



At Your Service



Fall Is Just Around The Corner!!

Unusual Holidays in October

5th - National Apple Betty Day

7th - World Smile Day

10th - National Angel Food Cake Day

14th - Be Bald and Be Free Day

15th - National Grouch Day

21st - National Pumpkin Cheesecake Day

23rd - Nat'l Boston Cream Pie Day

30th - National Candy Corn Day

Senior Center News

October 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, October 18th at the Glen Ellyn Library at 10:00 a.m. Please call Sue at (630) 858-6343 for more information.

The current book is The Last Wife of Henry the VIII



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 19th, from 10:00 a.m. to 12:00 p.m.*

At Grace Lutheran Church, 493 Forest Ave., Glen Ellyn

You may call (630) 858-6343 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 Glen Ellyn Park District

Tuesday Senior Luncheons at the Park District

Happy Halloween! We'll be playing some music trivia this month! Don't forget to dress in your best Halloween costume as there will be a prize for the best costume! This month's menu includes backed mostaccioli, meatballs, broccoli, ceasar salad, rolls and cake.



Tuesday, October 11th
12:00 - 2:00 p.m.
Maryknoll Park Clubhouse
845 Pershing Ave., Glen Ellyn
Cost: \$7.00



Call (630) 858-2463 by Tuesday, October 4th 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, October 21st
10:00 am - Noon

Main Street Recreation Center
 501 Hill Avenue, Glen Ellyn
Cost: Free

Call (630) 858-2463 to register

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
October 26 & 27
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.



What's Happening Around Town



DuPage Seniors & Caregivers Fair

Friday, October 7, 2011, 8:30 - 12:30 p.m.

DuPage County Fairgrounds, 2015 W. Manchester Rd., Wheaton

Services available:

- Ø Vision Screenings
- Ø Hearing Test
- Ø Body Fat Analysis
- Ø Blood Pressure
- Ø Bone Density
- Ø Podiatry
- Ø Fall Risk
- Ø Diabetes-2 Testing (requires 2 hr fast-
Excluding water and medication)
- Ø Flu Shots available by appointment.

More than 75 vendors will be available to answer questions and offer their services!

REFRESHMENTS & PRIZES!!

Low Income Energy Assistance Program (LIHEAP) applications may be taken. Call for details of what to bring.

For additional information call: DuPage County Senior Services, (630) 407-6500

Get Your Car Ready for Winter!!

The Milton Township SALT (Seniors and Lawmen Together) Council will be

holding their annual **Seniors Auto Inspection** on

Saturday, October 15th, 9:00 a.m. to 12:30 p.m.

This **FREE** event will be held at the Wheaton Fire Station,

One Fapp Circle (behind Target on Roosevelt Rd.).



A team of volunteers will inspect your vehicle and make recommendations for making it safer for the winter months ahead.

Appointments are not required. Coffee and cookies will be served while you wait.



Please call (630) 668-1616 with questions or for more information.



Important MEDICARE Information!!



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

Rules for Medicare Plan Sales Agents

Medicare plans can start marketing for Open Enrollment on October 1. Protect yourself by knowing the rules about what Medicare plan sales agents can do. Sales agents **CAN'T**:

- * Come to your home uninvited
- * Approach you in parking lots, hallways or lobbies
- * Offer you a gift worth more than \$15 to join their plan
- * Provide meals at sales presentations
- * Try to sell you a plan at educational events

If you know of an agent that's not following these marketing rules, send an email with the details of what happened to our Surveillance Mailbox

at surveillance@cms.hhs.gov.

Have A Little Fun ...

Extra Innings Mini-Quiz

With the World Series coming up, test your baseball knowledge. The eight items below represent common baseball terms. If you can guess all eight, you're batting a thousand!

Sample - Mr. Simpson = Homer

1. Deposit Box
2. Cookie Dough
3. Dracula
4. Exact Copy
5. Electric Blower
6. Dipteran bug
7. Jug for lemonade
8. Kid's game



FRAUD ALERTS!

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

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

Diabetic Supply Scams Continue

One of our SMP volunteers in Southeastern Illinois received a phone call this week from someone claiming to be from the “Diabetic Network.” The caller offered the volunteer a free glucose meter if she participated in a survey. The caller also stated that she worked with Medicare. However, when the volunteer asked the caller where she was from and who she worked for, the caller immediately hung up the phone.

As many of you know, we are seeing a large influx of calls like this in Illinois. Consumers should remember to **NEVER** give their Medicare number, Social Security number, or other personal information to anyone who calls them on the phone. Medical equipment companies, including those who offer diabetic supplies, are NOT allowed to ‘cold call’ Medicare beneficiaries to enroll them in services or offer them supplies. Therefore, anyone who initiates a call like this is already breaking Medicare’s rules. If someone needs diabetic supplies, they should speak with their doctor to get a prescription, then ask their doctor and/or call 1-800-Medicare to find a legitimate supplier in their area.

“New Medicare Card” Phone Scam

The SMP Program in New Mexico received a complaint last week from a Medicare beneficiary who received a phone call from someone claiming to be from “a medical office.” The caller said that a new Medicare card is being issued in 2-3 weeks, and the new card will be “safer” than the current cards. The caller told the woman to take the new card to medical facilities. The caller also said that he could offer her extra insurance for vision and dental care for \$467, if she could give him her banking information. (He requested an old check and bank statement.) The woman told the caller that she didn’t have this information, and he persisted, telling her where she could find her banking information. The woman finally gave the caller information for a closed bank account, and she told him that she thought the call was a scam. The caller then put her on hold to speak with a supervisor. The woman ultimately spoke with multiple people, all of whom requested banking information. The woman hung up the phone, and she received another call from the same original caller 15 minutes later.

These calls are a scam. There are no new Medicare cards being issued, and consumers should never give out personal information to anyone who ‘cold calls’ them on the phone (Medicare, Social Security, or Medicaid numbers, or banking or credit card information). Medicare, Social Security, banks, or other legitimate entities will not ask for your personal information when they call you. They only use this information to verify your identity when you call them.



October

About the Month

APPLES have been cultivated for at least 3,000 years and they are at their very best this month.

The first **JACK-O'-LANTERNS** appeared in Ireland, crafted from hollowed turnips and potatoes.

Everyone associates **BATS** with Halloween, but by October 31st, most of the little creatures have disappeared into caves to hibernate for the winter.

The first **WORLD SERIES** game was held on October 1, 1903 and pitted the **Pittsburg Pirates** against the eventual champions, the **Boston Americans**.

OPALS, the birthstones of October, symbolize magic, love and hope.

Folklore attributes autumn's **CHANGE OF COLOR** to Jack Frost's pinching some leaves with his icy fingers, causing them to turn red, and painting the remaining foliage in shades of brown and gold.

Halloween

By the Numbers



Halloween is no bare bones holiday anymore. According to one estimate, it's the second most lucrative celebration, behind Christmas, with American parents spending a sweet \$3 billion. Here are some more facts and figures to make you shiver.

- ! Eighty-six percent of Americans decorate their homes for Halloween.
- ! Ninety-nine percent of pumpkins marketed domestically are used as jack-o'-lanterns.
- ! Americans purchase an estimated 20 million pounds of candy corn for Halloween.
- ! Eight percent of Americans dress their pets in costumes for Halloween.
- ! In Sandusky, OH, it's illegal for anyone over the age of 14 to go trick-or-treating.
- ! A full moon rarely shows up on Halloween, although the holiday is associated with one. Full moons on Halloween have occurred in 1925, 1944, 1955 and 1974. The next full moon on October 31st will be in 2020.



**We Hope You Have A
Safe & Happy Halloween!**



October 9-15 FIRE PREVENTION WEEK

Protect Yourself From Fire

On average, a home fire occurs every 85 seconds in the United States. To avoid becoming a statistic, follow this very important advice from firefighters.

- ∅ **Grandkids** - Keep matches and lighters in one place, away from children; tell them not to “use” matches. Saying “play” makes it sound like fun.
- ∅ **Outlets** - Overloaded outlets can easily short out and burn. Use a power strip that is designed to take multiple plugs, but don’t overload it.
- ∅ **Dryers** - The clothes dryer is commonly involved in home fires causing 14,000 fires a year. Always clean the lint filter after every load.
- ∅ **Candles** - Allow only one lighted candle at a time and make sure it’s in a container that won’t get knocked over. Never leave a lit candle unattended.
- ∅ **Stoves** - Don’t put something on to cook then go and lie down. Never leave cooking food unattended.
- ∅ **Appliances** - Always, always turn off and/or unplug curling irons, hair dryers, irons, coffee pots, etc. when leaving the house.

For more info, go to www.usfa.fema.gov

Sound Advice

Hearing loss is very common, especially as we age. In fact, almost 20% of American adults report some degree of hearing difficulty. In adults over 65, that number jumps to 40%. In other words, if you believe you’re experiencing hearing loss, you’re not alone. Fortunately, the progression of hearing loss varies by individual and can be slowed by the following tips.

Turn it down. Turn down the radio and TV. If you wear headphones, lower to volume to the halfway point.

Research your Rx. Certain medications can cause damage and hearing loss. The list includes: tetracycline, cisplatin and erythromycin. When taking medications, ask if there is any risk of hearing damage, and if so, whether there’s an alternative.

Keep Q-Tips out. Cotton swabs have no place in your ears. If you poke too deeply you may rupture your eardrum. The ear is self-cleaning, but if you feel you have a blockage, see your doctor.

Do you have hearing loss? Here are a few signs and symptoms.

- ü Asking others to repeat themselves
- ü Turning up the television or radio volume to levels others find too loud
- ü Feeling like other people are always mumbling
- ü Having trouble hearing women’s and children’s voices
- ü Having trouble hearing over the telephone
- ü Avoiding social situations that were once enjoyable

New and Unusual Uses For Everyday Things

Household wipes container - Put a ball of string or yarn in the container and thread the end through the hole in the top.

Comb - Scrape away lint that gets stuck in a vacuum cleaner's roller for more suction.

Rubber Band - Prevent a potluck disaster by securing the lid of a dish by stretching a band over the top.

Old pantyhose - Rub a scrunched-up pantyhose over a deodorant stain to remove the mark instantly.

Vegetable peeler - Use the tip of the peeler instead of a Phillips head screwdriver.

-Woman's Day



Don't Lose It!

Tools and Tricks for Keeping Track of Almost Everything

Wallet - Choose a wallet in a vivid color so it stands out in your dark purse.

TV Remote - Use Velcro to attach the remote to the TV when not in use.

Sunglasses - If you primarily use your sunglasses when in the car, leave them there. Put them in a colorful case.

Credit Cards - Keep all your credit cards in the same wallet.

Keys - Always keep keys in the exact same spot, like a basket near the door.

Socks - Put your socks in a lingerie bag when doing the laundry.



Funny Zone

Baseball - Two old guys, Abe and Sol, are sitting on a park bench feeding pigeons and talking about baseball, like they do every day. Abe turns to Sol and says, "Do you think there's baseball in heaven?"

Sol thinks about it for a minute and replies, "I dunno. But let's make a deal: if I die first, I'll come back and tell you if there's baseball in heaven, and if you die first, you do the same." They shake on it and sadly, a few months later, poor Abe passes on. One day soon afterward, Sol is sitting there feeding the pigeons by himself when he hears a voice whisper, "Sol ... Sol ..." Sol responds, "Abe! Is that you?" "Yes, it is, Sol," whispers Abe's ghost. Sol, still amazed, asks, "So, is there baseball in heaven?" "Well," says Abe, "I've got good news and bad news." "Gimme the good news first," says Sol. Abe says, "Well... there is baseball in heaven." Sol says, "That's great! What news could be bad enough to ruin that!?" Abe sighs and whispers, "You're pitching on Friday."

Interesting Pets - A man is driving down the highway and passes a state motorcycle officer. The officer notices the man and also sees that he has 4 penguins in the backseat of the car. The officer chases down the car and pulls the man over, and after a short inspection of the vehicle says to the driver "what are you doing with 4 penguins in your car?" To which the man replies "Just taking them for a ride officer." Visibly upset, the cop instructs the man to take the penguins to the zoo. The next day the same man is driving down the same highway and is spotted by the same motorcycle cop. Again the cop gives chase and pulls the car over and upon inspection sees the same 4 penguins in the backseat only this time the penguins are wearing bright colored swim trunks and sun glasses. The cop, really ticked off this time, says, "I thought I told you to take those penguins to the zoo yesterday" The man smiles and replies, "I did! They liked that so much that today I decided to take them to the beach!"

Bidding Higher - One day a man went to an auction. While there, he bid on a parrot. He really wanted this bird, so he got caught up in the bidding. He kept on bidding, but kept getting outbid, so he bid higher and higher and higher. Finally, after he bid way more than he intended, he won the bid - the parrot was his at last! As he was paying for the parrot, he said to the Auctioneer, "I sure hope this parrot can talk. I would hate to have paid this much for it, only to find out that he can't talk!" "Don't worry," said the Auctioneer, "He can talk. Who do you think kept bidding against you?"

A Married Couple - Tom was in his usual place in the morning sitting at the table, reading the paper after breakfast. He came across an article about a beautiful actress that was about to marry a football player who was known primarily for his lack of IQ and common knowledge. He turned to his wife Linda, with a look of question on his face. "I'll never understand why the biggest shmucks get the most attractive wives." His wife replies, "Why, thank you, dear!"

Very Old Age - At his 103rd birthday party, my grandfather was asked if he planned to be around for his 104th. "I certainly do," he replied. "Statistics show that very few people die between the ages of 103 and 104."

Jury Selection - The tiresome jury selection process continued, each side hotly contesting and dismissing potential jurors. Don O'Brian was called for his question session. "Property holder?" "Yes, I am, Your Honor." "Married or single?" "Married for twenty years, Your Honor." "Formed or expressed an opinion?" "Not in twenty years, Your Honor"

SAVE THE DATE!!

Protect Yourself Against Identity Theft

The Glen Ellyn Chamber of Commerce and the
Glen Ellyn Police Department are pleased to
co-sponsor a

COMMUNITY SHREDDER EVENT

When? Saturday, October 15th, 9:00 am -
12:00 pm

Where? Municipal Parking Lot, located at
Prospect and Crescent in downtown Glen Ellyn

Identity theft occurs when thieves use your
personal information to obtain goods and
services against your good credit. *Safeguard
your information* by shredding

documents instead of casually throwing them
into the trash. The **Community**

Shredder Event is your opportunity to safely
dispose of outdated financial reports, credit
card statements and other documents. Simply
drive up and watch as all of your documents
are shred on-site.

The service is free; we only ask that you
respect a limit of three (3) boxes per household
and no businesses are allowed.

For further information contact:

Mrs. Georgia Koch GECOC (630) 469-0907
or Officer Tom Staples GEPD (630) 469-1187

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 October



Cheddar-Chicken & Rice Skillet

1/2 cup KRAFT Light Zesty Italian Dressing
1 lb. boneless skinless chicken breasts, cut into strips
2 cups instant brown rice, uncooked
1-1/4 cups fat-free reduced-sodium chicken broth
1 green pepper, cut into strips
2 tomatoes, chopped
1 cup KRAFT 2% Milk Shredded Mild Cheddar Cheese
4 green onions, sliced

Make It

HEAT dressing in large nonstick skillet on medium-high heat. Add chicken; cook and stir 2 min.
STIR in rice, broth and peppers. Bring to boil; cover. Simmer on low heat 5 min. or until chicken is done and rice is tender. Let stand, covered, 5 min. or until liquid is absorbed.
ADD tomatoes, cheese and onions; mix lightly.

Easy Peanut Butter Cookies

1 egg
1 cup Creamy Peanut Butter
1 cup sugar
1/2 cup chopped PLANTERS COCKTAIL Peanuts
1 tsp. vanilla

Make It

HEAT oven to 350°F.
BEAT egg in large bowl with mixer until foamy. Add remaining ingredients; mix well.
SHAPE into 1-inch balls. Place, 2 inches apart, on baking sheets. Flatten, in crisscross pattern, with tines of fork.
BAKE 10 min. or until lightly browned. Cool on baking sheets 1 min. Remove to wire racks; cool completely.
Note:
These easy-to-make cookies don't need any flour!

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

