



At Your Service

Happy Groundhog Day! Happy Valentines Day!

Unusual Holidays in February

- 1st - Serpent Day
- 4th - Thank a Mailman Day
- 7th - Wave All Your Fingers
At Your Neighbor Day
- 9th - Toothache Day
- 15th - Gum Drop Day
- 21st - Love Your Pet Day
- 24th - Tortilla Chip Day
- 26th - Tell A Fairy Tale Day
- 27th - Polar Bear Day

Senior Center News

February 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,
February 8th
10:00– 11:00 am.**

At the Senior Center...

The **Book Club** will
meet on
Tuesday, February
21st at the Glen Ellyn
Library at 10:00 a.m.
Please call Sue at
(630) 858-6343 for
more information.



At the Glen Ellyn Public Library...

Royko in Love: Mike's Letters to Carol

*Sunday, February 12th, 2:00-3:00 pm
Meeting Rooms A&B*

Pulitzer Prize-winning columnist Mike Royko never shared his private life with his legion of newspaper readers. His son, David, will talk about his father's softer side and share family love letters and photos.

The Chautauqua Institution

*Thursday, February 23rd, 7:00-9:00 pm
Meeting Rooms A&B*

Located along the beautiful Lake Chautauqua in a remote section of western New York, the Chautauqua Institute combines a rich history and tradition with a very unique summer destination. Learn why John Mulherin and Sara Bonkowski have made Chautauqua a frequent summer

Call the Library at (630) 469-0879 to register for these programs.

What's Happening At the Glen Ellyn Park District

Tuesday Senior Luncheons at the Park District

Celebrate the month of love with a little Valentine's Day Bingo! This isn't your typical Bingo game - find out what the fun is all about! This month's menu includes herb crusted pork loin with rice, mixed veggies, tossed salad and cake.

Tuesday, February 14th

12:00 - 2:00 p.m.

Maryknoll Park Clubhouse

845 Pershing Ave., Glen Ellyn

Cost: \$7.00

Call (630) 858-2463 by Tuesday, February 7th to reserve your spot!

FREE TAX AIDE

Free counseling for senior citizens completing income tax returns will be available Mondays, beginning February 6th through April 9th, 2012 from AARP Tax-Aide volunteers. The counselors are trained and certified by the Internal Revenue Service.

Please call (630) 858-2463 for more information or to make an appointment beginning **January 2, 2012**. All appointments are located at Main Street Recreation Center, 501 Hill Ave., Glen Ellyn.

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, February 17th

10:00 am - Noon

Main Street Recreation Center

501 Hill Avenue, Glen Ellyn

Cost: Free

Call (630) 858-2463 to register



Chair Yoga classes continue at Grace Lutheran Church

Classes are offered on Monday afternoons and Thursday evenings.

For more information, call Cathy Milleville at (630) 469-1555

Grace Lutheran Church, 493 Forest Avenue, Glen Ellyn

Take a Trip with the Glen Ellyn Park District!

Creative Culinary Experience

You are the chef tonight as an experienced chef guides you in preparing a fantastic meal at Pina's Culinary Experience in Roselle: chicken saltimbocca, pasta with deep forest sauce, salad with Jacqueline dressing, fresh country bread and chocolate raspberry mousse. After cooking, we will sit down and enjoy our masterpiece. We will be standing during the entire cooking process.

You can either meet at the restaurant or travel in a minivan leaving from Maryknoll Park.



Thursday, March 8th

Registration deadline: February 23rd

Pick-up/Drop-off at Maryknoll Park

Time: 6:00 pm - 9:30 pm

Cost: \$48

or

Meet Us There: 632 East Irving Park Road, Roselle

Time: 6:30 - 9:00 pm

Cost: \$45

Call (630) 858-2463 to reserve your spot!



Extra Brain Exercise for February

Have A Little Fun ...



FRAUD ALERTS!

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

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

Medicare Card Phone Scam

Several SMP programs across the country are still hearing reports of Medicare card phone scams in which Medicare beneficiaries are being told that Medicare is issuing new cards, and that the caller needs to “verify information”, including bank account information. These calls are always a scam – Medicare is not issuing new cards; they would not call beneficiaries on the phone if they were; and they would not ask for personal information.

Warning About Text Message Scams

SMP staff at AgeOptions received a phone call this week from someone who was inquiring about a text message that stated that the person must click on a link to continue receiving free cell phone minutes. We are unable to state whether this specific text message is a scam or not. However, we would like to take this opportunity to remind everyone NOT to click on hyperlinks in text messages or emails, particularly those that come from unknown sources. If you wish to visit a website, it is best to enter the website address in the URL address bar yourself, rather than click on a link that has been sent to you. (Copying and pasting the address is also a viable option.) This is because scammers will often use false hyperlinks to make you think that you are going to one website, when really you are being redirected to a site where the scammer can obtain your personal information. Clicking on hyperlinks from unknown sources can also lead to viruses or other malware.

We are seeing an increase in scams via text message, so we would also like to advise that if you receive a text message claiming to be from a legitimate entity, such as your bank or phone provider, you should contact that entity using their public phone number (NOT a phone number listed in the text message) to verify that the message is legitimate before responding.

Beware of Work at Home Scams

With the economic recession, many individuals are falling into ‘work at home’ scams. We encourage everyone to read this page from the Federal Trade Commission about various work at home schemes (copy and paste to your browser):

<http://www.ftc.gov/bcp/edu/pubs/consumer/invest/inv14.shtm>

AgeOptions received a report this week from someone who is involved in a specific work at home scheme called a “re-shipping” scam. Here is a resource from the U.S. Postal Inspection Service about re-shipping scams (copy and paste to your browser):

<https://postalinspectors.uspis.gov/radDocs/consumer/ReshippingPub.pdf>



Fun DAYS In February!

February is jam-packed with exciting holidays and events. Here's the scoop.

2nd - Groundhog Day - Old belief says that if the groundhog sees his shadow on this day, there will be six more weeks of winter.

5th - Super Bowl XLVI - Is being held at Lucas Oil Stadium in Indianapolis, IN.

14th - Valentine's Day - An occasion to send greeting cards, candy and flowers to friends.

20th - President's Day - Is the day set aside to honor all our presidents. *(Don't forget banks and government offices may be closed for the holiday.)*

21st - Mardi Gras - Is the last feast before Lent. Although Mardi Gras (Fat Tuesday, literally) is properly limited to that Tuesday, celebrations abound two weeks beforehand.

29th - Leap Day - Because of the way leap days are calculated, they are more likely to occur on Mondays or Wednesdays.

Presidents' Day February 20th



In the past, Presidents' Day officially observed the birthdays of Washington and Lincoln. Now the day is set aside to honor all former presidents. Here are some interesting and sometimes funny facts about a few of our past presidents.

George Washington (1789-1797) Was the only president never to live in the White House. It was not completed until after he died.

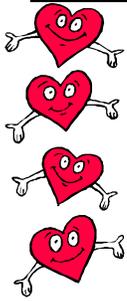
Abraham Lincoln (1801-1809) Once called two-faced by a rival, Lincoln responded, "If I had another face, do you think I'd wear this one?"

Ulysses S. Grant (1869-1877) He set a high jump record at West Point that lasted more than 25 years. His favorite breakfast was cucumber soaked in vinegar.

Grover Cleveland (1885-1889) He was the first president to have a child born in the White House. The Baby Ruth candy bar was named for her.

Herbert Hoover (1929-1933) He was the first president to have a telephone on his desk. His son had 2 pet alligators that roamed the White House.





February is American Heart Month

This year more than 1 million Americans will have a heart attack or stroke, making heart disease the leading cause of death in men and women in this country. It may seem simple, but for the most part, lifestyle plays a huge role in keeping the heart healthy and reducing cardiovascular disease risks. Many of these suggestions are probably familiar to most people. The include:

- Y Managing your stress levels.
- Y Eating fruits, vegetables, and foods low in fat and cholesterol - maintaining a mostly plant-based diet.
- Y Becoming active (at least 30 minutes per day) and either maintaining your current weight or losing weight if you are overweight.
- Y Monitoring your blood pressure. If it's high, get it under control following your doctor's guidelines.
- Y Screening your cholesterol and blood sugar levels. If your numbers have increased, you may be able to reverse the trend.

Finally, talk to your doctor about any health concerns you have or any unusual symptoms you notice.

-everydayhealth.com



When Slips Get SERIOUS



Every year thousands of Americans sustain injuries from falls. You can protect yourself from a fall by following these guidelines.

General Precautions

- I **Talk to your doctor or pharmacist about any medications that seem to affect your coordination or balance.**
- I **Get up slowly after eating, resting or lying down.**
- I **Maintain a regular exercise program to improve your strength and muscle tone.**

Make Your Home Safer

- I **Use nonskid mats or abrasive strips in showers and bathtubs.**
- I **Set all throw rugs on pads that grip.**
- I **Immediately clean up spills in the bathroom and kitchen.**
- I **Be sure all electrical cords and telephone wires are secured and placed away from traffic patterns.**

For more information go to www.nsc.org



Fantastic FEBRUARY!

February 14th was called Bird's Wedding Day because it was believed birds selected their mates on that date.

Amethyst, the birthstone of February, worn in plain sight by travelers is said to protect the person from harm, sickness and danger.

Wear Red Day is on the 3rd. During American Heart Month the American Heart Association will focus on women with "Go Red for Women" a campaign to educate women about heart disease.

Black History Month is celebrated in February to mark the birthdays of Abraham Lincoln and Frederick Douglass.

The Grammy Awards are on the 12th and celebrate the best in recording arts and sciences. The Grammy's cover 104 categories of music.

Pisceans, those born between February 20th and March 20th, are said to be imaginative, compassionate, intuitive and kind.

Elizabethans associated Violets, the flowers of February, with innocent love because violets do not produce seeds.

Valentine's Day is almost here!



Valentine's Day isn't just a way to sell roses and candy. In fact, as far back as Roman time, love matches were made during the February fertility festival. And in the 5th century, Pope Gelasius officially declared February 14th, St. Valentine's Day.

No one knows the real story behind St. Valentine's Day, but one legend claims that he secretly married young couples against the orders of an emperor who believed single men made better soldiers.

The first box of chocolates was introduced by Richard Cadbury in 1868.

We hope you have a very Happy Valentine's Day!

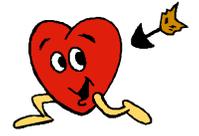
FREE PANCAKES!

In celebration of National Pancake Day, IHOP restaurants nationwide will offer each guest a free short stack of IHOP's famous buttermilk pancakes in an effort to raise awareness and funds for Children's Miracle Network Hospitals and other local charities. This year, IHOP is hoping to stack up more donations than ever before with its National Pancake Day fundraising effort. To find a local IHOP or to donate online, visit ihoppancakeday.com or call 1-818-240-6055.





Funny Zone



For Sale - A real-estate agent was driving around with a new trainee when she spotted a charming little farmhouse with a hand-lettered "For Sale" sign out front. After briskly introducing herself and her associate to the startled occupant, the agent cruised from room to room, opening closets and cupboards, testing faucets and pointing out where a "new light fixture here and a little paint there" would help. Pleased with her assertiveness, the woman was hopeful that the owner would offer her the listing. "Ma'am," the man said, "I appreciate the home-improvement tips and all, but I think you read my sign wrong. It says, "HORSE for sale."

Flight Time - A blonde calls Delta Airlines and asks, "Can you tell me how long it'll take to fly from San Francisco to New York City?" The agent replies, "Just a minute..." "Thank you," the blonde says, and hangs up.

Ohio fliers - The U.S. Postal Service issued a stamp honoring the one hundredth anniversary of the first flight by the Wright Brothers. The first man in powered flight was from Ohio. The first man ever to orbit Earth was from Ohio. And the first man on the moon was from Ohio. It sounds like a lot of people are trying to get out of Ohio.

CAT Scan - As a resident physician in radiology, I was speaking with the man whose wife was about to receive a CAT scan of the chest. While the nurse was placing the intravenous line, I asked the husband if his wife had undergone any other tests. The man named several procedures involving various body parts, but he couldn't remember one particular test. Thinking out loud, he said, "What is that thing women have that men don't?" His wife was quick to answer, "A brain, dear."

The Short of a Story! - This is a story about four people named Everybody, Somebody, Anybody, and Nobody. There was an important job to be done and Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have.

Weights - Somewhat skeptical of his son's newfound determination to become the next Charles Atlas, the father nevertheless followed the teenager over to the weight-lifting department. "Please, Dad," whined the boy, "I promise I'll use them every day." "I don't know, Michael. It's really a big commitment on your part," the father pointed out. "Please, Dad?" "They're not cheap either." "I'll use them Dad, I promise. You'll see." Finally won over, the father paid for the equipment and headed for the door. From the corner of the store he heard his son yell, "What! You mean I have to carry them to the car?!"

Broken Window - There was a knock at the door. It was a small boy, about six years old. Something of his had found its way into my garage, he said, and he wanted it back. Upon opening the garage door, I noticed two additions: a baseball and a broken window sporting a baseball-sized hole. "How do you suppose this ball got in here?" I asked the boy. Taking one look at the ball, one look at the window, and one look at me, the boy exclaimed, "Wow! I must have thrown it right through that hole!"

Random Acts of KINDNESS Week

February 13 - 19

This celebration is held to increase awareness of kindness and its benefits to both the giver and the receiver. Anonymous acts make the giver feel good, maybe for the rest of the day or evening. The odd thing about it is that you can't plan to do any particular type of kindness, all you can do is recognize an opportunity to kindly help someone.

From February 13 to 19, you have an entire week to become something of a hero. A person overloaded with packages will be surprised and pleased when you offer to carry one. The friend who drops something on the floor will admire your kindness when you help pick it up.

-Pages



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 February

Chicken and White Bean Stew

1 small onion, chopped
1/4 cup KRAFT Light House Italian Dressing
1 lb. boneless skinless chicken breasts, cut into 1-inch pieces
2 cloves garlic, minced
1 can (14.5 oz.) diced tomatoes, undrained
1 tsp. dried basil leaves
1 can (15 oz.) no-salt-added navy beans, drained
1/2cup KRAFT 2% Milk Shredded Mozzarella Cheese



COOK onions in dressing in medium saucepan on medium heat 3 min., stirring occasionally. Add chicken and garlic; cook 5 min. or until chicken is no longer pink, stirring occasionally. Stir in tomatoes and basil; simmer 8 min. or until chicken is done.

ADD beans; stir. Cook 2 min. or until heated through, stirring occasionally.

SERVE topped with cheese.

Note:

Using no-salt-added beans eliminates the rinsing step of the beans. And as a bonus, the beans add nice texture to this hearty stew.

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

