

December 2007

CELEBRATING CENTENARIANS

Janet Brooks, 101

“*In our house we always had good books, good magazines and good newspapers. My father was an avid reader. I have always loved reading.*”



Born in 1906, in Michigan to Swedish immigrant parents John and Emma Olson, Janet Olson Brooks was the baby of the family; she had six older sisters—Jennie, Gertrude, Ann, Marian, Helen and Ruth and one brother, Jack. They all lived together with their parents well into adulthood.

“My parents were gregarious and we often had people at our house. When I look at pictures of our home, I wonder how we all fit; it is fairly small. But we all got along, encouraged one another and were kind to one another.”

Always physically active, Janet enjoyed ice skating, golf, tennis and hiking during most of her life. She swims every day.

As to diet, Janet says: “While I am not a vegetarian, I do stick mostly to fruits and vegetables ... and a little chicken. And I eat salads made of that lettuce which supposedly has no nutritional value: iceberg lettuce, because I like its crunch.”

Read more about Janet: www.adlercentenarians.org.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| | | | | | | 1 |
| 2 | 3 | 4 |  5 Hanukkah begins | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 Hanukkah ends | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 Winter Solstice | 22 |
| 23 | 24 |  25 Christmas Day | 26 | 27 | 28 | 29 |
| 30 | 31 New Year's Eve | | | | | |