



At Your Service

Happy Fall!! Happy Halloween!!

Unusual Holidays in October

- 1st - Homemade Cookies Day
- 4th - Nat'l Taco Day
- 8th - Nat'l Fluffernutter Day
- 10th - Nat'l Angle Food Cake Day
- 15th - Nat'l Grouch Day
- 18th - Nat'l Chocolate Cupcake Day
- 22nd - Nat'l Nut Day
- 26th - Pumpkin Day
- 30th - Nat'l Candy Corn Day

Senior Center News

October 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, October 16th 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 Lexington Square of Lombard

Join us for a tour of Lexington Square of Lombard on **Wednesday, October 10, 2012**. The tour, which includes lunch, entertainment and transportation, will depart from the Glen Ellyn Senior Center at 10:45 a.m. *There is no charge for this outing.*

Lexington Square is a full-service senior living residence serving adults who seek the generous benefits of community living, new friendships, daily meals, regular activities, wealth protection and nurturing care, if needed. You decide what you want or need...and we respond, as you wish.

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



What's Happening At the Glen Ellyn Park District

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, October 19

10:00 am - Noon

Main Street Recreation Center

501 Hill Avenue, Glen Ellyn

Cost: Free

Call (630) 858-2463 to register

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

October 24 & 25

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

Tuesday Senior Luncheons at the Park District

Happy Halloween! We will be playing some music trivia this month! Don't forget to dress in your best Halloween costume as there will be a prize for the best costume! This month's menu includes baked mostaccioli, meatballs, broccoli, ceasar salad, rolls and cake.



Tuesday, October 9th

12:00 - 2:00 p.m.

Maryknoll Park Clubhouse

845 Pershing Ave., Glen Ellyn

Cost: \$7.00



Call (630) 858-2463 by Tuesday, October 2nd to reserve your spot!



Funny Zone



Age Barometer --Total the number of these that you remember:

1. Blackjack chewing gum, 2. Wax Coke-shaped bottles with colored sugar water, 3. Candy cigarettes, 4. Soda pop machines that dispensed bottles, 5. Coffee shops with tableside jukeboxes, 6. Home milk delivery in glass bottles with cardboard stoppers, 7. Party lines, 8. Newsreels before the movie, 9. P.F. Flyers, 10. Butch wax, 11. Telephone numbers with a word prefix (Olive - 6933), 12. Peashooters, 13. Howdy Doody, 14. 45 RPM records, 15. S&H Green Stamps, 16. Hi-fi's, 17. Metal ice trays with levers, 18. Mimeograph paper 19. Blue flashbulbs, 20. Beanie and Cecil, 21. Roller skate keys, 22. Cork popguns, 23. Drive-ins, 24. Studebakers, 25. Wash tub wringers.

If you remembered 0-5 *You're still young.*

If you remembered 6-10 *You are getting older.*

If you remembered 11-15 *Don't tell your age.*

If you remembered 16-25 *You're older than dirt!*

Jail Mail - A prisoner in jail receives a letter from his wife: "Dear Husband, I have decided to plant some lettuce in the back garden. When is the best time to plant them?" The prisoner, knowing that the prison guards read all mail, replied in a letter: "Dear Wife, whatever you do, do not touch the back garden. That is where I hid all the money." A week or so later, he received another letter from his wife: "Dear Husband, You wouldn't believe what happened, some men came with shovels to the house, and dug up all the back garden." The prisoner wrote another letter back: "Dear wife, now is the best time to plant the lettuce."

Eggplants - A grocer put up a sign that read "Eggplants, 25 each -- three for a dollar." All day long, customers came in exclaiming: "Don't be ridiculous! I should get four for a dollar!" Meekly the grocer capitulated and packaged four eggplants. The tailor next door had been watching these antics and finally asked the grocer, "Aren't you going to fix the mistake on your sign?" "What mistake?" the grocer asked. "Before I put up that sign no one ever bought more than one eggplant."

Unscheduled Outage - It's thunderstorm season and when the power goes out at one branch office, the uninterruptible power supplies kick in, everything gracefully shuts down, and the technician waits for power to return. And waits. And waits. "Late evening sees the power restored, and we go about bringing the network back to life," says the tech. Next morning, the phone rings. It's a very irate corporate administrator wanting to know why we had an unscheduled outage the day before. The tech calmly explains about the storm, which he had no control over. The Administrator's response? "Next time, put it on the schedule before you have an unexpected outage!"

Dogged Lawyer - A lawyer's dog, running about unleashed, beelines for a butcher shop and steals a roast. The butcher goes to the lawyer's office and asks, "If a dog running unleashed steals a piece of meat from my store, do I have a right to demand payment for the meat from the dog's owner?" The lawyer answers, "Absolutely." "Then you owe me \$8.50. Your dog was loose and stole a roast from me today." The lawyer, without a word, writes the butcher a check for \$8.50 (attorneys don't carry cash). Several days later, the butcher opens the mail and finds an envelope from the lawyer: It was a bill for \$100 for a consultation!

Out of Step - As he was drilling a batch of recruits, the sergeant saw that one of them was marching out of step. Walking up next to the man as they marched, he said sarcastically: "Do you know they are all out of step except you?" "What?" asked the recruit innocently. "I said -- they are all out of step except you!" thundered the sergeant. The recruit replied, "Well, sarge, you're in charge -- you tell them!"

Extra Brain Exercise for October



Have A Little Fun ...

International Boost Your Brain Day!

Clean out the cobwebs, blast through the barriers and click on the light bulbs. Give your brain a boost today! Humans use only a small percentage of their brain power. October 18th, is dedicated to expanding our mental capabilities, so get the brain going and take this A to Z quiz. Each of the following words begins with the letter A. Provide a synonym starting with Z.

Example: Ardor - Zeal

- | | |
|------------|-------------------|
| 1. Apex | 6. Automation |
| 2. Absurd | 7. Astrological |
| 3. Area | 8. Animal-related |
| 4. Aught | 9. Asleep |
| 5. Angling | 10. Airship |

Scoring - 9-Ace, 7-Excellent, 5-Good



FRAUD ALERTS!

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

-Courtesy of AARP Bulletin (Sid Kircheimer)

With about 55 million people receiving Social Security benefits, it's no wonder there are lots of scams aimed at separating them from that money.

Here are three big ones:

1. "We're updating our records."

In a common ploy, identity thieves pose as Social Security Administration employees who are making sure files are accurate. By phone, email or letter, they ask for your personal data — Social Security number, birth date, mother's maiden name, bank account number — information that can be used to steal your identity and your money.

Social Security scams can come your way by phone, email or letter.

Reality: Legitimate SSA reps don't contact you by email, but may reply to you by phone or letter if you've applied for benefits. Before providing any information, call Social Security yourself at 1-800-772-1213 (TTY: 1-800-325-0778) or visit your local SSA office to verify that the contact is real.

2. "We'll get you a bigger check."

Beware of anyone who offers to help you snag additional benefits for a "filing fee."

Reality: The SSA does not charge filing fees. If you feel you're due a higher benefit, you can file an appeal yourself, at no cost. It can be a complicated process, so you're allowed to hire someone to help you — but you should find that person yourself. Social Security regulates what these people can charge; representatives may face prosecution if they charge more.

3. "You've got a special tax refund coming."

Scammers say by filing a new income tax return, you can get a lump sum of about \$3,000 to compensate you for the lack of Social Security COLA increases in the past two years.

Reality: You'll be charged \$30 or more to file new tax forms, and you'll get no refund. But you'll have given away a trove of personal information.



Trivia About the Month of October

Did you know...?

In order, the top three holidays for **CANDY** sales are: Halloween, Christmas and Easter.

Wearing an **OPAL**, the birthstone of October, was said to give one a creative imagination.

If thoughts of jack-o'-lanterns give you the chills, you may suffer from the fear of Halloween or **SAMHAINOPHOBIA**.

CALENDULAS, the flowers of October, were thought to be an effective remedy for jaundice.

SCORPIO, the sign of the scorpion, is the period between October 23 and November 22. Those born under this sign are said to be outwardly friendly.

The **HALLOWEEN** custom of bobbing for apples began as a Celtic match-making game. The first person to bite into an apple was deemed the next to marry.

Jack-o'-lantern LORE



The *name* "Jack-o'-lantern" has changed in meaning several times. It was first recorded as a nickname for a night watchman, dating back to 1663. Around the same time, it was used as another name for a will-o'-the-wisp. It began to be used for pumpkin lanterns sometime in the 19th century. It's possible that the name simply went from the night watchman (a man holding a lantern) to the lantern itself.

On the other hand, an Irish legend tells of a miserly man named Jack who, while alive, tricked the Devil into agreeing not to take him into Hell. Upon his death, St. Peter wouldn't let Jack into Heaven, because he had been too stingy and sinful.

The Devil wouldn't let him into Hell because of the deal they'd made. Jack was condemned to wander between Heaven and Hell with his lantern, looking for a place to rest and never finding one.





To Your Health

Lights Out on Breast Cancer

Add *sleep in a dark room* to the list of ways you may help head off breast cancer. Studies show that sleeping in a bright room ups your breast cancer odds by 22%. Light disrupts the production of the drowsiness hormone melatonin, which may protect against breast cancer. So close the shades, turn off the TV or wear an eye mask if you can't darken your sleep space.

Feeling Down?

Mental health issues affect many Americans and few get help. Find out if you need treatment by getting a FREE, anonymous screening on October 11 (*National Depression Screening Day*). Visit mentalhealthscreening.org for the questionnaire and ways to get help.

Sneak Memory Thief

High blood sugar might damage parts of the brain that deal with memory. Have your blood sugar tested regularly. Eat well and stay active. Brisk walks are an effective diabetes preventative.

Early to bed, early to rise, makes a man healthy, wealthy and wise.

-Benjamin Franklin

Foods That Sabotage Your Sleep



Avoid these 3 midnight snacks that can prevent you from getting a good night's rest:

Preserved and smoked meats. Slap your hand away when it reaches to make a ham sandwich as an evening snack. Lunch meats and smoked meats contain high levels of the amino acid tyramine, which triggers the brain to release norepinephrine, a brain stimulant which makes us feel alert.

Chocolate. Love an evening cup of cocoa? Be careful of chocolate in all its disguises. Many people are increasingly sensitive to the caffeine in chocolate as they get older and even a little cocoa could zap you just enough to prevent ZZZZs.

The nightcap. A drink or two may make you feel more relaxed after dinner, but it comes back to haunt you - literally - a few hours later, by preventing you from achieving deep sleep.

-caring.com

FIRE SAFETY STARTS AT HOME



Fire Prevention Week October 7-13

When surveyed, one-third of Americans thought they would have a least six minutes before a fire in the home would become life threatening. The time available is often *much* less. Take this short quiz to test your knowledge of fire safety.

- ❶ If you have to escape through smoke - **A.** run as fast as you can to your way out **B.** crawl on your stomach to your way out **C.** get low and go under the smoke to your way out **D.** hold your breath and walk slowly through the smoke.
- ❷ If the smoke alarm sounds, you should do what? **A.** call the fire department and then leave the home **B.** get outside and then call the fire department **C.** remove the battery **D.** wait for the fire department to arrive.
- ❸ You should know at least _____ ways out of every room in your home. **A.** five **B.** four **C.** three **D.** two
- ❹ If a fire breaks out in your home you have _____ to get out once the smoke alarm sounds? **A.** 30 minutes **B.** 20 minutes **C.** 10 minutes **D.** a few minutes.

Answers on the back page.

Fall Spruce-Ups



No matter what the calendar says, for many people **FALL** is the start of the new year. If you're like most people Autumn marks a time to get organized and to start a clean-up campaign. Here are a few clean-up hints from the experts to help you get started.

Dusters - Dusting TV screens and glass tables with used fabric-softener sheets will help cut down on dust from static electricity. Use a clean paintbrush to dust delicate items.

Drain Hair - Remove hair from a drain with a bottle brush.

White Rings on Furniture - Rub with a mixture of mayonnaise and white toothpaste. Wipe area dry and polish as usual.

Calcium Buildup - to remove calcium buildup from chrome bathroom fixtures, rub with a cut lemon then buff with soft cloth. Or wipe with a used fabric-softener sheet.

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.)

FIVE Ways to Stop Identity Theft



October is Crime Prevention Month and one of the fastest growing crimes is identity theft. To protect yourself, follow this advice.

- 1) **PAY** attention to billing cycles and follow up with creditors if a bill doesn't arrive on time.
- 2) **GUARD** your mail from theft. Deposit outgoing mail in post office collection boxes and retrieve your mail promptly.
- 3) **ONLY** carry the number of credit cards and identification you need.
- 4) **NEVER** give identifying information over the phone.
- 5) **TEAR** or shred anything you throw away with personal identifying information on it.

Senior and Caregiver Wellness Fair

Join the Meadows of Glen Ellyn in celebrating Optimum Life! Local vendors, speakers and health experts will feature the six dimensions of wellness: Physical, Purposeful, Intellectual, Emotional, Spiritual and Social.

Thursday, October 18th

11:00 am - 1:30 pm

The Meadows

60 North Nicoll Avenue

Glen Ellyn

For details please contact Aimee Person at
(630) 446-1503 or email at
aperson@brookdaleliving.com



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 October

Pumpkin Spice Cake Muffins

15 oz pureed Pumpkin

18 oz box Spice Cake Mix

1/2 Cup flax seed (optional)



Preheat oven to 350 degrees.

In a large bowl, blend the two (or three) ingredients until fully incorporated. The batter will be thick. Spoon into lined cupcake pan. Moisten your finger and gently smooth off the tops of the cupcakes.

Bake for 22 minutes. They are VERY moist muffins, don't be afraid to keep them in the oven a little longer. Also, they will fall apart when you pull off the wrapper when they are hot.

When they cool, they are just perfect!

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

