

April 2019

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

POST



Mrs. Wilson ponders the promise of Spring



Mr. Wood, Mr. Grossi, Mrs. Boge and Mrs. Loomis raise a glass to St. Patrick!



A good time was had by all!



Saturday Bingo with Mrs. Gott and Ridgway

THE GARLANDS[®]
Inspira

Cultivate Possibility. Ignite Opportunity. Inspire Amazing.

Health & Fitness

Fitness

Let's safely work off those extra holiday pounds we may have added and start the season right! The Fitness Center will be open Monday through Friday. Please see the Fitness Coordinator Ryan, or call his extension, #3587, for more information. We urge you to visit the Fitness Center on a regular basis, so get your regimen underway. Also, join your neighbors for the weekday classes at 11:30am.

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-Better Balance, 11:30am*
- *Thursday-Strength and Stretch, 11:30am*
- *Friday-Resistance Training, 11:30am*

Health Tip for April: Stay Hydrated!

Drinking enough water is important no matter what age you are, but it's especially vital for seniors. A lack of liquids can worsen the symptoms of Alzheimer's, causing people with dementia to feel more disoriented and irritable. Dehydration can also cause the brain to shrink-after all, it's made up of three-fourths water! On the other hand, proper hydration fosters healthy cognitive function, boosting the capacity for memory, concentration and even mood balance. Bottoms up!!

*"The roofs are shining from the rain,
the sparrows twitter as they fly,
And with a windy April grace
the little clouds go by.
Yet the back yards are bare and brown
with only one unchanging tree--
I could not be so sure of Spring save
that it sings in me."
- Sara Teasdale, April*

Spiritual Corner

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, April 16, 2:15pm, Memory Enhancement
Friends meeting friends! Fellowship and joy abound as we come together to sing and praise God.

Catholic Communion Service with the Deacon

*Thursday, April 18, 11:00am,
3rd Floor Dining Room*

The holy celebration of Easter is a mere 3 days away. Deacon Bob will be here to help us prepare our minds and hearts.

Out & About

Please reserve your seat on any outings to Activity Staff as space is limited!

Scenic Drive

*Tuesday, April 2, 9, 23 and 30, 2:30pm,
Memory Enhancement*

It's time to get out and take a ride and observe the blooming nature all around us.

Memory Enhancement Lunch Outings

*Friday, April 5, 12:15pm, Lunch at The Winslow
Friday, April 19, 12:15pm, Lunch at The Winslow*

Trip to Walgreen's

Tuesday, March 2, 11:00am, Assisted Living

****Please note this has been moved up a half an hour!****

Join us on our monthly Walgreen's trip, Senior discounts are applied!

Lunch Bunch to the Onion Pub

Friday, March 12, 12:30pm, Assisted Living

Hopefully the weather will be picture perfect as we gather for a delicious lunch. The menu is available for inspection, ask the Activity Staff! Cost is on your own.

Barrington Library: April in Paris

Monday, April 22, 1:45pm, Assisted Living

While three friends struggle to find work in Paris, they also happen to fall in love with the same woman. Join Film Historian Annette Bochenek for a presentation of Leslie Caron's life and early years in France. Discussion followed by a screening of an American in Paris (1951), starring Caron and Gene Kelly. Seating is limited, please reserve to Activity Staff by April 18.

Lunch Bunch to the California Pizza Kitchen

Tuesday, April 23, 12:30pm, Assisted Living

Located in the Deer Park, this lunch promises to satisfy! Cost is on your own.

Shopping at Jewel-Osco

Monday, April 29, 10:30am, Assisted Living

Jewel has just about everything you need, so hop on the bus and come along!

"Now that the winter's gone, the earth hath lost her snow-white robes, and now no more the frost candies the grass, or casts an icy cream upon the silver lake or crystal stream; but the warm sun thaws the benumbed earth, and makes it tender; gives a sacred birth to the dead swallow; wakes in hollow tree the drowsy cuckoo and the humble-bee. Now do a choir of chirping minstrels bring in triumph to the world the youthful spring."

- Thomas Carew, The Spring, 1630

April Special Events

Heather Presents: The Girls of the 50's

Wednesday, April 3, 3:00pm,

3rd Floor Dining Room

All are welcome to come together and recall those classic hits of the female vocalists. Heather is bound to get you singing and dancing!

White Sox Home Opener!

Thursday, April 4, 1:00pm, Sky Box Lounge

Calling all South Siders! The White Sox are hosting Seattle-enjoy a hot dog and a glass of beer as we stay warm in the Sky Box! Just for the camaraderie, we will show the game against the Yankees at noon on Saturday, April 13 and also Sunday, April 28 vs. Detroit.

Cubs are Home!

Monday, April 8, 1:20pm, Sky Box Lounge

It's time for the North Siders to make some noise as the Chicago Cubs are playing at home against the Pirates. Brats and beer are on the side today! In addition, the Sky Box will air games vs. the Angels on April 14 at 1:20pm, the Diamondbacks on April 20 at 1:20pm and April 28 at 3:10pm. Come on down and "have a ball"!

Roxanne Reduex!

Wednesday, April 10, 3:00pm,

Memory Enhancement

This week, let's enjoy the memories, romance and timeless hits with Roxanne's sultry renditions of the 60's and 70's.

Prairieview Birthday Celebration

Thursday, April 11, 3:00pm, 2nd Floor Lounge

We need to send special birthday greetings to 8 Members this month, so join in the fun and share the cake with our April honorees.

Spring Fling Social

Monday, April 15, 3:00pm, 2nd Floor Lounge

The long wait for warmer weather is finally over, so let's usher in the new season with a toast!

Liz Goss: Juke Box Saturday Night!

Wednesday, April 17, 3:00pm,

3rd Floor Dining Room

Do you have fond memories of the sock hops, malt shops and gymnasium dances of your high school years? Join the fun and sing a chorus or two of these oldies but goodies!

Jim Kendros, Music Appreciation:

Spring is in the Air!

Thursday, April 18, 2:30pm, 3rd Floor Dining Room

It is time for warmer days and beautiful blooms! Join Jim Kendros as we celebrate music inspired by spring. Discover Beethoven's Spring Sonata, experience excerpts from Stravinsky and revel in the timeless joys of Vivaldi's Spring Concerto! Enjoy lighthearted selections for flute, cello and more. Jim will also play for us romantic selections on the piano. Join Jim for a wonderful musical experience celebrating Spring!

Introducing Ray Forlenza!

Wednesday, April 24, 3:00pm,

Memory Enhancement

Lucky Entertainment has brought us many memorable performers over the years, and they are sharing Ray's talents today. Join us for this new musical adventure!

Southern Belles Tea

Thursday, April 25, 3:00pm, Skybox

A special invitation is extended to all the ladies for a tea that will focus on traditions of the Southern Belle. Wearing the beautiful hats that we decorated yesterday is welcomed!

April Special Events

Crafting with the Girls Scouts

Sunday, April 28, 2:00pm, 2nd Floor Lounge

Join these hard working young ladies as they strive to earn their star!

Create a springtime decoration to bring home as a memento of the companionship they share.

"The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month."

- Henry Van Dyke

Bulletin Board

Dakim Brain Fitness

Step up all phases of your health this month, and that includes your mind! This program is fun, interactive and only takes about a half an hour. Schedule time for yourself and learn something new every day! Please feel free to call Terri at *30 to schedule a personal tutorial.

Fresh Flower Arrangements

Fridays in Prairieview

It is said that April showers bring May flowers...but the colors and variety have already arrived and are ready to grace our dining tables.

April Dining Events

Wednesday, April 3, Berry Bar, breakfast

Wednesday, April 10, Ice Cream Station, lunch

Sunday, April 21, Easter Meal, lunch

Wednesday, April 24, Carving Station, lunch

Resident Council Meetings

Monday, April 15, 2:00pm, 2nd Floor Lounge

Wednesday, April 17, 11:00am, Culinary Committee, 3rd Floor Lounge

Tuesday, April 23, 11:00am, Skilled Nursing Living Room

Please note that the Assisted Living meeting will take place on the 15th due to the Cubs Home opener. Take part in the council meetings and make your voice heard! Family Members are welcome to form a committee of their own and upon Member approval, join the scheduled meetings. There continues to be a great need for a President for our Skilled Nursing Council. If you would like more information, please contact the activity department.

April Birthdays

4/4 Margaret Hananhan

4/12 Joe Ventrella

4/20 Marcella Ziemann

4/23 Dorothy Pratt

4/27 Cary Lee Loomis

4/27 Karen Enockson

4/30 Donna Redman

4/30 Rita Meyers

Garlands Gold Team Member Recognition

Any Team Member who provides you extraordinary service by going above and beyond the call of duty is eligible to be submitted to the peer-reviewed Garlands Gold Committee. To nominate a Team Member, write a description of the event and direct it to management.

The Committee reviews each card, letter and e-mail on a quarterly basis and nominates for the annual President's Award those who have exceeded their job description to provide truly exceptional service. The President/CEO of The Garlands reviews the year's submissions each January and, in February, awards a cash prize of \$1,000 at a celebratory dinner honoring all Garlands Gold nominees of the previous year. All nominees receive a small cash prize at the time of nomination.

Members may describe the exceptional service on a Garlands Gold card-available at all concierge desks-or in an e-mail or letter with the words "Garlands Gold" at the top. Please then direct it to the Team Member's supervisor or Director of Human Resources.

A Member who simply wants to acknowledge or express gratitude to a Team Member for a job well done may fill out a thank you card, also available at all concierge desks, or write an e-mail or letter and submit as above. It will then be routed to the correct Team Member.

Please let us know the wonderful things that our Team is doing for you and for your family!

