



# At Your Service

*Happy Labor Day!!*

## *Unusual Holidays in September*

- 4th - Eat An Extra Dessert Day
- 5th - Be Late For Something Day
- 6th - Read a Book Day
- 9th - Birthday of the Hot Dog (1884)
- 15th - Int'l Eat An Apple Day
- 22nd - Elephant Appreciation Day
- 24th - Birthday of the Band-Aid® (1920)

## Senior Center News

September 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, September 18th 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.



## AARP Chapter - Glen Ellyn



### **SUMMER WIND UP**

On Tuesday, September 4th the AARP Glen Ellyn Chapter will host Attorney Cindy Tolan from the law firm of Huck and Buoma, one of the largest legal firms in the Chicago area outside of downtown Chicago. Tax changes make it important that you keep up to date.

This is your opportunity to get some free legal advice and make some new friends.

Refreshments will be served. Please bring a non-perishable food item for the Glen Ellyn Food Pantry. The need is greater than ever right now.

**Tuesday, September 4th, 10:00 am**

St. Barnabas Episcopal Church, 22W415 Butterfield Rd., Glen Ellyn

*For information call: George J. Pelch at 630-983-0918 or Bob Spitzer at 630-790-4842*

# What's Happening At the Glen Ellyn Park District

## Senior Art Adventures: Pottery Painting Techniques *(Age: 55 & Older)*

Explore the various techniques of painting pottery. You will select your piece of pottery the day of class and work at your own speed.

The cost of each class covers instruction, painting materials and the firing of your masterpiece. Pottery ranges in price from \$8 and up.

**Time:** 1:00-3:00 pm

**Location:** Out on a Whim, 435 Duane St.,  
Glen Ellyn

**Cost:** \$10 resident/\$15 non-resident

*Flowers, Petals, Leaves and Vines*  
Tuesday, October 9th

*Tuscan Design*  
Tuesday, October 16th

Call (630) 858-2463 for more information or to register

## Tuesday Senior Luncheons at the Park District

Welcome back! We're playing B-I-N-G-O this month with a chance to win some fun prizes! Before our game, enjoy a wonderful lunch of ham, roasted mashed potatoes, fresh fruit salad, rolls and lemon pound cake.

**Tuesday, September 11th**

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

Maryknoll Park Clubhouse

845 Pershing Ave., Glen Ellyn

*Cost: \$7.00*

Call (630) 858-2463 by Tuesday, Sept. 4th to reserve your spot!



## Take a Trip With the Glen Ellyn Park District

### *Four Winds Casino*

We're heading to the Four Winds Casino in New Buffalo, MI - the Midwest's premier casino! It has 3,000 of the most sought-after slots ranging in denominations from 1 cent to \$100. Fee includes motor coach transportation, \$15 instant slot credit and \$10 food credit, which can be used toward food purchases at the Four Winds Buffet, Willowbrook Café, Timbers Fast Food & Deli or Grab and Go. You must bring your drivers license or State ID card with you. If you have a players card, please include with your registration. This is a cooperative trip with the Elmhurst Park District.

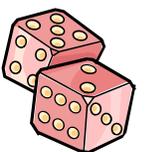
**Day/Time:** *Tuesday, October 2, 8:35 am - 5:55 pm*

**Pick-up/Drop-off location:** Maryknoll Park **Fee:** \$38.00

**Registration Deadline:** Thursday, September 20th

Call (630) 858-2463 to register

You can also **meet us at** The Abbey, 407 W. St. Charles Rd., Elmhurst at 9:00 am **FEE:** \$36.00





# Funny Zone



**Cat Heaven** - One day, a cat dies of natural causes and goes to heaven, where he meets the Lord Himself. The Lord says to the cat, "You lived a good life, and if there is any way I can make your stay in heaven more comfortable, please let me know." The cat thinks for a moment and says, "Lord, all my life I have lived with a poor family and had to sleep on a hard wooden floor." The Lord stops the cat and says, "Say no more," and a wonderful, fluffy pillow appears. A few days later, six mice are killed in a tragic farming accident, and all of them go to heaven. Again, the Lord is there to greet them with the same offer. The mice answer, "All our lives we have been chased. We have had to run from cats, dogs, and even women with brooms. Running, running, running; we're tired of running. Do you think we could have roller skates so that we don't have to run anymore?" The Lord says, "Say no more" and fits each mouse with beautiful new roller skates. About a week later, the Lord stops by to see the cat and finds him snoozing on the pillow. The Lord gently wakes the cat and asks him, "How are things since you got here?" The cat stretches and yawns, then replies, "It is wonderful here. Better than I could have ever expected. And those 'Meals On Wheels' you've been sending by are the best!"

**What Denomination?** - A woman went to the Post Office to buy stamps for her Christmas Cards. "What denomination?" asked the clerk. "Oh, good heavens! Have we come to this?" said the woman. "Well, give me 30 Catholic, 10 Baptist ones, 20 Lutheran, and 40 Presbyterian."

**I Want to Buy That** - A blonde goes into a nearby store and asks a clerk if she can buy the TV in the corner. The clerk looks at her and says that he doesn't serve blondes, so she goes back home and dyes her hair black.

The next day she returns to the store and asks the same thing, and again, the clerk said he doesn't serve blondes. Frustrated, the blonde goes home and dyes her hair yet again, to a shade of red. Sure that a clerk would sell her the TV this time, she returns and asks a different clerk this time. To her astonishment, this clerk also says that she doesn't serve blondes. The blonde asks the clerk, "How in the world do you know I am a blonde?"

The clerk looks at her disgustedly and says, "That's not a TV -- it's a microwave!"

**Too Much Sugar** - A fellow nurse at my hospital received a call from an anxious patient. "I'm diabetic and I'm afraid I've had too much sugar today." the caller said. "Are you light-headed?" my colleague asked. "No," the caller answered, "I'm a brunette."

**Anthill Golfing** - Once there was a golfer whose drive landed on an anthill. Rather than move the ball, he decided to hit it where it lay. He gave a mighty swing. Clouds of dirt and sand and ants exploded from the spot. Everything but the golfball. It sat in the same spot. So he lined up and tried another shot. Clouds of dirt and sand and ants went flying again. The golf ball didn't even wiggle. Two ants survived. One dazed ant said to the other, "Whoa! What are we going to do?" Said the other ant: "I don't know about you, but I'm going to get on the ball."

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# Extra Brain Exercise for September



## Have A Little Fun ...

### Pencil Pastime

MMM...

To each word below, add two M's (as shown) and rearrange the letters to make a new word.

**Ex. BEER + MM = MEMBER**

- |         |           |
|---------|-----------|
| 1. YORE | 6. AIRED  |
| 2. BLUE | 7. LIKEN  |
| 3. YEAH | 8. ARGUE  |
| 4. RAYS | 9. TOPSY  |
| 5. RUSE | 10. AILED |

Ratings - **ACE: 10 EXCELLENT: 8**  
**GOOD: 4**



# FRAUD ALERTS!

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

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

## **Medicare Advantage Plans Marketed to Illinois Cares Rx Clients**

AgeOptions has received a number of calls lately regarding Medicare Advantage (MA) plan agents marketing MA plans to former Illinois Cares Rx clients and encouraging them to enroll in their MA plan. While some of this marketing is allowed (e.g., contacting beneficiaries who are already enrolled in a Part D plan through the same company), insurance agents must abide by Medicare's marketing rules. Under these rules, agents selling insurance plans cannot mislead people (for example, telling clients that a plan is "free" or telling a beneficiary that her doctors are in the plan's network when they are not). To learn more about these rules, view the Illinois SMP Tip Sheet on Insurance

Marketing here: <http://www.ageoptions.org/whatwedo/documents/SMPinsuranceplanmarketingtipsheet-color.pdf>

Beneficiaries, especially those who recently lost the Illinois Cares Rx benefit, should contact their local senior service agency or the Illinois SHIP hotline to understand what plans are available and which would best meet their needs, particularly because they may qualify for other types of help or may benefit from a different Part D plan. All beneficiaries should understand that they have a choice and are not required to join an MA plan.

The SMP Program has developed a handy questionnaire for clients to use if they are meeting with an insurance agent. That questionnaire is on pages 8-9 of our SMP Toolkit, available on our website here: <http://www.ageoptions.org/whatwedo/documents/Toolkit-revisedAug2011-FINAL.pdf>

## **Government Unveils Two Important Efforts in Fighting Fraud**

This week, the federal government announced two important new projects aimed at better prevention and detection of health care fraud. First, the Centers for Medicare and Medicaid Services (CMS) opened their new CMS Program Integrity Command Center. This Center will allow CMS to more effectively collaborate with law enforcement and use new technology to recognize fraudulent activity faster. Read about this new Center on the CMS blog and watch the video at the bottom to learn more about what this initiative means for fraud detection: <http://blog.cms.gov/2012/07/31/command-center-speeds-up-anti-fraud-efforts/>

Also this week, the U.S. Department of Health and Human Services (HHS) and the U.S. Attorney General announced a partnership between the federal government, state officials, several private health insurance organizations, and other health care anti-fraud groups to prevent health care fraud. The purpose of this new partnership is to share information and best practices to better prevent and detect fraud. Read the full press release about this exciting new partnership here:

<http://www.hhs.gov/news/press/2012pres/07/20120726a.html>



## A SALUTE To September

### Did you know...?

**September** 3rd is Labor Day. There were 155.2 million people age 16 and older in the nation's labor force as of June 2012.

**September** would be called "Germanicus" if Caligula (Roman Emperor 37-41 A.D.) had had his way. He wanted to rename the month after his father, but it didn't take.

**September's** birthstone, the sapphire, was thought to preserve the wearer from envy.

**September** in Latin, *septem*, means seven because it was the seventh month in the Roman calendar until 153 B.C.

**September's** flower is the Aster which comes from the Greek word for "star" and refers to the shape of the flower head.

## LABOR DAY



### How it got its name

Recently, the newspaper printed a cartoon of a fellow snoozing on a lounge chair. A kid nearby was saying to another, "It's called Labor Day, but I don't know why!"

Peter McGuire, the founder of Labor Day, certainly knew why. He felt that a day of rest was in order for all workers, especially the hard laborers, on or about the first day of September. That's midway between the 4th of July and Thanksgiving.

He did have another motive, because the day off work would give him and other union organizers a day for parades and demonstrations. Over time, both the union movement and the push for a national Labor Day were successful. In 1894, Congress passed a law recognizing Labor Day as a national holiday.

And now, Labor Day has come to be recognized as the unofficial end of summer - a time for parades and fun!

*We hope you have a safe and happy  
Labor Day!*



## If the Shoe Fits

### 6 Tips to Find the Perfect Shoe

Choosing the perfect shoe for foot and joint health is easy. Just follow this expert guideline on getting a shoe that fits.

- ❶ **Pass if the shoe hurts** the first time you try it on. It probably will never be comfortable.
- ❷ **Give toes room to wiggle** with toe boxes that follow your foot's natural shape. You need enough space to place your thumb between your shoe and your longest toe. You should be able to wiggle all your toes freely.
- ❸ **Try on shoes in the afternoon** when your feet swell and are their largest.
- ❹ **Look for soft fabrics** that give as your foot moves and swells.
- ❺ **Don't confine foot deformities**, such as corns and bunions, in a too-narrow shoe.
- ❻ **Don't get stuck on size.** Get measured occasionally (both feet) and always choose a size that really fits, not one that you think is your size.

And finally, wear the same socks to try on shoes that you'll wear with them all the time.

-Arthritis Today

## 911 Tips You NEED To Know



September 11th is set aside to honor our universal emergency telephone number system and the dedicated people who contribute to its success. Here are important 911 pointers from the *Mayo Clinic Health Letter*. If you call 911 from your home for a medical emergency, be prepared to provide this information.

- ❶ **Your name, address and phone number:** An exact street address is needed. Apartment dwellers - give the name of the complex, your apartment number and describe the closest entrance to your apartment.
  - ❷ **The nature of the problem.** Advise the 911 operator of the specific reason for needed assistance. Some 911 dispatch centers are set up to instruct the caller on methods of assisting the person with the medical emergency while help is on the way.
  - ❸ **A brief medical history of the person needing emergency care.** Helpful information includes the person's age and whether he or she has any known medical conditions (such as high blood pressure, diabetes, recent stroke). In addition, tell if the person has had recent surgery or is being treated for an illness.
- And finally, remember once you call 911, it's important to remain on the phone unless you are instructed otherwise.



## Happy Grandparents Day!

*Sunday, September 9th*

*“Happiness is being a grandparent”* reads many a bumper sticker. And how true it is! Grandparents seem to get the best of both worlds:

They can play with their adorable grandchildren, but still leave the heavy disciplining to the parents.

For all of their years of parenthood, it seems only fair to give grandparents their due respect. Even the government thinks so: Celebrated the first

Sunday after Labor Day, Grandparents Day has been honored by presidential proclamation since 1979.

*We hope all grandparents have a wonderful day!*

## Secrets to Smart Clipping

### September is National Coupon Month

You can save money by following these helpful hints.

- ✂ **CALL** the manufactures' 800 numbers found on packages to request coupons. Up to 35% of manufacturers only send coupons upon request.
- ✂ **USE** coupons with shorter expiration dates first.
- ✂ **SHOP** on double or triple coupon days, use manufacturer's rebates and get additional savings.

One last tip - Organize your coupons in the order that you shop to save time and money.

*-couponmonth.com*



## 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.*

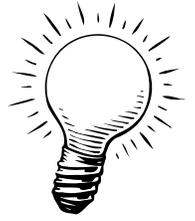
For more information, call Cathy Milleville

(630) 469-1555

Grace Lutheran Church  
493 Forest Avenue  
Glen Ellyn

(Classes held upstairs in the gymnasium - elevator available.)

## Bright Ideas



Here are a few neat ways to organize your address book:

- ✍ Write names in ink and phone numbers and addresses in pencil—no messy cross-outs.
- ✍ Quick fix: Cut the return address labels from envelopes and tape them in your address book with transparent tape.
- ✍ List often-used numbers on the first page.
- ✍ Save old address books to bring back memories of friends.
- ✍ Make a copy of your address book in case the original is lost.



# St. Thomas United Methodist Church



## Fall Music Festival

*Fun for the whole  
family!*

Come out to hear some fabulous musical  
groups!

**Saturday, September 8, 2012**

**11:00 am - 5:30 pm**

St. Thomas UMC in Glen Ellyn

2S511 Route 53

(1/2 mile north of Butterfield Rd.)

11:30 am - Village Vocal Cords,

International Barbershop Champions

12:30 pm - Jim Hendricks, Christian Pianist

1:30 pm - Gayle Memorial Baptist Men's  
Choir

2:30 pm - Emmaus Community Praise  
Team

3:30 pm - TBA

4:30 pm - Still A Dream Band, Rev. Dr.  
Osvaldo D. Vena

Plus: Activities for all ages!!

Visit [stumc@sbcglobal.net](mailto:stumc@sbcglobal.net) for  
additional 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](mailto:seniors493@geseniors.net)

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

# Recipe for September

## Angel Food Pineapple Cake

1 Can of Crushed Pineapple in its own juice

1 Box of 1-step Angel Food Cake Mix



Mix these ingredients together and bake in an oblong cake pan (13x9) at 325° for about 25 to 30 minutes.

Honest, it is that easy, no fat, very low calories and tastes great! For an extra treat sprinkle coconut flakes on top before baking. Serve with non-fat Cool Whip.



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

