



# LIBRARY LANE

## Senior Residence

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



June 2010

[www.library-lane.com](http://www.library-lane.com)

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### VILLAGE OF GRAYSLAKE

### SENIOR CENTER

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### PARKING OVER CURBS

Please DO NOT park your cars over the curb. The landscapers can't cut the grass if your car bumper is hanging over.

### INCLEMENT WEATHER

Please close your apartment windows and patio door, if you will be away from your apartment, even for a short time. Summer rainstorms can appear suddenly.

### Opportunities to Give Back

Adults age 55 and up have a lifetime of experience to share. Give back to the community by sharing your time, talents and wisdom through volunteering. Senior Corps connects older Americans with people and organizations in need of help. To learn more about the volunteer opportunities available, visit [www.SeniorCorps.gov](http://www.SeniorCorps.gov).



### Add Stars, Hold the Stripes

The first national flag, which displayed 13 stars and 13 stripes, was adopted on June 14, 1777, giving us the date of our Flag Day holiday. The original plan was to add a star and a stripe for each new state. However, when it became apparent that the stripes could end up being hard to distinguish, Congress passed a resolution in 1818 to hold the number of flag stripes to 13 and only add a star for each new state.

### Get Back to Your Roots

Family History Day is June 14.

### Important Numbers

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

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

Fire, Police, Ambulance ..... 911

### Planting the Seed

Next time you drink a smoothie or bake cookies or muffins, add flaxseeds to the mix. They have antioxidant qualities, omega-3 essential fatty acids and may have a protective effect against breast, colon and prostate cancer, according to [www.WebMD.com](http://www.WebMD.com).

### Strides in Science and Modern Medicine

Though we still don't know everything about the human brain, science has come a long way. The German psychiatrist and pathologist Alois Alzheimer, who first wrote about the disease that was later named after him, was born on June 14, 1864.



## Trivia Whiz

Good riddance, Ana. The same goes for Joaquin and Wanda. Your ill wind and rain won't be missed. The National Weather Service has been naming hurricanes since 1953, and those were names of recent storms. The 2010 hurricane season is upon us and it typically lasts from June through November. Here are some other snippets about these storms.

*What's in a name?* Alex, Bonnie, Igor and Lisa are among the names designated for hurricanes this year. If you are Cindy or Don, your name comes up in 2011. Visit the National Hurricane Center's web site at [www.NHC.NOAA.gov](http://www.NHC.NOAA.gov) to see lists of names through 2015.

*Boy-girl-boy.* Originally, only women's names were used. In 1979, men's names made the list and genders rotated every other storm.

# Health & Fitness

## Lonely Lessons

Like a cold or flu, loneliness can spread, too. Research published late in 2009 in the *Journal of Personality and Social Psychology* shows that loneliness can spread from one person to another. Nearly 5,000 people were involved in the study that lasted several years. Some specifics of the findings:

- On average, people felt lonely 48 days a year.
- Women are more likely to be lonely.
- A friend of a lonely person is 52 percent more likely to develop lonely feelings of their own within two years.

- People who are lonely slide to the edge of their social networks, becoming less interactive and more isolated.

How can you identify if someone is lonely and how can you avoid it affecting you? The research reveals that mistrust and negativity are ways loneliness is passed along to others. The best way to prevent loneliness from being a threat, according to the researchers, is to target the lonely and try to help repair his or her social network. Always, though, protect yourself with barriers. Try to surround yourself with people who are positive and upbeat.

## Fun Facts

### Happy Birthday, Superman!

He turns 72 this month, but Superman isn't slowing down. He's still saving the world, and he's as popular as ever.

The man of steel made his debut as a superhero in 1938 in *Action Comics #1*, but he made his unofficial debut much earlier. He began as an evil character in "Science Fiction: The Vanguard of Future Civilization," which was published in 1933. No one bit on the Superman-as-villain story, though, so his creators (Jerry Siegal and Joe

Shuster) reworked the character as a superhero.

Since then, Superman has transitioned to a multitude of media and continues to resonate with audiences today. He revisited the silver screen in 2006 in "Superman Returns," and his childhood escapades are still chronicled on the TV series "Smallville," which began its ninth season in 2009.



# Life Styles

## Emotional Resiliency: Half-Full or Half-Empty?

Emotional resiliency is the ability to take life's challenges in stride. Some people are more apt to focus on the negatives, but just like all habits, negative thinking is a pattern that can be changed.

*Focus on the present.* Making a conscious effort to live in the moment helps you appreciate that moment and avoid mental troubles in the meantime.

*Smile and laugh.* Both actions release feel-good endorphins and reduce stress compounds. Faking it actually works: Studies have shown that just the act of smiling and laughing can "fool" our bodies into being happy.

*Practice!* You won't always succeed in your first efforts. But try, try again, and you'll soon find that events that would have sent you into a stressful spiral are easier to handle.



# Home & Garden



## Sun-Made Artwork

Add a little creativity and fun to your next sunny afternoon. Using light-sensitive paper and objects with interesting edges, you can make attractive artwork from their shadows. After just a few minutes of sun exposure, flowers, leaves, shells or any item you choose will leave its outline behind on special, sun-print paper.

### Materials:

- Objects with interesting shapes
- Sun-print paper or light-sensitive paper (can be purchased online)
- Cardboard or baking sheet
- Small paperweights
- Sunshine
- Water

### Directions:

First, select the items with outlines you wish to capture. Then, lay a sheet of sun-print paper on a piece of cardboard or baking sheet. Arrange your items on the paper. If items are very lightweight, weigh them down with small paperweights so they do not blow in the wind. Place outdoors in a sunny spot. Wait 1-5 minutes, or until the paper visibly fades. Then, immediately rinse with water for 1 minute to set the image. Let dry. Frame your masterpiece or cut into cards or gift tags.



## Wit & Wisdom

"And what is so rare as a day in June?  
Then, if ever, come perfect days."  
—James Russell Lowell

"To read a poem in January is as lovely  
as to go for a walk in June."  
—Jean-Paul Sartre

"It is the month of June,  
The month of leaves and roses,  
When pleasant sights salute the eyes,  
And pleasant scents the noses."  
—Nathaniel Parker Willis

"There are two seasons in Scotland:  
June and winter."  
—Billy Connolly

"In June as many as a dozen species  
may burst their buds on a single day. No  
man can heed all of these anniversaries;  
no man can ignore all of them."  
—Aldo Leopold

## June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rent Due	2	3  <b>JUNE</b>	4	5 Last Day to Pay Rent Without Fees
6	7	8	9	10	11	12
13	14  CELEBRATE FLAG DAY	15	16	17	18	19
20  Honor Dad on Father's Day	21	22	23	24	25	26
27	28	29	30	 <b>GREAT OUTDOORS</b> month		

## "This Month In History"

### JUNE

**1752:** Ben Franklin reportedly flies a kite in a thunderstorm to prove lightning is electricity.

**1885:** The Statue of Liberty arrives in New York Harbor as a gift of friendship from France.

**1886:** President Grover Cleveland marries in the White House, making him the only president to wed in the executive mansion.

**1928:** Amelia Earhart is the first woman to fly (as a passenger) across the Atlantic Ocean.

**1933:** Richard Hollingshead invents the first drive-in theater, which opens in Camden, N.J.

**1934:** Donald Duck debuts as a supporting character in the film "The Wise Little Hen."

**1949:** George Orwell publishes his anti-utopian novel "1984."

**1953:** The first Corvette rolls off production lines in Flint, Mich.

**1974:** Henry Heimlich publishes an article outlining his new

technique for dislodging an object from a choking victim. His method is soon dubbed the "Heimlich Maneuver."

**1979:** Muhammad Ali announces he is retiring from boxing (though he still fights two more bouts).

**1997:** The first Harry Potter book, "Harry Potter and the Philosopher's Stone" (retitled "Harry Potter and the Sorcerer's Stone" in the United States), is published in Britain.

**2000:** J. Craig Venter and Francis S. Collins announce they have mapped the human genome.