



# At Your Service

## Happy Spring!!

### Unusual Holidays in May

- 2nd - Nat'l Truffles Day
- 5th - Nat'l Hoagie Day
- 8th - No Socks Day
- 10th - Clean Up Your Room Day
- 14th - Nat'l Dance Like A Chicken Day
- 16th - Love a Tree Day
- 23rd - Lucky Penny Day
- 25th - Nat'l Tap Dance Day
- 27th - Nat'l Grape Popsicle Day
- 30th - Hug Your Cat Day

### Senior Center News

May 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, May 9th** 10:00– 11:00 am.*

#### At the Senior Center...

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

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.

## Breakfast, Medicare Update and Spring Bingo

at the Glen Ellyn Senior Center

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

Wednesday, May 23rd, 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

We are kicking off summer with a surprise game! Who knows what fun we'll have? Lunch includes teriyaki chicken, rice pilaf, peas, corn & carrots, tossed salad, rolls and cake. Don't forget to pick up your free raffle ticket at the door.

**Tuesday, May 8th**

**12:00 - 2:00 p.m.**

Maryknoll Park Clubhouse  
845 Pershing Ave., Glen Ellyn

*Cost: \$7.00*

Call (630) 858-2463 by Tuesday, May 1st to reserve your spot!

## 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**

**May 16 & 17**

**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



## Glen Ellyn Park District Senior Fair



*Wednesday, May 16, 2012, 9:00 am - 12:00 pm*  
*Main Street Recreation Center, 501 Hill Avenue*

Stop by for a fun morning filled with a variety of vendors providing information on health, entertainment, finance and recreation opportunities & services for seniors!

This is your one-stop opportunity to gather all the information you need. This informative and helpful event will include:

Health Screenings	Exhibitors
Prizes & Give-Aways	Snacks & Lunch
Presentations	

Registration is not required for this free event! For more information, call Brittany at 630-942-7264



# Funny Zone



Vultures Are Flying -As migration approached, two elderly vultures doubted they could make the trip south, so they decided to go by airplane. When they checked their baggage, the attendant noticed that they were carrying two dead raccoons. "Do you wish to check the raccoons through as luggage?" she asked. "No, thanks," replied the vultures. "They're carrion."

Baste A Turkey - A State Police colleague of mine once received a call from a woman who asked him how to baste a turkey. After a stunned moment, he, being a fairly good cook, described the procedure. Then he asked, "But why would you call the State Police to find out how to baste a turkey?" There was only a slight hesitation before she replied, "Well, you knew, didn't you?" and hung up.

Who Would Know - The man passed out in a dead faint as he came out of his front door onto the porch. Someone called 911. When the paramedics arrived, they helped him regain consciousness and asked if he knew what caused him to faint. "It was enough to make anybody faint," he said. "My son asked me for the keys to the garage, and instead of driving the car out, he came out with the lawn mower!"

## Classified Goof-Ups

Auto Repair Service. Free pick-up and delivery. Try us once, you'll never go anywhere again.

Our experienced Mom will care for your child. Fenced yard, meals, and smacks included.

Dog for sale: eats anything and is fond of children.

Man wanted to work in dynamite factory. Must be willing to travel.

Stock up and save. Limit: one.

## Semi-Annual after Christmas Sale

3-year-old teacher needed for pre-school. Experience preferred.

Mixing bowl set designed to please a cook with round bottom for efficient beating.

Girl wanted to assist magician in cutting off head illusion. Blue Cross and salary.

Dinner Special -- Turkey \$2.35; Chicken or Beef \$2.25; Children \$2.00

For sale: antique desk suitable for lady with thick legs and large drawers.

Now is your chance to have your ears pierced and get an extra pair to take home, too.

We do not tear your clothing with machinery. We do it carefully by hand.

For sale. Three canaries of undermined sex.

Great Dames for sale.

Have several very old dresses from grandmother in beautiful condition.

Stay! I pulled into the crowded parking lot at the Super Wal-Mart Shopping Center and rolled down the car windows to make sure my Labrador Retriever Pup had fresh air. She was stretched full-out on the back seat and I wanted to impress upon her that she must remain there. I walked to the curb backward, pointing my finger at the car and saying emphatically, "Now you stay. Do you hear me?" "Stay! Stay!" The driver of a nearby car, a pretty blond young lady, gave me a strange look and said,

"Why don't you just put it in park?"

# Extra Brain Exercise for May



## Have A Little Fun ...

### Pencil Pastime

It's that time again!

Grab a pencil and paper and work this tough mind teaser. We can find only 10 words with the letter sequence

**M N A.**

Can you top ten? A score of 5 or more is commendable.



## **FRAUD ALERTS!**

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

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

### **Inappropriate Insurance Plan Marketing in Champaign**

We received a report this week that insurance agents in the Champaign area are calling Medicare Advantage plan beneficiaries and stating that they can save the person money on their prescription drug and Medicare Advantage plans. These callers have been reported to be rather pushy and insist on bringing information to the beneficiaries' homes instead of mailing it. We would like to remind Medicare beneficiaries that insurance agents marketing these plans must follow several rules, including no cold calls. An insurance agent marketing Part D or Medicare Advantage plans should never call you or come to your door unless you have given them permission to contact you.

### **Elgin Police Department Warns About AT&T Scam**

The Elgin Police Department received a report this week from an older adult about a phone caller who claimed to be from AT&T. The caller said that the person has won 500 free long distance calls for paying bills on time. The caller then said "Let me transfer you to another person to get more of your information." Fortunately, the person realized this may be a scam, hung up the phone, and contacted AT&T, who said that they are not making calls like this and they never do.

Remember: If anyone asks for personal information over the phone, just hang up – it is probably a scam!

### **Cook County Sheriff Warns About Ruse Burglaries and Skimming**

The Cook County Sheriff's Office released two useful alerts in February. The first is about ruse burglaries in which someone comes to your door claiming to be from a utility company or to be a new neighbor in order to gain access to your home. The other is a scam in which the scammer places a "skimming" device on an ATM machine to steal your ATM card or information from it.

### **Fraud Prevention Presentations in Schaumburg**

The Schaumburg Police Department is hosting Fraud Prevention Presentations on Wednesday, May 16 at 11:00 a.m. and 7:00 p.m. The speaker at both presentations will be Shelley Bernhardt, the Director of Consumer Protection for Western Union, who will speak about telemarketing and money wiring scams like the Grandparents Scam. The 11:00 a.m. presentation will be held at Prairie Center for the Arts, and the 7:00 p.m. presentation will be held at the Schaumburg Township District Library. For more information, contact Paula Diaz at the Schaumburg Police Department: (847)348-7274.



## Memorial Day and More!

Memorial Day weekend is the unofficial beginning of summer - time to plan picnics and trips. And while you're doing that, ponder these fun facts about the holiday and more.

- ★ The original name for Memorial day was **Decoration Day**, from the custom of adorning graves of the fallen.
- ★ Each year, Americans eat 7 billion **hot dogs** between Memorial Day and the Labor Day holiday.
- ★ The first **picnics** - from a Latin word that connotes "picking" - were indoor potluck meals enjoyed 250 years ago. They moved outdoors sometime in the 1850s.
- ★ Since 1911, the running of the **Indianapolis 500** has been one of the longest standing traditions held around Memorial Day.
- ★ Traditionally **Memorial Day** is on May 30th, but the holiday was moved to the last Monday in May in 1971, to make a three-day weekend.

## May is Older Americans Month!

The theme for Older Americans Month 2012 is Never Too Old To Play! This event puts a spotlight on the important role older adults play in sharing their experience, wisdom and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year's celebrations will recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities. Here are a few facts and figures about Older Americans.

### DID YOU KNOW...?

There were **40.3 million** people 65 and older in the U.S. as of 2010, accounting for 13% of the total population.

An estimated **9.1 million** people 65 and older were veterans of the armed forces in 2010.

**6.7 million** people age 65 and older were in the labor force in 2010.



## Stop Allergies Before They Start

For one in five of us, the first sign of spring is usually a fit of sneezing, sniffing, coughing and watery eyes. And, up to 90 percent of allergy sufferers could dramatically improve their symptoms if they saw a doctor and got the right medication, according to a report from the American Academy of Allergy, Asthma and Immunology (AAAAI). There are preventative measures that can help. Follow these guidelines below and you will be breathing easy in no time.

- **Keep windows closed** at home and in the car.
- **Avoid outdoor activities** in the early morning, when pollen count is the highest.
- **Shower and change** after being outside to avoid tracking pollen in.
- **Brush pets** before they come in.
- **Don't use window fans.** These draw in outside air and pollen.
- **Invest in a HEPA or electrostatic air filter**, which cleans mold, pollen, dust and dander from the air.

*To check the pollen counts in your area visit [aaai.org](http://aaai.org)*

## To Your Health



### Protect Yourself From Hospital Errors

Advocates agree that patients can minimize their risks by keeping a close eye on their care. Hospital workers are extremely busy and they don't always know who you are or why you are there. Here are some tips on how to protect yourself in the hospital.

**Bring an Advocate** - a friend or family member - especially for check-in and discharge. Many hospitals have a patient advocate or staff person you can consult.

**Bring a notebook** - write down all your medications and why you take them and who prescribed them. Include phone numbers of key personal and medical contacts ( and don't forget your cell phone and charger). In the hospital, when questions arise, write them down.

**Bring a big bottle of sanitizer** - put it by your bed to remind you and the staff to keep their hands clean.



## FIVE Great Tricks

*Did you know...?*

- ❶ Sewing a **large button** to each end of a drawstring will keep it from pulling through its casing.
- ❷ Running your clean iron over a used **fabric softener sheet** will give the iron a smoother glide.
- ❸ You can make a hot-water bottle in an emergency by filling a one-liter **plastic bottle** with hot water.
  - ❶ A very light coating of **vegetable oil** can substitute as furniture polish in a pinch. Make sure you rub it in well.
- ❹ If your drinking glasses are slippery, you can put a wide **rubber band** around them to get a better grip.

## SCAM ALERT

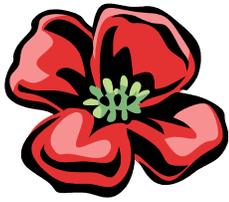
### Area Codes to Watch For

The fraudsters say you've won a lottery or a free vacation. They give you a phone number to call for details. The come-ons to call may arrive by letter, email or voice mail. If you dial, expect to be hit with a pitch to wire an upfront fee. Being smart, you don't fall for that scam.

Then you discover you've been duped simply because of the area code you used. On the surface the area code looks all American. But if you dial a **284, 809 or 876** area code, you've called Jamaica, the Dominican Republic or the British Virgin Islands - the new hotbed homes of telephone scams.

For these calls you can be charged up to \$3.99 a minute since these area codes function like "premium rate" lines. The sky-high rates are then split between the phone companies and those who operate the lines. The thieves' goal is to keep you on the line as long as possible to maximize their take. You'll endure long holds, frequent transfers and lots of small talk. A call lasting just a few minutes can cost more than \$20.

Your best strategy is never to call back a strange long-distance area code. First look it up online or go to the front section of your phone book. Never dial unless you know exactly where you are calling. -AARP



## *Red Poppies & Peace*

Since World War I, poppies have been a symbol of remembrance at Memorial Day (May 28th). The red poppy was used to symbolize the blood of those who died in service to their countries.

The idea started in 1918 when American Moina Michael read the poem "In Flanders Field", written by Canadian John McCrae in 1915 during World War I. She began wearing poppies in memoriam and sold them to others, using the proceeds to help veterans.

After World War I, veterans sold artificial red poppies to help raise money for war orphans. Today, veterans and Departments of Veterans Affairs medical facilities and veterans homes help assemble the poppies which are distributed by veterans service organizations throughout the country.

Donations received in return for these artificial poppies have helped countless veterans and their widows, widowers and orphans over the years. The poppy itself continues to serve as a perpetual tribute to those who have given their lives for the nation's freedom.

*We hope you have a safe Memorial Day!*

## **Mom's the Word**



Because Mother's Day is right around the corner, here's a little bit of history and some fun facts and figures about Mother's Day & Motherhood...

### **A Little Bit of History**

The driving force behind Mother's Day was Anna Jarvis, who organized observances in Grafton, W. VA., and Philadelphia on May 10, 1908. As the annual celebration became popular around the country, Jarvis asked members of Congress to set aside a day to honor mothers. She finally succeeded in 1914, when Congress designated the second Sunday in May as Mother's Day.

### **The Latest Facts & Figures**

- ♥ **Four million** women have babies each year.
- ♥ The average age for a woman to give birth is **25.1 years**.
- ♥ In 2010 more newborns arrived in **September** than any other month.
- ♥ **Jacob & Isabella** were the most popular baby names in 2010.

***Happy Mother's Day!!!***



## Visually Impaired Awareness Day

The DuPage Center for Independent Living (a 501C3 not for profit organization) is proud to sponsor the 18<sup>th</sup> annual Visually Impaired Awareness Day. This event, open to anyone who is blind or visually impaired, their families and friends and anyone else interested in attending will take place on **Wednesday, June 13, 2012 from 1:00 to 4:00 p.m.** at the *College of DuPage Student Resource Center North, Room 2800, 425 Fawell Boulevard, Glen Ellyn, Illinois.*

There is no cost to attend.

This event brings individuals with visual impairment and those close to them in contact with exhibitors of products and services which can improve their quality of life. Everything will be on display, from computers and other personal data organizers adapted for use by people with visual impairment to information about educational services and programs and support groups. Last year, more than thirty-five providers exhibited their wares to an audience of over two hundred.

We are pleased to announce that our keynote speaker will be Dr. Kara Crumbliss, Director of Clinical Services for the Chicago Lighthouse for the Blind. Dr. Crumbliss will speak on "Emerging trends and treatments in vision rehabilitation".

She will speak at **3:00 p m.**

If you have a vision loss or are interested in the subject we encourage your attendance. Please call Pat Byrne at 630-469-2300 if you have questions or need further information.

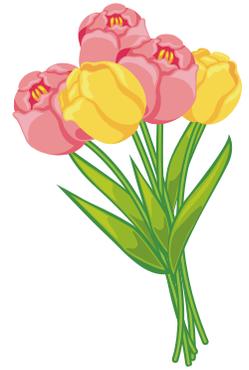
## Answers to the Quizzes/Puzzles

**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](http://www.glenellyn.org/Senior/Senior.htm)

# Recipe for May

## Fresh Broccoli and Chicken Pasta Toss

- 2-1/2 cups multi-grain penne pasta, uncooked
- 3 cups fresh broccoli florets
- 1/4 cup KRAFT Light House Italian Dressing
- 1/2 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 3 cloves garlic, minced
- 2 cups tomato-basil spaghetti sauce
- 1 cup KRAFT 2% Milk Shredded Mozzarella Cheese



### Make It

- 1) **COOK** pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 3 min.
- 2) **MEANWHILE**, heat dressing in large nonstick skillet on medium heat. Add chicken and garlic; cook 5 min. or until chicken is no longer pink, stirring occasionally. Stir in spaghetti sauce; cook 5 min. or until chicken is done, stirring occasionally.
- 3) **DRAIN** pasta mixture; return to pan. Add chicken mixture; mix lightly. Top with cheese.

Makes 4 servings, 1-1/2 cups each

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

