



At Your Service

Happy Spring!!

Unusual Holidays in June

1st - Nat'l Doughnut Day

4th - Nat'l Barefoot Day

6th - Nat'l Yo-yo Day

8th - Upsy Daisy Day

14th - Nat'l Strawberry
Shortcake Day

17th - Eat Your Vegetables Day

22nd - Nat'l Chocolate Éclair Day

26th - Nat'l Chocolate Pudding
Day

30th - Nat'l Bomb Pop
Day



Senior Center News

June 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, June 19th 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.

Breakfast, Medicare Update and Spring Bingo

at the Glen Ellyn Senior Center

NEW DATE!!

Join us for a delicious breakfast, a brief update on Medicare programs and then BINGO!!

Wednesday, June 6th, 10:00am - 12:00pm

Grace Lutheran Church

493 Forest Avenue, Glen Ellyn



Please call (630) 858-6343 to reserve your spot!

What's Happening At the Glen Ellyn Park District

Tuesday Senior Luncheons at the Park District

The last game of bingo will be called for the summer. Don't miss your opportunity to be a big winner! Lunch includes turkey, au gratin potatoes, broccoli, Caesar salad, rolls and pie. Don't forget to pick up your free raffle ticket!

Tuesday, June 12th

12:00 - 2:00 p.m.

Maryknoll Park Clubhouse
845 Pershing Ave., Glen Ellyn

Cost: \$7.00

Call (630) 858-2463 by Tuesday, June 5th to reserve your spot!

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, June 15th

10:00 am - Noon

Main Street Recreation Center
501 Hill Avenue, Glen Ellyn

Cost: Free

Call (630) 858-2463 to register

Take a Trip With the Glen Ellyn Park District

Millie's Restaurant, Shopping and Show

We're headed to Delavan, WI for a day in the country. We begin by visiting charming gift shops before enjoying a delicious lunch of beef Stroganoff on noodles, tossed green salad with warm Dutch dressing, homemade cheese bread, apple pie, coffee, tea and milk. Next, we head out to see Radio Days, a nostalgic look back at life through the Golden Age of Radio. With irreplaceable artists like the Andrew Sisters, Glen Miller Band, Duke Ellington, Vaughn Monroe, Rosemary Clooney, Tony Bennett, Louis Armstrong, Bobby Darin, Patti Page, Ray Price and Peggy Lee., families gathered 'round the radio in post-war homes of America to hear the music and stories of the day. Fee includes transportation, lunch and show. This is a cooperative trip with the Elmhurst Park District. We will travel in a motorcoach.

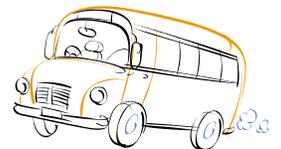
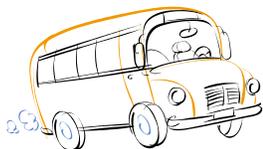
Day/Time: Wednesday, July 18, 8:30 am - 5:30 pm

Pick-up/Drop-off location: Maryknoll Park

Fee: \$63.00

Registration Deadline: Wednesday, June 20

Call (630) 858-2463 to register





Funny Zone



New Toy - Bill had won a toy at a raffle. He called his kids together to ask which one should have the present. "Who is the most obedient?" he asked. "Who never talks back to mother? Who does everything she says?" Five small voices answered in unison: "Okay, Dad, you get the toy."

Missing School - The telephone rings in the principal's office at a school. "Hello, this is Dunn Elementary," answers the principal. "Hi. Jimmy won't be able to come to school all next week," replies the voice. "Well, what seems to be the problem with him?" We are all going on a family vacation," says the voice, "I hope it is all right." "I guess that would be fine," says the principal. "May I ask who is calling?" "Sure. This is my father!"

Flying United - A flight attendant on a United Air Lines cross-country flight nervously announced: about 30 minutes outbound from LA, "I don't know how this happened, but we have 103 passengers aboard and only 40 dinners." When the passengers' muttering had died down, she continued, "Anyone who is kind enough to give up his meal so someone else can eat will receive free drinks for the length of the flight." Her next announcement came an hour later. "If anyone wants to change his mind, we still have 29 dinners available!"

Birthday Gift - A husband went to buy a birthday gift for his wife. Some friends had been invited over that night to celebrate her fortieth, and he wanted to get something special. At the store he spotted some cute little music boxes. One blue one was playing "Happy Birthday." Thinking they were all the same, he chose a red one and had it gift-wrapped. Later, at dinner, he gave it to his wife and asked her to open it... When she lifted the lid, out came the tune to "The Old Gray Mare, She Ain't What She Used to Be!"

Science Lesson - A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, she said, "Now, class, if I stood on my head, the blood, as you know, would run into it, and I would turn red in the face.." "Yes," the class said. "Then why is it that while I am standing upright in the ordinary position the blood doesn't run into my feet?" A little fellow shouted, "Cause your feet ain't empty."

Insurance - A client called to report an accident and ask if her insurance rates would go up. "Our underwriting department determines that", I said. Then I asked for her license number. Verifying her information, I asked, "NMF? Is that N as in Nancy, M as in Mary, and F as in Frank?" "Well... yes," she said. "But could you please tell your underwriters that it's also N as in Not, M as in My, and F as in fault?"

Ice Cream and Birds - A fellow walked into a Baskin & Robbins Ice Cream Parlor on a very hot summery day. He ordered a double-scooped chocolate cone, received it, and then walked away. Outside on the sidewalk he paused for a bit, then he pulled out a pair of red birds, sat down on a nearby bench with his birds, and placed them on top of his fudgie. A passerby who glanced over his way and noticed the curious sight, was prompted to ask, "What's happening, Bud, with your treat with two birdies alight?" The fellow replied in a curious way, in an absolute serious tone, "I'm just trying, dear sir, as best I know how, to chill two birds with one cone."

Extra Brain Exercise for June



Have A Little Fun ...

Pencil Pastime

Grab a pencil and paper and work this fun brain teaser. There are at least 16 words, five letters or more, that can be made out of the letters in

D E R I S I V E L Y.

If you can come up with 10 words, that's very good; 12 words is first-rate; and 14 words gets you a gold ribbon.



FRAUD ALERTS!

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

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

Telephone Scammer Claims to Be From WellCare

We received a report this week about a caller who is claiming to be from WellCare. The caller contacted an older adult in Palatine, Illinois who happens to have WellCare Part D coverage. The caller requested the person's WellCare ID number and her Medicare number twice, but the person refused to give the information. She hung up the phone and contacted WellCare's customer service line, and they confirmed that the call was not from WellCare.

This individual was very smart to protect her information. If anyone calls on the phone and claims to be from a health care insurer, provider, bank, etc., they should not need to request your information – they already have it! Just hang up and contact the organization yourself if you would like to verify the call. Never give personal information away to anyone who calls on the phone or comes to the door, no matter where they say they are from.

Best Buy Gift Card Text Message Scam

A colleague here at AgeOptions reported a text message scam that she received this week claiming that she had won a Best Buy gift card. The text message said that she needed to enter a code at a particular website address in order to access her \$1,000 gift card, and that there were only 118 gift cards left. The text message also indicated that she should reply with the word "cut" if she wished for the text messages to stop. Messages like this are usually scam artists hoping to obtain personal information from you – you will enter that personal information when you click on the link in the message, and the scam artist can then steal your identity, access your bank or credit accounts, or cause other damage. Even replying to the message with the word "cut" to try to get off of the scam artist's list is a bad idea – replying at all will simply indicate to the scam artist that you are in fact a live person with a real phone number, so if you reply, the scam artist will usually add you to a list that will ultimately result in you receiving more scam messages.

The best thing to do with text messages like these is delete them. Do not respond or click on any links included in the message.

Citizens Utility Board Offers Resource About Utility Insurance Plans

To follow up on our article last week about utility insurance plans, we wanted to share a resource on these kinds of plans that was produced by the Citizen's Utility Board (CUB). Often, CUB has found that these plans may not be a good idea for consumers, and sometimes the people who market these plans are very misleading. See the resource from CUB here for more information:

<http://www.citizensutilityboard.org/pdfs/ConsumerInfo/MaintenancePlans.pdf>



Summer Has Arrived!

Here are some noteworthy facts about **Summer, June and More!**

- ◊ **Summer** officially begins on June 20th, at 6:08 pm CDT.
- ◊ June is **National Rose Month** to recognize America's favorite flower.
- ◊ There are an estimated 7.1 million **Fathers** across the nation.
- ◊ **June** is named for the Roman goddess Juno, patroness of marriage and the well-being of women.
- ◊ **Alexandrite**, another birthstone of June, was discovered in Russia in 1839 on the birthday of Czar Alexander II.
- ◊ No other month begins on the same day of the week as **June**.
- ◊ **Cancer**, the sign of the crab, is the period between June 21 and July 22. Those born under this sign are said to be shrewd with money and to love nurturing.

A Special Day for DAD



The Origins of Father's Day

It was while listening to a Mother's Day sermon in 1909 that the idea of Father's Day suddenly struck Spokane, Washington resident, Sonora Dodd. She wanted to honor her own father, who was well-deserving of a special day as a widowed farmer left alone to raise his six kids single-handedly. Soon residents embraced the idea so warmly that by June, 1910 (the month of Dodd's father's birth), the first Father's Day celebration was proclaimed in Spokane. In 1972, President Nixon made Father's Day official by signing it into public law. Due to her efforts, Sonora Dodd is known today as "the mother of Father's Day."



To Your Health

Headache Danger Signs

Seek immediate medical help if your headache: ★ Strikes suddenly and is severe. ★ Is a new on-set headache that lasts longer than 24 hours. ★ Follows a head injury or other trauma. ★ Is brought on by exertion. ★ Hurts more than any previous headache. ★ Comes with a fever, stiff neck, vomiting, loss of balance, change in vision or speech, or one-sided numbness or weakness.

Brain Boost in a Bottle

Add a jump in brain power to aspirin's benefits. Researchers found that women who took aspirin daily for 5 years had stronger memory skills than non-aspirin takers. Aspirin helps the heart pump blood throughout the body, which is probably good for the brain too. Check with your doctor before you start taking aspirin.

Apple (or Pear) a Day

People who ate a medium sized apple or pear a day, were 52% less likely to have a stroke than those who consume less.

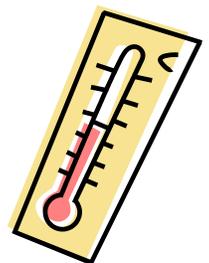
-OnHealth

Hot Steamy Days Are Here!

Hot weather can be dangerous to your health. As summer heat builds, it's important to remember these tips to stay cool during periods of excessive heat.

- ⊗ **DRINK** plenty of fluids. Avoid beverages with caffeine, lots of sugar or alcohol.
- ⊗ **WEAR** sun block, a hat and loose-fitting, lightweight, light-colored clothing. Light colors reflect heat and sunlight, and help your body maintain normal temperatures.
- ⊗ **CHECK** with your doctor about the effects of sun and heat in combination with prescription drugs, especially diuretics or antihistamines.
- ⊗ **STAY** indoors as much as possible. If you don't have air conditioning, visit the library, movie theater or mall. Use electric fans because they help sweat to evaporate, which cools your body.
- ⊗ **EAT** smaller, well balanced meals, but eat more often.
- ⊗ **NEVER** leave anyone in a closed, parked vehicle during hot weather, even for a short time.

And finally, remember to check on children and those who are ill. All are more vulnerable to excessive heat.



Food Fit for Pomp & Circumstance



First comes love, then comes marriage, and in between comes the wedding complete with gown, flowers, rings and food. Big cakes which brides and grooms cut into as their symbolic first act together, are just one of the ritual foods found at weddings around the world. Here are a few others:

Tug-O-Bread - In Greece, the bride and groom grasp opposite sides of the *koulores*, a giant sweet bread ring, and pull - hard. It's said whoever breaks off the bigger piece will have the upper hand in the marriage.

Pea Toss - In Germany, the mother of the bride traditionally showers her betrothed with dried peas. The number of peas that cling to her dress represent how many children the couple should expect.

Almond Joy - In Italy, the clusters of candied almonds, called *confetti*, symbolize the sweet life ahead and are given in beautiful boxes as party favors to the wedding guests.



-Savoir

Don't Be a Mosquito Magnet!

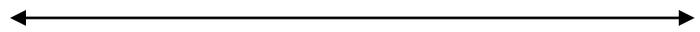


Lactic acid from perspiration, carbon dioxide from our breath - these barely scratch the surface of what attracts the mosquitos to us.

The pros say there are more than 300 odoriferous compounds that can combine to attract those pesky insects. What's more, the critters are drawn to clothing that is black, red or blue. And, it's easy for them to chomp through tight outfits of any color.

You can fight back. Deet used at a maximum of 30% concentration is a safe repellent (read the instructions for children.) Or, just switch on a fan. Mosquitoes are weak fliers and when you blow your carbon dioxide all over the place, they can't find you.

If you do get bitten, dab on roll-on antiperspirant. It contains aluminum salts that help the body reabsorb the fluid in the bug bite, reducing the itching.



Sun Hat Hints

The perfect sun hat should...

...have a brim at least 4 inches wide.

...have a tight weave so the sun won't shine through.

...be a dark or bright color to absorb ultra-violet rays so fewer rays reach your skin.

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.)

4 neat tricks Weird and Wonderful

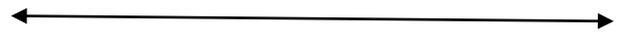
Here are a few un-ordinary uses for ordinary items you may have around the house.

CLEAN CHROME FIXTURES WITH...Spray ‘n Wash. Spray generously with stain remover then shine with a cloth.

CLEAN A TOILET WITH...Efferdent. Drop several Efferdent tablets into the toilet bowl, scrub and brush.

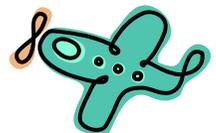
POLISH BRASS WITH...Hunt’s Tomato Paste. Rub paste on brass then rinse and dry with a soft cloth.

REMOVE TAR FROM YOUR CAR WITH...Coppertone. Apply suntan lotion to a cloth and rub the spots until they glide off.



3 Things You Must Do Before You Leave Home

- ✓ Make sure all your doors and windows are locked.
- ✓ Put an automatic timer on at least two lights and a radio too.
- ✓ Don’t hide keys under the doormat, on top of the door frame or in a flower pot. Give them to a trusted friend.



Why Soldiers Wear Backwards Flags



Answers to the Quizzes/Puzzles

Many keen-eyed observers have noticed something strange about the patches on soldier's uniforms. The flag patches seem to be backward.

To be more specific, the flag patches on each soldier's right shoulder don't follow the convention for displaying Old Glory. The American flag flies so that the blue field, or standard, is at the top, closest to the pole. If carried into battle, as was the practice in ancient times, the flag bearer leads with the stars.

However, if the flag is not affixed to a pole, the standard should be on the top left. Sharp-eyed readers will notice the problem.

If the flag patch on the soldier's right arm was fastened according to convention, the soldier would be rushing into battle with the stripes facing forward. This would never do.

The military thus makes an exception for the display of the flag on the right shoulders of soldiers.

-usflag.org

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 June

3, 2, 1 Cake

This is perfect for those with just one or two in the house these days and hate to make a huge cake. They are ready to eat in one minute! They are perfect for whenever you feel like a treat without all the fat and calories that cake can have.

Ingredients:

1 box Angel Food Cake mix and 1 box Cake Mix any flavor

Directions:

- 1) In a Ziploc bag, combine the two cake mixes together and mix well.
- 2) For each individual cake serving, take out **3 Tablespoons** of the cake mix combination and mix it with **2 Tablespoons** of water in a small microwave-safe container.
- 3) Microwave on high for **1 minute**, and you have your own little instant individual cake!



KEEP remaining cake mixture stored in the Ziploc bag and use whenever you feel like a treat! You can top each cake with a dollop of fat-free whipped topping and/or some fresh fruit.

This recipe is called 3, 2, 1 Cake because all you need to remember is - 3 Tablespoons mix, 2 Tablespoons water, 1 minute in the microwave!

TRY various flavors of cake mix like carrot, red velvet, pineapple, lemon, orange, etc. Just remember that one of the mixes has to be **the Angel Food mix**; the other is your choice. The Angel Food is the cake mix that has the egg whites in it. The flavor possibilities are endless!

Glen Ellyn Senior Center
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