

At Your Service



Summer Is Winding Down!!

Unusual Holidays in August

- 2nd - Nat'l Ice Cream Sandwich Day
- 4th - Nat'l Watermelon Day
- 6th - Nat'l Root Beer Float Day
- 9th - Betty Boop's Birthday (1930)
- 11th - Nat'l S'mores Day
- 14th - Nat'l Creamsicle Day
- 16th - Nat'l Tell A Joke Day
- 20th - Lemonade's Birthday (1630)
- 24th - Nat'l Peach Pie Day
- 27th - Nat'l Banana Lovers Day

Senior Center News

August 2012

Senior Center Hours

Monday—Friday

9:00 am—1:00 pm



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

At the Senior Center...

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

Circuit Breaker Applications and Medicare Counseling are done by appointment only. Please call to schedule an appointment during our regular business hours.

Take a Trip With Us to Cantata Adult Life Services in Brookfield, IL

Whether you are a client or a family member, Cantata Adult Life Services performs for you. We provide a beautifully orchestrated ensemble of adult life services, including in-home services, fitness and wellness programs, lifelong learning, handyman and home remodeling services, independent and assisted living options, as well as the area's most highly rated therapy services. These services are provided by passionate people who put you at center stage to empower you to live your best life, in the places and ways you choose.

Join us for a tour of the Cantata Adult Life Services campus **Wednesday, September 19, 2012**. The tour, which includes lunch and transportation, will depart from the Glen Ellyn Senior Center at 10:30 a.m. to arrive on the Cantata campus at 11 a.m. At just \$10 per person, this is a great chance to learn about a company breaking new ground in providing comprehensive best-life services to older adults.



Space is limited, so please call the Senior Center at (630) 858-6343 to register



What's Happening At the Glen Ellyn Park District

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

August 22 & 23

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

Summer Jazz in the Park

Are you looking for a relaxing night out with wonderful music? Come listen to the Glen Ellyn Jazz Ensemble, a 16 member group playing a mix of your favorite Big Band tunes. Jazz in the Park brings a touch of Ravinia to Glen Ellyn. Bring a blanket, lawn chairs and picnic dinner. In case of rain or severe weather, the concert will be cancelled. Call (630)858-0920 for cancellation info.

Wednesday, August 15th

7:00 - 9:00 p.m.

Lake Ellyn

Cost: FREE!

Take a Trip With the Glen Ellyn Park District

Chicago's Grand Hotels



What do Winston Churchill, Julia Roberts and Kate Winslet have in common? They have all starred in films that feature three of Chicago's most renowned and grand hotels: the Blackstone, Drake and Palmer House. Tour their magnificent lobbies and discover why so many world leaders, aristocracy and celebrities were guests of these beautiful Chicago hotels. The Blackstone alone houses a museum-quality art collection of more than 1,400 objects. Our tour ends at the Palmer House where we'll dine at Lockwood Restaurant. Fee includes transportation, tour guide and lunch of a burger or Palmer House Club sandwich, soup, Bertha's brownie, and coffee or tea. This is a cooperative trip with the Elmhurst Park District. We will travel in a mini-van or 15-passenger van to the Elmhurst Park District to board a large motorcoach.



Day/Time: *Wednesday, August 29th, 8:25 am - 4:30 pm*

Pick-up/Drop-off location: Maryknoll Park **Fee:** \$84.00

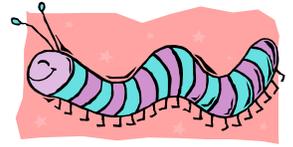
Registration Deadline: Tuesday, August 7th

Call (630) 858-2463 to register

You can also **meet us at** the Elmhurst Park District, 407 W. St. Charles Rd., **FEE:** \$80.00



Funny Zone



Flies on a Log - Beth Vorhees of public TV fame said her daughter, Diana, a third-grader, was to give a demonstration speech at school. She planned to demonstrate how to make "Flies on a Log" which consists of peanut butter spread on a stalk of celery with raisins on it. The morning of her speech, Diana took out everything she needed and put it on the kitchen counter, ready to take it to school. Unfortunately, when the girl and her mother left for school, they forgot to take the items. Diana's mother dropped her off and went home to get the stuff. The celery was gone. The raisins were gone. The peanut butter had been put away. "Oh," said Diana's father. "I had that stuff for breakfast." Diana's faithful mother rushed to gather up more ingredients and rush them to school with an apology to the teacher and an explanation of what happened. "Gee," said Diana's teacher, "that's a first -- 'My dad ate my homework.'"

Visa - A businessman called and had a question about the documents he needed in order to fly to China. After a lengthy discussion about passports, I reminded him he needed a visa. "Oh no I don't, I've been to China many times and never had to have one of those." I double-checked and sure enough, his stay required a visa. When I told him this he said, "Look, I've been to China four times and every time they have accepted my American Express!"

Late for Work - Hugh came into the office an hour late for the third time in one week and found the boss waiting for him. "What's the story this time. Hugh?" he asked sarcastically. "Let's hear a good excuse for a change."

Hugh sighed and said, "Everything went wrong this morning. The wife decided to drive me to the harbor. She got ready in ten minutes, but then the ferry didn't turn up. Rather than let you down, I swam across the river, ran over the mountain, borrowed a bicycle and cycled the 20 miles through the glen to this office." "You'll have to do better than that. Hugh," replied the boss, disappointed. "No woman can be ready in ten minutes."

Mike's Girlfriend - after directory assistance gave me my boyfriend's new telephone number, I dialed him -- and got a woman. "Is Mike there?" I asked. "He's in the shower," she responded. "Please tell him his girlfriend called," I said and hung up. When he didn't return the call, I dialed again. This time a man answered. "This is Mike," he said. "You're not my boyfriend!" I exclaimed. "I know," he replied. "That's what I've been trying to tell my wife for the past half-hour."

Animal Super Bowl - During the Super Bowl, there was another football game of note between the big animals and the little animals. The big animals were crushing little animals and at half time, the coach made a passionate speech to rally the little animals. At the start of the second half the big animals had the ball. The first play, the elephant got stopped for no gain. The second play, the rhino was stopped for no gain. On third down, the hippo was thrown for a 5-yard loss. The defense huddled around the coach and he asked excitedly, "Who stopped the elephant?" "I did," said the centipede. "Who stopped the rhino?" "Uh, that was me too," said the centipede. "And how about the hippo? Who hit him for a 5 yard loss?" "Well, that was me as well," said the centipede. "So where were you during the first half?" demanded the coach. "Well," said the centipede, "I was having my ankles taped."

Extra Brain Exercise for August



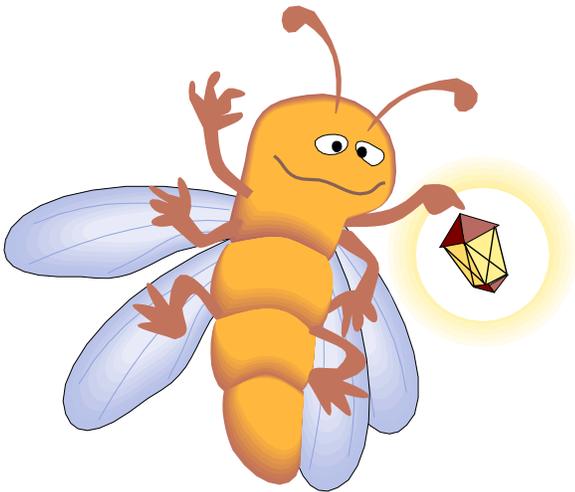
Have A Little Fun ...

Pencil Pastime

See if you can figure out what these seven words have in common.

1. **Banana**
2. **Dresser**
3. **Grammar**
4. **Potato**
5. **Revive**
6. **Uneven**
7. **Assess**

No, it's not that they all have at least 2 double letters.



FRAUD ALERTS!

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

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

Caller Offers "Wellness Checks" in Blue Island

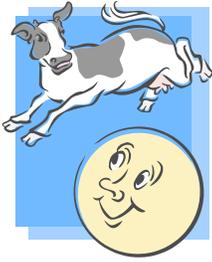
We received a report this week that there have been several calls in Blue Island and southern Cook County from a caller claiming to be from the "Council on Aging." The caller says that she can send a doctor, nurse, and/or therapists to the person's home to do a "wellness check" but she needs the person's Medicare number. Given the extreme heat we are currently experiencing, some people may believe that this is someone checking in on their well-being.

Please remind your clients and loved ones to NEVER give out personal information to anyone who calls on the phone, no matter who they say they are or where they claim to be from. Your Medicare number is a Social Security number, so it is very important to protect that number – if people obtain it, they can use it to steal your identity!

BEWARE!! New Scam That is Sweeping Across the Country

Thousands of Americans have fallen victim to a fast moving scam that claims to be part of an Obama Administration program to help pay utility bills in the midst of a scorching summer. The scam benefits from being cleverly executed and coming at a time when the air conditioners in much of the country are running around the clock to tame record high temperatures. Victims typically receive an automated phone call informing them of the nonexistent utility program that will supposedly pay up to \$1,000. There have also been reports of the hoax spreading by text messages, fliers left at homes and even personal visits. Victims are told all they have to do is provide their personal information. In exchange, they are given a bank routing number and checking account number to provide their utility company when making a payment. The swindle works because the payments with the fake bank-account numbers are initially accepted. Only when the payments are processed hours or days later is the fake number caught and rejected. By then, victims have turned over personal information that could allow con artists to dip into their bank account or steal their identity. A woman in Detroit took advantage of the program, providing her Social Security Number and asking for \$187 toward her Direct TV bill and \$800 toward what she owed DTE Energy, "It's very disappointing to me", she said after learning of the scam. I just lost my job, so it is hard to come up with money to pay the bills. In New Jersey over 10,000 customers of Public Service Electric & Gas have been conned since May of this year.. We keep reminding people.

"Never give out your personal information to someone who calls you"



AUGUST

Fun Trivia About The Month

National Night Out on August 7th, was designed to heighten crime prevention awareness and to promote partnerships between police and communities.

The **Perseid Meteor Shower** will peak between 10 and 11:00 pm on the night of the 12th with up to 100 meteors per hour.

At the **Olympic Closing Ceremonies** on August 12, the Olympic Flame will be extinguished signaling the end of the games.

Left-handers celebrate their day, August 13th. On average, every ninth person you meet is left handed.

A **Blue Moon** can be the second full moon in a calendar month, or it can be the third of four full moons in a single season. August's full moon on the 31st is Blue.

During **Elvis Week**, August 10-18, an estimated 75,000 Elvis fans will show up in Memphis to celebrate the *King of Rock and Roll*.

Remember to be extra nice during **Be Kind to Humankind Week** starting on the 25th.

Mistakes That WORKED!

August is Inventor's Month



In honor of Inventor's Month, here are a few accidental inventions.

TROUSER CUFFS were invented by a stylish Englishman who, when attending a formal wedding on a rainy day, rolled his pants up to avoid getting them wet. When he forgot to roll them back down, this new "fashion" quickly became all the rage.

The **TELESCOPE** was accidentally discovered in 1698 when Dutch eyeglass maker Hans Lippershey looked through two lenses - one held in front of the other - and realized the image was magnified.

Atlanta pharmacist John Pemberton was trying to make a cure for headaches. He mixed together a bunch of ingredients and don't ask, because we don't know; the **COKE** recipe is still a closely guarded secret. It only took eight years of being sold in a drug store before the drink was popular enough to be sold in bottles.

In 1928, Alexander Fleming didn't clean his workstation before going on vacation. When he came back, he noticed that there was a strange fungus on some of his cultures. Even stranger was that bacteria didn't seem to thrive near those cultures. **PENICILLIN** became the first and is still one of the most widely used antibiotics.



Eye-Care Update

August is Cataract Awareness

Cataracts are the leading cause of blindness in the world. There are close to 22.3 million Americans age 40 and older with cataracts. Here's excellent advice about cataracts and how to protect your vision.

WHAT IT IS - A cataract is the clouding of the lens of the eye. Instead of looking at the world through a clear glass, you're peering through waxed paper.

SYMPTOMS - Cataracts can cause blurry vision, sensitivity to light, trouble seeing at night, fading or yellowing of colors and double vision.

WHAT CAUSES IT - Age is the primary cause. Certain medications such as cortisone steroids or arthritis medicines, increase your risk, as do diabetes and long-term sunlight exposure.

HOW TO TREAT - The cloudy lens is removed, and an implant is inserted.

HOW TO PREVENT - Reduce sun exposure; wear UV-blocking sunglasses and a brimmed hat when you go outside.

-Remedy

Need an Accessible Room?

Check it out before you check in.



Before you make a lodging reservation consider these questions.

Arrival info: Is the hotel shuttle equipped with a lift or ramp?

Are there steps to the front entrance?

Room Details: What is the bed height? If it is too high, request a rollaway bed.

Too low? Ask for an extra mattress.

Are there lever handles on doors and faucets?

Bathroom basics: Is there a walk-in shower or tub?

Are shower benches available?

Are grab bars on the right or left side?

This makes a difference if your body is stronger on one side.

Around the hotel: Is there an accessible room near the elevator or on ground floor? How accessible are the public areas?

-Arthritis Today



Look! Eyeware Care

Prescription eyeglasses can cost as much as \$1,000, and most have plastic lenses, which scratch easily. Clearly you need to protect your investment.

Here's how:

CLEAN lenses with warm water and a drop of dish soap, then dry with a clean soft cloth, like an handkerchief or microfiber cloth.

USE a hard shell case that is the right size for your glasses.

LAY glasses own with their lenses facing upward.

USE both hands to put glasses on and off. Keep glasses on your nose not on your head. Otherwise your frames can become misaligned.

-Consumer Reports



4 Ways with Vinegar

August 20th is set aside to celebrate the virtues of vinegar. Here are several clever ways to use this versatile liquid.

- × **To clean chrome**, wipe with a cloth dipped in white vinegar.
- × **To quiet an upset stomach**, drink one teaspoon of vinegar mixed in half a cup of water.
- × **Chase away ants** by spraying or misting them with vinegar.
- × **To keep lint from clinging** to blue jeans or corduroy, add 1 cup vinegar to each wash load.

-Another Use For...

Did you know...?

Vinegar is derived from the French *vin aigre*, "sour wine." Vinegar is made by bacterial activity that converts fermented liquids such as wine into a weak solution of acetic acid.



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.

Mondays at 1:00 pm for “gentle” or chair yoga

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.

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.)

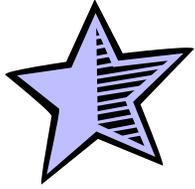
National Left-Handed Day



On August 13, 1976, National Left-Handed Day was launched. This day was chosen because it was Friday the 13th and a way to poke fun at the superstitions that surrounded left-handed people for years. Here are just a few of the many superstitions about the left.

- ☞ Getting out of bed with your left foot first means you'll have bad luck all day.
- ☞ It's bad luck to pass a drink to another person with your left hand.
- ☞ If your right palm itches, you'll receive money. If your left palm itches, you'll give money.

-anythingleft-handed.co.uk



Prairie State Legal Services

New! Older Adult Help Line

Prairie States Legal Services has recently added a new Older Adult Help Line to provide an easier way for older adults to access their services.

The Older Adult Help Line, **1-888-965-7757**, is open Monday through Thursday from 9:00 a.m. to 2:00 p.m. The time an older adult waits on hold for a staff member is much shorter than for most callers under age 60. The older adult will first speak with an intake screener who will gather demographic and issue related information. An attorney will return a call to an older adult either the same day or the next business day that the help line is open. The attorney will give legal advice to the caller and depending on the type of issue, may send their application to the local office for further services.

Prairie State Legal services are focused on helping older adults resolve legal problems affecting access to basic health care, income, housing and safety.



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 August

Easy Italian Pasta Bake

1 lb. extra-lean ground beef
3 cups whole wheat penne pasta, cooked
1 jar (24 oz.) spaghetti sauce
1/3 cup KRAFT Grated Parmesan Cheese, divided
1-1/2 cups KRAFT 2% Milk Shredded Mozzarella Cheese



Make It

HEAT oven to 375°F.

BROWN meat in large skillet; drain. Add pasta, sauce and half the Parmesan; mix well.

SPOON into 13x9-inch baking dish; top with remaining cheeses.

BAKE 20 min. or until heated through.

Substitute: 1 lb. ground turkey or 1 lb. Italian sausage for the ground beef.

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

