



# LIBRARY LANE

## *Senior Residence*

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



**October 2009**

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

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**SENIOR CENTER**

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**PARKING LOT REMINDER**

Please remember that there is to be NO vehicle maintenance performed in the Library Lane parking lots. If your vehicle is in need of repair, please call a towing company to have it removed from the lot and get it repaired. Please refer to your resident handbook page 12, paragraph 2.

**RESIDENT ORANGE REFRIGERATOR CARD**

Residents, if you need to update your information on the orange refrigerator card, please contact our office for a new card. These cards are very helpful for paramedics if you call 911 for medical emergencies. Please display the orange card on the front of the refrigerator.

**Official Holiday in October**

Government offices will be closed on Monday, Oct. 12, in honor of Columbus Day.

**Put Some Pumpkin on Your Plate**

When everyone on the block is carving up pumpkins for their doorstep, consider cutting up one for your dinner table instead. Pumpkins are packed with vitamin A and offer a mild, sweet flavor in many recipes. Try adding pumpkin to pancake batter or make pumpkin soup, stew or chili. Or just get your fill from a classic favorite: homemade pumpkin pie.

**Motivational Tip**

Whether you are trying to motivate yourself or others in your life, turn to the old carrot-on-the-stick technique. Planning a pleasurable reward provides a goal to which you or they can look forward. Having that incentive can create a positive eagerness for success.

**Give Someone a Big Grin**

Oct. 2 is World Smile Day.

**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

**October Horoscopes**

Libra (Sept. 24-Oct. 23): Chaos causes confusion, so be patient with yourself as you explore your needs. Balance is the key.

Scorpio (Oct. 24-Nov. 22): Stay optimistic as new hobbies and ideas emerge. You may need more private time as you become more intuitive.





## Trivia Whiz

### Pumpkin Points

Are you out of your gourd? No, we don't mean crazy. We're referring to having access to some *real* gourds. In October, your gourd of choice is probably a pumpkin (well, it's actually a squash). Some pumpkin facts:

Pumpkins have been around for hundreds of years. Native American Indians used dried pumpkin strips to make mats.

Pumpkins are a fruit. In fact, they are the state fruit of New Hampshire.

Pumpkin seeds provide protein and zinc. They are believed to lower cholesterol and lessen the inflammation of arthritis.

A 1,689-pound pumpkin, believed to be the largest ever, was grown in 2007.

Antarctica is the only continent that can't grow pumpkins.



### Hear and Now: Hearing Aid Awareness Week

The Department of Health and Human Services recognizes Oct. 18-24 as Hearing Aid Awareness Week, sponsored by the International Hearing Society (IHS), a nonprofit started in 1951.

The IHS has found that consumers aren't fully aware of available technology for those with hearing problems and that potential hearing issues tend to go ignored due to a perceived stigma and lack of

information.

Hearing Aid Awareness Week is meant to change this lack of communication and encourage anyone with hearing problems to consult with a physician. The IHS recommends those with potential issues be evaluated by a trained audiologist, and if a hearing aid is decided upon as the right fix, to be sure the contract, usage instructions and the hearing aid warranty (which a contract should always include) are completely understood.

To find a Hearing Instrument Specialist near you or to learn more about hearing loss and equipment, visit the IHS web site at [www.IHSINFO.org](http://www.IHSINFO.org) or call (800) 521-5247.



### Wii for Seniors? Oui!

Video games aren't kid stuff anymore. Wii—a game console that makes you stand, move and be active instead of sitting around and pushing buttons—is making stars out of seniors and prompting many to get moving and have fun exercising. About 13 million retired folks now play video games, according to the research firm Packaged Facts. Assisted living centers and retirement communities across the country are reporting the popularity of

Wii in their facilities—especially bowling. In fact, four senior centers in Maryland held a joint Wii bowling tournament in March 2009.

Andrew Carle, director of the Assisted Living and Senior Housing Administration program at George Mason University, dubs Wii as a "Nana Technology," meaning technology that your Nana (grandmother) uses.

Because Wii closely mimics real-life sports, it has become an enjoyable prescription for encouraging exercise that increases heart rates and burns calories.

**Wii Is Making Stars Out of Seniors and Prompting Many to Get Moving and Have Fun Exercising.**



## Food Facts

### Frozen (Pizza) in Time

Not even the Cold War had thawed when frozen pizza was marketed in 1957 by New Jersey-based Celentano Brothers. The first major investment in frozen pizzas occurred in 1962 when Rose Totino initiated mass production. Totino used crust she purchased in Chicago and topped it with ingredients at her company in Minnesota. In her quest to avoid cardboard-like crust, Totino was granted a patent for dough in 1979 that was designed for freezing and subsequent baking.

The Food & Agricultural Products Center at Oklahoma State University recently performed a study showing 57 percent of American households eat frozen pizza, making it a nearly \$4 billion industry annually. "Every Day With Rachael Ray" magazine held taste tests in 2008 to determine the best frozen pizza. The winner? Move over, pepperoni. It was American Flatbread's cheese and herb.



## Life Styles



### Retirement? No, Returnment

No wonder so many web sites focus on the 50-and-over crowd who are searching for jobs. As their retirement investments and portfolios struggle, health-care costs rise, and Social Security checks can't match the rate of inflation, baby boomers and those who came before them are either working longer than expected or even un-retiring. In fact, 16 percent of the workforce in America is 65 or older, a statistic unseen since the 1970s, according to the Bureau of Labor Statistics.

A report by the Taskforce on the Aging of the American Workforce indicates the number of seniors who will be employed is expected to grow by 74 percent by 2014. If you expect to be among those who must put off retirement and land a new job, you can easily get started using the Internet. Check out sites geared specifically toward people in your situation, such as:

- [www.SeniorJobBank.org](http://www.SeniorJobBank.org)
- [www.Seniors4Hire.org](http://www.Seniors4Hire.org)
- [www.RetirementJobs.com](http://www.RetirementJobs.com)
- [www.Encore.org](http://www.Encore.org)

In many instances, you'll simply click your way through the sites to search for job openings in your area. You can specify what field interests you and whether you prefer to work full-time or part-time.

Dust off that résumé; you can even post it on some of those sites.



## Wit & Wisdom

**"October is not only a beautiful month but marks the precious—yet fleeting—overlap of hockey, baseball, basketball and football."**

—Jason Love

**"Sports is human life in microcosm."**

—Howard Cosell

**"The fewer rules a coach has, the fewer rules there are for players to break."**

—John Madden

**"There isn't a single professional sports season now that doesn't go on at least a month too long. Baseball starts in football weather, and football in baseball weather, and basketball overlaps them both."**

—James Reston

**"The trouble with referees is that they just don't care which side wins."**

—Tom Canterbury

## October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="margin: 0;">Dental Hygiene Month</h1>				1 Rent Due	2	3
4	5 Last Day to Pay Rent Without Fees	6	7	8	9	10
11	12 Columbus Day  Office Closed	13	14 	15	16	17
18	19	20	21	22	23	24 <b>MAKE A DIFFERENCE DAY</b>
25	26	27	28	29	30	31 Happy Halloween

## October Month in "This History"

1609: The nursery rhyme "Three Blind Mice" is published by London composer Thomas Ravenscroft.

1774: The First Continental Congress adjourns after meeting for more than a month in Philadelphia to discuss the Intolerable Acts put in place by Britain.

1789: George Washington proclaims the first Thanksgiving holiday.

1816: The first double-decked steamboat arrives in New Orleans.

1896: Thomas Edison shows his first motion picture in a theater.

1915: More than 25,000 women march up Fifth Avenue in New York to demand the right to vote.

1921: The World Series is broadcast on the radio for the first time.

1938: Orson Welles broadcasts his radio play of H.G. Wells' classic novel, "The War of the Worlds," causing a nationwide panic.

1957: "In God We Trust" makes its first appearance on U.S. paper currency.

1960: The United States government places an economic embargo on Communist Cuba.

1987: Jessica McClure (Baby Jessica) falls down an abandoned well in her backyard, and her rescue is nationally televised.

1988: Mikhail Gorbachev is named head of the Supreme Soviet and begins reforms to bring about democracy.

1999: The famous "Welcome to Fabulous Las Vegas" sign goes dark after its new owner doesn't pay the electric bill.

2004: The Boston Red Sox end "The Curse of the Bambino" by winning the World Series after an 86-year drought.