The snowy evening didn’t stop the horses and wagon from touring our beautifully lighted campus on Winter Wonderland eve.

The Book Browsers group at their annual Holiday Luncheon.

Right: Carol Smith, Ron Silver and Nancy Leonard are all smiles at the magic during Winter Wonderland.

Dori Hoyne speaks with members at the art reception featuring her husband’s work, “Wooden Ships and Iron Men.”

Russell Bartz and Janet Clarke enjoy the Winter Wonderland festivities.
**Engaging Events**

**Birthday Bash with Steve Askins - RSVP**  
*Saturday, January 4, 1:30-2:30pm in the Cafe*  
Sing along with Steve as he strums his guitar to “Swing Standards and Favorites.” Enjoy complimentary cake.

**Town Hall with David**  
*Wednesday, January 15, 2pm in the PAC*  
Attend the first Town Hall for 2014 and get up-to-date information about everything going on at the Garlands.

**“The Young Man of Broadway” - RSVP**  
*Friday, January 17, 7-8pm in the PAC front*  
Tom Horvath is back by popular demand. Come hear him before he graduates from college and becomes a big hit on Broadway.

**Thomas Hoyne Art Exhibit**  
*Through January 31*  
Wooden ships and Iron Men: The Maritime Art of Thomas Hoyne will be displayed throughout the month of January. The late husband of member Dori Hoyne, Tom was a commercial artist and in the early 1970’s began to paint sailing ships at sea. Mr. Hoyne served in the Navy during World War II, and it’s clear from his paintings that he spent a great deal of time during his service observing water and its characteristics. Tom had the ability to capture the smallest details in his work.

**Lifelong Learning Opportunities**

*Harper College LifeLong Learning Institute presents…*  
*Classes Co-Sponsored by The Garlands, Harper College Lifelong Learning Institute and BACOA*

**Short Story Treasures - RSVP**  
*Mondays January 13 & 20, 10-11:30am in the Robie*  
Edith Maynard will lead you in discussing selected short stories by Ernest Hemingway on January 13 & 20. The remainder of the semester Edith will lead the group in discussing other short stories by Dorothy Parker, E.B. White, Elizabeth Bishop and others. Maynard is formerly of the Renaissance Institute at the Notre Dame of Maryland University in Baltimore, Maryland. You will read and discuss the short stories and analyze the stories for the theme, form, relationship to your own life and a reflection of various cultures. You will be using The Best American Short Stories of the Century, edited by John Updike and Katrina Kenison and also have an additional book, The Fifty Funniest American Short Story Writers by Andy Borowitz. You can obtain these books at your local library or purchase it online.

**Egyptian History: 4000 Years in 90 Minutes - RSVP**  
*Thursday, January 16, 1-2:30pm in the PAC front*  
Behold one of the last remaining Wonders of the Ancient World when you delve into this ancient culture. You will learn where, why and how pyramids were built along with the beauty secrets of early Egyptians. Lisa Didier, writer, teacher, historian and world traveler, will discuss the importance of mummies in the Egyptian culture and why it was not always good to be the king of Egypt.

**Mongolia: The Farthest Horizon - RSVP**  
*Friday, February 7, 1-2:30pm in the PAC Front*  
Author-photographer Cynthia Clampitt guides you on a trip through Mongolia, from Lake Khuvsgul in the north to the Gobi in the south and across the vast expanses of the central plains, where Ghengis Khan once marshaled his Golden Horde. Learn about the surprising impact of the Pax Mongolica. See yaks and reindeer, towering sand dunes, the first milking of the mares, the opening of the Nadaam Games, and much more. You will even take home a Mongolian recipe.
Author’s Circle - The Tatra Eagle:
For Love of One’s Country -rsvp
Saturday, January 4, 2pm in the SST
Author J. Victor Tomaszek discusses his fictional work, The Tatra Eagle, depicting the struggles of a troubled, war-torn Poland in the late 1600s, culminating in the 1683 Battle of Vienna. A century after those events, Russia, Germany (Prussia) and Austria partitioned Poland, virtually wiping it off the map of Europe. In the end, Poland’s legacy as a powerful nation prevailed. Is there a lesson for America in this story as well? Books available for purchase and signing.

Alpaca: From Farm To Fleece -rsvp
Sunday, January 12, 2pm in the PAC
Learn how alpacas, one source of winter woolens, are raised and then shorn for their fleece. James Tomaszek of SafeHouse Farm Alpacas discusses the breeds and benefits of alpacas, animals that are easy on the land and whose fleece becomes everything from luxury scarves to durable socks.

Alpaca: From Premier Yarn to Apparel -rsvp
Sunday, January 12, 3:15 PM in the PAC
Gene Ann, of Gene Ann’s Yarns, discusses how the fleece is processed into beautiful yarns. She will bring samples so you can see and feel the softness, strength, versatility, and warmth of this sumptuous yarn that comes to us from the humble alpaca.

Don’t Tech Me In: Charles Boyce: Community Conversations -rsvp
Sunday, January 26, 2pm in the PAC
If you’ve ever struggled with a cell phone, thought cookies were just a snack, and tried in vain to reach a human customer service rep, Barrington’s own Charles Boyce has created a comic for you. His Compu-toon strip, celebrating 20 years in 2014, reminds us that technological innovations haven’t necessarily made our lives easier – but they have made them funnier. Learn how Boyce became a renowned syndicated cartoonist and humorist and inspired others to pursue their dreams.

Russia and the Winter Olympics
Jazmer Trio: Russian Inspirations-
2nd Friday Concert Series -rsvp
Friday, January 10, 8-9:30pm in the PAC
Take a musical journey to Russia with vocalist Shirlee Todd, violinist Irina Kaufman, and pianist Yuri Bokov, as they serenade you with Russian folk, gypsy and classical music as well as popular songs inspired by Russian compositions.

Curling: An Olympic Sport? -rsvp
Saturday, January 11, 2pm in the PAC
Curling might seem like an unusual Olympic event. This ancient Scottish game of sliding a stone over ice is a cross between shuffleboard and bowling. Two Olympic curlers, Barrington resident Stephanie Martin and Joni Cotton, explain and demonstrate the sport of curling. You will leave a curling fan!

To Russia, With Love: A Travelogue -rsvp
Saturday, January 18, 2pm in the PAC front
Situated in Russia on the Black Sea, Sochi is home to the 2014 Winter Olympics. Linda Kerr, travel consultant, narrates our tour of the history, culture and unique geography of the land of the firebird. Explore Russia’s striking beauty and diversity from magnificent capitals, like Moscow and St. Petersburg, to life in remote Siberian cities.

Russian Cooking: Za vashe zdorovie -rsvp
Sunday, January 19, 2pm in the PAC front
To your health! Discover the rich, varied character of Russian cuisine. Join Carol Mackey as she demonstrates classic dishes with uniquely Russian textures and seasonings.

Quilling -rsvp
Saturday, January 25, 2pm in the PAC
Learn the art of paper quilling, using coils of colored paper to create beautiful one-of-a-kind pieces like bookmarks, jewelry or ornaments. Originating in the Middle Ages, quilling remains a popular and versatile craft. We will use large loops for those with manual dexterity issues. Register. The Garlands Center for the Performing Arts.
OTHER OPPORTUNITIES TO LEARN

TECHNOLOGY

Electronic Device Try-Out
Thursday January 16, 11am-1pm in the Wellness Hallway
Learn to use iPads, iPods and other electronic devices at this hands-on drop-in session with Liz from the Barrington Area Library.

Dish Training for New Members
Friday, January 17, 2pm in the PAC Back
Come to this presentation and demo with Mark Johnson on how to navigate through the HD TV Dish Network using your Dish Remote. Bring your questions and your remote to practice and master this new technology.

Computer Labs with Barrington High School Students
Stop by the Resource Center and bring your questions relating to the use of computers, cell phones, tablets and Kindles.
Bryan: Mondays at 4-5pm & Thursdays, 4-5pm in the Resource Center
Kara: Tuesdays, 3:30-4:30pm in the Resource Center
Ryan: Wednesdays at 3:15-4:15pm in the Resource Center

LYRIC OPERA LECTURES

The Barber of Seville (Rosini) -rsvp
Tuesday, January 21, 3:30-4:30pm in the SST
Count Almaviva is in love with Rosina, the ward of old Dr. Bartolo. Bartolo wants to marry her himself, and keeps her under lock and key. With the help of the wily barber Figaro, Almaviva makes his intentions known to Rosina, identifying himself as only as the lovelorn “Lindoro.” Bartolo persuades Rosina that “Lindoro” plans to betray her by delivering her into the clutches of a certain Count Almaviva. When Almaviva and Figaro arrive at night to abduct Rosina, she vents her anger at the Count, but fury turns to joy when he reveals that he and “Lindoro” are one and the same. He hastily marries Rosina, and when officers summoned by Bartolo arrive to arrest him, he pulls rank, leaving Bartolo frustrated but resigned to the situation.

Great World Religions: Islam DVD Series
Tuesdays, January 7 – February 11, 7-8pm in the SST
Professor John L. Esposito leads these DVD lectures. He is a Professor of Islamic Studies at Georgetown University. He serves as a consultant to the Department of States. Please advise Jill *13 if you would like a printed course guide book.
1/7: Islam Yesterday, Today & Tomorrow and The Five Pillars of Islam
1/14: Muhammad-Prophet and Statesman and God’s Word-the Quranic Worldview
1/21: The Muslim Community-Faith & Politics and Paths to God-Islamic Law and Mysticism
1/28: Islamic Revivalism-Renewal & Reform and The Contemporary Resurgence
2/4: Islam at the Crossroads and Women & Change in Islam
2/11: Islam in the West and The Future of Islam

Part 3: History of Christianity -rsvp
Wednesday, January 15, 11:00am in the SST
This lecture will discuss major activities between 1,000-1,400 C.E. like the crusades and inquisitions, the formation of the brotherhoods, and up to the point of the creation of science. Rem Stokes will lecture. He taught history courses for 14 semesters at Roosevelt University.

“Steam Railways” DVD
Wednesday, January 1, 10am-Noon in the SST
Explore the impact that the steam engine had in building North America in this DVD presentation with David Holt.

Railroad Chronicles DVD Series
7pm in the SST on the below listed dates.
Each DVD is 45 minutes long
1/3: “Urban Trains” takes you through the evolution of city transit systems. This includes the Omnibus, the first subway system, the first NY subway system, San Francisco’s BART system and today’s Los Angeles Red Line.
1/24: “High Speed Train” will take you to the heart of the nation’s capitol at Union Station in Washington D.C. and journey along the Northeast Corridor and through the busiest passenger rail station in America at Penn Station in NY City. End your adventure at the South Station in Boston.
Ongoing Happenings

What do you like to do?
If it isn’t in this Gazette, please call Jill *13 and next month we can try to get a group going.

Barrington Writers Workshop Drop In – Tuesdays 9:30am-12:30pm and Wednesdays 6-9pm in the Burnham

Bible Study – Tuesdays at 2:30pm in the Library

BINGO – 4th Wednesday at 1pm in the Café

Birthday Bash - 1st Saturday at 1:30pm in the Café

Black Jack – 3rd Tuesday of the month at 11am in the Timbers

Book Browsers – 2nd Tuesday of the month at 3pm in the Eastlake

Book Lovers Club – 2nd Thursday of the month at 3pm in the Eastlake

Catholic Communion Services – Sundays at 10:45am at Prairieview

Catholic Service – 3rd Monday 11am at of the month at Prairieview

Co-Ed Bridge – Thursdays at 7pm in the Robie Lounge

Coffee with David – 2nd Wednesday of the month at 9:30am in the Café

Crafts – 2nd Monday of the month at 12:30pm in the Café. Limited to 10 rsvp

Gin Rummy – Thursdays at 1pm in the Robie Lounge

Good Questions – 3rd Thursdays at 1:30pm in the Eastlake

Happy Hour – Mondays at 4:30pm in The Grill

Happy Hour – Wednesdays at 4:30pm in the Timbers Lounge

Happy Hour – Thursdays at 4:30pm in the Robie Lounge

Just Talk – Saturdays 1st & 3rd at 10am in the Eastlake

Ladies Bridge – Mondays at 1pm in the Robie Lounge

Ladies Lunch – Mondays at Noon in the South Winslow

L-C-R – 1st & 3rd Fridays of the month at 1pm in the Café

Men’s 8-Ball Practice – Tuesdays at 3:30pm in the Timbers

Men’s Bridge – Fridays at 1pm in the Robie Lounge

Men’s Lunch – Tuesdays at Noon in the South Winslow

Men’s Poker – Thursdays at 2pm in the Timbers

Movies – Saturdays at 7pm, Sundays at 3pm & 7pm, Wednesdays at 7pm in the SST

Page Turners Book Club – 2nd Mondays at 2:30pm in the Eastlake

Scrabble – The 2nd, 3rd, 4th, 5th Saturdays at 1:30pm in the Café

Wii Bowling – Please call Terry *41 for more information on this fun activity

Daily Activity Message

Just dial *48 to hear a listing of daily special events!
YOUR SOCIAL CALENDAR

Cookies in the Café
*Wednesday, January 1, 3-4pm in the Café*
Celebrate the first day of a new year with neighbors and a sweet treat.

“MORE” Men’s Occupation
*Reminiscing Encounter* -rsvp
*Friday, January 3, 9:30am in the Roycroft*
Gentlemen-Are you looking for MORE from your conversations? Would you enjoy being part of a group sharing their interesting experiences from their careers? Attend the third meeting of MORE led by David Loop. Learn about your neighbors’ careers, find common interests and make new friends. Bring your coffee, although conversation will be so stimulating no caffeine will be required.

Lunch with Jill in the Winslow -rsvp
*Saturday, January 4, Noon in the Winslow Dining Room*
Please call Jill if you would like to join her for a bite to eat and fun conversation on her manager on duty day.

Watch Batteries and Knife Sharpening
*Monday, January 6, 10:30-Noon in the Café area*
David Nells from R U On Time? will provide these services for a nominal fee.

Therapy Dog
*Wednesday, January 8, 10-10:30am in the Café*
Calling all dog lovers to meet Otis, a year old Golden Doodle therapy dog ready to be pet and give you kisses. Otis visited us last month and is back by popular demand.

Old Fur Night -rsvp
*Thursday, January 9, 4:30pm in the Robie Lounge*
Need a place to wear your fur? Wear it to Happy Hour and the buffet on this evening with other ladies. A group picture will be taken in front of the Robie at 4:45pm promptly. Let’s see how many of us are willing to don our furs for an evening of fun.

Jewelry Repair
*Wednesday, January 8, 1:30-3:30pm in the Wellness Hallway*
Betsy from Betsy’s One of a Kind Jewelry will repair your costume jewelry for a nominal charge.

Open Play Readers Meetings
*Thursday, January 9, 1:00pm in the Eastlake*
Are you interested in acting? Do you enjoy being on stage or ever wonder what it is like? Would you enjoy helping behind-the-scenes with the backstage crew? Come out and let us welcome you. We will be voting and finalizing our Spring Play for May.

Film Group
*Mondays, January 13 and 27 at 7pm in the SST*
Member Bill Lieberman will give a short introduction before each movie and those interested may stay afterwards for discussion of the movie.
*January 27-“Witness for the Prosecution”* with Charles Laughton, Tyrone Power and Marlene Dietrick.

Open Play Readers First Read Through
*Monday, January 20, 1:00pm in the PAC*
Play will be announced after vote on January 9th on Channel 16! We will be passing out scripts to everyone to do a read through. Nate will have a variety of font sizes on a limited basis. Parts will be assigned by the end of the week. The scripts will be yours to keep and make notes. Call Nate at x77415 if you are unable to read through but would like to participate.

Chinese New Year Treats -rsvp
*Friday, January 31, 3-4pm in the Robie Lounge*
Egg rolls and fortune cookies will be sampled.
FEEDING THE SPIRIT AND SOUL

Devotional for 2014
Members and staff are welcome to read the new daily devotional in 2014. Read the daily devotional and sign your name in the book just once.

Epiphany Party - rsvp
Monday, January 6, 3-3:30pm in the Cafe
All are welcome to hear the story of Epiphany, prayers, a short devotional, and enjoy complimentary Epiphany cake.

Devotional Group Prayer Discussion
Thursday, January 9, 2:30pm-3pm
in the Reflections Room (2nd floor Tiffany Wing)
Let’s gather as we discuss prayers we have to share. A short devotion on “New Beginnings Make New Endings” will be read. Call Jill if you want to walk together to this room at *13.

ENVIRONMENTAL ENGAGEMENTS

Recycle with Ronald McDonald Pop Top Recycling
Please bring your aluminum pop tops to the Resource Center. The tabs are recycled by McDonald’s partner United Scrap Metal and they receive the market value of the recycled metal plus a charitable match from United Scrap. Last year they raised more than $40,000 from this program.

Trash and Recycling
Recycling Guidelines
Containers for recycling are in place by each elevator on the garage level. Glass, metal cans, aluminum and plastics (preferably only numbers 1, 2, 3, 4, & 5). Continue to rinse or wipe down all your items going into the recycling bins.

In each floor area are bins for PAPER/CARDBOARD ONLY. Please break down/lay flat your boxes, and wipe any food/crumbs from cardboard such as pizza boxes.

Regular Trash
Each floor and area has a trash room with rubbish chutes. All bags holding trash must be sealed or tied tightly to prevent items from falling out as they drop to the garage level.

All containers will be removed for pick-up and unavailable every other Thursday starting at 1:00 pm and returned the next day, Friday afternoon.

Please advise your caregivers, companions or family members that may be assisting you around your home of our trash and recycling practices. Thank you for helping keep The Garlands a clean and environmentally responsible community.

Used Batteries
There is a recycling bucket in the Resource Room in which to place your used batteries.

Box Tops and Labels for Education
Ongoing in the Resource Center
These are found on many canned products, cereals and other groceries and paper items. There is a labeled basket with examples in which to put your cut items. This is an easy way to make a donation.

Holland America

Alaska Cruisetour Presentation
January 23, 3:30 - 4:30pm,
in the Surround Sound Theatre
Please join us for a Special Presentation about BACOA’s upcoming trip with Linda Avellon to Alaska. Learn about the itinerary and all that is included in this Holland America cruisetour departing on July 10-20, 2014.

RSVP by January 17th to Linda Avellon at BACOA 847-852-3892. After our presentation, please join us for Happy Hour in the Garland’s Robie Lounge - 4:30 - 6:00pm
**THE GARLANDS TO GO**

Call *07 for reservations. Trips may be cancelled depending on interest.
If you cancel, you are responsible for the cost of your trip once you reserve.

Joe Caputo’s - rsvp
*Tuesday, January 7, 10:00am meet in the Lobby*

Jazz Pianist Anthony Molinaro - rsvp
*Saturday, January 25, 3:15pm meet in the Lobby, $5 for transportation.*
Acclaimed for his “edge of the seat brilliance” and “musically imaginative mind,” Anthony Molinaro is one of the most versatile pianists of his generation. Equally at home in the world’s concert halls and international jazz clubs, Mr. Molinaro has composed and arranged music in both the classical and jazz genres. The concert is free and there will be a free will offering accepted at the concert.

Chicago Symphony Orchestra’s Open Rehearsal - rsvp
*Thursday, January 30, 8:30-2pm, $10 per person for transportation. Minimum 8. Maximum 12 people.*
Mr. Muti will direct this open rehearsal for you to view. Please bring your lunch to eat on the bus or in the lobby.

Please note when you see the hiking boot it will indicate how much walking you will need to do for the trip.

- No hiking boot = no walking, may be handicapped accessible
- = Limited Walking
- = Some walking
- = Extensive Walking

Joe Caputo’s - rsvp
*Tuesday, January 7, 10:00am meet in the Lobby*

**FOOD! GLORIOUS FOOD!**

*Please call *17 for Reservations*

**Roycroft Formal Dinner** – rsvp
*Saturday, January 4th
5:00pm-7:00pm in the Roycroft*  
Chef Nick has created an a la carte dining menu for you to enjoy in the Roycroft! The Garlands Dress Code is strongly enforced in the Roycroft. Please note the Winslow Dining Room will be closed for dinner.

**Café Dining** – rsvp
*Saturday, January 4th
5:00pm-7:00pm in the Café*

**Cooking Demonstration** - rsvp
*Wednesday, January 15th
3pm in the Café*
Watch and learn as one of our very own from the culinary team prepares a tasty dish in the Café! Small samples will be served at the end of the demonstration. Be sure to sign up with the Host to ensure there are enough samples for all!

**Soul Food** - rsvp  
*Thursday, January 23rd
5:00pm-7:00pm in the Winslow*  
Join us for a Southern themed buffet night!

**Burger Night** - rsvp  
*Wednesday, January 29th
5:00pm-7:00pm in the Grill*  
Join us for a Burger night and see what twist our culinary staff has put onto the classic burger.

**THE SHARING TABLE**
*The Winslow Dining Room and the Grill. Call *17 to make reservations.* New for 2014! Too late to get together a table for dinner? Bored with eating alone? Want to get to know that person you’ve seen walking the halls with a lost look? Want to meet new friends? Any reason is a good one for using the Sharing Table. Start by calling the Maître d’ at *17 and mention you would like to reserve a seat at the Sharing Table.
**Gazette on the Go**
Going on vacation? Going to visit family? You can’t take the Garlands with you but you can take the Gazette. Bring along a copy of the Gazette and have a picture taken while holding it in front of something which shows where you have been. Give a copy to your children and grandchildren so they can join in the fun. Give Jill the picture and it will be displayed where all can see. Let's see all the places the Gazette can travel!

**Happiness in the New Year and on Your Birthday!**
Ronald Lindquist  Jan 02  
Patricia Tisbo     Jan 03  
Arlene Schoenherr Jan 04  
Dee Maher         Jan 04  
Marianne Lenz     Jan 04  
Mary Hines        Jan 05  
Vi Reego          Jan 05  
Penny Lumsden     Jan 07  
Harry Logue       Jan 11  
Loretta Finlay    Jan 13  
Mary Duffy        Jan 15  
Larry O’Donnell   Jan 16  
Jim Perille       Jan 16  
Janet Fowler      Jan 17  
Don Jones         Jan 17  
Betty Bruch       Jan 17  
Gary Karlin       Jan 18  
Sallie Mitchell   Jan 18  
Bubs Gottwald     Jan 19  
Corky Devol       Jan 21  
Gaylen Larson     Jan 24  
Inna Morgan       Jan 25  
Paul Anda         Jan 26  

**New member, Carol Finan, in Lake Tahoe, NV on Incline Beach.**

**Mary Duffy turns 100 on January 15.**
Please come and help her celebrate with care in the Cafe from 3:30-4:30pm.

**Thank You Cookie Bakers**
Thank you to all members and team members who baked cookies for the Winter Wonderland event. The cookies were enjoyed by all.

**Checkers Anyone?**
If you are interested in playing checkers ongoing weekly, please contact Jill *13.

**Cultivating Generosity with Garlands member, Rem Stokes, Author Event**
Look for Garlands member, Rem Stokes’ book signing and insight on Monday, Feb 10th. Rem will discuss his new book’s 12-step exercises and a rationale for churches to address the issue of money by helping move their members from self-interest to self-esteem. Look for details in the February Gazette.
Wellness Center Hours
*Monday through Friday 9:00am – 1:00pm*

Blood Pressure Clinic
Drop in or make an appointment during Wellness Center hours to have one of the nurses take your blood pressure. Please call *40.

Lab Services
Blood draw services are offered every Tuesday at 9:00am in the Wellness Center. This service is provided by NICL Lab. Please call *40 for more information on this service.

Coumadin Clinic
Tracie Cook, CNP is providing Coumadin management at the Advocate Medical Group office at The Garlands on Wednesdays 12:00pm – 4:00pm. Please call 847-852-3770 for more information or to schedule an appointment.

Comprehensive Group
For all of your therapy needs. By appointment only. Please call *47 for information and scheduling.

Outdated Prescriptions and Other Medications
*These items may be brought to the Wellness Center Monday through Friday 9:00am-1:00pm.*
Please do not put them in the trash or down the sink. Keep yourself and the environment safe.

The Doctor Is In….
Audiologist: Joli Robinson
*Tuesday, January 7, 9:30am – 12 noon*
Please call the Wellness Center at *40 to make your appointment.

Dentist: Dr. Crystal
To make an appointment, please call Gloria at 773-929-8888.

Eye Doctor: Dr. Lenzen
Watch for dates to be announced in The Dispatch. Please call the Wellness Center at *40 to make your appointment.

Podiatrist: Dr. Warheit
*Wednesday, January 8, 8am – 2pm.*
Please call Maureen at Dr. Warheit’s office at (847) 577-1649 for an appointment.

Lecture Series:

Urinary Incontinence
Affecting Males and Females
*Friday, January 10, 2:00 pm in the SST*
Join us for Part II of our series on urologic health. This lecture will be presented by Dr. Lewis, a urologist from Comprehensive Urologic Care in Lake Barrington. Learn about the reasons for, and treatments for urinary incontinence in both men and women. Please RSVP to the wellness nurse at *40.

Fall Prevention Tips
*Friday, January 10, 11am in the PV 3rd floor Dining Room*
Join Danielle Anderson, Personal and Adaptive Trainer at Advocate Good Shepherd Hospital, as she leads you in a presentation on fall prevention. Danielle is a master trainer for the Matter of Balance program, which emphasizes practical strategies to reduce the fear of falling and increase activity levels to improve strength and balance.

Take Control of your Blood Pressure
*Thursday, January 30, 10:00 am in the SST*
Wellness Nurse Vicki will discuss what your blood pressure is, what causes high blood pressure, what the effects of high blood pressure are, and ways to take control of your blood pressure. Please RSVP to the wellness nurse at *40.

Lecture Series Topics
If any member has an interest in any topic, please let one of the Wellness Nurses know. Maybe your topic will be our next feature in our ongoing lecture series!

Sample Healthy Foods
*Friday, January 24, 11am in the Wellness Hallway*
Join the wellness nurse for a healthy taste of brown rice along with learning about the benefits of eating this food. Please RSVP to the wellness nurse at *40.
Fitness Center

Fitness Classes - Please refer to the new Fitness Classes Brochure. Pick up yours in the Resource Center or Fitness Center. Look for these new classes!

Complimentary Fitness Assessment
Also, please contact our new Fitness Coordinator, Terry Choquette, for a complimentary Fitness Assessment. This assessment will help you create healthy fitness goals and see how far you have come from the last time you were assessed.

Fitness Center 101 - RSVP
Thursday, January 16, 2pm in the SST
Are you curious about the Fitness Center? Please join us for an informative video on the NuStep, an efficient and easy to use cardio machine. We will view a quick seven minute video, and Terry, the Fitness Coordinator, will be available to answer questions. Please RSVP at *41.

Spa Day at the Café
Friday, January 24, 11am-Noon in the Café
Take the time to treat yourself with a FREE gift from Spa Vargas. They will be providing you with paraffin hand dips to relieve arthritis and dryness, hand massages, shoulder massages to release stress, beauty consultations, and more! Stop on down for these amazing treatments complimentary to you with a free gift.

Sunday & Mondays: Closed | Tuesdays: 9am-3pm, Wednesdays, Thursdays, Fridays & Saturdays: 9am-5pm

View The Garlands new holiday video, shot at Winter Wonderland 2013 by visiting thegarlands.com and going to About Us, Testimonials, or like us on Facebook!
Santa Claus brought smiles to many Garlands members and their families at Winter Wonderland 2013. 
*Photos by Alan Mars, Garlands Nutrition and Dining Assistant.*
To download your family photo, please visit http://www.pbase.com/alanmars/winterwonderland3013
Highest Honors

In September, the Garlands entered into a new level of commitment in measuring and achieving customer satisfaction. During our first eleven years of serving Members, we received valued feedback through many informal means of communication and also through some in-house generated satisfaction survey questionnaires. With those internal surveys, we typically received just over a 50% response rate. This fall we entered into a relationship with Holleran, a national firm dedicated to surveying customers of retirement communities. Their database contains more than 57,900 Independent Living surveys that we were bench marked against. With your superb support, we soon eclipsed a first milestone of yielding a response rate from Independent Living Members of 92.9%. The average response rate for Independent Living is 79.3% with other Holleran clients.

We now have survey results in hand, and at this time, I would like to share some highlights. Foremost, Holleran has bestowed on The Garlands their 2013 Highest Honors award in recognition of our outstanding efforts in providing the highest levels of service to our Members. Holleran congratulates The Garlands for all that we have accomplished in achieving scores that exceed the 90th percentile and are significantly above National Benchmark in “overall satisfaction.” Our mean score was 91.7, significantly over the Holleran Benchmark. In fact we were significantly over in 28 of the 54 benchmarks or comparisons to how Independent Living members of other retirement communities feel about their home. In 25 other areas we were at or just above the benchmarks.

Areas to celebrate!!!

In addition to the Overall Satisfaction with the Garlands, Members also scored in the 90th percentile in the following areas: Responsiveness of inquiries/concerns from Member Services, Comfort of residences, Quality of activity and program communications (Weekly, Gazette, electronic sign), Appeal of common areas, Quality of activities and programs (EngAGE), Cleanliness of common areas, Access to amenities, such as bank, ATM, gift shop, spa and salon, physician offices, etc., Upkeep and repair of buildings, Opportunity to engage in variety of suitable Member activities and programs, Appearance of landscaping and grounds and Quality of fitness center and programs.

Yes, there is much to celebrate, and you should feel very comforted of these quality results. There are several areas to improve and many valued comments that will further help us refine our services and communications. I will update Members of our action plans and progress in reaching excellence at upcoming Town Hall meetings. Thank you for your confidence in those who serve you! Congratulations to the entire Garlands family.

Sincerely,

David A. Loop, Executive Director