

# At Your Service

## Happy 4th of July!!

### Unusual Holidays in July

- 1st - Gingersnap Day
- 3rd - Chocolate Wafer Day
- 4th - BBQ Spareribs Day
- 5th - Apple Turnover Day
- 7th - Macaroni Day
- 11th - Blueberry Muffin Day
- 21st - Junk Food Day
- 23rd - Vanilla Ice Cream Day
- 28th - Cheesecake Day
- 29th - Lasagna Day
- 31st - Raspberry Cake Day

*If you weren't hungry before, you should be now!!*

### Senior Center News

July 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, July 17th at the Grace Lutheran Church 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.

### Attention Illinois Cares Rx Beneficiaries

The Illinois Department of Healthcare and Family Services (HFS) is sending letters to current Illinois Cares Rx beneficiaries notifying them that as of June 30, 2012 the Illinois Cares Rx program will be terminated. This means that Illinois Cares Rx will no longer help pay for prescription drugs and Medicare Part D premiums. It is important that individuals contact their Medicare Part D prescription drug plan to find out what their premium and prescription drug costs will be beginning July 1, 2012. **Important Note:** Individuals are **NOT** being dropped from their Part D Prescription Drug plans - this just means that now *YOU* will now be paying the monthly premiums for your drug plan and the co-pays may be higher.

Individuals will be able to choose a different Medicare Part D plan to better meet their needs. If an individual chooses to change Medicare Part D plans, they may enroll in the new plan between *June 1, 2012 and August 31, 2012*. There will also be an opportunity to change plans during the Medicare Part D Annual Enrollment Period from October 15 to December 7, 2012.

The Glen Ellyn Senior Center will be able to assist you to determine if you need to change Medicare Part D drug plans or if you may qualify for other State or Federal assistance programs to help with your prescription medications. Please call us a (630) 858-6343 to schedule an appointment or call the Senior Help Line at 800-252-8966, 1-888-206-1327 (TTY) for additional questions or information.

# What's Happening At the Glen Ellyn Park District

## Tuesday Senior Luncheons at the Park District

Our annual Senior Picnic at beautiful Lake Ellyn Boathouse promises to be a fun-filled afternoon of entertainment, friends, good food and fabulous prizes! This year's menu consists of fried chicken, two sides, rolls, lemonade and a COOL dessert treat. Reservations are limited.

**Tuesday, July 10th, 12:00 - 2:00 p.m.**

Maryknoll Park Clubhouse  
845 Pershing Ave., Glen Ellyn

*Cost: \$5.00*

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

## Prairie State Legal Services

Prairie State Legal Services provides legal assistance to persons with low income and persons 60 years or older. If you need assistance with landlord-tenant issues, Social Security, elder abuse or non-criminal legal problems, schedule an appointment by calling (630) 690-2130.

*Tuesday, July 3rd*

*1:30 - 3:30 p.m.*

Main Street Recreation Center

501 Hill Avenue

Fee: **FREE**

## Take a Trip With the Glen Ellyn Park District

### *Lake Geneva Mailboat Tour*

We're visiting a tradition that dates back to 1870 - a tour aboard the Walworth, a U.S. Mailboat, where we'll embark on the only marine mail delivery of its type in the country. Loaded with passengers, mail, a very brave and agile Mailperson and a steady handed Captain, the crew delivers mail to about 60 homes around the lake. After disembarking, we head to Popeye's Galley and Grog for lunch, followed by free time to visit the many beautiful shops downtown. Fee includes transportation, cruise and lunch. This is a cooperative trip with the Elmhurst Park District. We will travel in a motorcoach.

**Day/Time:** *Tuesday, August 21st, 7:00 am - 5:00 pm*

**Pick-up/Drop-off location:** Maryknoll Park

**Fee:** \$75.00

**Registration Deadline:** Friday, August 3rd

Call (630) 858-2463 to register





# Funny Zone



**Too Much is Too Much** - A fellow was very much in love with a beautiful girl. One day she told him that the next day was her birthday. He told her he would send her a bouquet of roses... one for each year of her life. That evening he called the local florist and ordered twenty-one roses with instructions that they are delivered first thing the next morning. As the florist was preparing the order, he decided that since the young man was such a good customer, he would put an extra dozen roses in the bouquet. The fellow never did find out what made the young girl so angry with him.

**Start at the very beginning** - When the new patient was settled comfortably on the couch, the psychiatrist began his therapy session. "I'm not aware of your problem," the doctor said. "So perhaps, you should start at the very beginning." "Of course." replied the patient. "In the beginning, I created the Heavens and the Earth..."

**Old Age Secret** - Grandpa was celebrating his 100th birthday and everybody complimented him on how athletic and well preserved he appeared. "Gentlemen, I will tell you the secret of my success," he cackled. "I have been in the open air day after day for some 75 years now." The celebrants were impressed and asked how he managed to keep up his rigorous fitness regime. "Well, you see my wife and I were married 75 years ago. On our wedding night, we made a solemn pledge. Whenever we had a fight, the one who was proved wrong would go outside and take a walk."

**Capital Knowledge** - A blonde was bragging about her knowledge of state capitals. She proudly says, "Go ahead, ask me, I know all of them." A friend says, "OK, what's the capital of Wisconsin?" The blonde replies, "Oh, that's easy: W."

**The Deep Hole** - These two guys out hunting find a hole in the woods that's about three feet across, but it's so deep that when they drop a rock, they hear no sound. So they drop a bigger rock, but they still hear nothing. So they go looking for something larger, and they find a railroad tie, haul it over to the hole, and heave it in. It also disappears without a sound. Suddenly a goat comes running up at about sixty miles an hour and dives headfirst into the hole. And there's still no sound. Nothing. Suddenly a farmer appears from the woods and says, "HEY! You fellas seen my goat around here?" And they say, "Well, there was a goat just ran by here real fast and dove into this hole here." "Naw," says the farmer, "that couldn't be my goat. My goat was tied up to a railroad tie."

**No Tail Light** - "How long have you been driving without a tail light?" asked the policeman after pulling over a motorist. The driver jumped out, ran to the rear of his car, and gave a long, painful groan. He seemed so upset that the cop was moved to ease up on him a bit. "Come on, now," he said, "you don't have to take it so hard. It isn't that serious." "It isn't?" cried the motorist. "Then you know what happened to my boat and trailer?"

# Extra Brain Exercise for July



## Have A Little Fun ...

### Pencil Pastime

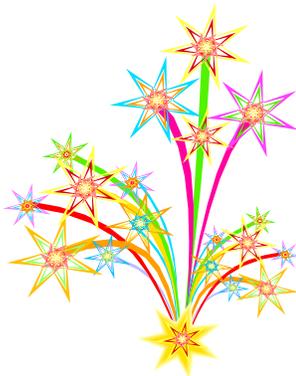
Take a break and work this interesting puzzle. In each of the following words, take one letter and move it into a new position to get a new word.

*Example:* HOTELS to HOSTEL

*Moving the S in between the O and the T.*

1. ABOARD      2. AUCTION
3. TICKLER     4. GALLERY
5. GUIANA      6. HEARTEN
7. ACCUSER    8. IMMERSED
9. WHITER     10. UNIONS

*Rating: 10 - Ace, 8 - Great,  
5 - Good*



## **FRAUD ALERTS!**

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

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

### **Home Visitors Ask for Medicare Number**

AgeOptions received a complaint this week from a man who was approached in his front yard by two men. The men said that they were there to talk with him about his Medicare. They went inside the man's home, and they asked him if he had Medicare Part A, B, C, and D. They also asked to see his Medicare card. These visitors did not leave any information behind, so the man does not know who they were, or what they may do with his information. Please remind your clients and loved ones to **NEVER** give out personal information to anyone who calls on the phone or comes to the door, 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!

### **Scammer Claims to be from Wellcare to Obtain Medicare Information**

We received another report last week from the Springfield area that Medicare beneficiaries have been receiving phone calls from someone who claims to work for WellCare. The caller asks the beneficiaries for their Medicare number over the phone. When these beneficiaries contacted WellCare, they found that this person in fact does **not** work for WellCare at all, and that WellCare employees will never ask a beneficiary for their Medicare number when they call someone on the phone. Again - NEVER give personal information to anyone who calls on the phone or comes to the door. The only time it is okay to give someone your Medicare number on the phone is if you call them - that is the only way to know for sure who you are speaking to!



# JULY

## Facts About the 4th & More!

There will be about 14,000 public **Fireworks** displays in the United States to celebrate the 4th.

At 10:56 p.m. EDT on July 20, 1969, Neil Armstrong stepped on the moon's surface in the **Sea of Tranquility**.

Thirty-one towns in the U.S. have the word **Liberty** in their name.

Only in the case of an emergency, can you fly the **American Flag** upside down as a signal for help.

The **Dog Days of Summer** dates to the ancient Romans. They associated the hot weather with *Sirius*, the dog star, which is visible this time of year.

There were 2,500,000 people living in the U.S. in **July 1776**. That's slightly larger than the population of Houston today.

We hope you have a safe and happy...  
**FOURTH OF JULY!**

## Let the Games Begin!

### XXX OLYMPIAD



The summer games of the 30th Olympiad will be beamed to over 3.5 billion people in 220 countries. Check out these interesting Olympic facts.

**Olympic History** - The Olympics first began in 776 B.C. in Olympia, Greece, and were held every four years.

**Opening Ceremonies** - The very first opening ceremony was held at the 1908 Olympic games in London.

**Olympic Flame** - The Olympic Flame has been part of the Games since the ancient Olympics and represents purity and the striving for perfection.

**Olympic Medals** - The custom of awarding gold, silver and bronze medals to the top three finishers was first adopted at the 1904 Olympic Games in St. Louis. The coveted gold medal was made of solid gold through the 1912 Olympics, but is now made of gold-plated sterling silver.

**Olympic Flag** - The Olympic flag displays five interconnected rings representing the friendship the Games foster between nations from the five regions of the world: Africa, the Americas, Asia, Europe and Oceania. Each ring is a different color, and at least one ring color - blue, yellow, black, green, red - appears on every nation's flag.



## *Sunny Day* WELLNESS TIPS

Here are some clever ways to stop the burn, soothe the itch and much more with items you probably have around the house.

Ease your sunburn - pat it with wet **Lipton Tea Bags**.

Dab **Listerine** over your body to repel horseflies and other winged insects.

Remove any stinger - wet skin, then rub a **Bayer Aspirin** tablet over the bite to control inflammation. *Don't do this if you are allergic to aspirin!*

Rub a minor cut or burn with **SueBee Honey**. Honey seals the wound and protects it against germs.

Rinse your green pool hair with **Canada Dry Club Soda** to change blond hair dyed green by chlorine back to blond.

Prevent blisters on your feet by sprinkling them with **Kingsford Corn Starch** before you put your socks on.

Apply **Pepto-Bismol** to your hives to temporarily relieve the itch.

Ease windburn by using **Miracle Whip** as a skin cream.

*-Joey Green*

## 3 Ways to Help the Medicine Go Down

Just because you are not a kid anymore doesn't mean you have to swallow big pills or foul-tasting medicine. For an extra fee, pharmacists can work medicine magic. Some strategies:

**Morph the Form** - Many pills can be converted into liquids.

**Make it Tasty** - Chocolate-cherry and vanilla are just some of the flavors from FlavoRx that your pharmacist can blend with liquid meds.

**Create a Slippery Slope** - A few spritzes of fruit-flavored Pill Glide, available over-the-counter, will lubricate your tongue and throat, so it's easier to swallow pills.

*-Prevention*



## Give Yourself A Brain Boost

These tactics will help keep you sharp-witted and healthy too!

- × **Drink up** - your coffee that is. Research found that moderate caffeine consumption (3 to 5 cups a day) cut dementia by 65%.
- × **Get moving** - Working up a sweat by walking or weight training means brain essentials such as blood, nutrients and oxygen get where they are needed most.
- × **Stay social** - Studies show that people with strong relationships stay healthier. Try joining a club or taking a class.
- × **Watch your weight.** Obesity can increase your dementia risk 80% on average.

In addition, playing mind games improves your concentration and memory. Work the fun Pencil Pastime Puzzle in this issue!

-Arthritis Today

## the healthiest time **TO TOSS IT**



Knowing when to pitch everything from your pillows to your toothbrush helps you sleep better, stay safer and more. The guide outlines some surprising expiration dates.

**Reduce Allergies** - Replace pillows every year. After a year, hair and body oils make pillows a breeding ground for bacteria and dust mites.

**Get a Deeper Sleep** - Toss your mattress after 5 to 10 years. Consider replacing your mattress after 7 years if you don't sleep well.

**Safeguard Oral Health** - Replace your toothbrush every 3 to 4 months. Frayed and worn bristles don't clean as well.

**Cool, Soothe, Disinfect** - Use rubbing alcohol until the bottle is empty. Even after being exposed to air, it remains stable for years.

-Prevention



## 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.)

## The Cold Facts



The history of ice cream is a messy one. Although some facts are fixed in time, others are as mixed up as a bowl of Rocky Road. So grab a cone of your favorite flavor and read some fun, sweet facts.

Ice cream origins date back to China's T'ang period (A.D.618-907). The founder of the dynasty kept 94 “ice men” on hand to lug ice to the palace. There it was mixed with fermented milk, flour and camphor.

In 1920, the Prohibition Act forced many bar owners to open ice cream parlors to stay in business. Even Anheuser-Busch switched to making ice cream.

In 1938, the first soft-serve ice cream was invented. The product was named Dairy Queen because it was believed to be the “queen of dairy products.”

By World War II, ice cream became such an American symbol that Mussolini actually banned it from Italy.

In the 1940s, the flat bottom cone appeared. The cone was made for Dairy Queen ice cream stands so that workers could stand the cones on counters.



-Old Farmer's Almanac

# Friday the Thirteenth

## Answers to the Quizzes/Puzzles

Not again! Yes, one more Friday the 13th - the last of the year. 2012 was unusual since it had 3! Here are a few fun superstitions meant to protect you from evil and bad luck on the 13th.

**Turn seven times, clockwise** - This was said to ward off evil and break curses.

**Don't drop of dishcloth** - And, for heavens' sake, if you do, don't wash anything with it afterward.

**Don't rock an empty rocking chair** - Doing so is said to invite evil spirits to come in and sit in the chair.



### GLEN ELLYN SENIOR CENTER

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# Recipe for July

## JELL-O Easy Patriotic Pie

1-1/2 cups boiling water, divided

1 pkg. (3 oz.) JELL-O Berry Blue Flavor Gelatin

1 cup ice cubes, divided

1 HONEY MAID Graham Pie Crust (6 oz.)

1 pkg. (3 oz.) JELL-O Strawberry Flavor Gelatin, or any red flavor

1 cup thawed COOL WHIP Whipped Topping

**ADD** 3/4 cup boiling water to blue gelatin mix; stir 2 min. until completely dissolved. Add 1/2 cup ice cubes; stir until melted. Pour into crust; refrigerate 5 to 10 min. or until set but not firm.

**MEANWHILE**, repeat to dissolve red gelatin mix in separate bowl; stir in remaining ice cubes. Cool 5 min. or until slightly thickened.

**SPREAD** COOL WHIP over blue gelatin layer; cover with red gelatin. Refrigerate 2 hours or until set.

**Best of Season** - Garnish with fresh seasonal berries just before serving. Or, arrange 1/2 cup berries on bottom of crust before covering with the blue gelatin.



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