

# Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON



## HAPPY DAYS

Natalie Sponsler and Jackie Matecki laugh over fun stories with Fred Fox Jr. who was a writer and producer for *Happy Days*.



## MINI-HORSES

Soul Harbour's Grace, the mini-horse, falls in love with Bill Youngberg and Jane Hoffman.

## CIVIL WAR MUSEUM

Members visiting the Civil War Museum in Kenosha, WI. Clyde Dawson donated a chest of Civil War pieces from his family to the museum on special exhibit.



# Special Events

Please RSVP to the Concierge at \*07

<p><b>Saturday</b> AUG 4 <b>1:30-2:30pm</b></p>	<p><b>August Birthday Bash with Noreen and Michael Degallado</b> - rsvp to *07 <i>In the Robie Lounge</i> Noreen and Michael love to sing and will perform standards they hope members will enjoy. "Happy Birthday" is sung to those celebrating an August birthday, but everyone is invited to attend and enjoy coffee and cupcakes.</p>	
<p><b>Wednesday</b> AUG 15 <b>10-11:15am</b></p>	<p><b>Coffee and Conversation with Illinois State Senator Dan McConchie and Illinois State Representative Nick Sauer</b> - rsvp to *07 <i>In the PAC front</i> State Senator Dan McConchie (R-Hawthorn Woods) and State Representative Nick Sauer (R-Lake Barrington) will host a Coffee and Conversation. Senator McConchie invites members to "stop in when you can, grab a cup of coffee, and have a one-on-one conversation." Topics are limited to legislative updates and may not include any political or election-related conversation. Senator McConchie's visit is sponsored by Prairieview member Kathleen Duffy, mother of former State Senator Dan Duffy. Coffee and refreshments will be served.</p>	
<p><b>Friday</b> AUG 17 <b>3:30-4:30pm</b></p>	<p><b>Fabulous Frank! with Peter Oprisko</b> - rsvp to *07 <i>In the PAC</i> Peter Oprisko returns to The Garlands, this time in a tux with a fresh, unique, and modern salute to Ol' Blue Eyes. "Oprisko is the Rolls Royce of singers today! He's a great talent!" - Grammy-winning jazz pianist, Ramsey Lewis. What more need we say about this true entertainer who performs over 300 singing engagements a year ... for over 20 years ... and doesn't seem to be slowing down at all?</p>	
<p><b>Saturday</b> AUG 18 <b>5-8:45pm</b></p>	<p><b>The Garlands Annual Progressive Dinner</b> - rsvp to *07 <i>Starting in Timbers Lounge for appetizers, then progressing to member homes for soup/salad, entrée, and coffee/dessert</i> New members, we encourage you to participate in this terrific way to meet other sociable members, share delicious food, and create memories and friendships. You and your "partner" can be friends, neighbors, a couple, or we can buddy you up with another member. <b>Each pair, together, prepares a course at the home of one of you for six to eight people, depending on how we divide the total number of participants.</b> The fun increases as more members participate. You can prepare the simplest or fanciest of dishes: the point is to create and share this once-a-year evening together! Let Ginny the Concierge know who your "buddy" is or if you'd like us to pair you up, whose home will be used, and what course you'd like to prepare.</p>	
<p><b>Sunday</b> AUG 26 <b>1-2:30pm</b></p>	<p><b>"A Taste of Rosh Hashanah," with Esther and Mendel Katz</b> - rsvp to *07 <i>In the SST</i> Each participating member will sample the customary Rosh Hashanah foods, and Esther and Mendel will discuss their significance. This service includes a mini presentation on the Shofar.</p>	

## Special Events

Tuesday  
SEP 18  
11:30am-2pm

**Save the Date! Luncheon and Show: Julia Dent Grant and Madame Jule, with Barbara Rinella** - rsvp to \*07

*11:30 am, Shopping (Jewelry by Betsy) and Cash Bar. 12:00 pm, Luncheon. 1:00 pm, Performance in the PAC*

*\$25 for members and your guests. This amount will be billed to your account and does not come from F&B allotment.*

You're invited to meet Julia Dent Grant and Madame Jule through Barbara Rinella's retelling of the fascinating story of the blossoming friendship of two little girls before the Civil War.

## LifeLong Learning Opportunities

**Illinois: Ten Defining Moments, with Gary Midkiff** -rsvp \*07

*Thursday, August 9, 10:00-11:30 am, Burnham*

In honor of the Illinois Bicentennial, Professor Gary Midkiff has compiled a list of the 10 most important events in the history of our state (plus a few more that deserve attention). He will cover events from all corners of the state and connect many of those Illinois events to national history. Chicago will contribute a few stories (e.g. the Great Chicago Fire of 1871) but so will East St. Louis (the race riots of 1917) and the towns of Alton, Charleston, Freeport, Galesburg, Jonesboro, Ottawa and Quincy (sites of the 1858 Lincoln – Douglas debates).

**Levi Strauss, the Gold Rush, and the World's Most Famous Pair of Pants, with Anette Isaacs**

-rsvp \*07

*Tuesday, August 28, 10:00-11:00 am, PAC Front*

We love them; we wear them. Jeans are an iconic garment, and they tell the legendary story of the American West. But did you know they were made world famous by an adventurous Bavarian Jew who combined his marvelous business sense with German ingenuity? Join German Historian Anette Isaacs, M.A., for a fascinating journey into the days of the Gold Rush 170 years ago and learn about Levi Strauss and his amazing life!

**Coming in September via the Foreign Policy Association: Great Decisions with Gary Midkiff** -rsvp \*07 by Thursday, August 30

*Thursday, September 13; Friday, October 12; Friday, November 9; Friday, December 14; Friday, January 11; Friday, February 8; Friday, March 8; Thursday, April 11; 10:00-11:30 am, Burnham Room*

Prepare to discuss the world! Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book (\$35), meeting in a Discussion Group to watch the DVD together, then discussing the most critical global issues facing America today, facilitated by Gary Midkiff.

The topics in the 2018 Great Decisions, which will run September to April: The Waning of Pax Americana; Russia's Foreign Policy; China and America – The New Geopolitical Equation; Media and Foreign Policy; Turkey – A Partner in Crisis; U.S. Global Engagement and the Military; South Africa's Fragile Democracy; Global Health – Progress and Challenges.





# Things to Do

## Mahjongg - For Beginners, with Randy

Thrasher -rsvp \*07

**Fridays, August 3, 10, 17, and 24, 1:00-3:00 pm, Timbers Lounge**

People of all ages love this 5000-year-old Chinese game! This beginner course covers four weeks of instruction plus the history, rules, and dynamics of Mahjongg. You will play and learn techniques and strategies to enhance the fun. Randy will have Mahjongg cards you can purchase for \$9.00 on the first day of class. Participants must have a Mahjongg card to learn/play.

## Baked Potato Bar Fundraiser for the Alzheimer's Association

**Friday, August 10, 11:00 am-3:00 pm, Café**

All donations from the Baked Potato Bar (suggested donation: \$4 per loaded potato) go to the Alzheimer's Association to fund their efforts to cure this terrible disease. Two more important dates are on the horizon: Thursday, September 6 (Fourth Annual Sundae Bar Fundraiser in the Café) and Friday, September 21 (The Garlands Campus Walk and Hot Dog Fundraiser, benefiting The Walk to End Alzheimer's). In addition, a team of Garlands team members will participate for the fourth year in The Walk to End Alzheimer's in Elk Grove Village in September.

## "Where are my Keys? Where are my glasses?" with Betsy Skibinski -rsvp \*07

**Monday, August 13, 10:00-10:30 am, SST**

Betsy Skibinski, a member of the Chicago Alzheimer's Association's 2018 Northwest Suburban Walk Committee, regularly speaks to Rotary Groups, Lions Club, Knights of Columbus, and senior-living communities on Alzheimer's. She is passionate about this disease, as her mother had it for 12 years. Betsy will discuss signs, symptoms, what happens if one has it, and personal, light-hearted experiences of caring for her mom. The Alzheimer's Committee mission is to create awareness. You may know Betsy from her monthly visits as Jewelry Repair and Sales by Betsy.

## Progressive Dinner Planning Meeting -rsvp \*07

**Monday, August 13, 11:00-11:45 am, SST**

We'll finalize courses and which homes will be hosting the August 18 Progressive Dinner (see details under Special Events). Be sure to sign up for the dinner by Friday, August 10. If you're interested in hosting a course in your home and cannot make this meeting, please call Lynn (\*13) for more information and to choose your course.

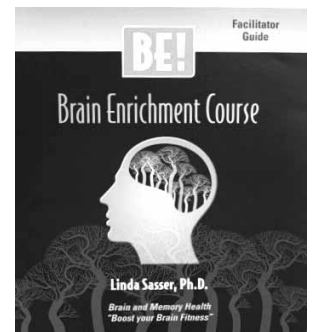
## BE! Brain Enrichment Course

-rsvp \*07

**Wednesdays, August 15-October 17, 10:00-11:15 am, Eastlake Dining Room**

**Please note: the first class, Wednesday, August 15, will, exceptionally, be held at 1:00 pm, still in Eastlake.**

The brain is capable of producing new brain cells at any age, so significant memory loss is not an inevitable result of aging. Whatever our age, there are many ways we can improve our cognitive skills. Attention is the ability to focus and concentrate, and working memory is the ability to process information while remembering it. These brain functions involve almost everything we do and can determine our daily success. Dr. Linda Sasser's course, led by Lynn and Nate, will share the secrets of attention and let you experience the limitations of short-term memory and the myth of multitasking. You will leave knowing valuable strategies which you can implement immediately to be more effective in all aspects of your daily activities. Workbooks are available for \$15 if you wish to have your own. Shared workbooks are complimentary.



# Things to Do

## How the US Helped Safeguard Soviet Union Nuclear Weapons, with Sam Jeffers -rsvp \*07

**Tuesday, August 21, 10:00-11:00 am, Burnham**

The 1991 collapse of the USSR was one of the major geopolitical events of the last century. It had a catastrophic effect on their economy, politics, and general well-being. Less well known were the safety and security issues resulting from the large quantity of nuclear weapons no longer under the control of the Kremlin. The US "Soviet Nuclear Threat Reduction Act" was passed in 1991 to authorize the US to assist the Former Soviet Union in safeguarding their weapons. Garlands member, Sam Jeffers, who had spent his career managing the design and production of nuclear warheads, was actively involved in this cooperative effort. He will describe this very large, nearly 25-year, Cooperative Threat Reduction (CTR) program.



## Grandparents' Day Family Photos Set Up

**Thursday, September 6, 10:00-11:30 am, Wellness Hallway**

In honor of Grandparents' Day (actually Sunday, September 9), we invite members to bring photographs of grand and/or great-grandchildren to go on display for two days. Framed photographs can go on "Grandchildren" tables in the Wellness Hallway by the windows. We'll also have a bulletin board for those pictures that just need a thumbtack. We'll have staff and volunteers standing by to write descriptions of the photos for you. The photos will be up from Thursday, September 6, through Saturday, September 8.

## Powerful Tools for Caregivers, through BACOA

-rsvp to BACOA\* 847-381-5030. \$35, payable to BACOA (Barrington Area Council on Aging)

**Tuesdays, September 11, 18, and 25 and Tuesdays, October 2, 9, and 16, 1:30-3:30, Eastlake.**

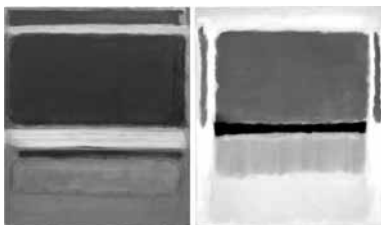
Coming in September: Powerful Tools for Caregivers helps family caregivers reduce stress, improve self-confidence, better communicate their feelings, balance their life, and enhance their ability to make tough decisions and to locate helpful resources. The program, which is offered several times a year, consists of six weekly sessions and is designed for the nonprofessional care-giver who is helping to care for a parent, spouse, or friend. This is a perfect example of "Put on your own oxygen mask first, then that of your loved one."



## Entertainment/Special Events Committee Meeting -rsvp \*07

**Tuesday, August 21, 2:00-3:00 pm, SST**

Interested in how the entertainers who perform at The Garlands are selected? We audition them! We meet in the Surround Sound Theater, watch their videos, and vote. Come participate in the process; it's fun, and your opinion matters!



## Art Appreciation with Sharon Thomson

-rsvp \*07, limit 10

**Wednesday, August 22, 2:00-3:00 pm, Library (2nd Floor above Robie Lounge)**

We will continue our survey of 20th century art. Paul Klee and his influence at the Bauhaus in Germany will be discussed. Also, we will examine the art of Jackson Pollock who embodied the dynamism that permeated American culture in the mid-twentieth century. Another artist of this period was Mark Rothko. He concentrated on a purely visual experience of color with his color field paintings. All three of these artists are represented at the Chicago Art Institute. Please join us!

## Calling All Garlands Artists

**July, 2019, Art Gallery by PAC**

Next summer we'd like to hang an "Americana" exhibit, displaying art that shows your unique view of American life.

Americana is less about flags and Uncle Sam than it is reflective of the American experience, America's past, and even your dreams for our future. It can evoke a sense of patriotism or reflect the history, traditions, folklore, artifacts, and culture of the United States. It can also simply evoke memories of growing up here, moving to the States, raising a family, working, or serving. If you have a piece you'd like to put in the exhibit or can paint or draw one, we'd like to hang it next July. Interested? Call Lynn (\*13).



# Let's Go

Please note you must reserve with the Concierge \*07 for all outings. Note that most trips require a minimum of 8 people for the trip to operate. If the trip you have signed up for is cancelled due to low participation, you may arrange to have tickets purchased for you as well as transportation arranged for you at an additional charge to attend the event.

Departures for all outings leave from 1000 Entrance Lobby.

Pickup arrangements from the 2000 or 3000 Lobbies are to be made prior to Departure time.

No walking shoe = no walking,  
may be handicapped accessible



Limited Walking



Some Walking



Mostly Walking

## Barrington Area Library presents:

### June's Got the Cash -rsvp \*07

**Friday, August 10, 7:30 pm meet in 1000 Lobby, free**

Depart at 7:30 pm, Concert at 8 pm, Pickup at 9:15 pm, Back at 9:30 pm

A musical tribute to American country music icons Johnny Cash and June Carter. This nationally touring musical theater show is in its 10th year. Classic comedy, vintage costumes, and the timeless music of Johnny, June, and the Tennessee Three.

### Monthly Supper Club to Francesca's Famiglia

-rsvp \*07 

**Sunday, August 19, 4:45 pm Meet in 1000 Lobby, members pay for own meal, rsvp by July 20.**

Depart at 4:45 pm, Dinner at 5:00 pm, Pickup at 6:30 pm, Back at 7:00 pm

Enjoy home cooked meals from Northern Italy's cuisine of Rome and the surrounding areas of Tuscany, Umbria, and Lazio. Simple rustic cooking, friendly service and fair prices make Francesca's an experience to remember!

### Spring Hill Mall -rsvp \*07

**Wednesday, August 22, 9:30 am Meet in 1000 Lobby, free**

Depart at 9:30 am, Shop at 10:00 am, Pickup at 12:00 pm, Back at 12:30 pm

Spring Hill Mall is a popular shopping destination in West Dundee, Illinois, a rapidly growing suburb of Chicago. With a strong anchor line-up and a broad selection of specialty retailers, Spring Hill Mall is a compelling destination for the area's affluent residents.

## Baker House Lunch, Tour, and Ice Cream Boat

**Tour** -rsvp \*07, Waitlist Only 

**Thursday, August 29, 9:45 am Meet in 1000 Lobby, members pay for own meal, \$38 pp, Max 13**

Depart at 9:45 am, Lunch at 11 am, Tour at 12:45 pm, Ice Cream at 2:30pm, Pickup at 3:45, Back at 5pm

The bus for this trip is already full with the waitlist from July's identical trip! There are often cancellations, so put your name on the wait list if you'd like to go. Embark on a scrumptious lunch with the beautiful architecture and luxe surroundings overlooking Geneva Lake. Lunch menu will be a choice of 2 soups, chop salad, turkey club or reuben sandwich, and a chocolate mousse cup. Each member will pay for their lunch order. Then we will take a personal tour with previous owner, Marion Rettke, where she'll tell us stories and share some history. Lastly, we will end our adventure by taking a quick boat ride around Lake Geneva while enjoying some delicious, cold ice cream and socialize about the day.

## Chicago Architectural Boat Tour -rsvp \*07

**Friday, September 7, 12:00 pm meet in 1000 Lobby, \$70 pp, Max 13, rsvp by August 24.**

Depart at 12:00 pm, Tour at 2:00 pm, Pickup at 3:30 pm, Back at 5:00 pm

CAF-certified volunteer tour guides-called docents-interpret more than 50 buildings along the Chicago River. You'll find out how Chicago grew from a small settlement into one of the world's largest cities in less than 100 years. In 90 minutes, get the real story on Chicago architecture and its history Snacks and drinks are available for purchase on the boat. Air conditioned seating is on the lower deck with open air seating on the lower and upper decks.



# Let's Go

## Arlington Race Track in the Million Room -rsvp \*07

**Thursday, September 13, 11:30 am meet in 1000 Lobby, \$10 pp, Max 13, rsvp by Aug 30.**

Depart at 11:30 am, Races at 1:15 pm, Pickup at 5:00 pm, Back at 5:45 pm

Join us for lunch and race betting up in the Million Room. Members pay for their own meal in restaurant.

Indulge in fine dining with a wide variety of unique cuisine and an unbeatable track view from above. While we offer many fun places to watch the races, it is hard to beat the experience in our Million Room restaurant. Tables will be selected based on attendance and availability.

*Dress code for Million Room: no jeans, shorts, t-shirts, athletic shoes, or abbreviated clothing.*

*Attire for women: dresses or dress pants and dress shirt, jewelry, dress shoes.*

*Attire for men: collared shirts, dress pants, and dress shoes.*

## The Gazette to Go

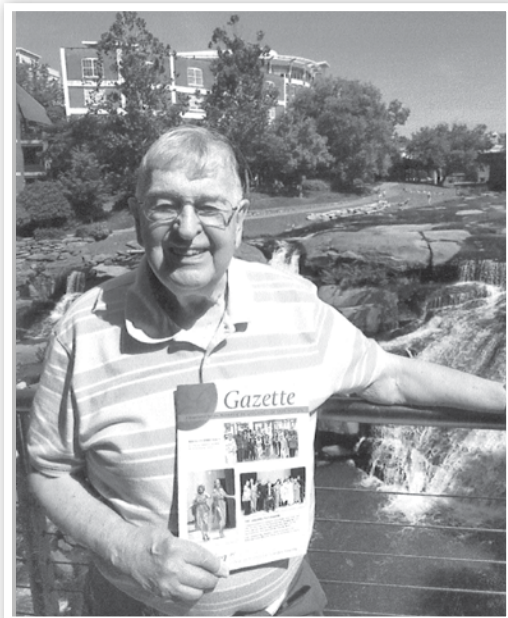
Going on vacation? Going to visit family? You can't take the Garlands with you, but you can take the *Gazette*. Bring along a copy of the *Gazette* and have a picture taken while holding it in front of something which shows where you have been. Give a copy to your children and grandchildren so they can join in the fun. Give Nate the picture and it will be displayed where all can see. Let's see how far the *Gazette* can travel!



**Top: Marj Lutz visited family recently in League City, TX, and still made sure she got to the fitness center and exercised.**



**Oh là là ... Carol Brenner took us with her to Paris.**



**Rem Stokes attended his 65th Class Reunion at Clemson University and stopped by Greenville, SC, en route.**

# Fitness Center

*All fitness/movement classes will continue monthly, please obtain fitness brochure for details about the classes or call \*41 for more info on all classes offered.  
Please check your monthly calendar for times and locations.*

## **Osteoball and Balance-new class!**

*Thursdays, 2:30-3:00 pm, Fitness Center*

This class is designed to help strengthen your muscles and build up your bone density for people looking for a safe and simple way to exercise. We will go through a series of 10 exercises that target specific muscles in each exercise for a total body workout. This can be done seated or standing and is for all exercise levels. We will do the first half class with the Osteoball's and the second half of class will be an optional balance class.

## **Men and Women's Fit-new time!**

*Tuesdays and Thursdays, 9:00-9:30 am and Mondays/Fridays 2:00-2:30 pm, Fitness Studio*

We will use balls, bands, weights and tubing for a total body workout in this fun balance, strengthening and aerobics class set to lively music. All activity levels are welcome and exercise can be modified for sitting or standing!

## **Yoga Basics**

*Wednesdays, 11:00 am-12:00 pm, Fitness Studio*

This gentle mat class includes seating and standing poses to refresh, energize, improve balance, deepen breathing and enhance sense of well-being. Each session will incorporate range of movement exercises, alignment, stretching, strengthening, awareness, breathing and relaxation. Students should be able to stand unassisted but many of our practices are done with props, including chairs, so help and modifications are available.

## **Zumba!**

*Tuesdays, 2:00-2:30 pm and Wednesdays, 12:30-1:00 pm, Fitness Studio*

Join Alex for cardio dance!! This is a fun way to burn calories and learn dance moves to challenge your brain! You may sit or stand for this class and you are not meant to be perfect at it! It's all about learning something new! Come dance and have fun!

## **Preventive PT**

*Mondays, Wednesdays, Fridays, 9am, Fitness Studio*

*9:00-9:30 am standing/ chair exercises*

*9:30-10:00 am mat exercises*

Taught by physical therapist Dr. Sandra Sieber, this class is for anyone who wants to live a long, healthy, pain free life. Sandra leads you through a variety of stretching and strengthening moves to enhance cellular regeneration, decrease joint friction, and improve mobility and balance. These exercises build new neural pathways in your brain for improved memory and concentration. Our participants proclaim their aches and pains are disappearing and that they've gotten much stronger and more mobile since attending. Many of the moves practiced are similar to yoga poses. All levels welcome.

## **Chair Yoga**

*Tuesdays and Thursdays, 10:30-11:00 am, Fitness Studio*

Combine deep breathing and gentle range of motion stretches for a relaxing workout. All levels welcome.

## **Theraqua**

*Mondays, Wednesdays, Fridays, 10:00-10:30 am, Pool*

Feel relaxed and buoyant after exercising in the pool! This fantastic, feel good class is designed for all levels and includes mild cardio, strength, stretching and balance. It is especially therapeutic for those with arthritis, joint pain or edema.

## **Friday Fun Walk**

*Fridays, 1:00-1:30 pm, 1000 Lobby*

Join us each week for a walk outside (weather permitting) around the Garlands. All speeds of walkers welcome! Walking improves muscle mass, bone density, balance and eases depression and anxiety. Walk with a group or by yourself but make sure you walk several times for short or longer bouts every day!



# Fitness Center

## Complimentary Fitness Program and Assessment

We will be calling you to schedule your annual complimentary fitness and balance assessment! Call \*41 to make an appointment today!

### CHANNEL 17, EVERY DAY, AT-HOME TV EXERCISE CLASSES

#### 30 Minute Chair Yoga

6:00 am, 8:00 am, 10:00 am, 2:00 pm, 4:00 pm,  
6:00 pm, 8:00 pm

For those of you who would like a little head-to-toe relaxation and stretching, this program is for you!

#### 30-Minute Matter of Balance

6:30 am, 8:30 am, 10:30 am, 2:30 pm, 4:30 pm,  
6:30 pm

Variations of seated and standing stretches and light exercises to help you improve your balance.

#### 30-Minute At Home, No Equipment Necessary Fitness

7:00am, 9:00 am, 11:00 am, 3:00 pm, 5:00 pm,  
7:00 pm

Join Nick and Alex in this fun exercise that can be done with no equipment! During the program Nick stands to show the standing variations, and Alex is seated to show the seated variations, so up or down during your workout, this one is for you!

#### 30 Minute Exercise Essentials

7:30 am, 9:30 am, 11:30 am, 3:30 pm, 5:30 pm,  
7:30 pm

For those of you who have purchased the yoga strap, yoga block, half dome, and pink ball, this is your at-home yoga program! Follow the guided instruction to use your equipment and learn how it is benefitting you.



#### CELEBRATING THE FOURTH

Neil Carey and a family members enjoy the Fourth of July festivities in the courtyard.

# Wellness Programs

## Meet Sara Brubacher, Nurse Practitioner with Barrington Family Medicine

Barrington Family Medicine operates a satellite office right here in our Wellness Center, where Sara provides both preventive and illness care.



## Wellness Center Hours

The Wellness Center is open and staffed by a Registered Nurse Monday through Friday 8:00 am to 4:30 pm and on Saturday from 8:00 am to noon. The Garlands Home Care Solutions Manager is available Monday through Friday from 8:30 am to 5:00 pm.

## Blood Pressure Testing

Drop in or make an appointment during Wellness Center nursing hours to have the nurse check your blood pressure and other vitals. 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 and a minimum 20 hour advance notice is required.

Please call \*40 for more information on this service.

## Comprehensive Group / HealthPRO Rehabilitation

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 8:00am-4:30pm.

Please do not put them in the trash or down the sink. Keep yourself and the environment safe.

## THE DOCTOR IS IN...

### Podiatrist: Dr. Warheit

*Wednesday, August 1, 8:00 am – 3:00 pm,  
in the Wellness Center*

Please call Dr. Warheit's office at 847-577-1649 for an appointment.

### Audiologist: Dr. Regina Dziejwior

*Wednesday, August 15, 9:00 am – 12:00 pm,  
in the Wellness Center*

Dr. Dziejwior has over 35 years of experience and offers professional hearing evaluations along with state-of-the-art hearing solutions including wireless hearing aid technology compatible with consumer devices such as TV's and cell phones. She also offers hearing aid repairs and maintenance services for most brands. Please call the Wellness Nurse at \*40 to make an appointment.

### Dentist: Dr. Mueller

*Monday, August 13*

To make an appointment, please call Gloria at 773-929-8888. Dr. Mueller of Dental Health On-site sees all members in the Prairieview building in the 2nd floor exam room located next to the nurse's station.

### Eye Doctor: Dr. Lenzen

*Next appointments will be in August (date TBD)*

Please call the Wellness Nurse at \*40 to set up an appointment. Dr. Lenzen sees all members in the Prairieview building in the 2nd floor exam room located next to the nurse's station.

## 2nd Shingles Vaccination Clinic

*Thursday, August 9, 10:00 am-12:00 pm in the PAC*

Staff from Mariano's Pharmacy in Lake Zurich will be here to administer step two of the new Shingles vaccine. If you have already had the first vaccination, come to this clinic to complete the second step. Please bring your Medicare and/or insurance cards. Please RSVP to the Wellness Nurse at \*40.

## Wellness Lecture Series

*If any member has an interest in any topic, please let one of the wellness nurses know. Maybe your topic will be our next featured in our ongoing lecture series! Please rsvp to \*40.*

### **High Blood Pressure** -rsvp \*40

**Thursday, August 16, 11:00 am in the SST**

Sara Brubacher, Nurse Practitioner with Barrington Family Medicine, will be giving a short presentation on high blood pressure. Come and learn why blood pressure matters and find out what you can do to keep healthy, as well as lower your risk of stroke, kidney damage and heart failure. Barrington Family Medicine has a satellite office location right here in the Wellness Center, where Sara provides both preventive as well as illness care. If you haven't met Sara yet, this is a perfect opportunity for you to meet her and learn more about staying healthy!

### **Hydration and You** -rsvp \*40

**Wednesday, August 22, 11:00 am, in the SST**

Why is staying hydrated so important? How can you tell if you are dehydrated? Learn the answers to these questions and more at this presentation which will be led by Tina Wilkens, Physical Therapist at HealthPro. Please RSVP to the Wellness Nurse at \*40.

### **Sample Healthy Foods**

**Thursday, August 30, 11:00 am  
in the Wellness Hallway**

Join us for a healthy taste of peaches! Chef Nick will prepare a tasty sample using this food. The Wellness Nurse will also give a short presentation on its health benefits. Please RSVP to the Wellness Nurse at \*40.

# SPA VARGAS

30 MINUTES TO  
HEALTHINESS

#### **BODY HEALTH - MASSAGE**

Take care of your body with full body massage to improve circulation, range of motion and reduce aches & pains!

#### **SKIN HEALTH - FACIAL**

Take care of your face with a relaxing & hydrating facial to improve circulation & allow you a moment of calm.

#### **FEET HEALTH - PEDICURE**

Take care of your feet and toe nails to ensure that your feet are healthy.



**SCHEDULE TODAY \*49**



# Ongoing Happenings

*What do you like to do? If it isn't in this Gazette, please call Nate (77415), and we will try to get a group going.*

**Art in the Studio** – Thursdays, 10:00am-Noon, Prairieview Art Studio

**Bible Study** – Resumes in September

**BINGO** – 3rd Wednesday at 1:00 pm, Wellness Hallway

**Birthday Bash** – 1st Saturday at 1:30 pm, Robie

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

**Catholic Communion Services** – Sundays at 10:45 am, 3rd floor PV Dining Room and Wednesdays at 10:15 am, 3rd floor PV Dining Room

**Catholic Service** – 3rd Thursday, 11:15 am monthly, 3rd floor PV dining room

**Christian Evening Monthly Services** – 3rd Monday at 7:00 pm, SST

**Co-Ed 8 Ball Pool** – Saturdays at 2 pm, Timbers Lounge

**Co-Ed Bridge** – Thursdays at 7 pm, Robie Lounge

**Coffee with Istvan** – 2nd Wednesdays at 9:30 am, Café

**Episcopalian Communion** – Last Tuesday at 3 pm, Eastlake (starting Jan 2018)

**Gin Rummy** – Thursdays at 1 pm, Robie Lounge

**Hand & Foot Canasta** – Tuesdays at 11 am, Timbers Lounge

**Happy Hour** – Mondays, Tuesdays, Wednesdays at 4:30 pm, Timbers, and Thursdays, Fridays, Saturdays at 4:30 pm, Robie

**Just Talk** – Saturdays 1st & 3rd at 10 am, Eastlake

**Keen Readers Club** – 2nd Thursday of the month at 3 pm, Eastlake

**Knit, Crochet, Stitch Group** – 1st Wednesdays at 1 pm, 2000 entrance living room

**Ladies Bridge** – Mondays at 12:45 pm, Robie Lounge

**Ladies Lunch** – Mondays at Noon, Winslow

**Mahjong** – Wednesdays at 1 pm, Timbers

**Men's 8-Ball Practice** – Tuesdays at 2 pm, Timbers

**Men's Bridge** – Fridays at 1 pm, Robie Lounge

**Men's Lunch** – Tuesdays at Noon, South Winslow

**Men's Poker** – Thursdays at 2 pm, Timbers

**Mexican Train Dominoes** – Sundays, 1:30 pm, The Grill

**Movies** – Sundays at 2 pm and 7 pm, Wednesdays at 7 pm, and Saturdays at 7 pm, SST

**Page Turners Book Club** – 2nd Mondays at 2:30 pm, Eastlake

**Pastor Joe** - Thursdays at 1:30 pm, SST

**Pinochle Players** – Mondays at 1 pm, Wellness Hallway

**Protestant Service** – 2nd Wednesdays at 11 am, SST

**Scrabble** – The 2nd, 3rd, 4th, and 5th Saturday at 1:00 pm, Wellness Hallway

**Sewing** – 2nd Mondays at 1 pm, Wellness Hallway

**Watch Batteries and Knife Sharpening** - 1st Mondays at 1:30 pm, Café (none 1/1)

**Wine Club** – 3rd Monday at 4 pm, Roycroft-rsvp \*07



## CIVIL WAR MUSEUM

Clyde Dawson pictured back left, Marj Lutz and Anne Courter stand in awe of some of Clyde's family's Civil War pieces on display while Gina explains their history.

# Bulletin Board

## What's Happening at The Garlands?

How do you find out what's going on today at The Garlands? In addition to this *Gazette* and the *This Week*, you can turn to Channel 16 on your TV; dial \*48 and listen; or look at the digital signs by any of the mail cubbies. If you use a smartphone or tablet, download the Garlands app from your app store; that way you'll always be in the know, even when off campus. Need help with this? Stop by Activities or the Concierge.

## Is Your Walker or Cane Walking Away?

How do you make sure no one walks off with your walker or cane? First, put your name and the main number of The Garlands on it (847-756-3000). Then attach something colorful (e.g., bright-ly-colored tape) to it in an unusual spot. Need help? Stop by Member Services (0)

## Donations

Trying to simplify; want to donate belongings? Member Services (0) can pick up your donations.

# August Birthdays

*Please come to the Birthday Bash with entertainers Noreen and Michael Degallado at 1:30 pm on Saturday, August 4, in the Robie Lounge.*

Norma Carey	Aug 01	Ron Seeger	Aug 17
Janyce Underwood	Aug 03	Jacob Schnur	Aug 17
Mary Seeger	Aug 06	Karen Stathakis	Aug 21
Bev Harding	Aug 09	Betty Shaw	Aug 25
Sam Kaufman	Aug 14	Don Schoen	Aug 26
Bud Brinkman	Aug 14	Irene Napier	Aug 27
Viv Bukar	Aug 15	Jim Hartigan	Aug 28
Ed Bukar	Aug 15	Ginny Combs	Aug 28
Emily Pateros	Aug 16	Shirley Sanders	Aug 29
Sally Leffew	Aug 16	Cheryl Karlin	Aug 29
Mimi Howard	Aug 16		

# Members' Corner

*If you have something that you would like to include in this section of our next Gazette, please email [ladams@thegarlands.com](mailto:ladams@thegarlands.com) with your entry by the 12th of the month before (example: August 12 for the September Gazette)*

## **One Anothering Series**

*By Karen Stathakis*

### **August – Offer Hospitality to One Another**

Looking back, I first experienced hospitality at the home of my high school friend, Sharon, and her mom. The family lived in a simple apartment on the second floor of a bungalow on Chicago's northwest side. I had the sense of being welcome there. I saw what a close relationship Sharon had with her mom. They could talk about anything and everything! Sharon even got good advice from her mom about boys! As I spent more and more time there, I began to experience what I could now call "relational hospitality". A friend of mine calls it "hospitality of the heart". It was a safe place to go to laugh, to cry, or have a heartfelt talk with Sharon's mom. I called her my second mother. That experience gave me a vision of what I wanted my future home to be like.

That vision became more of a reality after my husband passed away in 1999. I had been his primary caregiver

for 20 years, when he was on hemodialysis three times a week. Living alone in my home allowed more opportunities to offer hospitality to others. I opened my home to family visits, small groups, Bible studies, prayer meetings, visiting ministers and their wives, and various other situations. Perhaps the most rewarding to me have been the one-on-one meetings with women I have mentored, whether for a few hours at a time or a few days, when they just needed to get away for a little while. These conversations have been heartfelt, meaningful and life-giving, similar to the talks I had years earlier with Sharon's mom.

That's just one of the ways to offer hospitality to one another; there are certainly other ways. I think if we look for opportunities, sooner or later one will appear. Quote from Everybody Always book by Bob Goff, page 228: "God doesn't give us a recipe for living as a community, but He gives us great ingredients: He gives us everybody always."

Biblical reference: 1 Peter 4:9-10

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## **From Your MAC Committee**

### **RECYCLING TIPS**

*No plastic bags*

*No paper towels*

*No tissues*

*No medical gloves*

*Please rinse all food containers*



## Please Welcome



### Dick and Alice Van Egeren

Dick and Alice Van Egeren moved to The Garlands in March. They grew up in Green Bay, WI, and have always known each other, since their parents were good friends long before Alice and Dick were born. Their parents even gave the two teenagers a joint 16th birthday party. Seems like the mothers and fathers knew what they were doing: five years later Alice and Dick were married.

Dick graduated with a business degree from St. Norbert's College in De Pere, WI, and went to work for Wausau Insurance in Chicago. They lived in South Barrington and Park Barrington for a total of 33 years. They raised five children, now in Arlington Heights, Plainfield, Detroit, Park City, and Vienna, Austria. Their nine grandchildren are launched, and most of them live in greater Chicago.

When their children were out of the nest, Alice became South Barrington's first Police Clerk. After Dick founded a packaging company, Cardinal Container Corp; Alice left the police department to work in the family business.

A decade later, the Van Egerens sold that business (now Cardinal Packaging Products, Inc.) and moved to Saddlebrook, AZ, which they enjoyed and assumed would be their last location. The call of home proved too much, however, and they returned to Barrington this year. "Wonderful grandchildren and a 33-year history with St. Anne's were too much to give up," they say.

Dick wants members who don't exercise to know that, due to the Garlands Fitness Center – and to Sandra's workouts in particular – he is in the best shape of his life. "When you see your body respond this way, you're motivated to continue," he says. "Tell the members that if they can physically get themselves to the Fitness Center, they have the ability to change their lives! My balance and strength have drastically improved. My clothes fit better. Plus there are so many options: I can walk in Paris or New Zealand. It feels like entertainment, not exercise. Tell members they can call me if they need a word of encouragement. I've been on the other side, and this is much better!"

# Food! Glorious Food

*Reservations are required for all events at \*17, unless otherwise noted.*

## **Winslow Courtyard**

Open for dining weather permitting

## **Cooking & Dining Al Fresco** – RSVP to \*17

Join us every Friday & Saturday as our Chefs stimulate your senses while demonstrating their skills. Weather permitting.

## **Churrasco Night** – RSVP to \*17

**Wednesday, August 8th**

**5:00pm-7:00pm in the Grill**

Chef Nick puts his spin on this grilled Latin American favorite. South American Beer and Wine will be available to compliment your meal.

## **Farmer's Market** – RSVP to \*17

**Wednesday, August 15th**

**Time and Location TBD**

Come and shop fresh produce at our First Farmer's Market at The Garlands. Our preferred produce company Testa Produce will put together this event for you to shop the freshest seasonal and local produce available.

## **BBQ Buffet** – RSVP to \*17

**Thursday, August 16th**

**5:00pm-7:00pm in the Winslow**

Chef Nick and his team create mouthwatering barbecue.

## **The Garlands Wine Club** – RSVP to \*17

**Monday, August 20th**

**4:00 pm Roycroft**

## **Grandparents' Day Lunch (a day early)**

– RSVP to \*17

**Saturday, September 8, 11:30 am-1:30 pm,**

**Winslow**

Chef will tip his toque to grandparents and their grandchildren by offering several childhood fa-ves

## **Dinner-To-Go Orders**

Having dinner in tonight? Save yourself some wait time: place to-go dinner orders as early as 11:30 am the same day and state what time you'd like to pick them up. Would you like our menu emailed to you? Call Victor at 77743 or email him at vmora@thegarlands.com. Let him know you'd like to receive updated ones as they change. You may also ask Victor for a paper copy or pick one up at the host stand during meal times.

