

January 2019

# PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

# POST



Mr. Howes loves Penny!



Yes, Martha and Nancy, Santa is real!



Singing with the Scouts!



Decorating in Memory Enhancement

THE GARLANDS<sup>®</sup>  
**Inspira**

Cultivate Possibility. Ignite Opportunity. Inspire Amazing.

# Bulletin Board

*"Should auld acquaintance be forgot,  
and never brought to mind?  
Should auld acquaintance be forgot  
and days of auld lang syne?  
For auld lang syne, my dear, for auld lang syne,  
We'll take a cup of kindness yet,  
for auld lang syne."  
~Robert Burns~*

## January History and Trivia

Did you know....."Ruler of new beginnings, gates and doors, the first hour of the day, the first day of the month, and the first month of the year, the Roman god Janus gave January its name. He was pictured as two-headed (both heads bearded) and situated so that one head looked forward into the new year while the other took a retrospective view. Janus also presided over the temple of peace, where the doors were opened only during wartime. It was a place of safety, where new beginnings and new resolutions could be forged, just as the New Year is a time for new objectives and renewed commitments to long-term goals."  
The January birth flowers are the carnation and the snowdrop. The carnation comes in several different colors, which convey different meanings, much like roses. A pink carnation means affection, while a red carnation means 'I love you.' Garnet, the birthstone of January, is mined in a rainbow of colors. From the fiery orange of Mandarin Garnet to the rich green of Tsavorite Garnet and to the most widely recognized color of Pyrope Garnet, it is considered a great gift to symbolize friendship and trust.

## Memory Enhancement Culinary Arts

**Thursdays at 2:30pm**

This month, we will try our hand at making popcorn cookies, granola, snack mix squares and more mouth-watering recipes!

## Memory Enhancement Winter Social

**Cup of Tea, Monday, January 7**

**Oatmeal Bar, Monday, January 21**

## Dining Delights for January

**Wednesday, January 30, Omelet Bar, breakfast**

## Resident Council Meetings

**Monday, January 14, 2:00pm, 2nd Floor Lounge**

**Wednesday, January 16, 11:00am, Culinary Committee, 3rd Floor Lounge**

**Tuesday, January 22, 11:00am-Skilled Nursing Living Room**

Take the opportunity to discuss the elements of living at Prairieview at the Garlands by participating in these meetings each month. We remain in need of a Skilled Nursing Member to assume the role of President. Please consider lending your time to this endeavor!

## Thank You to Our Volunteers!

Lilly, Cici, Bob and Penny, Caitlin...  
Mary Ellen, Judy, Suzie, Jacki, Sheila and Michael.  
Deacon Bob and Father Bernie and Apporva.  
Your music, laughter and inspiration are a joy to behold! Thank you for sharing your time, talent, pets and so much more.

*"Every man should be born again on the first day of January. Start with a fresh page. Take up one hole more in the buckle if necessary, or let down one, according to circumstances; but on the first day of January let every man gird himself once more, with his face to the front, and take no interest in the things that were and are past."*

*~Henry Ward Beecher~*

# Out & About

*\* Due to limited space, please RSVP to the Activity Staff for outings. \**

## **Let's Go To Walgreen's**

*Monday, January 7, 10:30am, Assisted Living*

Due to the New Year holiday, we will be altering the usual day for our shopping excursion. Please rsvp to Activities, as space is limited.

## **Lunch at Baker's Square**

*Friday, January 11, 12:45pm, Assisted Living*

Baker's Square has all the delicious lunch-and breakfast- items you could hope for, along with the best pancakes around, a great way to spend your day! Cost is on your own.

## **Memory Enhancement Lunch at The Winslow**

*Friday, January 11 and 25, 12:15pm*

## **Trip to Dollar Tree**

*Tuesday, January 22, 10:30am, Assisted Living*

Let's enjoy the day together with a bit of a shopping spree...without breaking the bank!

## **Lunch at the Winslow**

*Friday, January 25, 12:45pm, Assisted Living*

Join us for a relaxing lunch in the company of friends in this classic venue. The meal can be charged to your room.

## **Visiting the Art Gallery**

*Tuesday, January 29, 10:30am, Skilled Nursing*

With the cold weather upon us, let's take the bridge to get a different view! The art gallery is always a welcome place for a quiet trip and good discussion. Which is your favorite piece?

## **\*\*Reminder\*\***

For any outing, please reserve your space with Activity Staff as seating is limited, and is on a first come-first served basis.

*"Dead of winter. Cold hands warm heart.  
As pure as snow.  
Season of mists and mellow fruitfulness.  
Now is the winter of our discontent.  
Left out in the cold."  
~Clichés for Gardeners~*

# January Special Events

## **Abraham Lincoln~Immigration and America**

*Wednesday, January 9, 3:00pm,*

*3rd Floor Dining Room*

Lincoln on Immigration & America's Place in the World: Mr. Lincoln shares his experiences and thoughts on the subjects of immigration, nativism, international relations, and the global significance of the American Civil War.

## **Prairieview Birthday Celebration**

*Tuesday, January 15, 3:00pm,*

*Memory Enhancement*

The New Year is here, and the birthdays roll on! Join your fellow Members to honor our January celebrants with cake, games and song.

## **Eleanor Warrington Musical Afternoon**

*Wednesday, January 16, 3:00pm,*

*Memory Enhancement*

Classically trained with a vast repertoire, Eleanor will help chase the winter blues!

## **Music Appreciation with Jim Kendros- Rare Mozart Treasures**

*Thursday, January 17, 2:30 pm,*

*3rd Floor Dining Room*

Begin the New Year on a high note as we celebrate Mozart's birthday month with Jim Kendros! While we all have heard many of Mozart's "greatest hits," very few of us have heard his first symphony composed at age 8! Jim will bring us this delightful and youthful masterpiece. Jim will also share with us music on one of Mozart's favorite instruments-a rare glimpse into the artistic personality of "The Miracle that God let be born in Salzburg." Come for a delightful New Year Mozart celebration with Jim Kendros!

## **Heather Broudakis Gives Her Regards to Broadway**

*Wednesday, January 23, 3:00pm,*

*3rd Floor Dining Room*

Heather will certainly entertain us all with her Broadway hits program! As we wait through a cold and snowy January, why not carry on with a song in our hearts to help keep us warm.

## **Crafting with the Girl Scouts**

*Sunday, January 27, 2:00pm, 2nd Floor Lounge*

These terrific young ladies continue their quest to reach silver-star status, and we are here to help! Please visit with them and create an adorable snowman craft to take home.

## **Ballroom Dancing Revue with the Lucky's**

*Wednesday, January 30, 3:00pm,*

*3rd Floor Dining Room*

Sit back or get up and dance with this fun-loving and accomplished couple. Their devotion to each other and to their craft is simply a must-see!

*"I wonder if the snow loves the trees and fields,  
that it kisses them so gently? And then it covers  
them up snug, you know, with a white quilt; and  
perhaps it says, "Go to sleep, darlings, till the  
summer comes again."  
- Lewis Carroll, Alice's Adventures in Wonderland  
& Through the Looking-Glass*

## Health & Fitness

The Prairieview Fitness Staff will be conducting general exercise classes Monday through Friday in the 3rd Floor Lounge. If you are unable to join us, or if you want to simply add a personalized routine, please see Ryan in the Fitness Center to start the New Year off right!

### Balance Class with Sandra

***Mondays at 12:00pm, 3rd Floor Lounge***

One key to healthy living is better balance! Utilize the energy and knowledge of our very own Dr. Sandra every Monday.

### Exercise Essentials with Ryan

***Tuesday through Friday, 11:30am,***

***3rd Floor Lounge***

Stretch, movement and more are available with the assistance of the Prairieview fitness coordinator. Join the fun and feel the benefits of participation!

*"Then sing, young hearts that are full of cheer,  
with never a thought of sorrow;  
The old goes out, but the glad young year comes  
merrily in tomorrow."  
~Emily Miller~*

## Spiritual Corner

### Catholic Communion Service

***Sundays***

***10:30am Memory Enhancement***

***10:45am Third Floor Dining Room***

***11:00am Skilled Nursing***

***Wednesdays***

***10:15am Third Floor Dining Room***

Join in our traditional Sunday Communion Service in the Assisted Living Dining Room each Sunday and Wednesday. In Skilled Nursing and Memory Enhancement, please contact any Team Member to ensure that you are visited by a member of the St. Anne's Ministry.

### Special Service with Deacon Bob

***Monday, January 14, 10:30am,***

***3rd Floor Dining Room***

### Faith For Life

***Tuesday, January 15, 2:15, Memory Enhancement***

Sharing and caring is a hallmark of this Christian group of seniors. Welcome them in on this cold winter day!

### St. Anne's Catholic Mass

***Thursday, January 17, 11:15am,***

***3rd Floor Dining Room***

Celebrate the New Year with a mass said by Father Bernie and give thanks for the blessings we have received.

*"JANUARY,  
The first month of the year,  
A perfect time to start all over again,  
Changing energies and deserting old moods,  
New beginnings, new attitudes"  
~Charmaine J Forde~*

## January Birthdays

1/6 Jeanne Gaffney  
1/6 Marie Kaminski

1/13 Martha Tobias  
1/18 Sallie Mitchell

1/27 Janet Gardner

## Thank You!

*January is "National Thank You Month." On January 2nd, join in writing thank you notes to our volunteers and fill a goody bag for each as we show our appreciation to them for sharing their time and talent with us.*

*Thank you for the warm Holiday wishes sent our way this season. Here is to a happy, healthy New Year and 2019 to all of you from the Staff at Prairieview at The Garlands.*

## Spa Vargas Salon at Prairieview



### **Conveniently located within Prairieview!**

Hair services include shampoo and set or blow dry.

Low maintenance hairstyles for men and women.

Color and permanents are offered.

Nail services include manicures and pedicures.

All services are performed in a private and relaxing environment.

**Please call \*49 or 847-852-3900 to book an appointment today!**

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**PRAIRIEVIEW**  
— at The Garlands —

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