



At Your Service

Happy Easter!! Happy Spring!!

Unusual Holidays in April

- 2nd - Sweet Potato Day
- 4th - Ballroom Dancing Day
- 6th - Twinkies Birthday® (1930)
- 11th - Nat'l Dandelion Day
- 17th - Daffy Duck's Birthday (1937)
- 20th - Lima Bean Respect Day
- 22nd - Nat'l Jelly Bean Day
- 26th - Nat'l Pretzel Day
- 30th - Bugs Bunny's Birthday (1938)

Senior Center News

April 2012

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, April 11th** 10:00– 11:00 am.*

At the Senior Center...

The **Book Club** will meet on Tuesday, April 17th at the Grace Lutheran Church at 10:15 a.m. Please call Sue at (630) 858-6343 for more information.

We continue to process the RTA passes for FREE rides on Wednesday, Thursday and Friday, 9:00 am - 1:00 pm. Please call first to make sure we are in the office.

Save The Date!

Glen Ellyn Park District Senior Fair

Wednesday, May 16, 2012, 9:00 am - 12:00 pm

Main Street Recreation Center

Health Screenings

Exhibitors

Prizes & Give-Aways

Snacks & Lunch

Presentations

More information to follow in the May Newsletter!



What's Happening At the Glen Ellyn Park District

Tuesday Senior Luncheons at the Park District

Spring is here! It's time to smell the blooms and get ready for another fun-filled summer with an energizing game! Enjoy mostaccioli with meatballs, veggies, Caesar salad and dessert.



Tuesday, April 10th

12:00 - 2:00 p.m.

Maryknoll Park Clubhouse
845 Pershing Ave., Glen Ellyn

Cost: \$7.00



Call (630) 858-2463 by Tuesday, April 3rd to reserve your spot!

AARP Chapter - Glen Ellyn

Please join us for the April Meeting:
Words That Endure, Writing Your Life Story



Tuesday, March, 2012

10:00 a.m.

St. Barnabas Episcopal Church
22W415 Butterfield Rd.

Glen Ellyn (between Rt. 53 and Park Blvd.)



For more information please call: George Pelch at (630) 983-0918



Funny Zone



A jeweler called the police station to report a robbery. "You'll never believe what happened, Sergeant. A truck backed up to my store, the doors opened and an elephant came out. He broke my plate glass window, stuck his trunk in, sucked up all the jewelry and climbed back into the truck. The doors closed and the truck pulled away." The desk sergeant said, "Could you tell me, for identification purposes, whether it was an Indian elephant or an African elephant?" "What's the difference?" asked the jeweler. "Well," said the sergeant, an African elephant has great big ears and an Indian elephant has little ears." "Come to think of it, I couldn't see his ears," said the jeweler. "He had a stocking over his head."

High School Reunion - My wife and I were at my high school reunion. As I looked around, I noticed the other men in their expensive suits...and their bulging stomachs. Proud of the fact that I weighed just five pounds more than I did when I was in high school, the result of trying to beat a living out of a rocky hillside farm, I said to my wife, "I'm the only guy here who can still wear the suit he wore when he graduated." She glanced at the well-dressed crowd, then back at me, and said, "You're the only one who has to."

You can't take it with you - Trying to disprove the saying "You can't take it with you," a stingy old lawyer, diagnosed with a terminal illness, finally figured out how to take at least some of his fortune with him when he died.

He instructed his wife to go to the bank and withdraw enough money to fill two pillowcases. He then told her to take the bags of money to the attic and leave them directly above his bed. When he passed away, he planned to reach out and grab the bags on his way to heaven. Several weeks after the funeral, his wife, up in the attic cleaning, came upon the two forgotten pillow cases stuffed with cash. "Oh, that old fool!" she exclaimed. "I knew I should have put the money in the basement."

Chin Chin - Chin-Chin the panda was on trial for entering a New York City restaurant, eating dinner, pulling out a machine gun, and shooting out the windows and doors. The judge looked at Chin-Chin's lawyer and proclaimed, "Thirty eyewitnesses saw your client pay for dinner, shoot up the place, and leave. Security cameras caught the entire incident on video. I have no choice but to sentence your client ..." "Wait a second, your honor," said the lawyer, "My client may be guilty, but there are extenuating circumstances. He couldn't help his behavior that night, and if you look up the word 'panda' in the dictionary, you'll have no choice but to agree." The judge was puzzled, but he had his secretary bring his dictionary into court. There, under the letter P, he found; "PANDA: Black and white bear from China that eats shoots and leaves."

What is Black? - Shopping for a black cotton sweater, I couldn't find anything suitable in a trendy Berkeley clothing store. A helpful saleswoman offered to check the store catalogue. After flipping through the pages, she looked up in consternation. "Mark," she called to her co-worker, "what are we calling black this year?"

Women and Cats - I've never understood why women love cats.

Cats are independent, they don't listen, they don't come in when you call, they like to stay out all night, and when they're home they like to be left alone and sleep. In other words, every quality that women hate in a man, they love in a cat.

Library Blonde - A blonde goes into a library and says, "Hello. I'm here to see the doctor." The librarian replies, "This is a library." So the blonde lowers her voice and says, "Oh sorry!" Then whispers, "I'm here to see the doctor."

Successful Marriage - A couple had been married for 45 years and had raised a brood of 11 children and were blessed with 22 grandchildren. When asked the secret for staying together all that time, the wife replies, "Many years ago we made a promise to each other: the first one to pack up and leave has to take all the kids."

Extra Brain Exercise for April



Have A Little Fun ...

Pencil Pastime

Grab a pencil and paper and work this fun brain teaser. There are at least 13 words, each of five letters or more, that can be made out of the letters in the word

SCHOLARSHIP.

How many can you make? A score of 7 is dandy; 10 is magnificent.



FRAUD ALERTS!

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

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

Warning About Tax Refund Scams

One of our SMP partner agencies alerted us to a situation in the Chicago area in which individuals are going to homeless shelters and passing out preprinted tax returns with phony income and tax withholding information on them. They are asking homeless individuals at the shelters to fill in their Social Security numbers and return the forms to them for "filing." Consumers should be warned never to give personal information (like Social Security numbers) to a stranger under any circumstances, and volunteers who assist with tax preparation are being advised to watch out for tax forms that appear to be typed on a typewriter or handwritten, as well as W-2 and 1099 forms in which tax withholding matches the income reported.

ComEd Impersonation Scams

Residents in multiple Chicago suburbs have reported incidents in the last couple of months in which they have received door-to-door visits from people impersonating ComEd workers in order to solicit credit card information or cash, or to gain entry into the person's home. ComEd issued a warning alerting consumers to this problem and reminding consumers that if they receive an unsolicited visit from someone claiming to be from ComEd, they should contact the local police department. The alert also states that **consumers should always ask to see a company ID before allowing a utility worker into your home or business**, never pay on-site for services (ComEd never asks for cash payments or personal banking information), and remember that ComEd employees do not engage in door-to-door sales or telemarketing activities with customers.

Medicare & You Telephone Scam Reported in Nevada

The Nevada SMP program received a report this week that someone is calling Medicare beneficiaries and claiming to be from Medicare. The caller tells the beneficiaries that he wants to go over "the changes in the new Medicare and You book" and answer any questions they might have, since Medicare "can't mail the books out any more."

This is a scam – Medicare does not make unsolicited phone calls or go door-to-door, and Medicare does still mail Medicare & You books to beneficiaries unless they sign up to receive them electronically on mymedicare.gov. Please warn Medicare beneficiaries in your area to never give personal information to someone who calls on the phone or comes to the door, even if they claim to be "from Medicare."

OIG Issues Fraud Alert to People With Diabetes

Due to the large volume of diabetic supply telephone scams affecting Medicare beneficiaries across the country, the U.S. Department of Health and Human Services Office of the Inspector General (OIG) has issued an official fraud alert about these scams. Please read the alert here and distribute it to consumers in your community to help us get the word out about this rampant scam:

<http://oig.hhs.gov/newsroom/news-releases/2012/alert20120309.asp>



April

Fun Trivia for the Month

Did you know...?

April Fool's Day seems to have begun in France in 1564. April 1st used to be New Year's Day, but the New Year was changed to January 1 that year. People who insisted on celebrating the "old" New Year became known as April fools and it was common to play jokes and tricks on them.

Wearing or carrying a **Diamond**, the birthstone of April, is said to promote self-confidence with members of the opposite sex.

Sweet Peas, the flowers of April, originated in Italy.

Easter is always celebrated on the first Sunday after the first full moon after the vernal equinox.

Taurus, the sign of the bull, is the period between April 20th and May 20th. Those born under this sign are said to be warmhearted, patient, reliable and loving.

Happy Friday the 13th!



FRIDAY the 13th this month is the second of three in 2012. Many believe that 13, especially when combined with a Friday, makes for a very unlucky day. It seems that fear of the number 13 has been so prevalent throughout history that the Greeks even had a special word for it, "triskaidekaphobia."

Friday the 13th even has an impact on our economy. ABC News reports that businesses lose nearly one billion dollars every Friday the 13th owing to everything from people who stay home from work to those who won't travel n the unlucky day.

If Friday the 13th worries you, carrying an acorn in your pocket is thought to bring good luck.

Don't Kill Your PILL

Be Aware: Some foods and beverages can block your medications!

If you are like most people, you down your pills with juice or food, thinking you're doing your stomach a favor. As it turns out, you may be doing more harm than good. Here is a *short list* of pill blockers and the drugs they may affect.

Milk and Yogurt - Blocks iron supplements, many antibiotics including tetracycline and the disease modifying anti-rheumatic drug penicillamine (*Depen, Cuprimine*)

Apple, Orange & Grapefruit Juice - Blocks anti-rheumatic drugs including methotrexate (*Trexall*); cancer drugs like etooside (*Vepesid*), some antibiotics like ciprofloxine (*Cipro*) and beta-blockers like acebutol (*Sectral*).

Coffee - Blocks alendronate; the antibiotic penicillin.

Leafy Green Vegetables and Liver (*high in vitamin K*) - Blocks blood thinners like warfarin (*Coumadin*).

Alcohol - Blocks antidepressants especially monoamine oxidase inhibitors like tranylcypromine (*Parnate*).

-*Arthritis Today*

REMEMBER TO ALWAYS ASK YOUR DOCTOR OR PHARMACIST ABOUT FOOD AND BEVERAGE INTERACTIONS WITH YOUR MEDICATIONS.

NAILS

What They Say About Your Health

Pale nails? Under normal circumstances, if you press gently on your fingernails they turn white, and then when you release the pressure they turn pink again. If your nails stay white more than a minute after you press on them or look pale all the time, this can be a sign of anemia.

Why? Anemia, or iron deficiency, causes pale nails when there aren't enough red blood cells circulating in the bloodstream. **Clue:** If anemia is the cause of pale nails, the nail beds (the thin strips at the base of nails) are likely to look particularly bleached out.

What to do: Iron deficiency can lead to fatigue or, in serious cases, heart problems, so you'll want to alert your doctor at your next visit.

-*caring.com*



Going Green

Earth Day - April 22

New Uses for Old Things

Fill an old clean **sock** with rice and microwave for one minute for a make-shift heating pad.

Keep your refrigerator vegetable drawer dry and free of smells, by lining the bottom with **newspaper**.

Wash **prescription bottles** and reuse as storage containers for buttons, needles, nails or small craft items.

Extend your pants by looping a **rubber band** through the button-hole and securing the other side to the button for an extra half-inch of breathing room.

For easy transport to a potluck, stash plastic utensils, condiments and napkins in the spaces of a **six-pack container**.

Tax Time Tips

Did you know: In the U.S., the usual April 15 IRS filing deadline has been extended by 2 days this year, thanks to a weekend and a D.C. holiday called Emancipation Day.

We'll take it!

Before filing your return, review it to make sure it is complete and correct. The following checklist may help you avoid errors:

- ✓ Did you check only one filing status?
- ✓ Did you enter income, deductions and credits on the correct lines? Are the totals correct?
- ✓ Did you enter the names and social security numbers for yourself and spouse, exactly as they appear on social security cards?
- ✓ Did you use tax tables? If so, did you use the right tax column for your filing status?
- ✓ Did you date and sign the return? If it is a joint return, did your spouse also sign and date?

And finally, if your income is low to moderate you might want to consider the AARP Foundation's FREE Tax-Aide service staffed by IRS-certified volunteers. Visit aarp.org/taxaide or call 1-888-227-7669.



Yours Truly

April 1st through Mother's Day is National Card and Letter Writing Month. To recognize this special time here are interesting facts, superstitions and quotes about letter writing.

- ☒ America's first official postage stamps, in 1847, displayed images of Benjamin Franklin (for 5 cents) or George Washington (10 cents). With the Ben Franklin you could post a one-ounce letter. Conveniently, if you had an ounce letter and only a two-ounce Washington stamp, you could cut George in half and call it good.
- ☒ The Ben Franklin's and George Washington's followed and established the rule, still in effect, that no living American may be shown on postage stamps.

Superstitions

- ☒ To get a letter, hang a found hairpin on a nail.
- ☒ Stamp a letter upside down to get a speedy response.
- ☒ If your left hand itches, a letter is coming (Right hand, expect money.)

Quotes

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

-Lord Byron (1788-1824)

The public will always give up its dinner to read love letters.

-George Nathan (1882-1958)

Play Ball!



You don't have to be a fan to enjoy this little bit of trivia about baseball.

Where does the saying ballpark figure come from? In the 1890s, ball grounds, or ball parks as they were then beginning to be called, hosted not only the increasingly popular "national game" of baseball, but also political rallies. Since admission to these rallies was free, attendance could not be determined by ticket stubs, and so the figures had to be estimated. Typically the local paper supporting the party that had organized the rally would give one inflated figure and the rival paper would give another, equally unreliable deflated figure. Thus *ballpark figure* came to mean, at best, a very rough estimate.

Chicago Cubs Opening Day -
Thursday, April 5th, 1:20 pm

Chicago White Sox Opening Day -
Friday, April 13th, 1:10 pm

Looking for a Local Support Group?

Several Support Groups are available and open to the community at The Meadows of Glen Ellyn.

Living with Loss - Open to persons who are grieving; *2nd Thursday* of each month at 2:00 pm.

Parkinson's Support Group - Open to persons living with Parkinson's Disease, and their families or caregivers; *3rd Tuesday* of each month at 10:00 am.

P.E.P. (People Encouraging People) - Open to persons caring for someone with a long term illness; *3rd Friday* of each month at 10:30 am.

New Visions - Open to persons living with limited vision; *4th Tuesday* of each month at 10:30 am.

The Meadows' Support Groups are facilitated by Linda Peterson and Fred Warnke. Please contact Fred or Linda at (630) 446-1527 with questions or for more information.

The Meadows of Glen Ellyn is located at 60 N. Nicoll Way, Glen Ellyn.



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

Recipe for April

Easy Cheesy Frittata (Great Easter brunch recipe!)

4 whole eggs

4 egg whites

2Tbsp. water

1 cup KRAFT 2% Milk Shredded Mozzarella Cheese, divided

1/2 cup chopped seeded tomatoes

2 slices OSCAR MAYER Bacon or OSCAR MAYER Turkey Bacon, crisply cooked, crumbled

1/4 cup chopped fresh basil

Make It

- 1) HEAT oven to 350°F.
- 2) BEAT whole eggs, egg whites and water with whisk in medium bowl until blended.
- 3) STIR in 1/2 cup cheese, tomatoes, bacon and basil. Pour into greased 9-inch pie plate.
- 4) BAKE 25 min. or until puffed and golden brown. Sprinkle with remaining cheese; bake 5 min. or until melted.



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

