

May 2018

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

POST



Spring Puzzlers!



April Showers bring flowers for
Mrs. Graff and Mrs. Wilson.



Veteran's Benefit Meeting.

The month of May is the pleasant time; its face is beautiful; the blackbird sings his full song, the living wood is his holding, the cuckoos are singing and ever singing; there is a welcome before the brightness of the summer.
~Lady Gregory~

THE GARLANDS[®]
Inspira

Cultivate Possibility. Ignite Opportunity. Inspire Amazing.

May Special Events

Station Middle School Luncheon and Concert

Wednesday, May 2, 11:00am

Hop on the bus for a musical adventure with the students of Station Middle School as they present their Spring Concert. In addition to the band, this year we will also enjoy the choir and orchestra. Lunch will be served by the students, staff and parents.

Randy Walker at the Sock Hop!

Wednesday, May 2, 3:00pm, 3rd Floor Dining Room

Oh, the high school memories of sock hops, turn-about and prom! Relive those moments with the sounds of music!

Horse Racing with Deby

Thursday, May 3, 2:30pm

We will be celebrating and getting ready for the Derby with "Day at the Races," please join us and get into the Kentucky Derby Spirit!

Cinco de Mayo Fiesta!

Saturday, May 5, 3:00pm, Prairieview

Hear the music, taste the foods and learn about the culture of our great friends to the south of the border. Olé!

Memory Enhancement Celebrates Lemonade!

Sunday, May 6

Today is National Lemonade Day. Make sure to cool off and get refreshed with a tall glass offered with our morning and afternoon snacks.

Eleanor Warrington: Spring Fling

Wednesday, May 9, 3:00pm, Memory Enhancement

Part of the fun when this classically trained songstress visits is the wonderful costumes she wears. Betting the hat is prominent!

Prairieview Birthday Celebration

Thursday, May 10, 3:00pm, 2nd Floor Lounge

Today is a special day! 5 Members will be honored for their May birthday and serenaded with song and sweets. Mrs. Anne Gott deserves her own song, and maybe even a dance, as we celebrate every one of her 100 years on earth!

Mother's Day Celebration with Anna

Sunday, May 13, 3:00pm, Prairieview

Let's make things as special for Mom today as she has always done for us! Please send a favorite memory of your mother to share while we enjoy a "sweets for the Sweetest" social along with lively accordion music by Anna in our Memory Enhancement Dining Room! Please RSVP to Terri at tforti@thegarlands.com or 847-852-3590 by May 10th. The more the merrier, so please join us! If you are unable to attend, forward your story to the email address above!

Music Appreciation with Jim Kendros ~ The Beautiful Cello

Thursday, May 17, 2:30pm, 2nd Floor Lounge

Join Jim Kendros as we explore the beautiful Cello music of Chopin, Faure and more! Jim will include a wonderful "Musical Surprise" by sharing a rare Cello gem you're sure to enjoy!

Art Appreciation with Carla

Wednesday, May 23, 2:30pm, 2nd Floor Lounge

Renoir was not just a gifted painter, he had a gift for connection and was at the center of a brotherhood of artists. Inspired by the past, creating works that would influence artists of the future, he collaborated with unique artists of his time to lead the way to a new style of painting. Come join us as we experience some of the most beautiful and well-known paintings in the world... come join the artistic world of French Impressionist Pierre-August Renoir.

May Special Events

Memorial Day Celebration

Monday, May 28, 3:00pm, 2nd Floor Lounge

Memorial Day has so many meanings for Americans. First and foremost, we remember the brave soldiers who died protecting our great nation. It's also the unofficial kick-off to summer, a day of family gatherings, barbeques and parades. Join us on this special day with patriotic songs and an ice cream bar. Invite you family, too!

Terry's Tunes

Wednesday, May 30, 3:00pm,

Memory Enhancement

You name the song, Terry will be able to play it! Come on down and have some fun with an entertainer that has been in the business for years!

Health & Fitness

Fitness Center

Strength and balance, two key components to safe living! The Fitness Center will be open Monday through Friday. Please see the Fitness Coordinator Nick, or call his extension, #3587, for more information. We urge you to visit the Fitness Center on a regular basis, so see Nick to get your regimen underway!

Weekly Fitness is offered as a group every weekday as follows:

- *Monday-Perfect Balance with Sandra, 12:00pm*
- *Tuesday-Strength and Stretch, 11:30am*
- *Wednesday-Teammate Fitness, 11:30am*
- *Thursday-Strength and Stretch, 11:30am*
- *Friday-Resistance Training, 11:30am*

Walks

**Join Fitness Instructor Alex as we step out for Wednesday Walkers Club at 2:00, except May 2.

Assisted Living Fitness Walks are on Monday at 4:00 and Thursday at 2:15, weather permitting!



IT'S A GARLANDS
THREE-PEAT!

CONGRATULATIONS

Prairieview
Skilled Nursing

Prairieview
Assisted Living

The Garlands
Homecare Solutions



THE GARLANDS®
— of Barrington —

Bulletin Board

May History and Trivia

Those were the times, when everyone was aware about the significance of the months and the celebrations that followed. Nowadays, it's only about birthdays or any special events in the particular month. However, don't worry! Here are some facts about the month of May:

~The month was named after the Greek Goddess of Fertility, Maia. One famous poet suggests that the name comes from the Latin word, "maiores" which means "elders". ~No month other than May ever begins or ends on the same day of the week, in the same year. It may match with the months of the following year. ~May is the month of Autumn in the Southern Hemisphere, and Spring in the Northern Hemisphere. ~The birthstone is emerald, which signifies love and success. ~The birth flower is the Lily of the Valley.

Some of the holidays we will be celebrating this month include May Day, the Kentucky Derby, of course Mother's Day and Memorial Day. Watch for special events for each of these!

Memory Enhancement Announcement

Our patio will be open to sit outside and enjoy the fresh air. Activities will also be held outside, weather permitting. Please come sit, relax and enjoy the warm weather with your loved one.

Family Skype!

If you are interested in using this technology to keep in contact with your loved ones here at Prairieview, contact the Activity Department at tforti@thegarlands.com and we can speak individually to set up appropriate days and times.

Dakim Brain Fitness

The Dakim is ready whenever you are! This easy to use program is not only a fun way to spend 30 minutes, but will make you think outside the box. It's also a great way to learn something new every day! For interested Members, call Terri at *30 to schedule a personal tutorial.

Memory Enhancement Socials

Monday, May 7, 2:30pm, Candy Hamburgers (National Hamburger Month)

Monday, May 14, 2:30pm, Fruit Kabobs

Monday, May 21, 2:30pm, Yogurt with Granola
May 22, Summer Sangria Social

Fresh Flower Arrangements

Fridays in Prairieview

We patiently withstood the rain and snow showers in April to reap the joy of May flowers! Come and smell the wonderful aromas and see the brilliant colors of the season's best floral bounty.

Dining Delights for May

Saturday, May 5, Cinco de Mayo, lunch

Thursday, May 10, Pasta Station, lunch

Sunday, May 13, Mother's Day Meal, lunch

Thursday, May 17, Carving Station, lunch

Monday, May 21, Berry Bar, breakfast

Thursday, May 24, Mocktail Hour, dinner

Monday, May 28, Memorial Day Meal, lunch

Resident Council Meetings

Monday, May 7, 2:00pm, 2nd Floor Lounge, Assisted Living

Tuesday, May 29, 11:00am, Skilled Nursing Living Room

Attending a Resident Council is a great way to have your voice heard. Whether you have an issue or praise to share, please join us in these very important communication exercises.

*****Thank You Lori and staff at The Red Geranium for your years of providing delightful gifts and so much more. Your companionship to the Members will be missed. Best of luck on your new endeavors!*****

*"Don't knock the weather: nine-tenths of the people couldn't start a conversation if it didn't change once in a while."
~Kin Hubbard~*

Out & About

Let's Go To Walgreens

Tuesday, May 1, 10:30am, Assisted Living

It's Senior Citizen discount today! Join us for the short trip to see what they have to offer...at 20% off all your qualifying purchases.

Memory Enhancement Lunch Bunch to the Winslow

Friday May 4 and 18, 12:15pm

The Garlands Art Gallery

Tuesday, May 8 and Thursday, May 31, Skilled Nursing

Spring is in full swing! Let's investigate the intriguing artwork in the Gallery this month with the Activity Department staff. Stop on the way over and enjoy the flowering planters.

Assisted Living Lunch Bunch to the Winslow

Monday, May 8, 12:45pm, Assisted Living

The Winslow is right here in our own backyard, so let's try it out! Choose from the delicious lunch menu, which offers salads, hot entrees and classic sandwiches. Cost is on your own, but may be added to your account.

Memory Enhancement Lunch Bunch to Chili's

Friday, May 11, 12:00pm

Target Shopping

Tuesday, May 15, 10:30am, Assisted Living

Take the opportunity to join the Activity Staff for a trip to Target. Warmer weather is here to stay for a while, so make sure you are prepared to enjoy!

Assisted Living Lunch Bunch to Chessie's

Tuesday, May 22, 12:15pm, Assisted Living

A true Barrington classic, Chessie's is offering a \$5 burger today, although they do also have a great menu selection of soups, salads, sandwiches and more. Invite your family to join us for a great lunch and sunny conversation!

An Afternoon in the Park

Thursday, May 24, 2:30pm, Assisted Living

Hopefully, today will be the perfect May day with a warm, fragrant breeze. Let's take a stroll around the park and then enjoy a glass of iced tea as we admire the view.

Memory Enhancement Lunch Bunch to California Pizza Kitchen

Friday, May 25, 12:00pm

Memory Enhancement Scenic Drive

Tuesdays, 2:30pm

Enjoy a scenic tour of local forest preserves and the natural beauty of Barrington and surrounding areas

Spiritual Expressions

Catholic Communion Services

- *Sundays, 10:30am, Memory Enhancement*
- *Sundays, 10:45am, 3rd Floor Dining Room*
- *Sundays, 11:00am, Skilled Nursing*
- *Wednesdays, 10:15am, 3rd Floor Dining Room*

Faith For Life

Tuesday, May 15, 2:15pm,

2nd Floor Assisted Living Lounge

A monthly session of bible verse and song.

St. Anne's Catholic Mass

Thursday, May 17, 11am, 3rd Floor Dining Room

This will be the last full Mass for the summer season to take place here at The Garlands, so join us as we celebrate with St. Anne's parish. May is the month Christians honor Mary, the Virgin Mother. We will offer flowers for her and present a bouquet to the priest to bring back to the church.

May Birthdays

5/1 Patsy Lange
5/8 Esther Palumbo
5/12 Anne Gott

5/12 David Tomchek
5/19 Caroline Welkom

Meet the New Age Centenarian: Mrs. Gott Celebrates 100!

Simply try to imagine all the memories that a century would hold, the new innovations it could bring, along with the ebb and flow of life and family.

For Mrs. Ann Gott, born on May 12, 1918 (Mother's Day that year), these thoughts are as vivid as if it were yesterday, as is the belief that she has been blessed by God. She grew up as the youngest daughter in a loving family of 8 children in Chicago. She recalls many childhood days full of fun and laughter. Her father was a doctor, her mother strong, beautiful and educated. In fact, the 3 boys became physicians while the 5 girls became teachers! This theme would continue in the generations to come.

When asked what made her strong, her reply was "we grew up in the depression, saw loved ones go to war, these events make lasting impressions, and we learned to be tough." Mrs. Gott's most memorable event was her wedding day on October 4, 1944 to the love of her life, Arch. They were inseparable for their 73 years of marriage. While Arch passed not too long ago, she still talks to him every day, a framed photo front and center. They were blessed with 2 children, Laurence and Christine. Their son became a doctor and their daughter a teacher. Additionally, Mrs. Gott is proud

to say that 7 nephews are doctors and 3 nieces are teachers. "Medicine and teaching run in the family DNA."

A small sample of the things she has enjoyed along the way include teaching science and history for 22 years, where she taught students to learn, do and then practice. She says that you simply cannot learn exclusively from an electronic device. People need to think for themselves, using this Socratic method of study. Mrs. Gott took to swimming 2-3 miles a day for 25 years, volunteering at The Art Institute and reviewing books for the Ridge and Hawthorn Book Clubs. And so, so much more!

Her words of wisdom suit everyone of all ages. They include making family your priority, keeping religion strong and believing in education (and more education!). She prays for our nation and its leaders, and she prays for hope in and for the new generations. "Find balance in your life," she says, it's a simple truth. In closing, here is a wonderful quote from an ever-smiling, delightfully social woman: "There comes a time when you have to admit that you're old." I ask if she's there yet. "I don't know." A subtle way of saying age is in your head and heart.

Happy 100th birthday to a fabulous lady.

