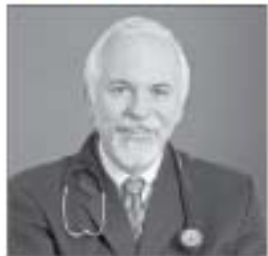


Here's to Healthy Living

Dr. Michael Thomas



The Story on Shingles

Shingles can be a serious and painful skin rash that usually appears on only one side of the body. It is triggered by the same virus that causes chickenpox, which can stay dormant for decades. It's important to receive treatment early, so call your doctor if you experience the symptoms.

Those over age 85 have a 50-percent chance of suffering from shingles. Though the cause is generally unknown, it can be triggered by a weakened immune system.

Pain, burning and itching can precede the rash. When the rash blisters, the fluid contains the virus which makes shingles contagious. When the rash dries, there is no danger of contracting shingles from another person. Serious complications even after the rash has subsided can affect vision, and cause weakness, dizziness or nerve pain.

Shingles is treated with anti-viral medications. Drying the rash is important, as is treating itching and pain with medications.

The good news is that now there is a one-time vaccination for shingles, which is recommended for those 60 and older. Although pricey, at about \$200, some insurance plans cover the cost, so it's a good idea to speak with your physician about getting vaccinated.

News to Consider: Giving Close to Home

When you're enjoying a favorite meal in the dining room or working out in the fitness center, it's easy to forget that Smith Crossing is a federally registered 501(c)(3) not-for-profit organization. To provide the life-style and levels of care Smith Crossing offers its residents, we rely not only on resident fees, but also on contributions from residents, families and others who care about the well-being of seniors.

That's why it's important for people who want to show their appreciation to keep Smith Crossing in mind. Donations are a thoughtful way to give back and feel confident that your contribution will advance the mission and work of an organization you trust.

So when you're planning your year-end tax-deductible gifts, wanting to honor someone for a special occasion or reviewing your estate plans, please add Smith Crossing to your list of worthy organizations. To learn more about how you might want to support Smith Crossing's mission and work, please discuss your questions and suggestions with Frank Guajardo.

Mission

The Smith Senior Living mission is to enrich the lives of senior adults through the highest quality of services.

Smith
SENIOR LIVING

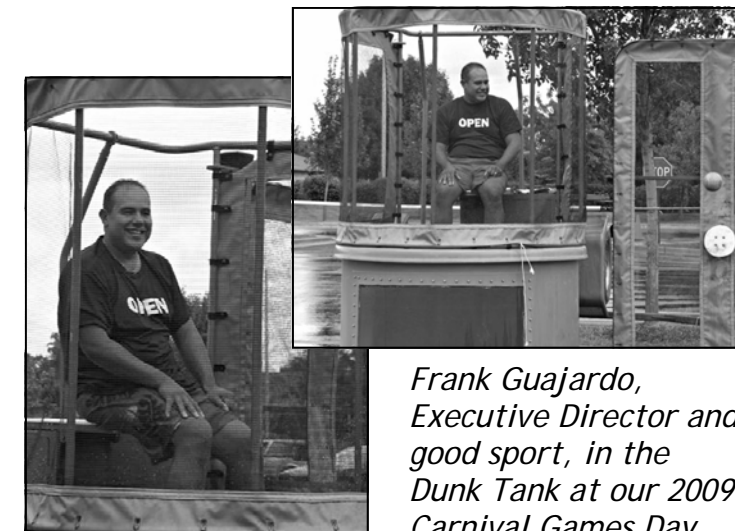
Smith
CROSSING

Emilie Lane News

August 2010

Celebrate Summer with Carnival Day!

Join us on Saturday, August 14, 1 to 4 p.m. for a fun afternoon of carnival games, music and food in the IL Multi-Purpose Room, parking lot and Terrace. Tickets for all games can be purchased for 10 cents each or 12 for \$1. Refreshments including hot dogs, ice cream bars, nachos, and much more can be purchased. Food and prizes have been donated, so all money raised will benefit the Alzheimer's Association and Emilie's Fund.



Frank Guajardo, Executive Director and good sport, in the Dunk Tank at our 2009 Carnival Games Day.

Make a Donation and Pick up a Bargain at the Rummage Sale

Friday, August 27—10 a.m. to 3 p.m.

Saturday, August 28—8 a.m. to 3 p.m.

Join us in the IL Multi-Purpose Room for our semi-annual Rummage Sale. If you have any items you would like to donate, please contact Sue Schumann at ext. 2309 or Dana Mahler at ext. 2305 for pick up no later than Thursday, Aug. 26. No items will be collected the day of the sale.

Helping Hands Program Supports Access to Carefree Living

Last spring, Smith Crossing launched a new program, *Helping Hands*. Established and funded by Smith Crossing's Board of Trustees, it is designed to ensure that current residents who need financial assistance can continue to live as part of our community when their personal resources are depleted.

If you think you may qualify or would like to learn more, schedule a time to talk with Frank Guajardo. Please be assured that all inquiries and discussions are confidential. *Helping Hands* is a financial aid program exclusive to Smith Crossing's campus.

Helping Hands is offered separately from *Emilie's Fund* which has been established as two separate funds—one for Smith Crossing residents and one for Smith Village residents who outlive their means. *Emilie's Fund* is supported by a variety of programs including support from resident-sponsored events and other donations from residents and their families, as well as income from custom-designed greeting cards and other fundraising programs initiated by the volunteer leadership of Smith Senior Living and its communities.

Factor in Whole Grains for a Healthy Diet By Kati Thompson, RD, LDN

There are a variety of different whole grains available in the Dining Room: brown rice, whole wheat bread, wheat, pasta, oatmeal, quinoa, oat, barley and popcorn to name a few.

These whole grains are better meal options because they provide your body with the nutrition you need on a daily basis. Each whole grain is packed with beneficial fiber, phytochemicals and antioxidant properties shown to decrease risk of cancer, diabetes and heart disease. According to the dietary guidelines, we should try to eat three servings of whole grains each day. Naturally high in fiber, whole grains are an essential part of maintaining a healthy diet.

Here are some ideas on how to integrate whole grains into your diet:

- Substitute brown rice for white rice in any entree, soup or salad recipe
- Choose oatmeal each morning for breakfast and start your day on the right foot
- For a snack, microwave some popcorn for a healthy whole grain treat.

This month look for whole wheat options in the Bistro and the dining room. They are a worthy addition to anyone's diet.

Annual Family BBQ

Get ready for the aroma of sizzling BBQ! Independent Living residents will host a Family BBQ on Sun., August. 15, from 12 to 4 p.m. Please invite your family and make your reservation at the Reception Desk to be included in this annual BBQ.

Publication Credits

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Proofreader: Erin Manghera

August By Alice Lyzak

August is here fall will
Follow quite soon.
But look at the sky
For our great Harvest moon.

The leaves will change colors
Some red and some gold,
Such glorious colors for
Us to behold.

The flowers will fall and
The petals retreat, and then
Reappear when they wake
from their sleep.

Each month is special and
have a purpose each year,
to make our life more
beautiful and ever so dear.

Hawaiian Luau

For a taste of Hawaii without the jet lag, join us for an authentic Hawaiian Luau on Fri., August, 20. Festivities will begin at 3 p.m. with Happy Hour in the IL Multi Purpose Room and Terrace.

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 Trips

Mon., Aug. 2—10 a.m.
Trip to Walgreens

Tues., Aug. 3—11:30 a.m.
Trip to Orland Park Police Free Lunch and Seminar

Wed., Aug. 4—1:45 p.m.
Trip to Carson's

Mon., Aug. 9—10 a.m.
Trip to Jewel

Tues., Aug. 10—1:45 p.m.
Trip to Walmart

Tues., Aug. 17—1:45 p.m.
Trip to Kohl's

Mon., Aug. 23—10 a.m.
Trip to Fair Oaks Dairy Tour and Lunch
Cost of tour: \$10.00
Cost of lunch not included

Tues., Aug. 24—1:45 p.m.
Trip to Jewel

Wed., Aug. 25—10 a.m.
Trip to Tall Ships at Navy Pier
Cost of lunch not included

Fri., Aug. 27—10:30 a.m.
Trip to Smith Village Bean Bag Tournament

Mon., Aug. 30—10 a.m.
Trip to Aldi

Tues., Aug. 31—11 a.m.
Trip to Harrah's Casino