A mother and a daughter are shopping in the mall, when the mother eyes an expensive fur coat. "This year," she says, "I think that I will buy my present instead of making you and dad shop for me." The daughter protests, "But mom, some helpless, poor creature has to suffer so that you can have this." "Don't worry honey," says the mother, "your father won't get the bill for a couple of weeks."

Important Information!!

Answers to the Quizzes/Puzzles

The Fall Open Enrollment Period, during which people with Medicare can make unrestricted changes to their coverage options, has new dates this year: October 15 to December 7. Medicare consumers need to be aware of this change, as well as changes taking place in 2012, in order to assess their options and make the best informed decision.

During Fall Open Enrollment, people with Medicare have the right to change their Medicare health and drug coverage options without restriction. They can make as many changes as they need, and the last change they make on or before December 7 will take effect on January 1, 2012.

If there's one mantra for the open enrollment season, it's "review your options." Every year, the *Medicare Rights Center* advises people with Medicare to carefully consider how they get their Medicare benefits; most people are allowed to make a change **only** during Fall Open Enrollment. Certain universal advice applies, no matter what Medicare coverage you have:

- * You should review all of your coverage options even if you are happy with your current coverage, because plans change their costs and benefits every year.
- * Read your Annual Notice of Change (ANOC), which you should receive by September 30. It will list the changes in your plan, such as the premium and co-pays, and will compare the benefits in 2012 with those in 2011. It is very important that you read your ANOC and consider all of your options, since many plans make changes every year, and your current plan may not be your best choice for 2012.
- * Shop around to find a plan that best meets your needs and makes the most financial sense to you.
- * If you have Original Medicare and a supplemental plan (often called a Medigap) and are happy with your coverage, you do not need to make a change.

If you want to make changes or just review your current plans, please give us a call to set up an appointment during the Open Enrollment Period.

*Glen Ellyn Senior Center, M-F 9:00 am—1:00 pm
(630) 858-6343*

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 October

Cheesy Pasta Bake

4 cups penne pasta, uncooked
1 lb. lean ground beef
2 cups sliced fresh mushrooms
1 onion, chopped
1 jar (24 oz.) spaghetti sauce
3 Tbsp. OSCAR MAYER Real Bacon Bits
1 tsp. Italian seasoning
1-1/3 cups KRAFT Shredded Triple Cheddar Cheese with a TOUCH OF PHILADELPHIA

HEAT oven 375°F.

COOK pasta as directed on package, omitting salt.

MEANWHILE, brown ground beef with vegetables in large skillet sprayed with cooking spray. Add sauce, bacon and seasoning; mix well. Simmer on medium-low heat 10 min. or until slightly thickened, stirring occasionally.

DRAIN pasta. Add to sauce; mix well. Pour into 13x9-inch baking dish sprayed with cooking spray; top with cheese.

BAKE 25 to 30 min. or until heated through.

Quick Oreo Cheesecake

1 tub (24.2 oz.) PHILADELPHIA Ready-To-Eat Cheesecake Filling
12 OREO Cookies, coarsely chopped, divided
1 OREO Pie Crust (6 oz.)

SPOON cheesecake filling into large bowl. Remove 1/3 cup of the chopped cookies; set aside. Add remaining chopped cookies to filling; stir just until blended. SPOON into crust. Smooth top lightly with back of spoon to form even layer. Sprinkle with the reserved chopped cookies.

SERVE immediately. Or cover and refrigerate until ready to serve.

Substitute

Prepare as directed, using OREO Cool Mint Creme Cookies.

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