



LIBRARY LANE

Senior Residence

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May 2010

www.library-lane.com

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Time to Get Moving: May Is Arthritis Awareness Month

The Arthritis Foundation recommends exercise as a remedy for arthritis sufferers. But these individuals are often reluctant to get moving due to the pain. If that's the case with you, start with a water exercise program. In water, your body's buoyancy reduces stress on hips, knees and the spine while building strength and increasing range of motion.

Nifty Nail Polish Trick

If the arms on your specs are a bit wobbly, tighten the screws and then add a drop of clear nail polish to keep them from loosening.

Click It or Ticket

Between May 24 and June 6, the National Highway Traffic Safety Administration puts extra emphasis on our states' seat belt laws.



Internet Gives a Boost to Climbing Your Family Tree

Family history research is a popular pastime. It has especially grown in the last decade as the Internet fueled significant advances into genealogy. Want to start your own search? Visit www.EllisIsland.org.

Asthma and Allergies

For many, May means spending time outdoors and enjoying beautiful spring weather. For others, it means watery eyes, sneezing, coughing and clogged nasal passages. If you have these symptoms but haven't been diagnosed with a cause, talk to your doctor about being tested.

Important Numbers

Leasing Office (847) 543-4455

Emerg. Maint. (847) 543-4455

Fire, Police, Ambulance 911

Body Knowledge: Stapes Bone

Also known as the stirrup bone, due to its shape, the stapes (pronounced *stay-pee-z*) is the smallest, lightest bone in the human body. It is located in the middle ear and transmits sound vibrations to the inner ear.

Refresh Driving Skills, Save Some Bucks

Seniors looking to save cash on car insurance should take an inexpensive refresher course in driving safety. After graduation, many insurance companies will lower their rates by as much as 5 percent.



Trivia Whiz

Horse Play

There will be no horsing around May 1 in Louisville, Ky., as owners, trainers and jockeys get serious about the 136th annual Kentucky Derby. Here are a few facts you may not know about the first gem in horse racing's Triple Crown:

Maximum horsepower. In 1907, the facility allowed auto races onto the track.

Bet on it. The track lowered the minimum wager on a race from \$5 to \$2 in 1911.

Sounds good. New York journalist Bill Corum coined the phrase "run for the roses" in 1925.

Derby dish. Burgoo, a thick stew of lamb or other meats, plus beans and veggies, is popular on race day.

Complimentary pass. In 1969, Richard Nixon was the first sitting president to attend the event.

Life Styles

Retirement Offers Advantages—Sometimes

A European study of 15,000 French workers concludes that retirement could make workers feel eight years younger. The numbers of those reporting poor health pre-retirement declined by 5 percent after retirement. Those individuals continued to show signs of improved perceived health up to seven years after retiring.

Researchers, however, were quick to question whether a study in the United States would have the same outcome. "It may well be that, for many U.S. workers, retirement means a substantial increase in financial stress, which could counteract the positive

effects of the removal of work stress," said Hugo Westerland, lead study author.

He pointed out that many Americans must continue to work after formal retirement, often in more stressful jobs than they previously occupied.

One bright spot for post-retirement workers in the U.S.: An October 2009 study in the *Journal of Occupational Health Psychology* reports that American retirees who kept working suffered from fewer major diseases and functional limitations than those who completely stopped working, perhaps due to increased physical and mental activity.

Health & Fitness

Month of May Puts Focus on the Seriousness of Arthritis

May is Arthritis Awareness Month. Now, more than ever, it's the perfect time to take arthritis seriously. That's because a study by the Mayo Clinic says that rheumatoid arthritis patients have not been showing improvement in survival rates over the last four to five decades. (In comparison, studies indicate dramatic improvement in the overall rate of mortality among the general U.S. population.)

More than 46 million adults have

some form of arthritis, which causes chronic joint inflammation and progressive destruction of the cartilage at the end of bones. The disease can result in the inability to use the affected joints. Left untreated, it can cause permanent disability. By 2030, experts project that 67 million U.S. citizens ages 18 and older will have doctor-diagnosed arthritis. Among those are likely to be middle-aged men and women who perform high levels of physical activity.

If you are trying to manage the pain of arthritis and want to avoid prescription medications, some soothing, nonmedical solutions include acupuncture, massage, ultrasound, meditation, hypnosis and biofeedback. Ask your doctor for more information.



People & Places

Audrey Hepburn Secrets

Audrey Hepburn is known for her Academy Award-winning role in the 1953 classic "Roman Holiday" and the character Holly Golightly in "Breakfast at Tiffany's." But did you know her given name was Audrey Kathleen Ruston? Or that her mother called her Edda while the two were hiding from Germans in Holland during World War II? Some other interesting trivia:

- Hepburn was born May 4, 1929, in Belgium to a wealthy banker father and baroness mother.
- She was fluent in English, Spanish, French, Dutch and Italian.
- She trained as a dental assistant before modeling and being discovered by a film producer.
- Hepburn forgot her Oscar for Best Actress in the bathroom immediately after winning.
- She broke her back while filming a horse-riding scene in 1960's "The Unforgiven."
- She is one of only 10 performers to win an Oscar, an Emmy, a Tony and a Grammy. (The others: Richard Rodgers, Helen Hayes, Rita Moreno, John Gielgud, Marvin Hamlisch, Jonathan Tunick, Mel Brooks, Mike Nichols and Whoopi Goldberg.)

Trains' Mark on History Often Overlooked

Many of us developed a fascination with trains at an early age. Because trains occupy such a prominent place in history, this attraction is not without warrant. May 10, 1869, is the anniversary of the "golden spike," the final tie that joined 1,776 miles of Central Pacific and Union Pacific railways.

The event made way for the first transcontinental railroad. Easy cross-country commerce and travel were no longer dreams but reality. The West was settled, businesses boomed, families moved and history was made. The coast-to-coast rails even fueled unrelated successes. The wealth acquired via the railroad boom, as well as from businesses enhanced by the railroads, triggered an increase in stock and bond investments. As businesses prospered, people eager to share in the profits invested heavily. Their investments provided capital that companies needed to expand.

Now, more than 140 years later, U.S. travelers have never faced a better time to take the train. Trains are an energy-efficient form of transportation, and can be more cost-effective than planes or cars.

Enjoy some of America's spectacular sights, and consider riding the rails on your next journey.



Wit & Wisdom

"On thy grave, the rain shall fall from the eyes of a mighty nation!" —*Thomas William Parsons*

"The legacy of heroes is the memory of a great name and the inheritance of a great example." —*Benjamin Disraeli*

"Perform, then, this one act of remembrance before this day passes. Remember, there is an army of defense and advance that never dies and never surrenders but is increasingly recruited from the eternal sources of the American spirit and from the generations of American youth." —*W.J. Cameron*

"And they who for their country die shall fill an honored grave, for glory lights the soldier's tomb, and beauty weeps the brave." —*Joseph Drake*

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>May</i> 						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	22
23/30	24/31 Memorial Day Office Closed	25	26	27	28	29

"This Month In History" MAY

1792: Twenty-four brokers meet under a tree on Wall Street in New York, signing the "Buttonwood Agreement" and establishing the New York Stock Exchange.

1872: Victoria Woodhull becomes the first woman nominated for president of the United States.

1885: The first issue of Good Housekeeping magazine goes on sale.

1897: Irish author Bram Stoker publishes his classic horror fiction novel, "Dracula."

1904: Boston Red Sox's Cy Young pitches the first perfect game in the modern era of baseball against the Philadelphia Athletics.

1916: The Saturday Evening Post publishes its first cover featuring a Norman Rockwell painting.

1930: Ellen Church becomes the first airline stewardess on a flight from Oakland to Chicago.

1933: The first modern-day sighting of the Loch Ness Monster is reported when a couple spots

the creature while driving around the large loch.

1954: Sir Roger Bannister is the first to run a mile in less than 4 minutes: 3 minutes, 59.4 seconds.

1962: Marilyn Monroe sings her infamous rendition of "Happy Birthday" to President John F. Kennedy.

1992: After 30 years, Johnny Carson is host of "The Tonight Show" for the last time.

1998: The finale of the hit TV show "Seinfeld" airs with 76 million viewers tuning in.