

September 2010

Cheers to a Taste of Hawaii

Last month, residents gathered to enjoy island cocktails, Hawaiian dances and great food at the Luau Party. Add the beach balls, Hawaiian leis and festive atmosphere and the only thing missing was an island breeze!



Lois Quinn



Sig Erber, Kevin McGee, Connie Saviano, Phil Carlin and Clare Erber

Building Community with Volunteers

By Shelly Genis, Life Enrichment Volunteer Coordinator

Individuals from the community are reaching out to the residents of Smith Village to share their talents and interests—and it's really making a splash. On Saturday, July 24, Smith Village conducted its first volunteer orientation and the turnout was phenomenal. It was thrilling to see people excited to volunteer. They will share their knowledge about gardening, art, writing, photography and much more!

“A newspaper article about Smith Village’s expanded volunteer program struck a chord with me. Because one of the goals since I’ve retired is to give back to the community,” says Janet McGuffage, a retired teacher who was looking for a worthwhile cause when she saw a newspaper article about the program. “The timing was perfect.”

Judith Polzin, a 19th Ward resident, started her Smith Village volunteering by visiting her aunt, Agnes Steffen, who has been a resident since April, 2005. Judith found that after becoming familiar with Smith Village, she wanted to spend time with other residents as well. She has been volunteering with the Alzheimer’s/Memory Loss community for about a year-and-a-half, and appreciated the opportunity to meet with other volunteers.

“It’s so satisfying to know that you can bring happiness to someone through a brief conversation or listen for even a short time to their stories,” says Judith. “I sometimes think I actually benefit as much or more than the residents do from our visits. It gives me such joy to know that our talks sometimes spark a treasured memory or an image that is something special to them.”

Look for the “Volunteer” badges. If you see one, please introduce yourself and extend a warm welcome. Volunteers will be featured in future newsletters, so you can get to know them. It is exciting to build our relationship with the community and look forward to seeing what each volunteer brings to Smith Village.

September is Healthy Aging Month

What can you do to celebrate Healthy Aging Month? Start taking greater personal responsibility for your own health by exercising.

The good news is that the positive effects are realized more quickly. Here are some tips to get started:

1. Look for daily opportunities to exercise. Walk briskly to the mailboxes and Village Store as two different trips.
2. Choose an exercise you like and stick with it.
3. Use the buddy system. Arrange for a friend meet you. It is difficult to say “no” to exercise when you plan an activity with a friend.
4. Walk, bicycle, dance!
5. Join a walking group or Senior Fitness.

And, it is very important to stay motivated, so say to yourself, “I can do it!”

Working Together, Great Things Are Possible

August 6—September 3: Help us support the Cap-Haitien Children’s Home & Bethesda Home for the Elderly by donating gently used or new summer clothes and shoes. Financial donations are also accepted to fund mosquito nets, twin-size bed linens and other items.

Reaching Out & Giving Back

At the end of September, Michelle Mason, Life Enrichment Director, will begin conducting evening in-services for Recreational Therapy students at Moraine Valley Community College.

Marsha Amrean, instructor and faculty member, asked Michelle to facilitate an introductory in-service on planning recreational programs. Given Michelle’s training and experience in Alzheimer’s care, she will share valuable insights into designing meaningful programs. This training will provide basic tools for students to be more effective in recreational therapy.

Publication Credits

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If you would like to contribute to this newsletter, please see Amanda Senerchia. Articles, events and any other information must be submitted by the 12th of each month (to run in the next month’s issue or calendar).

REMINDERS.....

Dining Reservations, Please!

Our goal is to provide an extraordinary dining experience with great service. So when you have guests, please be sure to make reservations 24 hours in advance so we can best serve you and your guests. Please consider reservations at 4:00p.m or after 6:30p.m., due to limited seating from 5:15p.m. to 6:30p.m. To make reservations, speak with the hostess or call Joy Shields at ext. 7333.

Resident Council Meeting

Mark your calendars! The next Resident Council Meeting will be Thursday, September 23, at 10:00a.m.

Tomb of the Unknown Soldier

By Marge Murphy

How much do you know about the Tomb of the Unknown Soldier? Here are some interesting questions and answers.

1. *How many steps does the guard walk across the Tomb of the Unknowns and why?*

The guard takes 21 steps to emulate the 21-gun salute, which is the highest honor given any military or foreign dignitary.

2. *How long does the guard hesitate after the about-face before returning and why?*

The soldier hesitates for 21 seconds for the same reason as in answer number 1.

3. *Why are the guard's gloves wet?*

The gloves are moistened to prevent losing the grip of the rifle.

4. *Is the rifle on the same shoulder all the time and, if not, why not?*

The rifle is carried on the shoulder away from the tomb. After the march across the path, the guard executes an about-face and moves the rifle to the outside shoulder.

5. *How often are the guards changed?*

Guards are changed every 30 minutes, 24 hours a day, 365 days a year.

6. *What else does the job entail?*

The first six months of duty a guard cannot talk to anyone or watch TV. Off-duty time is spent studying the 175 notable people who are laid to rest in Arlington National Cemetery. Guards must memorize who they are and where they are interred.

7. *What are the physical requirements of the guard?*

Applicants for guard duty must be between 5' 10" and 6' 2" tall and their waist size cannot exceed 30 inches. Guards must make a two-year commitment to guard the tomb and live in a barracks under the tomb.

8. *How long does the job last?*

After two years, guards are given a wreath badge that is worn on their lapel signifying they served as guard of the tomb. Presently, there are only 400 badges worn. For the rest of their lives, guards are not allowed to drink alcohol on- or off-duty, swear in public or disgrace the uniform or the tomb in any way—or they give up the badge.

Featuring September Entertainment and Trips

Fri., Sept. 3—1:45 p.m.

Trip to Jewel

Wed., Sept. 8 & 22—11 a.m.

Ballroom Dancing (CH)

Thurs., Sept. 9—3 p.m.

Ray Silkman Jazz (CH)

Thurs., Sept. 9—4 p.m.

Movie Planning Committee (CR)

Sun., Sept. 12—2 p.m.

Grandparents Day Celebration (CH)

Mon., Sept. 13—11 a.m.

Sonaya Desuze on Preparing for the Flu Season (CH)

Tues., Sept. 14—10:30 a.m.

Trip to a Casino

Thurs., Sept. 16 & 30

—10 a.m.

Intro to Qigong (CH)

Thurs., Sept. 16—1:45 p.m.

Trip to Walmart

Sun., Sept. 19—2 p.m.

Music Ensemble (CH)

Tues., Sept. 21—9:30 a.m.

Trip to Water Tower Place (L)

Thurs., Sept. 23—2:30 p.m.

Kym Frankovelgia (CH)

Tues., Sept. 28—11:15 a.m.

Trip for a Luncheon (L)

Here's to Healthy Living



Dr. Michael Thomas
Medical Director

The A, B, Cs of ZZZZZZZ....

If you ever lie in bed staring at the ceiling, you know what it's like to feel "sleep-

challenged." You're not alone. Sleep issues are common among seniors because after age 40, the internal body clock changes, often making it difficult to fall asleep or stay asleep!

Refreshing sleep is important, not only to recharge the body, but also to dream. To improve your chances for a good night's sleep:

1. Get enough sunlight. Exposure to sunlight tells the brain it's time to be awake. In fact, sunglasses inhibit this effect, so it's good to take them off for a bit. In contrast, darkness tells the brain it's time to sleep.
2. Make your bedroom dark and quiet.
3. Regular exercise improves sleep, but complete your workout more than a few hours before bedtime.
4. Avoid evening snacks.
5. Leave anxiety and stress outside your bedroom.
6. Enjoy a warm bath before bed.
7. Try melatonin, an over-the-counter sleep aid. Prescription medications can help, but use only for short periods. Alcohol can help some people fall asleep, but it's also a stimulant and affects individuals differently.

If sleep problems are ongoing, talk with your doctor.

News to Consider

Enjoy Lifelong Learning

Watching children march back to school can create happy memories, but it's important to remember that learning isn't just for kids. In fact, most experts believe *using the brain* keeps it healthier. Writing, working puzzles, playing games and taking opportunities to learn new skills helps keep the mind sharper longer—and there's no need to attend school to benefit.

Here are a few ideas on how to make learning a bigger part of life:

1. Read. Always have a book on-hand. Sometimes it helps to attend a book club to share ideas.
2. Spend time with people who enjoy learning new skills and sharing their knowledge. The process is contagious.
3. Learn skills you want to *use*. Learn to paint a picture to capture a favorite memory. When you're motivated to learn, you enjoy the process more.
4. Teach others. Do you know how to sew, draw or use a computer? Sharing knowledge sharpens your brain.

Learning also expands your perspective. You gain valuable knowledge that can improve your life—and it's fun.

Farewell from Mary Kate and Emily, Summer Interns

As our internship comes to a close, we want you to know how much we appreciate our time here at Smith Village. You have been exceptionally welcoming! This opportunity has given us a broad perspective on gerontology—and assures us that we're in the right field for our careers.

We leave here not only with an enhanced education, but also friendships that will continue to shape our lives. We may be leaving Smith Village, but Smith Village will never leave us! Thank You!