



LIBRARY LANE

Senior Residence

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



January 2010

www.library-lane.com

**STAFF
MANAGER**

Diane Stanley

OFFICE ASSISTANT

Linda McKimmy

MAINTENANCE

John Edgell

Gert Reitenbach

HOUSEKEEPING

Jan Mucerino

GRAYSLAKE SR. CENTER

Barbara Medel

(847) 543-1041

VILLAGE OF GRAYSLAKE

SENIOR CENTER

Representative

Mr. K. Timony (847) 223-8515

HOLIDAY THANK YOU

The Library Lane staff—Diane, Linda, Jan, John and Gert—would like to thank everyone for the holiday greetings. We hope you enjoyed the holiday season with your family and friends.

HAPPY NEW YEAR

We'd like to wish all our residents a "HAPPY NEW YEAR." We hope the next 12 months brings you good health and happiness.

SNOW REMOVAL

With winter here, please remember to park so that your bumper is not hanging over the sidewalk. As lots are plowed, please move your car to a cleared area, so crews can remove all the snow from the parking lot. Thanks for your cooperation.



Healthy Resolution

The third week of January is Healthy Weight Week.

Aging Affects Medicines

As you age, body changes can affect the way medicines are absorbed and used. For example, changes in the digestive system can affect how fast medicines enter the bloodstream. Changes in body weight can influence the amount of medicine you need to take and how long it stays in your body. The circulation system may slow down, which can affect how fast drugs get to the liver and kidneys. The liver and kidneys also may work more slowly, affecting the way a drug breaks down and is removed from the body. Take time to learn as much as you can about your medicines to ensure they work the way they are intended for your specific needs.

Important Numbers

Leasing Office (847) 543-4455

Emerg. Maint. (847) 543-4455

Fire, Police, Ambulance 911

Official Holidays in January

Many U.S. workers will get the benefit of two paid vacation days this month. Federal holidays are New Year's Day on Jan. 1 and Martin Luther King Jr. Day, observed on Jan. 18.

January Birthday Stars

Capricorn (Dec. 22-Jan. 20):
Christy Turlington, Katie Couric,
Orlando Bloom, Desi Arnaz Jr.

Aquarius (Jan. 21-Feb. 19):
Geena Davis, Neil Diamond, Elijah
Wood, Judy Blume

Good. Great. Wonderful.

Jan. 18 is Thesaurus Day.



Trivia Whiz

Resolutions

If at first you don't succeed, try, try again to avoid being among the majority when it comes to making New Year's resolutions. Only 46 percent of people who make New Year's resolutions keep them after six months, according to www.NewYears-Resolution.net.

New Year's resolutions go way back. Janus, a Roman king, had the inside track on resolutions because of his ability to look into the future.

Ancient Babylonians had their own resolutions, including the return of borrowed equipment.

A Chinese custom hundreds of years ago called for the noisy combination of cymbals and fireworks. The racket was meant to chase ghosts of the past, which paved the way to move forward in a new year.



Walk Your Way to Better Brain Function

Boosting brainpower in later years could be a walk in the park, literally. Experts suggest that older adults who walk just three times a week can significantly improve mental function and reduce the risk of Alzheimer's disease. Recent research published in "The Journal of the American Medical Association" shows that simple exercise, such as walking, can improve cognitive function in adults with mild

cognitive impairment—the borderline between normal aging and dementia.

The study from the University of Melbourne in Australia followed 138 adults aged 50 and older with self-reported memory problems, who were not diagnosed with dementia. Researchers assigned the participants to either education and usual care or a 24-week home-based exercise program, with walking as the most frequent type of activity. The exercise group participants aimed for three 50-minute sessions of moderate-intensity activity each week.

The results? The exercise group scored higher on cognitive tests and demonstrated better delayed recall. Researchers even saw benefits six months later.



Crack Up With These Confetti Eggs

How would you like your eggs? If "hollowed out and filled with confetti" is your answer, you're in luck! It's easy to crack open some fun when you smash these party eggshells over your friends' heads in celebration.

Materials:

- Eggs
- Sharp knife
- Bowl

- Hole puncher
- Colored construction paper
- Colored tissue paper
- Scissors
- Glue

Instructions: Using the knife, gently tap around the small end of an egg. Remove the top portion by grasping it firmly with your fingers, then twisting and lifting it away from the shell. Empty the raw egg into a bowl and set aside for another use. Rinse the shell out with water and let dry. Using the hole puncher, make confetti with construction paper. Fill the dry shell one-third full with confetti. Cut a circle out of the tissue paper big enough to cover the hole. Run a thin line of glue around the hole, then place the tissue paper on top. Wait until dry. Then crack open for a fun surprise!

Good Works

Making Connections Through Mentoring

Science has proven that friends are good for your health. The support they provide helps us cope with life's negatives. As we age, however, the friendships on which we depend can be harder to make and maintain. We get wrapped up in our own lives, and suddenly we look around to discover that we've let important friendships fall away. The best way to make new connections is by offering something, and mentoring provides the ideal way to do just that.

Why be a mentor? For one, you're teaching a skill you already have, which establishes a level of comfort that can make meeting new people easier. And, as a mentor, you're already interacting with people who have shared interests.

In addition to providing a connection and common interest, mentoring is also a community necessity. Books are great for learning, but nothing replaces experience. Even if you're not interested in expanding your social circle, mentoring offers you the chance to meet a variety of people and learn new things.



Personal Belongings Become Family Heirlooms

Passing priceless family heirlooms from generation to generation is an important part of a family's history. The practice keeps the memories of ancestors alive. It also gives family members something to cherish. If your family doesn't have many precious pieces, don't fret. An item doesn't need a big price tag to be a priceless possession. It's also never too late to "create" a family heirloom. All you need is something special to pass on to someone special.

Make it meaningful. Look through your personal items. Choose an object that has meaning for you. Possibilities include: pendants, pocket watches, cuff links, handmade quilts, books, vases, teapots or handkerchiefs.

Tell the story. Decide on which family member to bestow your heirloom. Then, tell the story of how you obtained it. Whether it was a gift from your grandparents, your sweetheart or simply something you picked up on your own, make sure the recipient knows the item's history.

Determine its destination. Depending on the item, decide how you want to pass down the heirloom. For example, a necklace passed down from mothers to daughters is a precious keepsake to wear on wedding days.

Wit & Wisdom

"Love and scandal are the best sweeteners of tea."
—Henry Fielding

"There is a great deal of poetry and fine sentiment in a chest of tea."
—Ralph Waldo Emerson

"Drinking a daily cup of tea will surely starve the apothecary."
—Chinese Proverb

"There is no trouble so great or grave that cannot be much diminished by a nice cup of tea."
—Bernard-Paul Heroux

"All true tea lovers not only like their tea strong, but like it a little stronger with each year that passes."
—George Orwell

"You can never get a cup of tea large enough or a book long enough to suit me."
—C.S. Lewis

January 2010

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<i>Happy New Year</i>							1 Rent Due	2 New Year's Day Office Closed
3	4	5 Last Day to Pay Rent Without Fees	6	7	8	9		
10 NATIONAL CUT YOUR ENERGY COSTS DAY 	11	12	13	14	15	16		
17 Martin Luther King Jr. Day (Observed) Office Closed	18	19	20	21	22	23		
24/31	25	26	27	28	29	30		

Happy New Year!

Word Search

- | | |
|-------------|------------|
| Birthday | Hot Cocoa |
| Celebration | January |
| Champagne | Mittens |
| Cold | New Year |
| Confetti | Resolution |
| Fireworks | Slippers |
| Goal | Snow |
| Hockey | Start |

N	X	Z	I	N	D	H	K	P	S	N	O	W	Q	R
B	B	S	W	J	O	L	H	X	O	S	N	B	G	K
E	G	S	J	C	J	I	O	I	W	T	V	R	B	H
N	E	R	K	A	V	Y	T	C	H	A	T	I	S	H
G	T	E	I	U	A	A	C	U	P	R	R	K	Z	L
A	Y	P	T	A	R	V	O	V	L	T	R	I	I	L
P	G	P	T	B	G	V	C	F	H	O	Z	D	R	R
M	S	I	E	O	L	O	O	D	W	X	S	Q	A	V
A	N	L	F	I	G	Y	A	E	F	S	J	E	W	Y
H	E	S	N	Q	V	Y	R	L	P	A	Y	K	R	C
C	T	B	O	M	Y	I	K	Z	O	W	I	A	H	Z
H	T	C	C	C	F	V	K	D	E	J	U	B	R	Y
G	I	Q	Y	M	I	Q	A	N	G	N	G	L	H	L
I	M	V	A	J	M	M	G	L	A	Y	J	Y	A	Q
P	C	Z	X	X	K	R	C	J	A	F	X	B	A	H