



Volume 7, Issue 8
**September
2024**

**Whitehall Township
Public Library**
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Whitehall Township Public Library **Library Lines**

Check out our upcoming Book Sale and other fall events!

Story Times

We have a few Story Times coming up this fall, and registration is required for all.

Zoellner Arts Story Time

The Zoellner Arts Center will hold two story times for toddlers – 1st grade. They'll present a bilingual story on Thurs., **September 5** and the tale of Rumpelstiltskin on Tues., **October 15**. Both will be at 11 a.m.

Storytime Yoga

This fun yoga and story is led by yoga instructor Larissa Noto from The Lovely Little Lotus. Youth (ages 6-10) will meet on Mon., **September 9** from 5 - 5:30 p.m., and Tots (ages 2-5) will meet on Thurs., **September 12** from 10 - 10:30 a.m.

Fall Story Time

Fall Story Time doesn't start until October, but **registration opens on September 3**. Story Time will run from October 1 - November 21. Preschoolers (37 months - kindergarten) can come Tuesdays at 11 a.m. or Wednesdays at 1:30 p.m., and Toddlers (12 - 36 months) can come on Thursdays at 11 a.m.



Looking Ahead With Five Wishes

Five Wishes is a national advance care planning program that has been working with the library to bring you several programs.

Death Café

This is a group directed discussion of death with no agenda, objectives or themes, rather than a grief support or counselling session. This group meets on the 3rd Monday of every month at 6:30. This month, it'll be on **September 16**.

End of Life Planning

We'll talk about legal and medical issues, how we'd like to be treated, what we'd like to be around us during later life care, and what our legacies will be. This workshop, on Tues., **September 24** at 6 p.m. is led by Carole Silvoy, Inelda Trained End of Life Doula. Registration is requested.

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Whitehall Township



Public Library





Creation Station: Rock Night

Kids in Grades 3 – 6 can enjoy STEAM projects once a month. Join us on Wed., **September 18** at 6 p.m. to learn about **rock types**. Registration is required.

Continuing Care Retirement Communities

There are so many options when considering where you might retire. Should you stay at home as long as you can? What about moving closer to family? How much do you need to live in a retirement community?

Laura Long, V.P. of Independent Living at Fellowship Community and Cathy Bogardo, Financial Counselor at Fellowship Community will discuss what is the difference between independent living, personal care, and a skilled nursing home. The discussion will include what Medicaid covers and the difference between Medicaid and Medicare.

This presentation will be on Wed., **September 25** at 3 p.m., and it's designed to give you valuable information regarding retirement options. Registration is requested.



Movie Night: Sky High

Get ready for school with **Sky High**! Set in an era where superheroes are commonly known and accepted, young William Stronghold, the son of the Commander and Jetstream, tries to find a balance between being a normal teenager and an extraordinary being.

Movie nights at the library are generally on the 4th Wednesday of the month. This month, it'll be on Wed., **September 25** at 6 p.m. Watch our calendar for other times and titles.

Fall Book Sale

The library will host a Used Book Sale on Fri., **September 27** and Sat., **September 28**. On both days, the sale runs from 9:00 – 3:00. On **Saturday only**, there will be a bag sale from 12:00 – 3:00 at \$5.00 per bag.

We'll accept book sale **donations** through Sat., September 21.

Plant a Row

Do you want to help your community get healthy? The library is acting as a drop-off location for Plant a Row Lehigh Valley. If you have extra produce in your garden or buy some from the store, you can leave it here, and volunteers will take it to centers where it will go to local families in need. This year, we'll collect for Plant a Row every **Monday** from June 10 - October 7 except September 2, when we'll be **closed for Labor Day**. Drop-off hours are from **9 a.m. - 4 p.m.**



Regular Events

- **Coloring Club:** Tues., September 3, 5:30 p.m. - 7:30 p.m. & Thurs., September 5 & 19, 11 a.m. - 1 p.m.
- **Adult Book Talks:** Thurs., September 5, 1 p.m. - 2 p.m.
- **Teen Advisory Board Meeting:** Sat., September 7, 1:30 p.m.
- **Board of Trustees Meeting:** Thurs., September 12, 6:30 p.m.
- **A Good Yarn:** Tues., September 17, 6 p.m. - 7:45 p.m.



Book Nook: Healthy Aging

Babies become toddlers, teenagers become adults, and adults become seniors. We spend our entire lives aging. Have you asked yourself how long you want your child to live or how long you want to live? The Social Security Administration Cohort Life Expectancy chart estimates that a male child born in 2024 will live 82.5, and a female 86.7 years. As a parent, you want your child to make it there and beyond by teaching good self-care that becomes a life-long habit. The building blocks for **healthy aging** are the same for children as they are for you on your own journey: a healthy diet, exercise, regularly scheduled health and dental care, good sleep, socialization, hobbies, and activities to keep the brain sharp such as reading and games.



One of the best exercises recommended for every age group is brisk **walking**. Walk with your chin up, shoulders back, eyes focused 10-20 feet ahead, and arms down to swing loosely, and step heel to toe. You don't need any special equipment, and it's fun to do with others. Of course, adding more vigorous exercises and strength training is better for your body, and it improves your mobility in later years.

While different **diets** are right for different people, Mediterranean Diet is one that's become popular in recent years. Basically, it involves eating fresh local foods and limiting your consumption of meat and fish. The popularity of this diet may partly be because it allows modest consumption of wine, coffee, and chocolate.

In the area of **medical care**, a World Health Organization study published in the April 2024 issue of The Lancet concluded that vaccines, especially for measles, have saved 154 million people (146 million of those children under age 5) since 1974. The study did not include COVID vaccines. Regular visits to a physician to monitor health issues are vital to longevity. Good oral hygiene is also important. It keeps your lungs clean, reduces risks of heart attacks, diabetes, cancer, infertility, and premature births, and it increases your ability to lose weight, so you can get big gains from regular dental check-ups.

The amount of **sleep** you need varies with age. Children from birth to 5 years need at least 12 hours in a 24-hour period. Children 6-18 need 8-12 hours, and adults need at least 7 hours. A good night's sleep balances your hormones and insulin, increases immunity, and gives your brain a chance to "reboot". Prolonged lack of sleep may cause problems for your heart, memory processing, balance, coordination, overall mood, and your ability to lose weight. It can also give you dark undereye circles, puffy red eyes, and pale skin.

Our **mental health** is important for longevity. Socialization makes us part of a community, and usually members of that community look out for one another. It is also an environment to share knowledge and be creative. However, we all need time to be alone. Many hobbies provide this time while also allowing us to be creative, problem-solve, and sometimes produce wonderful things.

The sooner you start addressing these areas of your life, the better the quality of life will be for you and your children, and please consult your physician before trying any new diets or exercises. **Books** about the science of healthy aging are in the nonfiction section under 612 and 613. Cookbooks start at 641.5, and books about hobbies, games, and sports are scattered throughout the 700s. If you simply want to relax with a good book, well, we have hundreds of authors for you to read.

~ Chris Andrews

Banned Books Week

This year, Banned Books Week is **September 22-28, 2024**, and the theme is “Freed Between the Lines.” Banned Books Week is an annual campaign promoted by the American Library Association and Amnesty International, that celebrates the freedom to read, draws attention to banned and challenged books, and highlights persecuted individuals.

Who Wrote That?

See if you can match these frequently-challenged books to their authors. (Answers are below.)

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|---|--|
| 1. <i>The Absolutely True Diary of a Part-Time Indian</i> | A. Dav Pilkey |
| 2. <i>And Tango Makes Three</i> | B. Harper Lee |
| 3. <i>Captain Underpants</i> (series) | C. Jay Asher |
| 4. <i>Drama</i> | D. John Green |
| 5. <i>Hunger Games</i> | E. Justin Richardson and Peter Parnell |
| 6. <i>The Kite Runner</i> | F. Khaled Hosseini |
| 7. <i>Looking for Alaska</i> | G. Raina Telgemeier |
| 8. <i>The Perks of Being a Wallflower</i> | H. Sherman Alexie |
| 9. <i>Thirteen Reasons Why</i> | I. Stephen Chbosky |
| 10. <i>To Kill a Mockingbird</i> | J. Suzanne Collins |

On the Same Page: All Boys Aren't Blue

Join the library's On the Same Page book club! This club meets every other month on the third Thursday at 6:30 p.m. The club is for individuals 18+, and books will be loaned as availability allows. Registration is required.

This month, we're reading **All Boys Aren't Blue** by George M. Johnson. This book has been on the ALA's Top 10 Most-Challenged Books list for several years, including this past year. The book covers topics such as gender identity, family, and structural marginalization, and we'll meet to discuss it on Tues., **September 17**.

The last book of the year will be *Hello Beautiful* by Ann Napolitano, and then we'll start a new set of books in 2025!



Author Match Answers: 1=H, 2=E, 3=A, 4=G, 5=J, 6=F, 7=D, 8=I, 9=C, 10=B