

July 2010

Christmas in July

On Friday, July 23, think “ho, ho, ho” and recapture the magic of the holidays. It’s time to join us for our annual “Christmas in July” celebration. Beginning at 1:00 p.m., a professional photographer, sponsored by Marquette Bank, will be ready to take your Christmas photo—with or without Santa. And Wish Photography can make your portrait into holiday cards.



Scenes from past Christmas in July events

At 2:00 p.m., it’s Christmas songs and a visit from the “BIG” man himself in the Multi-Purpose Room. From 3 to 5:00 p.m., enjoy the Christmas Cookie Sale in the Main Lobby. All proceeds from this fundraising event benefit the Alzheimer’s Association Memory Walk and *Emilie’s Fund* for residents who outlive their means.

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Collect Your Rummage Sale Items for a Great Cause!

Worn sweaters? Too many books? Donations from residents and their families are being accepted by the Activity Department for the **bi-annual** Rummage Sale to be held Friday, August, 27, and Saturday, August 28. All proceeds benefit our fundraising event for the Alzheimer’s Association and *Emilie’s Fund*. Donations are appreciated, so please contact Sue ext. 2309 or Dana ext. 2305 to schedule pick-up of your items. Unsold items will be donated to charity.



Bingo Bash

On Sunday, July 18, from 1 to 5:00 p.m., enjoy an afternoon of BINGO, door prizes and refreshments. BINGO cards are 25 cents each. Fifty percent of each pot is donated to the Alzheimer’s Association Memory Walk and the other half to *Emilie’s Fund*.

Anita Monroe, Tony Kolosky and Alice Lyzak at last year’s Bingo Bonanza.

Summer Means Socializing—Al Fresco!

Summer has arrived. Its entrance heralds the beginning of hours of enjoyment for residents on the patios, enjoying the warm weather and soaking up some sun. Whether you are playing an active game, flexing the brain with trivia or simply enjoying popsicles, you can always find a large group gathered outside. Just follow the sounds of laughter and join in the fun.



*Fran Carlson, Bea Leyendecker
and Jane Look*



*Beatrice Fugman, Bill Sopkowicz
and Florence Montgomery*

A Bird in Hand... is a Fun Project!

Crafts that inspire creativity have always been a big hit. Recently, residents made this summer project of bright yellow birds perched in a nest. The resulting treasures are great for hanging on apartment doors or as a gift for family or friends.



Doris Gregor



Iolene Stonehouse

Friendly Reminders For Residents

Please sign up for all lunch and shopping trips at least 24 hours before the scheduled departure time.

Don't miss out! Remember to check your personal cubby holes below your mailbox for special in-house news and announcements.

Publication Credits

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and Laurie Maurisak

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Honor Our Flag by Alice Lyzak

The Fourth of July or
Independence Day,
Whatever you call it,
The flag's on display.

The flag of our country
Of which we are proud,
Let everyone know,
Just shout it out loud.

Let's keep that flag flying
The red, white and blue,
Honor and love it
It's all up to you.

Celebrate and be patriotic
Watch the fireworks fly.
For there's only one day like
The Fourth of July.

Friendly Reminders for Family and Friends

Be sure to mark your loved one's last name in all clothing. This helps our housekeeping department make sure residents receive all of their laundered clothing.

If you would be interested in being added to our mailing list, please leave your name and address at the Assisted Living Reception Desk.

Resident Spotlight: Carolyn Ritter

By Activity Aide Laurie Maurisak



Carolyn Ritter

Carolyn Ritter's life is flavored with the unexpected. Born in Sweden, Carolyn came to the U.S. when she was three years old. She attended Mount Greenwood Elementary School and later worked part-time at Prince Castle, a local burger and ice cream shop. In this "castle," Carolyn met her prince, Joseph.

They married before Joseph joined the Army. The couple moved to Fort Louis, Wash., for a year-and-a-half until he was shipped

overseas. His absence motivated Carolyn to return to the Mount Greenwood neighborhood in Chicago where their daughter, Carol Joy (CJ), was born while he was overseas. When Joseph returned home, Carolyn introduced their 18-month-old daughter to her father. "This is your Daddy," she said. The confused toddler was quick to point to a nearby photo and insist that the man in the photo was her Daddy. Five years after CJ was born, their son, Terry, arrived.

During their 34-year marriage, Carolyn and Joseph traveled throughout the U.S. and Europe. Sadly, on Joseph's last trip to Hawaii, he passed away from a heart attack.

After the loss of her first husband, Carolyn started attending the Widows & Widowers Club. While many women of her age put romance behind them, Carolyn met Henry at a club meeting and they dated for seven years before tying the knot. The nuptials celebrated both of their families—with all of Carolyn and Henry's grandchildren and one great-granddaughter standing up in the wedding. They moved to Smith Crossing in November of 2004. And after 25 years of marriage to Carolyn, Henry passed away, which was shortly after they moved to Smith Crossing.

A woman of many hobbies, Carolyn has collected music boxes, bells and cookbooks. She has also enjoyed ceramic painting and still displays a few pieces in her room. Carolyn enjoys the many new friends she has made while living here and appreciates that the staff is always very helpful and friendly.

Scheduled Outings

Mon., July 5—9:45 a.m.

Trip to Walgreens

Tues., July 6—1:30 p.m.

Trip to Walmart

Wed., July 7—9 a.m.

John G. Shedd Aquarium
& Lunch Trip

Admission & lunch are
on your own.

Mon., July 12—9:45 a.m.

Trip to Jewel/Osco

Tues., July 13—1:30 p.m.

Trip to the Dollar Store

Fri., July 16—12 p.m.

Olive Garden Lunch Trip

Cost of lunch is on your own.

Tues., July 20—11 a.m.

Trip to Harrah's Casino

Wed., July 21—10:15 a.m.

Theater at the Center Trip

"Jesus Christ Superstar"

\$45.00 includes lunch & show

Mon., July 26—10 a.m.

Trip to Walt's Grocery Store

Tues., July 27—1:30 p.m.

Trip to Jewel/Osco

Wed., July 28—1:30 p.m.

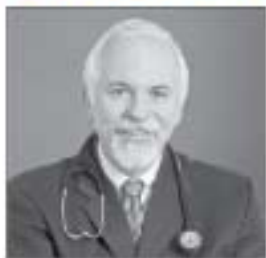
Trip to Target

Fri., July 30—9:45 a.m.

Trip to the Orland Park

Farmers' Market

Here's to Healthy Living



Dr. Michael Thomas

Keeping Yourself Healthier in the Summer

Everybody loves spending time outside during the summer, whether at a picnic, on an outing or taking a stroll through the campus. But summer means taking extra safety precautions so you truly can enjoy the season. Here are some tips to help you stay healthy:

Exercise—Take your walk in the morning before the heat sets in; go inside around noon and walk indoors through our hallways.

Sunscreen—Seniors are more sensitive to sunburn and skin cancer, so use SPF30+ sunscreen when outdoors.

Medications—Know your medications. Some prescriptions can heighten sensitivity to heat and others have a diuretic effect, causing you to lose fluids and making you feel even warmer.

Heat Exhaustion/Stroke—As temperatures rise, stay inside and use air conditioning or open your windows. Keep hydrated with beverages like juice or 7-Up. Avoid alcohol and coffee, which may cause you to lose fluids and can be dehydrating.

Food Poisoning—When eating outside, avoid ingredients, such as mayonnaise and eggs, which can spoil if not kept refrigerated.

Call your doctor or a Smith Crossing staff member if you have questions or suspect too much exposure to heat and sun may be affecting your health.

News to Consider: A Few “Donuts” and Bolts about Health Reform

Now that the Health Reform dust has settled, everyone wants to know how the changes will affect them. Here are a few highlights that pertain to seniors:

Shrinking the “Donut Hole”

This year, beneficiaries who hit the “donut hole,” which is the gap in prescription drug coverage in Medicare Part D, will receive a \$250 rebate. In 2011, a 50-percent discount will apply to brand-name drugs “in the hole.” By 2020, the donut hole will be closed.

Preventive Care

In 2011, reform also will minimize seniors’ preventive care fees and provide free annual wellness check-ups.

Strengthen Medicare’s Financial Health
Measures to fight waste and abuse will extend the financial health of Medicare. No Medicare taxes or trust funds will be used for health reform.

If you’d like to learn more, visit <http://www.healthreform.gov>.

Marketing News on Phase II

“We are very excited to share that pre-sales are exceeding expectations, further demonstrating the demand for the area’s only continuing care retirement community in Smith Crossing!” says Robert Boehm.

July Lunch & Learn Marketing Events will be held:

Wednesday, July 14

Thursday, July 15

Thursday, July 22

Please help welcome our new visitors!