



# LIBRARY LANE

## Senior Residence

50 Library Lane • Grayslake, IL 60030 • (847) 543-4455



December 2009

www.library-lane.com

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### VILLAGE OF GRAYSLAKE

### SENIOR CENTER

Representative

Mr. K. Timony (847) 223-8515

### COLD and FLU SEASON IS HERE

If you have an appointment with our staff and you have flu symptoms, please notify our office. We will reschedule your appointment for a later date.

### LOCKOUTS

If you are locked out during office hours (M-F, 9-5), notify the office. Any lockout occurring on weekends, holidays or before and after office hours carries an automatic charge of \$15. A check payable to Library Lane must be paid within seven days of the lockout.

### Stay Healthy

Cover your coughs and sneezes and wash your hands often. Sing "The Alphabet Song" as you scrub to ensure you thoroughly lather away flu and cold germs.

### Word For December: Celebrate

According to the "Merriam-Webster Dictionary," the word "celebrate" means "to observe a notable occasion with festivities," and this month delivers with multiple celebrations. The seven days of Hanukkah start off December's celebratory season, followed by Christmas Eve, Christmas Day, Kwanzaa and the biggest bang of them all, New Year's Eve. Happy holidays, everyone!

### Shortest Day of the Year

The first day of winter and shortest day of the year is Dec. 21. In the United States that means we'll have about 9½ hours of sunlight.

### Official Holiday in December

Dec. 25 is an official federal holiday.

### Important Numbers

Leasing Office ..... (847) 543-4455

Emerg. Maint. .... (847) 543-4455

Fire, Police, Ambulance ..... 911



### December Birthday Stars

Sagittarius (Nov. 23-Dec. 21):  
Woody Allen, Little Richard, Jamie Foxx, Ray Romano

Capricorn: (Dec. 22-Jan. 20):  
Patti Smith, Susan Lucci, J.D. Salinger, Jim Bakker

### You Shouldn't Have, Really

Dec. 17 is National  
Regifting Day.



## Trivia Whiz

### Bringing Life to Snow

Adorned with a corncob pipe and a button nose, this frosty friend warmed the soul as a symbol of our youth. Some snowman trivia:

It was the Dark Ages, not the Ice Age, when the first snowman was built, according to Bob Eckstein's book "The History of the Snowman."

The world's tallest snowman was just over 122 feet tall. It was constructed in Bethel, Maine, in March 2008. It didn't completely melt for four months.

Gene Autry's rendition of "Frosty the Snowman" hit the airwaves in 1950. In the song, Frosty was a "jolly, happy soul."

Michael Keaton awakens as a snowman after dying in an auto accident in the 1998 film "Jack Frost."

## Giving a Gift That Makes a Difference

The holidays are the giving season, and many charities rely on the season's generous spirit—and proximity to the close of the tax year—to entice people to make donations. How do you choose one organization among so many? Consider these aspects:

**Proximity.** If you'd like to keep your charitable donation in our community, consider donating to the local United Way chapter. The United Way supports many different local organizations, and it has very strict requirements of the organizations it funds. You can be confident that your money is going to a well-organized charity that is focused on its mission.

**Trustworthiness.** Check out your chosen charity. Sites such as [www.CharityNavigator.org](http://www.CharityNavigator.org) rank charities based on their financial health and their ability to support their missions over time. You can also

investigate charities through the Better Business Bureau ([www.BBB.org](http://www.BBB.org)).

**Budget.** If you'd like to help but don't have money to contribute to a cause, remember that doing good for others doesn't have to cost you a dime. Your time can be just as valuable. Many charities can always use an extra set of hands. If you don't have the time to help, you can also log on to sites such as [www.TheHungerSite.com](http://www.TheHungerSite.com). All you have to do is click a button, and the site's sponsors donate money toward alleviating hunger. Similar sites support breast cancer research, rain forest preservation, children's health, wildlife preservation and literacy.

## Mirror, Mirror on the Wall

Aging is inevitable but looking your age is avoidable to some degree. While there's no fountain of youth, caring for certain "age indicators" can help. Here's a list of offenders from [www.WebMD.com](http://www.WebMD.com):

1) Smile! Your teeth are the No. 1 culprit giving away your age. Years of drinking coffee, tea and dark colas stain your teeth to dead-giveaway shades of yellow. Smoking accelerates the discoloring. The fix: Peroxide-based whiteners for a gleaming grin. Use whitening toothpaste and over-the-counter white strips.

2) It's neck-and-neck for the next age giveaway: Your neck and chest. Applying wrinkle cream only around the eyes leaves your age written all over the rest of your face—especially

when you look below it. The fix: Care for the skin on your neck and chest the same as you would your face. Apply creams with vitamins A and C and protect it from the sun using SPF.

3) Thin, damaged hair that lacks luster is another telltale sign revealing your age. The fix: Care for hair properly. If it's dry and frizzy, use a protein-packed conditioner. If it's damaged from coloring, just touch up the roots when needed.

4) Raise your hand and you'll have the answer for another age giveaway. Older hands tend to be bonier and have more visible veins, sun spots and discolored nails. The fix: Apply moisturizer regularly and exfoliate often to improve circulation.

## A Man and His Mouse

Walt Disney. His name alone means family entertainment. An artist, innovator and dreamer, he was also a humble man who once said, "I hope we never lose sight of one thing; it all began with a mouse."

Born Dec. 5, 1901, in Chicago, Disney grew up in Marceline, Mo. Disney spent much of his childhood on a farm, nurturing a budding imagination.

As a young boy interested in art, Disney sold drawings to neighbors for money. Soon, his artistic career would skyrocket, but not before his Kansas City-based business creating short films fell bankrupt. A man of barely 22, Disney headed to Hollywood with \$20 and a dream.

He quickly became a success and would enjoy a 43-year career in the developing motion picture industry. Unlike typical Hollywood tycoons, Disney didn't bother rubbing elbows with the upper crust; he was a family man and spent time with his wife, Lillian, and their two daughters.

In 1928, his furry friend, Mickey Mouse, debuted in the first synchronized sound cartoon, "Steamboat Willie." Thus began Disney's animated empire, which would soon produce the full-length animated classics "Snow White and the Seven Dwarfs," "Pinocchio," "Fantasia," "Dumbo" and "Bambi."

With the opening of Disneyland Park in 1955, visitors entered an enchanted world where Disney's dreams came true. He died in 1966, but his legacy endures.

## Discussing Delirium

The combination of delirium and Alzheimer's disease can be destructive, but there are ways to prevent it from becoming an issue. Delirium occurs when a person is in a state of extreme confusion and most often happens in those who have undergone surgery, had an infection or changed medications. The American Academy of Neurology reported in 2009 that hospitalized patients who suffered from Alzheimer's should fear delirium because it could accelerate cognitive decline. Its studies showed that people with Alzheimer's disease who had a bout of delirium during a hospital stay experienced a rate of cognitive decline three times faster than those who did not encounter delirium.

Delirium ultimately affects 14 to 56 percent of all elderly patients who are hospitalized. Worse, 20 percent of all elderly patients who suffer from delirium will encounter complications, which could lead to death.

The key to fighting delirium, according to a study by Yale University, includes maximizing a patient's independence and maintaining cognitive and physical functioning. Ways to tackle delirium before it becomes a factor, according to [www.ElderCareABCBlog.com](http://www.ElderCareABCBlog.com), are:

- Walking three times a day if possible.
- Engaging the mind with tasks such as word puzzles, bingo and guessing games.
- Discussing current events.

"The Gale Encyclopedia of Medicine" says eating healthy and avoiding exposure to solvents also can protect you from delirium. Plus, you should avoid medicines containing benadryl. A study, according to [www.HealthCentral.com](http://www.HealthCentral.com), determined these drugs increase the more risk for delirium.



## Wit & Wisdom

**"The worst gift is a fruitcake. There is only one fruitcake in the entire world, and people keep sending it to each other."**

**—Johnny Carson**

**"The easiest way to make a fruitcake is to buy a darkish cake, then pound some old, hard fruit into it with a mallet. Be sure to wear safety glasses."**

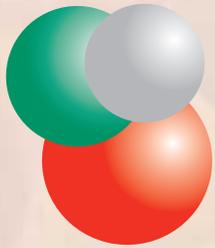
**—Dave Barry**

**"For months they have lain in wait, dim shapes lurking in the forgotten corners of houses and factories all over the country, and now they are upon us, their massive bodies bulging with strange green protuberances, attacking us in our homes, at our friends' homes, at our offices. There is no escape! It is the hour of the fruitcake."**

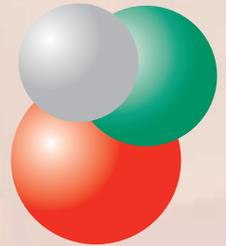
**—Deborah Papier**

## December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>DECEMBER</b>		1 Rent Due	2	3	4	5 Last Day to Pay Rent Without Fees
6	7	8	9	10 	11	12
13	14	15	16	17	18	19
20	21 FIRST DAY OF WINTER 	22	23	24 Christmas Eve  Office Closed	25 Merry Christmas  Office Closed	26
27	28	29	30	31 New Year's Eve  Office Closed		



Greetings  
of the  
Season



**Happy Holidays!** Our entire staff would like to wish you and your family and friends a joyful holiday season and a wonderful New Year!