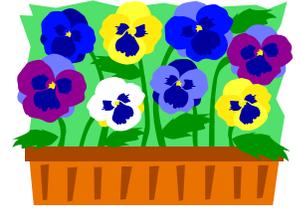




At Your Service



Spring Has Arrived!!

Unusual Holidays in April

- 2nd - Nat'l Peanut Butter and Jelly Day
- 6th - Nat'l Carmel Popcorn Day
- 7th - Slinky's® Birthday (1945)
- 12th - Nat'l Grilled Cheese Sandwich Day
- 15th - Nat'l Glazed Ham Day
- 17th - Daffy Duck's Birthday (1937)
- 22nd - Nat'l Jellybean Day
- 24 - Nat'l Pigs-in-a-Blanket Day
- 26th - National Bird Day
- 28th - Nat'l Blueberry Pie Day

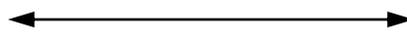
Senior Center News

April 2013

Senior Center Hours

Monday—Friday

9:00 am—1:00 pm



We continue to process the RTA passes for Senior Free and 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, April 16th at the Glen Ellyn Library at 10:15 a.m. Please call Sue at (630) 858-6343 for more information.

Benefits Access (formerly Circuit Breaker) applications and Medicare Counseling are done by appointment only. Please call during our regular business hours to schedule an appointment.

SAVE THE DATE!!



Senior Fair at the Glen Ellyn Park District

Wednesday, May 8, 2013

Ackerman Sports & Fitness Center, 800 St. Charles Road, Glen Ellyn



Plan to stop by for a fun morning filled with a variety of vendors providing information on health, entertainment, finance and recreation opportunities and 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, Prizes & Give-Aways, Presentations, Exhibitors, Free Food Buffet (while supplies last).

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

What's Happening At the Glen Ellyn Park District

Tuesday Senior Luncheons at the Park District

Spring is here! It's time to smell the blooms and get ready for another fun-filled summer with an energizing game. Enjoy mostaccioli with meatballs, veggies, Caesar salad, rolls and dessert.



Tuesday, April 9
12:00 - 2:00 p.m.
 Maryknoll Park Clubhouse
 845 Pershing Ave., Glen Ellyn
Cost: \$7.00



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

AARP Chapter - Glen Ellyn

Please join us this month as we feature Mike O'Brien of Independence 4Seniors, Inc. He will be speaking on a sensible exercise program for seniors. Exercise on a regular basis is keeping us healthy and active. Often seniors bite off more than they can keep up and they just give up. The data is there proving its importance. Bring a friend to the meeting!



Date: Tuesday, April 2, 2013

Time: 10:00 am

Place: St. Barnabas Episcopal Church
 22W415 Butterfield Road,
 Glen Ellyn (Between Rt. 53 & Park Blvd.)



For more information call George Pelch at 630-983-0918



Funny Zone



Here's a little good-natured ribbing for start-up airlines. You know you picked the wrong one when:

All the insurance machines in the terminal are sold out.

Before the flight, the passengers get together and elect a pilot.

You cannot board the plane unless you have the exact change.

Before you take off, the stewardess tells you to fasten your Velcro.

The captain asks all the passengers to chip in a little for gas.

When they pull the steps away, the plane starts rocking.

The captain yells at the ground crew to get the cows off the runway.

Hotel Security -A friend and I stayed at a Chicago hotel while attending a convention. Since we weren't used to the big city, we were overly concerned about security. The first night we placed a chair against the door and stacked our luggage on it. To complete the barricade, we put the trashcan on top. If an intruder tried to break in, we'd be sure to hear him. Around 1 a.m. there was a knock on the door. "Who is it?" my friend asked nervously. "Honey," a woman on the other side yelled, "you left your key in the door."

Waiting in Line - A minister waited in line to have his car filled with gas just before a long holiday weekend. The attendant worked quickly, but there were many cars ahead of him in front of the service station. Finally, the attendant motioned him toward a vacant pump. "Reverend," said the young man, "Sorry about the delay. It seems as if everyone waits until the last minute to get ready for a long trip." The minister chuckled, "I know what you mean. It's the same in my business."

Founding Fathers -The Founding Fathers were sitting around a table sometime in 1776, working on the constitution. It had been a long day. Father1: Whew! It's getting rather warm in here, isn't it? Father2: Shall I open the window? Father1: No, that's all right. I'll just take off my jacket, and roll up my sleeves. Father2: Hey, that's a good idea. Why don't we include that in the constitution? Father1: What? That we're allowed to take our jackets off and roll up our sleeves while at work? Father2: Yeah, but that doesn't sound very smooth. How about "Everyone shall have the right to bare arms?"

Golf Natural - A retiree was given a set of golf clubs by his co-workers.

Thinking he'd try the game, he asked the local pro for lessons, explaining that he knew nothing whatever of the game. The pro showed him the stance and swing, then said "Just hit the ball toward the flag on the first green." The novice teed up and smacked the ball straight down the fairway and onto the green, where it stopped inches from the hole.

"Now what?", the fellow asked the speechless pro.

"Uh... you're supposed to hit the ball into the cup" the pro finally said, after he was able to speak again.

Josh Who? -My daughter called me at work to say I had received a call from "Josh" at the bank regarding my account. Returning the call to my bank, the operator asked what Josh's last name was. I explained that he hadn't left his last name. Then she asked for his department, and I said that I didn't know that either. "There are 1500 employees in this building, ma'am," she told me rather sharply. So I asked her for her name. "Danielle," she said. "And your last name?" I asked. "Sorry," she replied, "we're not allowed to give last names."

Extra Brain Exercise for April



Have A Little Fun ...

It's Trivia Time!

It's trivia time again! See if you can figure out these *simple* trivia questions.

1. What fruit has its seeds on the outside?
2. Which way do fans rotate?
3. Do books have even-numbered pages on the left or right?
4. How many lug nuts are on a standard car wheel?
5. How many sides does a standard pencil have?
6. How many sides does a stop sign have?
7. There are twelve buttons on a touch-tone phone. What 2 symbols bear no digits?
8. How many curves does a standard paper clip have?



FRAUD ALERTS!

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

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

Fraud Alert Reader Saves His Mother from Utility Scam

One of our Fraud Alert readers at the Illinois Department on Aging in Springfield shared the following story about his mother. His mother speaks Spanish, and she received a call in Spanish from a “nice lady” claiming to be from the electrical company. This nice lady said that there was damage to the mother’s electrical system and that she would need to pay for repairs. The mother called her son on her cell phone. The son encouraged his mother to tell the caller that she would not answer any more questions and that she would be contacting the police. The caller hung up. Later, the son called the electric company and verified that they were not trying to contact his mother for repairs.

This mother did the best thing by stopping to think about why the electric company would contact her for repair money. She then called a relative or friend to ask for a second opinion. The son also did a great thing by finding the electric company’s number in the phone book or online and calling to verify if this was legitimate.

If this woman had fallen for this scam, the caller might have asked her to purchase a pre-paid debit card and then call them back with the information on this card. Remember to never send money to someone you do not know.

OIG Inspector General: “Team Effort” to Cut Health Care Waste

Daniel R. Levinson, Inspector General of the U.S. Department of Health and Human Services (HHS) Office of Inspector General (OIG) wrote an opinion piece for the AARP Bulletin about how his office is addressing waste in the Medicare program and how beneficiaries can help.

Read the article here: <http://www.aarp.org/health/medicare-insurance/info-03-2013/cutting-health-care-waste.html>

As Inspector General Levinson points out, detecting waste is a team effort. Our Illinois SMP volunteers are playing their part in addressing the issue of Medicare fraud, waste, and abuse by empowering beneficiaries to read their Medicare Summary Notices (MSNs). You can help by reading your MSNs and reporting any suspicious charges to SMP.

This is National Consumer Protection Week

This week is National Consumer Protection Week (March 3-9, 2013). Visit <http://www.ncpw.gov> to find consumer tips and free materials from government and private organizations.

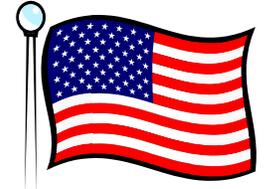


April All About the Month

Did you know...?

- ◆ The birthstone of April is none other than the **DIAMOND**. Ancients believed that diamonds were crystallized lightning and splinters of stars.
- ◆ **APRIL** comes from the Latin word *aperire* which means to open. The name is appropriate because in many places trees and flowers begin to bloom and open during the month of April.
- ◆ Don't forget that **INCOME TAX DAY** is April 15th. Be sure to have your tax return postmarked by midnight.
- ◆ During the Victoria era, flowers were assigned hidden meanings. Giving April's flower, the **SWEET PEA**, to a loved one meant "Thank You for a Lovely Time."
- ◆ April's full moon is named the **PINK MOON** for the herb moss pink, or the wild ground phlox, which is one of the earliest widespread flowers of the spring.
- ◆ Those born under the sign of **TAURUS** between April 20th and May 20th, are said to be warm-hearted and loveable.

April is Keep AMERICA Beautiful Month



Taking care of the environment is a very important job. You can help! Start by following the conservation motto to reduce, recycle and reuse and your household will make a difference. Below are 3 simple things *you* can do to help the environment. Why not get started today?

- 1 **Precycle.** Packaging waste accounts for one-third of all garbage Americans send to landfills. *Your part.* Buy products packaged in cardboard. Buy products in recycled packaging.
- 2 **BYOB (Bring your own bag).** Paper or plastic? If every American shopper took home just *one* less bag a month, we could save *millions* of bags a year. *Your part.* Don't accept a bag for purchases that could easily be carried without one. Bring your own shopping bag with you when you shop.
- 3 **Tune up your car.** Auto exhaust contributes to the greenhouse effect, acid rain and smog. If a million car owners kept their cars tuned, some one billion pounds of carbon dioxide could be eliminated. *Your part.* Drive less and keep your car tuned. Obey speed limits.



Let's **NOT** Do the *Twist* - 6 Tips

Twisting at the waist, especially when bending or carrying something is a prime cause of back injury - follow this advice to save your back.

Loading and Unloading

1. When you are loading and unloading, keep loads small and close. 2. Reduce the risk of injury and pain by making sure your hips, knees and shoulders always move in the same direction. 3. Keep a straight back and let your leg muscles do most of the work.

Getting Out of Bed

1. Roll on your side and bend both knees toward your chest in a loose fetal position. 2. Push your upper body into a sitting position, legs over the edge of the bed. 3. Stand up and keep your back straight.

-*Arthritis Today*

Exercise Reverses Memory Loss



Jogging your memory might be more than a figure of speech. Researchers recruited 138 people over age 50 with cognitive impairment to complete a 6 month, home-based exercise program.

Volunteers walked vigorously for 50 minutes, 3 times a week. At the end of the study, participants improved their scores on nearly every measure of brain function, including remembering a list of words and sequences of numbers. The great news is that the benefits of physical activity were sustained over an 18-month follow-up period.

New Uses for Ordinary Things

Here are just a few unique ways to use items you probably have around your house.

- ★ Calm hair static electricity by quickly running a **Dryer Sheet** over unruly hair.
- ★ Clean playing cards with **Flour**. Put them in a plastic bag with a half-cup of flour. Shake for a minute and shuffle the deck a few times over the sink to clear.
- ★ Stubborn wooden drawers will run smoothly if you rub a **Candle** over the runners.
- ★ Absorb odors in the refrigerator's vegetable drawer with a lining of **Newspaper**.

-*Real Simple*

Fake Check Fraud

Suspicious, but realistic looking checks made out for a considerable amount of money should be considered a **RED-FLAG** fraud. You should know that if you weren't expecting a check, it could be a fake. If you have concerns related to this type of fake check ask someone you trust for help. Checks such as these are usually accompanied with directions instructing the recipient to call a phone number. The message tells the caller to send taxes on the money he or she just received through a wire transfer service. The scam, of course, is that once the recipient sends the money, the check bounces. Remember, **NEVER** send money or provide personal financial information to a stranger who calls. Also, be cautious who you disclose your credit card, and social security numbers to.

-Caring.com

Why is *All Fool's Day* on April 1st?



The reason April 1 is April Fool's Day is probably connected to the change from the Julian to the Gregorian calendar. Before the Gregorian calendar was introduced, people in some parts of Europe celebrated the New Year and exchanged gifts on April 1. New Year's Day was officially moved to January 1 after the adoption of the Gregorian calendar in 1582.

People who forgot about the change were often mocked by their friends, as they continued to make New Year visits just after the old date. Those who failed to keep up with the change and celebrated the New year during the week that fell between March 25 and April 1 became victims of various jokes. For example, pranksters would discreetly stick paper fish to their backs. The victims of this prank were called *Poisson d'Avril*, or April Fish.

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 \$20 per 6 week session. Join in anytime.

For more information, call Cathy Milleville

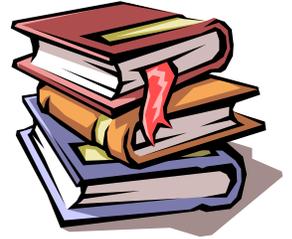
(630) 469-1555

Grace Lutheran Church

493 Forest Avenue

Glen Ellyn

NEW! BOOK REVIEWS from Barnes and Noble



The Age of Edison - We

may take its effects for granted, but the invention of the modern light bulb -- and the conquest of darkness -- transformed the world permanently. Ernest Freeberg offers an electrifying account of the breakthrough and its consequences.

Wise Men - Stuart Nadler renders an elegiac portrait of post-WWII Cape Cod, in which teenager Hilly Wise's budding romance with a caretaker's niece is shattered by racism. An ambitious saga of prejudice, class, and family secrets.

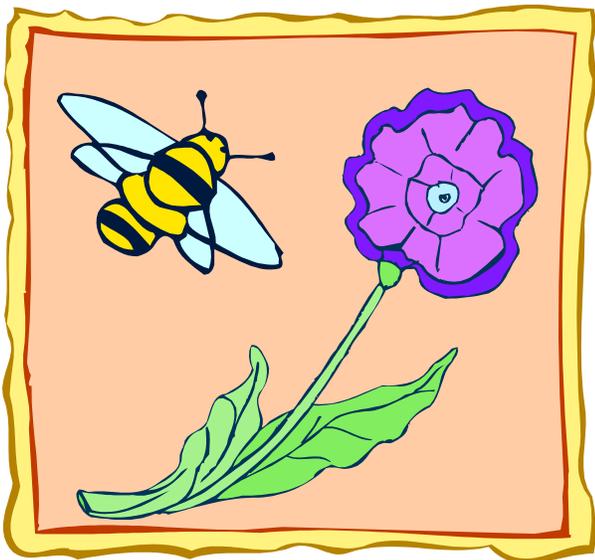
Mark Athitakis says in his review of *How Literature Saved My Life*, Shields's "genial and passionate" essays are a bracing argument for the power of reading. More controversially, they argue against many of the conventions of narrative, which so many readers relish. With a book that "strives to be in itself the kind of literature it argues for," says Athitakis, Shields provokes us to challenge his point of view -- and keep reading.

April Horoscopes

Answers to the Quizzes/Puzzles

Aries (March 21 - April 19) You might walk the walk at work, and talk the talk, but it also pays to hear, to listen. Sometimes what people inadvertently reveal can help you regroup.

Taurus (April 20 - May 20) If you feel uncomfortable with someone's self-expression, detach. You might not be able to change him or her, but you can change your reaction.



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 April

Crustless Broccoli Quiche

- 4 eggs
- 1-1/4 cups 1% milk
- 3 slices whole wheat bread, crusts removed, cubed
- 4 cups small broccoli florets, cooked, chopped
- 1 cup chopped onions
- 3/4 cup KRAFT Shredded Sharp Cheddar Cheese



PREHEAT oven to 350°F. Beat eggs and milk with wire whisk until well blended. Add bread; mix lightly. Stir in remaining ingredients until well blended.

POUR into 9-inch square baking dish.

BAKE 45 min. or until center is set and crust is lightly browned. Let stand 10 min. before cutting to serve.

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

