



LIBRARY LANE

Senior Residence



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November 2009

www.library-lane.com

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Happy Thanksgiving

The entire staff would like to wish our residents a very happy Thanksgiving. We hope all of you enjoy good food and the company of friends and family this Thanksgiving. Please note that our office will be closed for the holiday.

Monthly History

Thanksgiving wasn't always the fourth Thursday in November. Abraham Lincoln's successors followed his example by keeping the annual holiday as the final Thursday of November, until 1939 when President Franklin D. Roosevelt pushed it up a week.

Geography 101: The Pacific Ocean

The Pacific Ocean is the largest of all the earth's oceans. It covers twice as much space as the earth's other oceans. This vast body of water extends from the Arctic Ocean in the north all the way to the shores of Antarctica. Despite such extremes, the bulk of the Pacific lies along the warm tropics, which keeps most of its water warm. That warmth helps to create some of the most powerful storms on earth.

In addition to its size, the Pacific has the deepest average depth, as well as the deepest trenches on earth. Small volcanic islands—such as Hawaii, Tonga and Samoa—are sprinkled throughout the sea.

Positive Thoughts

"Learn from yesterday, live for today, hope for tomorrow."
—Albert Einstein

Important Numbers

Leasing Office (847) 543-4455

Emerg. Maint. (847) 543-4455

Fire, Police, Ambulance 911

Office Hours

Mon.-Fri. 9 a.m.-5 p.m.

Sat. and Sun. Closed

Daylight Saving Time Ends

Standard time resumes on Nov. 1 for those in the country who have been following Daylight Saving Time. They'll be able to adjust their clocks back an hour until March 7, 2010, when DST resumes once more.

Veterans Day

On Veterans Day, we pay tribute to the men and women who have served our country in the armed forces. Take a moment on Nov. 11 to honor those heroes whose dedication has kept our liberties intact. If you are a veteran, we'd like to thank you for your courage and service.



Trivia Whiz

Piece of the Rock

While no one contests that the legendary Plymouth Rock exists, its importance in American history is up for debate. Some historians believe the Pilgrims stepped on Plymouth Rock while disembarking from the Mayflower to come ashore to America in 1620. Other historians, however, question that belief because no documented evidence by the Pilgrims exists in reference to Plymouth Rock. Other trivia:

In 1774, Plymouth Rock split in half when townspeople attempted to move it to the village center for safekeeping. It suffered more fractures in 1834 during another move.

By the 1800s, people began chiseling pieces of Plymouth Rock for souvenirs.

The rock currently is housed in a portico in Massachusetts.

Eight Editions of "Joy"

In 1931, Irma Rombauer, a widow from St. Louis, spent half her savings to publish a cookbook. She had no idea her "little joy" would become one of the most-beloved cookbooks of all time: "The Joy of Cooking."

Originally written for Depression-era housewives who were facing the challenge of learning to cook for their families (after letting go of the chefs and maids who previously had done this chore), Rombauer displayed an enjoyable style of recipe writing, including affordable ingredients, the history of certain foods, and techniques and solutions to common problems. Her publication was also the first cookbook to include pan sizes for baking, recipes for soups and a section on leftovers.

The first copies sold fast, and word spread about the easy-to-understand cookbook. It became necessary for Rombauer to find a publisher and, in

1936, she signed a contract with Bobbs-Merrill. The third edition, published in 1943, was known as the wartime edition and included World War II rationing substitutions, as well as nutritional information. Interestingly, Julia Child used Rombauer's manual as her first cookbook, giving the world-renowned chef her first instructions.

Eight editions later, "The Joy of Cooking" is still considered the perfect gift for newlyweds, first-time homeowners and even experienced cooks. "Esquire" magazine, in April 2009, stated, "It's the 'Old Testament' of cookbooks. Low on bombast ... heavy on information. And if you want to cook it, it's in there, including possum."

Let the Games Begin

The recession, unemployment and high gas prices represent a few reasons why Americans are tightening their belts and thinking twice about spending habits. That, however, doesn't mean you can't have fun. So consider pulling out some board games, which are making a comeback. Popularized decades ago because they were an inexpensive way to entertain during the Great Depression, board games are celebrated every November. This year, the 15th annual National Game & Puzzle Week takes place from Nov. 22 to 28 and aims to preserve the art of enjoying time with family and promoting the appreciation of jigsaw puzzles and board games.

Apparently, interest among

consumers in board games has already risen. The sale of board games increased 6 percent to \$794 million in 2008 in the United States, according to research firm NPD Group Inc. The web site www.BoardGameRatings.com rates these as the top three in order:

1) *Carcassonne*. This unusual specialty game involves building a medieval landscape with tiles.

2) *Ticket to Ride*. This game calls for collecting cards of train cars and using them to build the longest railway route.

3) *Curses*. This game of storytelling and acting can be hilarious, especially if you have to bark like a dog.

If none of those are appealing, choose an old-fashioned option like Monopoly, which now also comes in new, updated versions.



Record Yesterday Today for Tomorrow

Crisp nights in November make it the perfect month for families to gather round the fireplace or dinner table and tell stories. With the holidays fast approaching, family gatherings will surely ensue, so what better time than now to celebrate November as National Family Stories Month.

Preserving family history is important to link current and future generations to the past and help provide a sense of identity. But, this preservation doesn't happen on its own; it takes some time and effort. What will you need to get started? Family members of older generations, a good note-taker and several listening ears will get the party started.

Need some inspiration to get the ball rolling? Here are some ideas:

Start with the parents. Let the oldest generation talk about their parents, including important details like full name, date of birth, schools attended and occupations. Then describe certain characteristics about them, what they were like and some favorite memories.

Spin the same story. Let each family member participate by taking turns telling the story of the same family event from his or her own point of view.

Share similar experiences. Go around the circle and have each person describe the same experience, such as the first day of school or a memorable birthday.

What It Means to Age Healthfully

When you hear the term "healthy aging," you probably think specifically of your health—but the phrase refers to much more than just your physical health. The goal of healthy aging is the ability to enjoy a full life. As such, your financial, emotional and social health are just as important as your physical health. And whether you're 19 or 90, you can still make changes that allow you to more fully enjoy your life.

Physical. Scientists are beginning to understand the link between physical, mental and emotional health. For example, managing blood pressure and diabetes may be good for your body and your brain. You don't need to make drastic changes to reap major benefits. Even a 15-minute walk twice a day (with your doctor's permission) can improve your physical and emotional well-being.

Financial. Worrying about money is frustrating and a drag on your health. Many programs can help you with medical expenses, living expenses and even housing costs. A good place to start is www.BenefitsCheckUp.org, a site run by the National Administration on Aging. By completing a few online questionnaires, you'll find programs that can help you manage your financial health.

Emotional and social. The challenges we face as we age can take a toll on our spirits. Friends pass, health suffers and rapid technology advancements can leave you feeling lost. Making new friendships, maintaining old ones and staying involved in your community can all give you the resiliency you need to face these challenges and overcome them.

"Healthy Aging" Refers to Much More Than Just Your Physical Health.



Wit & Wisdom

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

—John Fitzgerald Kennedy

"Valor is stability, not of legs and arms, but of courage and the soul."

—Michel de Montaigne

"The eyes of the world are upon you. The hopes and prayers of liberty-loving people everywhere march with you."

—General Dwight D. Eisenhower

"We few, we band of brothers. For he who sheds his blood with me shall be my brother."

—William Shakespeare

"I think there is one higher office than president, and I would call that patriot."

—Gary Hart

November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rent Due Daylight Saving Time Ends	1	2	3	4	5 Last Day to Pay Rent Without Fees	6
8	9	10	11 Veterans Day Office Closed	12	13 <i>World Kindness Day</i>	14
AMERICA RECYCLES DAY	15	16	17	18	19	20
22	23	24	25	26 Happy Thanksgiving Office Closed	27 Office Closed	28
29	30	<p>MONTH OF THE MILITARY FAMILY</p> 				

