

May 2019

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

POST



Mrs. Vendafreddo in the sun



Prairieview welcomes Spring!



Cubs Win, Cubs Win!!

THE GARLANDS[®]
Inspira

Cultivate Possibility. Ignite Opportunity. Inspire Amazing.

Bulletin Board

May History and Trivia

Did you know...

- It is the third and last month of the season of spring.
- The birthstone of May, the emerald, symbolizes success and love.
- May in the Northern Hemisphere is similar to November in the Southern Hemisphere.
- May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day".
- In Old English May is called the "month of three milkings" referring to a time when the cows could be milked three times a day.
- The Indianapolis 500 car race is held each year during this month. The Kentucky Derby, the world's most famous horse race, is also held on the second Saturday of this month.
- The month of May is devoted to the Virgin Mary in the Catholic Church.

Dakim

Please reread the commentary about staving off mild cognitive impairment, and contact the Activity Department at *30 if you have any questions about this remarkable brain fitness series or if you would like a personal tutorial on its use.

Memory Enhancement Days to Celebrate!

Join the fun with Quiche Lorraine Day, Cinco de Mayo, the Kentucky Derby and Memorial Day.

Fresh Flower Arrangements

Fridays in Prairieview

May is here!! Celebrate spring and fill the dining tables with masses of brilliantly colored flowers, each with its own heavenly scent.

Dining Delights for May

Wednesday, May 1, Cinco de Mayo Omelet Station, breakfast

Wednesday, May 8, Bountiful Berry Bar, breakfast

Sunday, May 12, Mother's Day Luncheon, lunch

Wednesday, May 22, Carving Station, lunch

Wednesday, May 29, Ice Cream Station, lunch

****Please RSVP for the Mother's Day Luncheon or afternoon social to Terri at 847.852.3590 or tforti@thegarlands.com**

Resident Council Meetings

Monday, May 13, 2:00pm 2L, AL Resident Council

Wednesday, May 15, 11:00am, 3rd Floor Lounge, Culinary Committee

Tuesday, May 28, 11:00am, Skilled Nursing Living Room

Step up and take a role, bring your thoughts, concerns and praises to the Resident Council meeting. Invite your friends to join in this important part of our community. Please voice your opinion if you hold a different view. Also, we are still looking for an interested Member to serve as President of the Skilled Nursing Council, please consider this important role.

*In the marvellous month of May when all the buds were bursting, then in my heart did love arise.
In the marvellous month of May when all the birds were singing,
then did I reveal to her my yearning and longing.
~Heinrich Heine~*

Out & About

Please note: There is limited seating for each outing.

Memory Enhancement Scenic Drive

Tuesdays at 2:30pm

Memory Enhancement Lunch Outings

Friday, May 3, 12:15pm, Lunch at the Winslow

Friday, May 10, 12:00pm, Red Robin

Friday, May 17, 12:15pm, Lunch at the Winslow

Friday, May 24, 12:00pm, California Pizza Kitchen

Friday, May 31, 12:15pm, Lunch at the Winslow

Let's Go To Walgreen's

Tuesday, May 7, 10:30am, Assisted Living

Whether you need snacks, personal care items or greeting cards, join us on this early May morning. The first Tuesday is Senior discount day!

Lunch Bunch to Heng Wing Redo!

Tuesday, May 14, 12:30pm, Assisted Living

Unfortunate events kept us from dining here last month, but with so many Members' commenting on their fond memories of this institution, here we go again! Should you be interested, the activity department has menus for you to review. Generally speaking, lunch portions range from \$5-\$7, large from \$10-\$18.

Shopping at Talbot's in Deer Park

Tuesday, April 21, 10:30am, Assisted Living

Spring has sprung, so it's the perfect time for a fashion overhaul! Join the ladies for a spree to this fabulous store!

Station Middle School Spring Concert

Thursday, May 22, 1:00pm, Assisted Living

This year marks the 4th annual visit to hear the accomplishments of these hard-working students as they wrap up their school year. Sit back and relax as the staff serves cake and coffee while students share homemade crafts.

Lunch Bunch to Biaggi's

Tuesday, May 28, 12:30pm, Assisted Living

Join your friends and neighbors and get ready to feast on your Italian favorites! Cost is on your own, ask the Activity Department for a menu.

"Along with the greening of May came the rain. Then the clouds disappeared and a soft pale lightness fell over the city, as if Kyoto had broken free of its tethers and lifted up toward the sun. The mornings were as dewy and verdant as a glass of iced green tea. The nights folded into pencil-gray darkness fragrant with white flowers. And everyone's mood seemed buoyant, happy, and carefree. Never before had such simple indulgences brought such immense pleasure."

-Victoria Abbott Riccardi, Untangling My Chopsticks: A Culinary Sojourn in Kyoto-

May Special Events

Weekly Feature Cubs and Sox Games

Saturday, May 4, 3:05pm~Cubs vs St. Louis 🍷

Saturday, May 11, 2:07pm~Sox @Toronto 🍌

Saturday, May 18, 6:15pm~Cubs @ Washington 🍷

Thursday, May 23, 1:20pm~Cubs vs Philly 🍌

Saturday, May 25, 1:10pm~Sox @ Minnesota 🍌

Hope springs eternal for Chicago fans everywhere and we are a month into the new season, so let's keep up the enthusiasm and cheer on the teams together! Prairieview at The Garlands is pleased to host a "Game of the Week" in the Skybox every Saturday this month and one special mid-week match up.

🍌 When you see this symbol on the daily calendar, you have the choice of having a predetermined lunch in the Sky Box or enjoying the delicious offerings in the Dining Room then to come in and watch the later innings. Please RSVP to the Activity Staff as seating is limited!

🍷 This signifies that snacks and a soft drink will be available.

Carol Bradley Discusses Grace Kelly

Wednesday, May 1, 3:00pm, 3rd Floor Assisted Living Dining Room

The life, romance, family and scandals of the beautiful actress known as the "American Princess", is detailed by Carol.

Cinco de Mayo Celebration

Sunday, May 5, 3:00pm, 2L

All are welcome to share a favorite South-of-the-Border treat and learn some fun facts and the history of Cinco de Mayo.

Bob Kalal Entertains

Wednesday, May 8, 3:00pm, Memory Enhancement

Welcome one and all to an afternoon of music and melody.

Prairieview Birthday Celebration

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

Put your party dress on and join us in wishing our 7 very special guests a wonderful birthday and a happy, healthy year to come!

Mother's Day Social with Terry's Tunes

Sunday, May 12, 3:00pm, 3rd Floor Dining Room

Celebrate Mother's Day today with song and sweets! Invite your family or join your friends for this special occasion. Please RSVP to Terri at tforti@thegarlands.com.

Eric Lucky, Sax & Keyboard Specialist

Wednesday, May 15, 3:00pm,

3rd Floor Dining Room

Energetic, musically knowledgeable and a definitive crowd favorite, the perfect combination for a sensational afternoon!

Music Appreciation with Jim~Beethoven's Symphonic Revolution

Thursday, May 16, 2:30pm, 3rd Floor Dining Room

Join Jim Kendros as we celebrate a truly revolutionary work, Beethoven's Symphony # 1. As Jim has often stated: "Many people believe that Beethoven broke the symphonic mold with his Symphony # 3, the 'Eroica.' However, just listen to the first notes of Beethoven's first symphony and you'll be convinced that he was a symphonic revolutionary from the very beginning!" Experience the passions, elegance and expansive heights of this immortal symphony with Jim Kendros!

Art Appreciation with Carla ~ Joannes Vermeer "Transcending Time"

Wednesday, May 22, 3:30pm,

Memory Enhancement

Join us as we step back nearly 400 years to explore the life and work of a painter from the Dutch Golden Age. Locally respected during his lifetime, his work nearly fell into obscurity in the art world after his death before re-emerging in more recent times as art lovers recognized the timeless quality of his work.

May Special Events

Introducing Mike Basin

Wednesday, May 29, 3:00pm,

3rd Floor Assisted Living

Mike has had many laps around the circuit, but this is a first for Prairieview! Come on up and you be the judge...will there be a 2nd time around?

Sky Box

Reminder: The Skybox and other public rooms in Prairieview are available to host your family get-togethers! Please see Terri to discuss opportunities, with the Garlands catering also available.

*As it fell upon a day in the merry month of May,
Sitting in a pleasant shade which a grove of myrtles made.
~Richard Barnfield~*

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 Ryan, or call his extension, #3587, for more information. We urge you to visit the Fitness Center on a regular basis, so see Ryan to get your regimen underway!

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

- *Monday-Fun in the Sun with Dr. 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*

**Assisted Living begins their outdoor Fit Walks this month on Monday, Thursday and Saturday at 2:00pm. Meet the Activity Staff in the lobby; bring a light weight jacket or sweater, just in case! So let's get moving...join the Fit Walk Club and stroll around the beautiful Garlands campus!

May "Did You Know..."

According to an article in the Northwest Herald, staying "in the game" may safeguard the aging brain. A study published in JAMA by senior author Dr. Yonas Geda, a neurosurgeon at the Mayo Clinic in Scottsdale, AZ, concluded that even simple activities such as playing cards, surfing the web and socializing can stave off mental decline. The study looked at 5 types of activities that are thought to help keep the mind sharp: playing games, making crafts, computer use (ie the Dakim!), socializing and reading. The idea was to see if these activities could help prevent mild cognitive impairment. 2,000 seniors participated in the study and were tested every 15 months over the course of 4 years. Analysis found a protective effect of each, except reading. Participants who engaged in any of these other activities at least once weekly were 20 to 30 percent less likely to develop memory problems. Armed with this information, pick up the calendar, join in your favorite activities and socialize! If you have an interest in something that is not covered on the calendar, please contact Terri at *30 and we will do our best to accommodate.

Spiritual Corner

Catholic Communion Service

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

Communion Service with Deacon Bob

*Thursday, May 16, 11:15am,
3rd Floor Dining Room*

As we patiently await the availability of one of the priests, Deacon Bob graciously extends our regular Communion Service and welcomes discussions with our Members.

Faith For Life

Tuesday, May 21 2:15pm, Memory Enhancement
With Easter just behind us, our friends come in to worship and visit with us. All are welcome to share in faith and praise.

She turned to the sunlight / And shook her yellow head / And whispered to her neighbor / 'Winter is dead.' ~A.A. Milne, *When We Were Very Young*

May Birthdays

*5/1 Patsy Lange
5/3 Terry Herdrich
5/8 Esther Palumbo*

*5/12 Anne Gott
5/12 Dave Tomchek
5/19 Caroline Welkom*

Please Welcome

Mr. John Fisk

Mr. Jack Mulholland

