



At Your Service

Fall Is Just Around The Corner!!

Unusual Holidays in September

- 2nd - Nat'l Blueberry Popsicle Day
- 3rd - Skyscraper Day
- 4th - Newspaper Carrier Day
- 5th - Cheese Pizza Day
- 6th - Read a Book Day
- 10th - Swap Ideas Day
- 13th - Positive Thinking Day
- 14th - Cream Filled Donut Day
- 17th - Apple Dumpling Day
- 19th - Butterscotch Pudding Day
- 29th - Ask A Stupid Question Day

Senior Center News

September 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,
September 14th
10:00– 11:00 am.***

At the Senior Center...

The **Book Club** will meet on Tuesday, September 20th at the Glen Ellyn Library at 10:15 a.m. Please call Sue at (630) 858-6343 for more information.

The current book is The Zookeepers Wife



All Are Welcome! FREE Senior Community Entertainment Fair

Come and enjoy some great talented entertainers!!

A Box Lunch will be provided for purchase by The Grounds of Hope Café which is located in the same building. You can order your choice of a Large Ham or Turkey Sandwich which includes chips, cookie & beverage for a cost of \$7.00. The Box Lunch must be ordered and paid by September 9th.

Friday, September 16th, 9:00 am - 2:30 pm

Trinity Green Trails Church
2701 Maple Ave., Lisle, IL

Please RSVP by Thursday, September 9th

To Villa St. Benedict (630) 725-7113 or ILprograms@villastben.org



What's Happening At the Glen Ellyn Park District

Tuesday Senior Luncheons at the Park District

Welcome back! We are playing B-I-N-G-O this month with a chance to win some fun prizes! Before our game, enjoy a wonderful lunch of ham, roasted mashed potatoes, mixed vegetables, tossed salad, rolls and lemon pound cake.



Tuesday, September 13th

12:00 - 2:00 p.m.

Maryknoll Park Clubhouse

845 Pershing Ave., Glen Ellyn

Cost: \$7.00



Call (630) 858-2463 by Tuesday, September 6th to reserve your spot!

A Moment in Time Series

Join us for an exploration in to music, history and sports. Each month we will discuss a different moment in time and its significance in history...

2:00 PM

Presented by: Tim Wilsey

Thursday, September 1, 2011: Chicago Bears Legends

Thursday, October 6, 2011: Haunted Houses & Spirits of Chicago

Thursday, November 3, 2011: The History of Chicago Blues

Thursday, December 1, 2011: Dedication to Broadway



Belmont Village Assisted Living
545 Belmont Lane, Carol Stream, IL
(630) 510-1515



Seating is limited at these events. To reserve your spot,

RSVP to Cathy Raymond at (630) 510-2522

Or email craymond@belmontvillage.com

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.

Three 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.

At 2:00 pm - Join this class for gentle movement and poses while seated and standing with the support of a 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 September



Have A Little Fun ...

Hispanic Heritage Month Match-up quiz

In honor of Hispanic Heritage Month, take this fun match-up quiz about 10 famous Hispanic Americans from the past and present.

1. Dennis Chaves
 2. Joan Baez
 3. Pablo Casals
 4. Father Junipero Serra
 5. Nancy Lopez
 6. Hernando de Soto
 7. Miguel Cabrera
 8. Cesar Chavez
 9. Gloria Estafan
 10. Antonia C. Novello
- A. Led the fight for a better life for migrant workers.
- B. One of the world's best female golfers.
- C. Folk Singer.
- D. First Hispanic and First Female U.S. Surgeon General.
- E. In 1935, he became the first Hispanic U.S. Senator.
- F. Baseball player with the Detroit Tigers.
- G. World-famous musician-cello player.
- H. Singer from Miami.
- I. Discovered the Mississippi River.
- J. Founder of California Missions.



New Section...FRAUD ALERTS!

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

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

Circuit Breaker/Illinois Cares Rx Alert

AgeOptions has received two reports thus far of a man calling older adults in Illinois from a cell phone and claiming to be working with the state of Illinois on the Circuit Breaker program. In both cases (one in Rock Island, and one in the south suburbs of Chicago), the man stated that he has questions about the letters that were sent out in June, and that he needs to write down the answers to the questions, so he needs to come and visit the people in their homes. One of the consumers asked the caller for the name of his business. He said that he is "with the Better Business Bureau" and that she could "check with them," but he would not give her the name of his business. The other consumer made an appointment with the man, and her daughter waited for him to arrive and then immediately called the police.

We are researching this issue and will share any information that we find in future Fraud Alerts. However, we would like to warn consumers against sharing personal information with anyone who calls on the phone or comes to the door. Please note that some agencies who provide Senior Health Assistance Program (SHAP) counseling may contact beneficiaries in their area about the Illinois Cares Rx changes, but these calls will come from a trusted agency in the community, NOT an individual on a cell phone, and they will NOT require home visits to collect personal information. Moreover, if people need to reapply for Illinois Cares Rx or Circuit Breaker, or if they do receive a call from someone that they want to verify, consumers can contact those SHAP agencies using the phone numbers on the list that was provided in the letter sent to them by the state of Illinois. Consumers should never give out personal information over the phone unless they initiated the call, and therefore know for certain that they are speaking with a legitimate agency.

If people are receiving contacts like this, please report them to the Illinois SMP program at AgeOptions, so that we may continue to research the situation. If a consumer has given away personal information, such as a Social Security number or Medicare number, we also encourage the person to file an identity theft report with their local police department and contact the Illinois Attorney General's Office Identity Theft hotline at (866)999-5630.

Medicare Card Phone Scams Return

The SMP Programs in Wyoming and Pennsylvania reported two phone scams this week. In Wyoming, a woman received multiple phone calls from someone telling her that her Medicare card is no longer usable, but that the caller could replace it for \$209. In Pennsylvania, a woman received a call claiming to be from the Social Security Administration (SSA). The caller told the woman that SSA is issuing new medical cards to be used in conjunction with the red, white, and blue Medicare card, and that if the woman does not use the new card, her Medicare card will no longer work. The caller then asked the woman for her bank account number. The caller already had the woman's name, telephone number, address, and bank routing number, which made the scam all the more believable. Fortunately, the woman realized that this was a scam, and did not give out any information. This angered the callers, who threatened to cut off her Medicare benefits and stop her Social Security payments.

These reports fit with many of the descriptions we have received of phone scams lately – the callers are often very demanding and try to scare the person into sharing information.



Summer's Last HURRAH

September is here and summer is coming to an end, so here are a few interesting tidbits about the month and the season yet to come.

- ê **The HARVEST MOON is always the full Moon closest to the Autumnal equinox.**
- ê **SAPPHIRES, the birthstone of September, are one of the four most valued stones. The other valued gems are rubies, emeralds and diamonds.**
- ê **Legend says that the ASTER, the flower of September, is named for Astraea, the virgin goddess of justice who left the earth and became the constellation Virgo (her scales became Libra).**
- ê **Beautiful FALL color is on its way. To find out the best color hot spots in your area, call 1-800-354-4595.**
- ê **The first LABOR DAY parade was held in New York City on September 5th, 1882, as 20,000 workers marched up Broadway.**

LABOR DAY The Short Story



Did you know we have Peter J. McGuire and President Cleveland to thank for Labor Day? Here's the scoop. The first observance was believed to have been a parade on September 5, 1882 in New York City, organized by a Carpenters and Joiners Union Secretary, Peter J. McGuire. In 1883, a union resolution declared "the first Monday in September of each year as Labor Day." In 1894, President Cleveland signed into law an act making the first Monday of September a legal holiday.

We hope you have a safe and happy Labor Day!

Grandparents' Day

Because grandparents are so special, here are some special thoughts just for them!

Perfect love sometimes does not come until the first grandchild.

-Welsh Proverb

Grandparents, like heroes, are as necessary to a child's growth as vitamins.

-Joyce Allston

If nothing is going well, call your grandmother.

-Italian Proverb

Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children.

-Alex Haley

Happy Grandparents' Day!!



COLD & FLU Season is here!

If you're trying hard to avoid colds and the flu, here are **EIGHT** prevention strategies to keep you healthy - short of moving to the North Pole where germs cannot survive!

- 1) **Keep current on inoculations, and ask your doctor about flu shots.**
- 2) **Wash your hands often, with lots of soap and lots of water! Don't share washcloths or towels.**
- 3) **Shut the faucet off with a paper towel and try to push the door open with your shoulder or use the paper towel to turn the knob when using a public restroom.**
- 4) **Cover your mouth and nose with a tissue when you sneeze or cough. If you don't have a tissue, cough into your upper sleeve.**
- 5) **Don't shake hands or touch surfaces and then bring your fingers to your nose or face.**
Colds are caught from other people.
- 6) **Biting your nails spreads germs; don't do it.**
- 7) **Never share food or drinks, even a taste.**
- 8) **Drink lots of liquids and get plenty of sleep.**

Remembering Names

Have you ever been to a party where you run into someone that you've met before, but can't remember the person's name? It can be awkward for both of you! Remembering new names isn't always easy. The next time you meet someone new, try using the LMER approach. This acronym is a simple 4 step process.

- P** Look & Listen - As you look at the person, create a strong mental image as you listen for his or her name. Is he/she short or tall?
- P** Mind picture - Associate the person's name with a picture that is easy to recall.
- P** Exaggerate - the more exaggerated and colorful the picture, the easier to remember.
- P** Repeat - Repeat the name silently to yourself a few times. Try to use the name in conversation.

Good Posture Eases Pain

Straighten up! A study published in the Journal of the American Geriatrics Society shows that people who hunched had a mortality rate 1.44 times higher than those with better postures. Those with bad posture are also more likely to fall. Studies show more falling related to the degree of forward head posture.



Credit Card Scams

Credit card thieves are more devious than ever. Here's some good advice from Woman's Day on how to protect yourself from the latest scams.

- c Don't flash your card in public. Get in the habit of covering your account number with your hand or laying it face down.
- c Tear up credit card receipts. Never toss them into a public trash container. Shred unwanted card offers.
- c Destroy expired cards and cancel ones you don't need.
- c Safeguard your account. If you lose your credit card, report it right away to the credit card company.

Super Saver

September is National Coupon Month

Coupons are born!

1894 - Asa Candler, the druggist who bought the formula for Coca-Cola for \$2,300, gave out handwritten tickets for a free glass of his new fountain drink. Today - **88%** of the United States population uses coupons and shoppers saved nearly \$3.2 billion last year by using coupons.

Cool Coupon Hints

- " Use coupons with shorter expiration dates first to stock up on necessary items.
- " Keep those scissors nearby as you go through the newspaper, so you can clip as you go.
- " Call manufacturers' **800** numbers (often found on the packages of your favorite products) to request coupons. Up to **34%** of manufacturers only send coupons upon request.
- " Look for coupons at the grocery store shelf or on the Internet.
- " If you can't use a particular coupon yourself, share it with a friend.
- " Have your children, nieces, nephews or grandchildren help in coupon clipping with you. It can help them learn math skills.



Funny Zone



Cowboy and Bible - The religious cowboy lost his favorite Bible while he was mending fences out on the range. Three weeks later a cow walked up to him carrying the Bible in its mouth. The cowboy couldn't believe his eyes. He took the precious book out of the cow's mouth, raised his eyes heavenward and exclaimed, "It's a miracle!" "Not really," said the cow. "Your name is written inside the cover."

Chinese Meal - A couple go for a meal at a Chinese restaurant and order the "Chicken Surprise". The waiter brings the meal, served in a lidded cast iron pot. Just as the wife is about to serve herself, the lid of the pot rises slightly and she briefly sees two beady little eyes looking around before the lid slams back down. "Good grief, did you see that?" she asks her husband. He hasn't, so she asks him to look in the pot. He reaches for it and again the lid rises, and he sees two little eyes looking around before it slams down. Rather perturbed, he calls the waiter over, explains what is happening, and demands an explanation. "Please sir," says the waiter, "what you order?" The husband replies, "Chicken Surprise." "Ah, so sorry," says the waiter, "I bring you Peeking Duck"

Do You Know Your Judgment Day? Fellow 1 : "Now my grandfather, he knew the exact day of the year that he was going to die. It was the right year too. Not only that, but he knew what time he would die that day, and he was right about that, too." Fellow 2 : "Wow, that's Incredible. How did he know all of that?" Fellow 1 : "A judge told him."

England's West Country - England's West Country is known for its charming cottage- like shops. While visiting the area, my friend peered in through one window to see shelf upon shelf of interesting- looking books. So she went inside. A woman appeared though a beaded curtain and asked, "Can I help you?" "No, just browsing," said my friend. "Fine," came the reply. "But so you know, around here most people knock before entering someone's home."

Bad Brakes - Jill's car was unreliable and she called John for a ride every time it broke down. One day John got yet another one of those calls. "What happened this time?" he asked. "My brakes went out," Jill said. "Can you come to get me?" "Where are you?" John asked. "I'm in the drugstore," Jill responded. "And where's the car?" John asked. Jill replied, "It's in here with me."

Sociology - In my sociology class, we were instructed to write down answers to some questions the teacher was asking. "Next question," announced the instructor. "How would you like to be seen by the opposite sex?" I was thinking about my answer when the young woman next to me turned and asked, "How do you spell 'intellectual?'"

Cooperation - At one point during a game, the coach said to one of his young players, "Do you understand what cooperation is? What a team is?" The little boy nodded in the affirmative. "Do you understand that what matters is whether we win together as a team?" The little boy nodded yes. "So," the coach continued, "when a strike is called, or you're out at first, you don't argue or curse or attack the umpire. Do you understand all that?" Again the little boy nodded. "Good," said the coach, "now go over there and explain it to your mother."

Too Much Sugar – A fellow nurse at my hospital received a call from an anxious patient. "I'm diabetic and I'm afraid I've had too much sugar today." the caller said. "Are you light-headed?" my colleague asked. "No," the caller answered, "I'm a brunette."

Building Rome - Marilyn, the teacher, asked her 5th grade history class, "When was Rome built?" and called on Timothy to answer first. "Rome was built at night." was his answer. "At night?" asked Mrs. Taylor, holding her ruler firmly in her bony-knuckled hands. "How ever did you get such an idea?" "Well," gulped the student, hoping his answer would satisfy her, "everyone knows Rome wasn't built in a day."

SAVE THE DATE!!

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 9:30
a.m. to 12:00 p.m.

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

You may call (630) 858-6343 after
September 19th 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.



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 September



Weeknight Ravioli Bake

1 jar (26 oz.) spaghetti sauce
1 can (14-1/2 oz.) diced tomatoes, undrained
1/2 cup water
2 pkg. (1 lb. each) frozen cheese ravioli
1 pkg. (8 oz.) KRAFT Shredded Italian Five Cheese with a Touch of PHILADELPHIA
2 Tbsp. KRAFT Grated Parmesan Cheese

HEAT oven to 400°F.

MIX spaghetti sauce, tomatoes and water; spoon 1 cup onto bottom of 13x9-inch baking dish.

LAYER half the ravioli and 1 cup shredded cheese over sauce.

Top with remaining ravioli and sauce mixture. Sprinkle with remaining shredded cheese; cover.

BAKE 30 min.; uncover. Bake 15 min. or until ravioli is tender and heated through. Sprinkle with Parmesan. Let stand 10 min.

Buying the right ravioli - Use large round or square ravioli for this dish, about 12 per lb.

Fruit 'n Juice Squares

1-1/2 cups boiling water
1 pkg. (6 oz.) JELL-O Strawberry Flavor Gelatin
Ice cubes
1 cup cold orange juice
1 can (8-1/2 oz.) fruit cocktail, drained
1 tub (8 oz.) COOL WHIP Whipped Topping, thawed, divided

ADD boiling water to gelatin mix in large bowl; stir at least 2 min. until completely dissolved. Add enough ice to juice to measure 1-1/2 cups. Stir into gelatin. Refrigerate 30 min. or until slightly thickened. Remove 1-1/2 cups of the gelatin; place in medium bowl. Stir in fruit; set aside.

STIR half the COOL WHIP into remaining gelatin with whisk until well blended. Pour into 8-inch square dish. Refrigerate 10 min. or until set but not firm. Carefully top with fruited gelatin.

REFRIGERATE 3 hours or until firm. Serve topped with remaining COOL WHIP.

Glen Ellyn Senior Center
493 Forest Avenue
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