

**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.*

## Keep Your Eye on Glaucoma

You may be at risk for glaucoma if you: are over 40 or have a family history of glaucoma; are very nearsighted; have diabetes. Unfortunately, there is no cure.

Normally, there is a balance between the production and elimination of aqueous fluid within the eye. With glaucoma, this fluid builds up over time because the structures that allow the fluid to drain properly become clogged or blocked. The excess pressure caused by the fluid build-up is directed toward the optic nerve, which carries visual information from the retina of the eye to the brain.

Over time, untreated glaucoma damages the nerve fibers of the optic nerve, which can cause blindness. The most common form of glaucoma is primary open angle glaucoma. The disease develops gradually over time without symptoms of sight loss.

Because vision loss from glaucoma cannot be restored, sight loss from this disease is permanent. Early detection is the key to preventing further damage, so annual eye examinations are a key factor in detecting glaucoma in its early stages. To make eye exams a convenient part of regular care, Dr. Grant visits Smith Crossing every six-to-eight weeks. Generally, prescription eye drops used on a daily basis control the pressure and can greatly reduce the progression of sight loss.

To schedule an onsite eye examination with Dr. Grant in the Wellness Clinic, please call 815-260-6884.

## A New Focus on Aspirin

Join Dr. Raj Shah, medical director of the Rush Memory Clinic at Rush University Medical Center, on Monday, July 26, 2010, at 11:00 a.m., in the IL Multi-Purpose Room. Dr. Shah will discuss brain health, the importance of research and a new clinical trial named "ASPREE," as well as research opportunities for attendees. During his presentation, Dr. Shah will highlight a study he is currently conducting in association with researchers across the U.S. and Australia titled "ASpirin in Reducing Events in the Elderly" (ASPREE).

The aim of this study is to examine if the potential benefits of aspirin (reducing the risk of heart disease, stroke, certain cancers, memory loss, dementia and physical disability) outweigh the

risks (gastrointestinal bleeding and hemorrhagic stroke). The presentation is intended for healthy seniors who are 70 years of age and older.

### Publication Credits

*Editors:* Germaine Dignan

*Contributors:* Alice Lyzak, Dr. Michael Thomas

*Proofreader:* Erin Manghera



## 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.

## Resident Profile: Dick Corrigan

Originally from LaSalle County, Dick Corrigan grew up on a farm and then joined the Army and served at the Pentagon as an



Dick Corrigan

x-ray technician. He attended Illinois State University and, in 1959, earned a degree in Sociology from St. Ambrose University. Dick intended to work as a hospital administrator, but opportunities led him to the General Adjustment Bureau where he became a manager who handled insurance claims. With this experience, he was asked to join State Farm Insurance Company as one of three people to handle fire and casualty claims.

After moving up in management, he became the claims superintendent for the Chicago metro area. When he retired, 30 years later, he was one of 475 people in this position.

Meanwhile, when his children were in Flossmoor High School, his wife, Mary, began working as a real estate agent to save for their children's college. Over the years, they bought 34 homes, fixed them up and sold them—making them pioneers in “flipping” properties. When they retired, Mary and Dick moved to Eagle Ridge condominiums, where Dick started an investment club with residents—which became very successful. It is still in existence today with 20 members.

Dick has a son, Patrick, who has three children and develops shopping centers. He also has a daughter, Amy, an attorney, and for a time, after his wife passed away, Dick lived with Amy and her family near Smith Crossing. In 2004, Dick watched Smith Crossing develop and, feeling the need for companions his own age, he made it his own home.

Dick's education in sociology and career in the insurance industry motivated him to petition for a stop light at 183<sup>rd</sup> Street and Wolf Road to improve safety. Dick succeeded in getting politicians involved—even the young State Senator Obama—which led to flashing lights at the intersection.

Inspired by his wife's passion for art, Dick now paints. He also enjoys trips and Sunday Mass. “There's nothing I don't like about Smith Crossing,” says Dick. He praises the food, the staff and the companionship of stimulating, accomplished residents. In fact, Dick is so enthusiastic about Smith Crossing that he's “recruited” two other couples to become residents.

## Scheduled Trips

**Mon., July 5—10 a.m.**  
Trip to Walgreens

**Tues., July 6—1:45 p.m.**  
Trip to Walmart

**Wed., July 7—9 a.m.**  
Trip to Shedd Aquarium

**Mon., July 12—10 a.m.**  
Trip to Jewel-Osco

**Tues., July 13—1:45 p.m.**  
Trip to the Dollar Store

**Fri., July 16—12 p.m.**  
Lunch trip to Olive Garden  
*Cost of lunch is not included*

**Tues., July 20—11 a.m.**  
Trip to Harrah's Casino

**Wed., July 21—10:15 a.m.**  
Trip to Theatre @ the Center to see “Jesus Christ Superstar” Cost: \$45  
Lunch & show included in cost

**Mon., July 26—10 a.m.**  
Trip to Walt's Food Center

**Tues., July 27—1:45 p.m.**  
Trip to Jewel-Osco

**Wed., July 28—1:45 p.m.**  
Trip to Target

**Fri., July 30—10 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!