

DECEMBER 2019

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

POST



Dining gets in the spirit of Halloween



Mrs. Enockson at the Fall Market



Halloween goodies for all!



Prairieview Halloween Parade

Out & About

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

Lunch Bunch to the Winslow

Friday, December 13, 11:45am,

Memory Enhancement

Friday, December 27, 11:45am,

Memory Enhancement

Let's Go To Walgreen's

Tuesday, December 3, 10:30am,

Assisted Living



Lunch to Heng Wing

Friday, December 6, 12:30pm,

Assisted Living

Delicious, fresh and senior-friendly, Heng Wing restaurant serves Cantonese cuisine in a low-key setting. A two-thumbs up with Prairievew Members!



Shopping Trip to Stein Mart

Monday, December 9, 10:30pm, Assisted Living

"Established in 1908, Stein Mart is the savings headquarters for brand name fashion for men and women, unique home décor and gifts, and the season's trendiest accessories.



Christmas Light Hunting!

Tuesday, December 10, 6:30pm, Assisted Living

Put on your winter coat and we'll tour the local neighborhoods for a wondrous viewing of the holiday décor while singing timeless carols.

Lunch Bunch to the Winslow

Friday, December 13, 11:45am,

Memory Enhancement

Friday, December 27, 11:45am,

Memory Enhancement

Lunch Bunch to the Winslow

Tuesday, December 17, 12:30pm, Assisted Living

The Winslow serves up not only culinary delights but camaraderie, too! Especially at this time of the year, it's a feast for all the senses!



Winter Wonderland

Your RSVP to *07 is required for planning purposes

Sunday, December 8, 4:30-7:00 pm

Members and your families and team members and their families are invited to get into the holiday spirit with our eighth annual Winter Wonderland celebration. Pet reindeer, visit with Santa, snuggle under a blanket on the horse-drawn wagon and sleigh rides, join Victorian carolers, watch Nutcracker selections, feast, and so much more. This is a well-attended and busy event. If you prefer, join us for the Prairievew Winter Wonderland at 2pm (*see details under December events section in this newsletter*).

Bulletin Board

Game of the Week in the Sky Box Lounge

*Thursday, December 5, 7:20pm,
Bears and Cowboys (snacks)*

*Sunday, December 15, 12:00pm,
Bears and Packers (hamburgers)*

*Sunday, December 22, 7:20pm,
Bears and Chiefs (snacks)*

*Sunday, December 29, 12:00pm,
Bears and Vikings (chili dogs)*

*Sunday, December 29, 4:00pm,
Blackhawks and Bluejackets (snacks)*

It's Crazy Sock Day!

Wednesday, December 4

Pull out your favorite pair of silly socks and join Team Members in a "fashion show" at lunch today!

Nutcracker Tea

Thursday, December 12, 3:00pm, 2nd Floor Lounge

Celebrate this traditional holiday ballet with sugar plums and memories. After, let's settle in and watch the previously filmed performance!

Foodology with Alicia ~ Let's Make Reindeer Tracks!

Friday, December 20, 2:00pm, Sky Box Lounge

Dining Delights for December

Wednesday, December 4, Omelet Station, breakfast

Wednesday, December 11, Candyland Ice Cream Station, lunch

Wednesday, December 18, Merry Berry Bar, breakfast

Wednesday, December 25, Christmas Feast, lunch

Resident Council Meetings

Monday, December 9, 2:00pm, 2nd Floor Lounge, Assisted Living

Wednesday, December 18, 11:00am, Food Committee, 3L

Tuesday, December 24, 11:00am, Skilled Nursing

As we reach the end of 2019, please make sure that 2020 is on its way to being the best year ever! Please join the resident council and bring your ideas to the table for open discussion. We are still searching for a President in Skilled Nursing. If you are interested or need more information, please contact Terri at *30.

December Birthdays

12/8 Bill Umphred, 12/11 Francis Shaw

12/18 Nancy Wilson, 12/20 Jim Ehlert

12/21 Donnie Wheeler



Prairieview at The Garlands earned the designation of 2019-20 "Best Nursing Home" for short-term rehabilitation from U.S. News & World Report.

Prairieview was one of only 63 providers in Illinois to achieve a rating of "High Performing," the highest possible rating, for short-term rehabilitation. *U.S. News & World Report* rates the nation's 15,000-plus nursing homes using publicly available data and an exclusive methodology to evaluate factors that impact patient and resident care, safety and outcomes.

"To be ranked in the top 19 percent of skilled nursing programs in the nation is a remarkable accomplishment and a true testimony to the quality and value The Garlands offers our members in the event they should ever need short-term rehabilitative care," said Dawn L. Kempf, The Garlands Vice President, Sales Marketing and Health Care.

For more information, visit our blog: thegarlands.com/whats-new/blog

December Special Events

Heather Presents "Sacred Christmas"

Wednesday, December 4, 3:00pm,

3rd Floor Dining Room

Celebrate the reason for the season, recounting the sacred story of Christmas through the biblical account, classic carols and sacred song.

A Visit From St. Nick

Friday, December 6,

1:00pm in Memory Enhancement

1:30pm in the 3rd Floor Dining Room

Today is St. Nick's Day; the legendary figure is derived from Nicholas of Myra who officiated as a bishop in 4th century Greece. During his lifetime he developed a reputation for gift-giving by putting coins into other people's shoes, which accounts for many of today's Christmas traditions that involve leaving gifts in shoes or boots. Get in the giving spirit of the holidays as we meet St. Nick and prepare Christmas cards for PADS.



Winter Wonderland with Chris Colletti and Santa Himself at Prairieview

Sunday, December 8, 2:00pm,

3rd Floor Dining Room

We will kick off Winter Wonderland here at the Prairieview with Chris setting the mood with cheery holiday tunes as we anticipate a visit from St. Nick! Gather your family around for photos and partake of the delicious offerings from the Garlands kitchen.

Santa's workload is getting heavy, so here is his approximate time frame:

3:00pm in Memory Enhancement, 3:15 in Skilled Nursing and appearing at 3:30 in Assisted Living.

Liz Goss: "It's the Holiday Season"

Wednesday, December 11,

3:00pm,

3rd Floor Dining Room

Liz is here to sing your very favorite songs from holiday selections and your special requests.



A Merry Wine and Cheese Social

Friday, December 13, 3:00pm, 2nd Floor Lounge

This is the time of year to gather around the fireplace with a toast to friendship and to warm the soul with stories of Christmases past ~ join the fun!



Prairieview Birthday Celebration

Monday, December 16, 3:00pm, 2nd Floor Lounge

There are 5 December birthdays to celebrate this month ~ enjoy a slice of cake, a cup of coffee and great conversation as we honor these Members.

Tim Wilsey Presents; Classic Christmas Specials

Wednesday, December 18,

3:00pm,

Memory Enhancement

Please join us for this special lecture on some of the most historic Christmas tv specials that have been watched and

enjoyed for Generations. These feel good stories of Christmas cheer always makes our hearts warm around the holiday time. From Miracle on 34th Street to Rudolph the Red-Nosed Reindeer and we will look at the music and celebrate the great Charles Schulz and his special Charlie Brown Christmas.



December Special Events

Music Appreciation with Jim: Festive Favorites!

*Thursday, December 19, 2:30pm,
3rd Floor Dining Room*

Celebrate the Season! Jim Kendros brings seasonal joy with musical Festive Favorites! Experience the sounds of the season with Vivaldi, Bach, Handel and other greats! Jim will also offer us a Beethoven Birthday Celebration as we enjoy the Moonlight Sonata! Jim will then give us a highly festive "Mini Concert" as he performs his own piano arrangement of "Carol of the Bells." Come for a highly festive hour of resounding music with Jim Kendros!



Musical Variety Show with Hannah

*Monday, December 23, 3:00pm,
3rd Floor Dining Room*

A new musical talent awaits us in Prairieview as we welcome Lucky Entertainment phenom Hannah with an array of songs to share.



Rocking New Year with Roxanne

*Tuesday, December 31, 2:30pm,
3rd Floor Lounge*

Ring in the New Year with song, champagne and appetizers.

Wear your most festive attire and make some noise as we welcome 2020!

Health & Fitness

Building Real Muscle Takes Specific Focus and Action, Month After Month

If you are interested in building lean muscle mass, consider these rules...

- 1. You must overload your muscles.** This means that you should engage in strength workouts that are challenging and progressive over time. You have to gradually increase how hard your muscles are working.
- 2. You must be eating enough calories each day** so that your body will signal your muscles that it's safe to grow. Without sufficient calories, it's REALLY hard to grow muscle. My general rule of thumb is to aim for 25-30 grams of protein at each meal. Fill the rest of your plate with veggies, whole grains, fruit and healthy fats! Eat to satisfaction and enjoy your meals.

3. You must be strategic in how much cardio you are getting. Too much cardio is a muscle-killer.

4. You must allow rest in between your strength workouts. It is during the rest time that your muscles recover and grow from your last workout. Take a nap after workouts and get enough sleep each night. Take a rest day or work different muscle groups on different days to allow for recovery.

If you have any questions on how to improve strength and decrease pain (pain is often a signal for muscles that are weak), contact Ryan today!

Joyful Movement with Dr. Sandra
Mondays at 11:30am, 3rd Floor Lounge

Strength and Stretch with Ryan
*Tuesdays and Thursdays at 11:30am,
3rd Floor Lounge*

Balance & Fitness
Wednesdays at 11:30am, 3rd Floor Lounge

Resistance Training with Ryan
Fridays at 11:30am, 3rd Floor Lounge

THE GARLANDS® *Inspira*

At The Garlands, we believe that the secret to happiness and joyful longevity is a healthy balance of physical and mental fitness, a sense of community and a positive attitude. Our members feel better, age better and live better with this inspiring approach we call ***Inspira!***

FEEL Better. AGE Better. LIVE Better.



Don't Miss This!

A prolific painter and sculptor, Prairieview member Nancy K. Wilson's artwork is on display in galleries and homes throughout the United States and Asia, now you can see her stunning private collection of contemporary Chinese paintings, prints, reliefs and oil on canvas paintings at The Gallery at The Garlands. For more information, visit our blog at thegarlands.com/whats-new/blog.

Spiritual Corner

Catholic Communion Service

Sundays: 10:30am Memory Enhancement; 10:45am Third Floor Dining Room; 11:00am Skilled Nursing

Wednesdays: 10:15 am 3rd Floor Dining Room

Faith For Life

Tuesday, December 17, 2:15pm, Memory Enhancement

Prize-winning Garlands Gardens

The days grow darker, yet the sun shines brightly on the gardens at The Garlands of Barrington, which was recently honored with a 2019 "Integration of Native Plants" award from **The Council of Barrington Garden Clubs**.

"We were floored at how beautiful the landscaping is here at The Garlands," said Maureen Doessel of the Country Home and Garden Club, who visited the campus in August and decided on the spot to nominate The Garlands for recognition.

Read our blog for details:
thegarlands.com/whats-new/blog



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— of Barrington —

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