

THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

APRIL 2020



THANK YOU so much for your patience and cooperation during the past few weeks. We have asked a lot of our neighbors and ourselves, but, like you, we continue to believe our COVID-19 preventive measures are necessary and beneficial.

I have received several messages from members and family members, thanking our team for how we have handled the last few weeks. Messages like these have meant the world to our team:

"Huge gratitude to you and the entire team for not only thinking about the residents, but also their families who are not able to see our loved ones right now."

"You are doing a GREAT job – organized, professional and cheerful. I am so glad I'm living here through this and not isolated in a single home."

"Just a note to thank you and your team for the great job you are doing."

This has truly been a group effort. Tom and I are incredibly proud of our team, and we will continue to do everything we can to keep our entire Garlands family healthy and COVID-19 free!

In the coming weeks, we must continue to remain diligent with our precautionary measures. As you know, there are reportedly many people who are infected with COVID-19 who show no symptoms but are contagious. We simply need to avoid contact. If we do fall victim to this horrible virus, I can assure you that we have a solid contingency plan that we are ready to put in place if need be.

Thank you in advance for continuing your efforts. It is not going to be easy, but we will get through this together.

Sincerely,

Dawn

Dawn L. Kempf, LNHA

Vice President, Chief Operating and Compliance Officer

FEEL Better. AGE Better. LIVE Better.





Special Events

As we go to print, we're hopeful that Activities will resume mid-April. It will be wonderful to all get together again when that day arrives! Please watch the Dispatch and Channel 16 and 17 for updates.

Lynn Adams, Director of Lifestyles/Activities
Nate Szkil, Lifestyles Coordinator/Media Specialist

PLEASE RSVP SO WE CAN BE READY FOR YOU.

Did you know that we can print out all the events for which you've rsvp'd?

<p>Saturday APRIL 4 1:30 pm - 2:30 pm</p>	<p>Birthday Bash with Member Rem Stokes - MUST rsvp to *07 Performing Arts Center. Maximum 10</p> <p>If you haven't heard Rem play the piano, you're in for a surprise and a treat (although you might not see him in person)! When he realized what all the cancelations meant, he put together an hour's program for us. <i>Due to the 10-person limit, we can take the first 10 reservations for members who have April birthdays. We will film Rem's performance and have showings of it on Channel 17 the following week so everyone may enjoy. We're so sorry to limit it this way!</i> Please make sure you have rsvp'd, as you must be on our list to attend. No exceptions.</p>	
<p>Friday APRIL 17 11:00 am - 12:00 pm</p>	<p>Instant Pot/Crockpot Cooking (and Tasting!) with Ann Wayne - rsvp to *07 Surround Sound Theater</p> <p>Ann makes Lemongrass Chicken, and we get to enjoy! Also featuring a yummy dessert. Bring your appetite!</p> 	
<p>Friday APRIL 17 7:00 pm - 8:00 pm</p>	<p>Mr. Showman: Floyd Andrew with Music of Times Gone By - rsvp to *07 Robie Lounge</p> <p>On the road 320 days a year performing in senior-living communities around the country, Floyd (whose moniker is "Mr. Showman") can play any song you name ... with flourish ... a lot of flourishes! He and Emcee Terry Davenport live to entertain and hope to bring joy wherever they go.</p>	

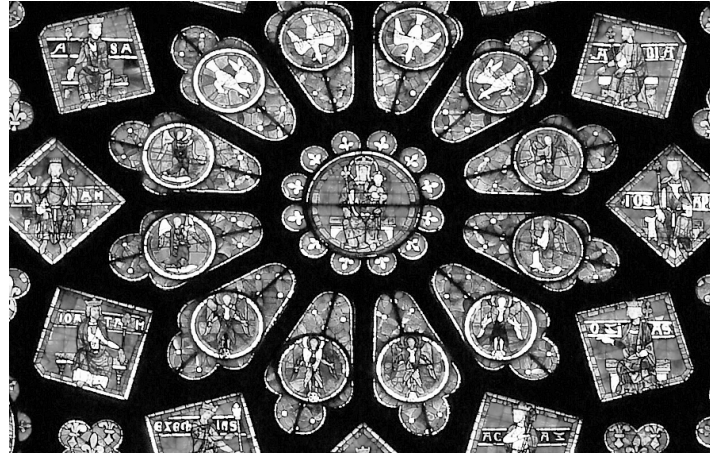
FOR ALL EVENTS, PLEASE RSVP SO WE CAN BE READY FOR YOU. *We sometimes need to invite walk-ins to wait until those who have reserved are seated. If you're unable to make an event for which you've registered, please cancel (*07) so someone else may have that seat.*

<p>Monday APRIL 20 11:00 am - 12:00 pm</p>	<p>Best Seat in the House: Diary of a Wrigley Field Usher - rsvp *07 <i>Performing Arts Center</i></p> <p>Lifelong Cubs fan Bruce Bohrer's book, <i>Best Seat in the House! Diary of a Wrigley Field Usher</i>, details the joys and tribulations he experienced during his nine seasons as a Wrigley Field usher - from the unique perspective of an usher. During this presentation, Bruce recounts brushes with greatness, marriage proposals, creative signs and cheers, unique crowd control issues, and the sheer awe and excitement of patrons at the shrine called Wrigley.</p> <p>You may also remember Bruce from the Buffalo Grove Singers <i>Encore!</i>, who performed here in September and December ("Letttt the sunshine innnn ... letttt the sunshine innn"). For the baseball fans in your life, his book will be available for purchase (\$15, cash or personal check). We'll have ballpark snacks and get into the baseball-season mood!</p>	
<p>Tuesday APRIL 21 11:00 am - 2:00 pm</p>	<p>Lularoe Clothing and Paparazzi Jewelry Pop-Up Shop - <i>Performing Arts Center, Back</i></p> <p>Lularoe has many new spring outfits to show off, along with leggings, skirts, dresses, jackets, blouses, tops and t-shirts. Sized from XXS-2X, they offer something for everyone. Garlands members receive discounts of between 10 and 15 percent. Paparazzi Accessories offers trendy jewelry for just \$5 a piece!</p>	
<p>Friday APRIL 24 1:00 pm - 2:00 pm</p>	<p>Craft in the Afternoon - rsvp to *07 <i>Robie Lounge, you must rsvp by Wednesday, April 22</i></p> <p>Mary Ann is back! She'll bring all the supplies to make a sweet patriotic bracelet/necklace.</p>	
<p>Sunday APRIL 26 1:00 pm - 2:30 pm</p>	<p>Artist Reception for Garlands Member Bill Lawton - rsvp *07 <i>Art Gallery outside Performing Arts Center</i></p> <p>Bill has been taking photographs since he got his first camera in junior high, and he hasn't put a camera down since. He worked for several studios during his career photographing products for advertisements, weddings, corporate events, family portraits, and more. Bill's philosophy is There is beauty surrounding us every day – all you have to do is take the time to see it.</p>	
<p>Monday APRIL 27 3:30 pm - 4:30 pm</p>	<p>Storytellin' – Mischief! - rsvp *07 <i>Performing Arts Center</i></p> <p>Did someone in your family (you? one of your kids?) do something that you all laugh about now? We get to know each other through our stories. Everyone has a story: we want to hear yours! The only requisite is that the story be about you or someone you know. At this informal gathering, hosted by Lynn, we'll sit around the table and share our stories while enjoying an aperitif and snack. Due to time, if more than ten bring stories, we'll draw names.</p>	

Things To Do

York Furrier

Exceptional Furs & Fine Outerwear Since 1931
www.YorkFur.com



Fur Coat Repairs and/or Summer Storage - rsvp to *07

Wednesday, April 29, 1:30-4:00 pm

Would you like to have York Furrier store your fur coats for the summer and/or clean or repair them? Please drop them off with a piece of paper pinned to each one, stating your name, apartment number, phone number, how many total coats, and what services you would like. (You can also pick up a form from Ginny at the Concierge desk or call Lynn (*13). York Furrier will contact you with any questions. If you are unable to drop off your coats, please call Lynn (*13), and she will arrange a time to pick them up. We have long worked with York Furrier, a family owned and operated purveyor of exceptional furs, stylish fine outerwear, and unique accessories, located in Elmhurst.

Visiting with MAC Members - rsvp to *07

Tuesday, April 14, 9:30-10:00 am, Café

Dick Schmidt and Marj Lutz, Member Advisory Committee persons, will be in the Café on Tuesday, April 14 at 9:30. An opportunity for you to learn more about their role on MAC and for you to share any concerns or questions about living at The Garlands.

This Committee interfaces with management and, through the years, many new ideas have evolved through their efforts.

Celebrate Easter with Music with Bruce Smith- rsvp to *07

Thursday, April 9, 11:00 am-12:00 pm,
Performing Arts Center and

Friday, April 10, 2:00-3:00 pm,
Performing Arts Center

Max of 10 for the PAC showing. Must rsvp and be on list to enter. This will be rebroadcast on Channel 17. Keep watching Channel 16 for times.

"Celebrate Easter With Music" includes a variety of music that expresses Faith and Hope, such as "Look At The World" - John Rutter; "I Could Sing Of Your Love Forever" - The Martins; "What Wondrous Love" - St. Olaf College Choir; "Great Is Thy Faithfulness" - Veritas a Capella Quartet; "Jesus Loves Me" - played on the Marimba; "He's Always Been Faithful" - Sara Groves; "In Christ Alone" - The Booth Brothers; "The Road Home" - The Conspire Choir; "Hope" - pipe organ piece played by Gert van Hoef; "Seasons Of Life" - a reflective panoramic visual; "He's Always Been Faithful" - The Brooklyn Tabernacle Choir; and others.



Women Can't Be Catholic Priests: A Rebuttal with Peggy Clough - rsvp to *07

Tuesday, April 21, 2:00-4:00 pm, Burnham Room and

Tuesday, April 28, 2:00-4:00 pm, Burnham Room

The many reasons used to deny women entry to the ordained ministry of priests through centuries of Christianity, specifically in the Catholic Church, up to the present day will be explored and refuted. This will include reasons the Vatican currently uses to deny women the right to answer the call of their God to the priesthood. Papal infallibility will be discussed.

Over the past 50 years there has been a wealth of academic and archaeological research into these topics and well over 100 books have been written providing new information to increase our understanding of this topic. There will be time for questions. An outline and list of references will be provided.

Peggy Clough is a retired Physical Therapist from the University of Michigan Medical Center. She was on faculty at the University of Wisconsin, Madison and has lectured at five other Universities. Over the past twelve years she has read and researched women's roles in Christianity and the evidence that has been discovered supporting the ordination of women in the Roman Catholic Church. The timeline she wrote, entitled "Ordination of Women in the Catholic Church: Facts and Discoveries," is published on the internet.



Coffee with Management - rsvp *07

Wednesday, April 29, 9:30-10:30 pm,
Performing Arts Center

We're having quite an experience together! Come to this informal gathering for Management to update members, hear your thoughts, and answer any questions you may have. Help yourself to pastries and coffee.

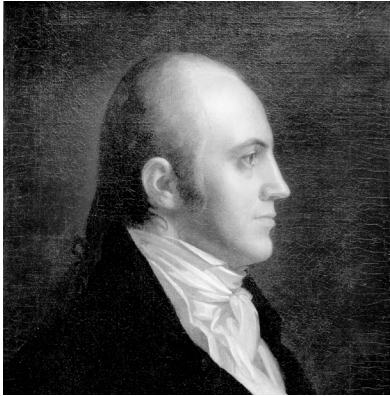


Garlands Comedy Hour with Peggy Clough - rsvp *07

Thursday, April 30, 11:00 am, Performing Arts Center

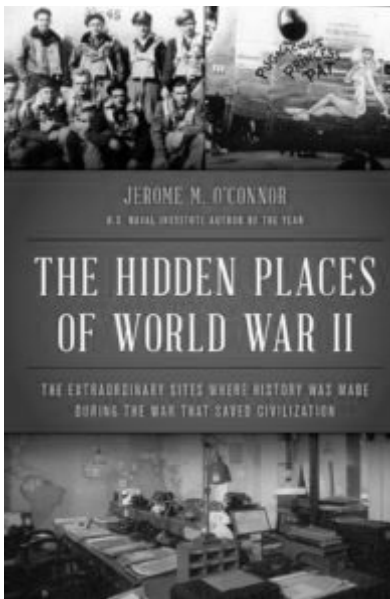
Peggy Clough presents an hour of watching comedy shorts from bloopers to funny home videos. Come ready to smile, laugh, and have a good time.

Lifelong Learning Opportunities



Harper College: Aaron Burr - The Intrigue - rsvp to *07
Thursday, April 16, 2:00-3:30 pm, Burnham Room

What became of Aaron Burr after his famous duel with Alexander Hamilton? Learn about the aftermath of that most famous moment and what is known about his partnership with a high-ranking US army officer who was also a secret agent of Spain.



HONORING THE GREATEST GENERATION

A Three-Part Original Series

Seventy-five years ago, 16.1 million young men including 350,000 women who left families, books, factories and farms to save freedom, celebrated their own survival at the end of history's greatest war.

In their honor, US Navy veteran, Jerome M. O'Connor, presents a three-part series including never-seen images from his new book, [The Hidden Places of World War II](#). If you attended Jerry's 2018 lecture about Secret Places, this is the expansion he referenced that he was working on as he completed his book. Specially created for Garlands members, each program will enter three different locales overlooked by history. Please bring your own memories to share.

Part I: World War II, with Jerome O'Connor - rsvp *07
Thursday, April 16, 10:30 am-12:00 pm, Performing Arts Center

With the presenter's original photos, view the unchanged Cabinet War Rooms in London, where Prime Minister Churchill conducted the British war effort. Enter the Portsmouth, England mansion where General Eisenhower launched the D-Day invasion to view the same floor to ceiling plywood map he saw. Learn the surprising facts of how Chicago's "arsenal of democracy" aided the victory."

Part II: World War II, with Jerome O'Connor - rsvp *07
Monday, April 27, 10:30 am-12:00 pm, Performing Arts Center

Enter the indestructible U-boat bases in France, their discovery in 1999 winning for our presenter the US Naval Institute's "Author of the Year." Walk the elegant London mansion owned by the Sassoon family, the luxurious residence for 59 captured German generals, who were cared-for in unexpected luxury by liveried servants, but for a reason. Walk the little-known remains of American air bases in England, from where the Eighth Air Force launched thousands of missions.

Part III: World War II, with Jerome O'Connor - rsvp *07
Monday, May 4, 10:30 am-12:00 pm, Burnham Room



FEEL Better. LIVE Better. AGE Better.

A Note from our Inspirational Wellness Advisor, Dr. Sandra Sieber



Hello Beautiful Garlands Members!

Now is your time to shine by taking extra care of your healthy selves!

Beyond handwashing and social distancing (which are, of course, very important), it is also important to take other precautions to prevent the spread and risk of illness for your mind, body and soul!

Here are some helpful tips for healthy living as we look to the coming weeks:

Maintain as positive and healthy a mindset as you can!

Your healthy mindset may vary depending on the day, but when negative thoughts start to enter your head, make it a game you play with yourself that you just won't go there!

Know that things are always working out for you and that there are many proactive things you can do to stay ahead of the game! For example:

- Make a bet with a friend that in light of everything going on you are going to stay as calm and positive as you can!
- Take deep breaths
- Continue to exercise
- Eat regular nutritious meals
- Laugh as much as possible!
- Begin a meditative practice or journal
- Attend to those "to dos" – no reason to procrastinate now!
- Write letters to grandchildren
- Record videos on your smart phone to send to family and friends
- Start books you have been meaning to read (though please do try and stand up, walk around and stretch between chapters!)

Move!

On The Garlands Channel 17 you can participate in an at-home TV exercise program or watch an entertaining lecture. If you're feeling healthy, well rested and itching for exploration, try navigating The Garlands on an indoor walk. Make sure to wash your hands when you get back and keep a safe distance from others who might be ill. Don't worry – they'll understand!

Nurture gut health for a robust immune system.

Stay well hydrated, get lots of sleep and consider adding these great supplements to your varied and nutritious diet – vitamin D, vitamin C, B vitamins and zinc! For specific dosage recommendations speak with your doctor or make an appointment with me.

When ordering food from our fabulous dining venues, choose something with protein (fish, chicken, meat, eggs, beans), vegetables, and a whole-food starch (potato, rice, sweet potato) to make sure you have the essential building blocks to keep your immune system fully functioning. You might also consider reducing consumption of wheat, dairy and sugar for a time as some people have intolerances to them which weaken immune function. Fruit makes for a great dessert!

Try to relax

Being in a highly stressed state just lowers your immunity, so aim to be a role model for others and remind yourself *that things will be OK*.

Reach out to give and receive support – email, phone calls and face timing might be the safest forms of communication right now.

Remember this won't last forever and this too shall pass! You have a great place to live and people who care so much about your safety and well-being. We are here for you!

Stay strong, stay healthy!

*Love,
Dr. Sandra*

Wellness Programs

Men's Beginner Yoga

Wednesday, April 1, 3:00-4:00pm, *Fitness Studio*

RYT 200 Certified Yoga Instructor Andrew Mansour will teach an absolute beginner yoga class designed for men who have little or no prior experience with yoga. It is a gentle class designed to increase strength and flexibility. Standing, seated and reclining positions will be taught, along with breath control. Attendees should refrain from eating at least two hours prior to class.

Andrew has studied various lineages of Hatha Yoga, the yoga of physical discipline, including Ashtanga, Iyengar and Sivananda Yoga. His focus is on strength and flexibility training for men over 40. In his private, one-on-one classes, he incorporates light weight training as well as cardio fitness into his yoga teachings. Andrew is also a professional cook and is knowledgeable and helpful with meal planning.

Tai Chi Basics

Wednesdays 1:30-2:00pm; Fridays 10:00-10:30am, *Fitness Studio*

Supercharge your brain by practicing the beginning basics of Tai Chi! This meditative movement course may inspire you to feel happy, energized, focused, calm, and strong. Research touts numerous benefits to be gained in the practice of tai chi, however, balance may be one of the most important in this mind-body adventure!

Spring has Sprung! Small Changes Can Make a BIG Difference - rsvp *07

Wednesday, April 15th, 1:00-2:00 pm, SST

Join Carol Childers, C.N, L.D.N licensed nutritionist and founder of All Ways Healthy in Lake Zurich for a head-to-toe discussion! She will touch upon supplements for the aging population as well as diet and exercise. Questions and answers will take place in the last 15 mins of the lecture.

Easter Egg Hunt (as part of the Friday fun walk!)

Friday, April 17, 1:00-1:30pm

Jaunt along the gorgeous Garlands landscape, breathe in the fresh air and feel the warm sunshine on your face! On this day we will look for brightly colored Easter eggs that the Easter bunny may have hidden! Tons of laughs and smiles on this fabulous Friday Fun walk!

DestiNation Arrival Party: We made it!

Thursday, April 30, 1:00-1:30 pm

We sweated, biked, swam, ran, and walked our way to Memphis, Tennessee, the birthplace of Elvis Presley, watched a rocket launch in Chincoteague Island Virginia, and saw the blossoming and bountiful cherry blossoms in Washington DC. Now it's time to celebrate! Join the party and watch a picturesque sideshow while snacking on Elvis's favorite treats!

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 2:00 pm. The Garlands Home Care Solutions Manager is available Monday through Friday from 8:30 am to 5:00 pm.

Blood Pressure Testing

- call *40

Drop-in or make an appointment during Wellness Center nursing hours to have the nurse check your blood pressure and other vitals.

Lab Services - call *40

Blood draw services are offered every Tuesday, 9:00 am in the Wellness Center. This service is provided by NICL Lab. *Advance notice of, at a minimum, 20 hours is required.*

Comprehensive Group / HealthPRO Rehabilitation

- call *47 for information and scheduling

For all your therapy needs.
By appointment only.

Outdated Prescriptions and Other Medications

These items may be brought to the Wellness Center Monday through Friday 8:00 am to 4:30 pm.

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



It is our hope that these programs will resume after mid-April; please watch the Dispatch and Channel 16 and 17 for updates.

THE DOCTOR IS IN...

Podiatrist: Dr. Warheit-call 847-577-1649
Wednesday, April 22 8:00am – 3:00pm

Audiologist: Dr. Regina Dziejior-call *40
Wednesday, April 29, 9:00am-11:30 am, *Wellness Center*

****Dr. Dziejior is now offering free 15 minute hearing screenings for Garlands members!**

With over 35 years of experience, Dr. Dziejior 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. By appointment only.

The Greatest Green Generation

The Greatest Generation is also the original Green Generation and could teach the rest of us a thing or two about conservation. You returned milk, soda, and beer bottles to the store to be washed, sterilized, and refilled. Markets bagged your groceries in paper bags that you reused for many things, including schoolbook covers. You walked to the grocery store (rather than climb into a 300-horsepower machine to go two blocks) and walked up stairs. You washed baby diapers and dried clothes on a line (wind and solar power!).

Your kids wore hand-me-downs from their brothers, sisters and cousins. You had one TV or radio in the whole house. And one electrical outlet in a room! You mixed ingredients by hand. You wadded up newspapers to cushion an item to mail. You cut the grass with a human-powered mower. Many of you exercised by working (no need for a health club with treadmills that operate on electricity).

You drank from a water fountain or glass (no plastic bottles!) You refilled writing pens and replaced the razors in razor blades. You took the streetcar or bus, and, as kids, walked or rode their bikes to school. You didn't scroll through a computerized gadget to receive a signal beamed from satellites hundreds of miles above us in order to find the nearest burger joint. And still today, you need no chargeable device to hold a conversation or attend a show: you are 100 percent present. And that, too, is green.

Census Matters

Are you wondering what box to check on the US Census to describe your current housing? Other Garlands members have researched this and found this definition according to the Census Bureau:

Continuing care, sometimes called life care, is a contract between an individual and housing services provider. The contract requires that shelter, usually a house or apartment, and services such as meals or transportation to shopping or recreation, be provided. For these kinds of living arrangements, mark the "Rented" box.

The Difference – *also titled* Time to Pray

Attributed to several, submitted by a member (who wishes to remain anonymous)

I got up early one morning and
rushed right into the day;
I had so much to accomplish
that I didn't have time to pray.
Problems just tumbled about me,
and heavier came each task.
"Why doesn't God help me?"
I wondered.
He answered, "You didn't ask."
I wanted to see joy and beauty,
but the day toiled on, gray
and bleak;
I wondered why God didn't
show me.
He said, "But you didn't seek."
I tried to come into God's presence;
I used all my keys at the lock.
God gently and lovingly chided,
"My child, you didn't knock."
I woke up early this morning,
and paused before entering
the day;
I had so much to accomplish
that I had to take time to pray.

Ongoing Happenings

*What do you like to do? If it isn't in this Gazette, please call Lynn *13, and we will try to get a group going. The following events are one hour unless otherwise indicated.*

It is our hope that these will resume mid-April; please watch the Dispatch and Channel 16 and 17 for updates.

Art in the Studio - studio time/no lesson, Thursdays, 10:00 am-12:00 pm, *Prairieview Art Studio*

BINGO - 3rd Wednesday of the month, 4:00 pm, *Game Room*

Birthday Bash - 1st Saturday of the month, 1:30 pm, *Performing Arts Center*, MUST RSVP – See Page 2

Co-Ed 8 Ball Pool - Saturdays, 2:00 pm, *Timbers Lounge*

Computer Lab with Nate - Call Nate, 77415, to schedule an appointment.

Gin Rummy - Thursdays, 1:00 pm, *Game Room*

Hand & Foot Canasta - Tuesdays, 11:00 am, *Timbers Lounge*

Happy Hour - Mondays, Tuesdays, Wednesdays, 4:30-6:00 pm, *Timbers Lounge*. Thursdays, Fridays, Saturdays, 4:30-6:00 pm, *Robie Lounge*

Just Talk - 3rd Saturday of the month, 10:00 am, *Eastlake Dining Room*

Ladies Bridge - Mondays, 12:30 pm, *Robie Lounge*

Ladies Lunch - Mondays, 12:00 pm, *Winslow Dining Room*

Mah Jongg, Wednesday Group - Wednesdays, 1:00 pm, *Timbers Lounge, Fireplace Room*

Mah Jongg, Thursday Group - Thursdays, 10:00 am, *Game Room*

Mah Jongg (Chinese), Friday Group - Fridays, 1:00 pm, *Timbers Lounge, Fireplace Room*

Men's 8-Ball Practice - Tuesdays, 2:00 pm, *Timbers Lounge*

Men's Poker – Tuesdays and Thursdays, 2:00 pm, *Timbers Lounge*

Mexican Train Dominoes - Sundays, 1:30 pm, *Timbers Lounge*

Movies - Mondays, 2:00 pm, Wednesdays, 2:00 pm, and Fridays, 2:00 pm, *Performing Arts Center*

Music Appreciation with Jim Kendros - 3rd Thursday of the month, 2:30-3:30 pm, *Prairieview, 3rd Floor Dining Room*. Call Prairieview Concierge *37 ahead of time to be sure he's coming.

Pinochle Players - Mondays and Wednesdays, 1:00 pm, Thursdays, 7:00 pm, *Game Room*

Scrabble (2 groups at the same time!) - 3rd, 4th, and 5th Saturdays of the month, 1:00 pm, *Game Room*

Therapy Dog (Penny the Irish Setter and Her Human) - Thursdays, 10:45 am, *Wellness Hallway*

Please call Lynn (*13) if any Ongoing Happening needs to be updated.

Limited Ongoing Groups: *These groups have limited space or require a specific number of people. Please contact Activities if you'd like to join or participate (*13 or 77415).*

It is our hope that these will resume mid-April 11; please watch the Dispatch and Channel 16 and 17 for updates.

Co-Ed Bridge - Thursdays, 7:00 pm, *Robie Lounge*

Men's Bridge - Fridays, 1:00 pm, *Robie Lounge*

Spiritual Gatherings

**It's our hope that these events will resume mid-April;
please watch the Dispatch and Channel 16 and 17 for updates.**

*You can get a list and map of local houses of worship (churches, temples, mosques) in the Resource Center.
Member Services does provide transportation to local churches. Rsvp to *07.*

Catholic Communion Services

Sundays, 10:45 am, and Wednesdays, 10:15 am, 3rd Floor PV Dining Room

Christian Evening Monthly Service

3rd Monday of the month, 7:00 pm, Surround Sound Theater

Episcopalian Communion

Last Tuesday of the month, 3:00 pm, Eastlake Dining Room

***NEW* Prayer with Karen**

Tuesdays, 2:00-3:00 pm, Tiffany 1st Floor Living Room

Presbyterian Series with Pastor Joe

Thursdays, 1:30 pm, Surround Sound Theater

Easter Sunday

We will distribute a comprehensive listing of online Easter Sunday services and post them on Channel 16 or 17.

Ongoing Rides to Stores - rsvp *07

**It's our hope that these events will resume mid-April;
please watch the Dispatch and Channel 16 and 17 for updates.**



- *All times listed are for departures, and all are at the 1000 Lobby.*
- *If you'd like to be picked up at your building, please indicate this when you make your reservation.*
- *The bus/car leaves on time.*
- *The return trip to The Garlands is one hour after drop off at the store.*

Eurofresh Market

4th Tuesday of the month, 10:00 am

Heinen's Grocery Store

Saturdays, 10:00 am

Jewel-Osco

*Thursdays, 10:00 am and 2:00 pm
and Fridays, 2:30 pm*

Trader Joe's

3rd Monday of the month, 1:30 pm

Walmart

3rd Wednesday of the month, 10:00 am

Bulletin Board



Video Chat with Your Family/Friends

Are you low- or no-tech? If you don't regularly use a computer or cell phone, you can still video visit through a dedicated Facebook portal that allows you to see your family members as though they're in the room! Ask your family member to email or call Lynn or Nate to arrange a video visit using a Garlands computer.

If you have your own computer or cell phone and need help establishing communication via Skype, FaceTime or any other app, we can help too.

Lynn Adams, Lifestyles Director
Ladams@thegarlands.com | 847-756-3200

Nate Szkil, Lifestyles Coordinator/Media Specialist
nszkil@thegarlands.com | 847-756-3269



Special Deliveries

We recommend that Garlands Members utilize online services and delivery options for delivery of incidentals to The Garlands during this time. Garlands members are encouraged to see the Concierge to place an order for delivery through Amazon, InstaCart or Jewel.

If your family member would like to drop off supplies or incidentals, Members Services would be happy to deliver the supplies to your home.

For more information please see The Garlands Concierge.

BMO Harris Bank on Campus

BMO Harris Satellite Office, located at The Garlands will close on April 22nd. They will continue normal operations at their main branch on Highway 14, next to our Event Parking lot. Please call Michael Rosean (847-381-3500) with any questions.

Shoppportunity!

Missing your regular shopping trips for incidentals? Or are you looking for something to stimulate your brain (or at least get your mind off the news)? Order a large-print crossword puzzle, Sudoku or coloring book, colored markers or pencils, mandalas or zentangles for beginners book, deck of cards, journal or brain game (we recommend "Rush Hour Traffic Jam" – so fun!). Need a pencil sharpener or stationery and stamps? How about some Yahtzee score cards with dice? See the Concierge (Ginny or Frank) for an order form with pricing of select brain-stimulating incidentals. Place your order with them (or call Members Services to pick it up), and we'll deliver your supplies to your doorstep! All charges will be applied to your monthly statement.



Pop-up Grocery Store

For members who are unable to order online or need more immediate delivery, please note that we have a small supply of essentials on hand for purchase

including apples, bananas, bread, butter, cereal, eggs, sliced ham and turkey, cranberry and orange juice, 2% milk, paper towels and toilet paper.

Please see the Concierge to place an order or contact Ginny at conciierge@thegarlands.com or fmaher@thegarlands.com.

Jigsaw Puzzles

As a way to spend time, puzzles bring calmness and joy ... or moments of complete frustration! Did you know they're also excellent exercise for our brains? They are physical tactile pieces give you an endorphin rush when pieces snap into place.

In our Resource Center and you will often see two or three members working on a puzzle together. Join in (well, when gathering is again permitted)! In six lower cabinets are puzzles that have been donated over the years. You may borrow them to work on in your apartment. Edge pieces are presorted in a baggie and it is helpful if you return them the same way. A few puzzles might be missing a piece or two.

Did you know . . . the same beautiful Easter- and spring-themed desserts you'd select in our restaurants are also available for your to-go orders? The kitchen will continue to provide you with the same delicious, high-quality food you've come to enjoy, and be sure to watch for pop-up culinary surprises coming your way as well.

Easter Sunday

We realize that Easter Sunday Brunch won't be the same without your family here at The Garlands with you. Keep an eye out for our delicious Easter menu . . . we'll even plan a special delivery from the Bunny himself to your doorstep if need be!

Items for Mission projects

An opportunity to participate by saving and delivering to the Resource Center. On the cabinet by the Member Photo Albums are containers for a few items.

There is a box for the **fronts on any greeting cards** you receive. They are sent to an Indian Mission and made into other cards for sale. **Pop can tabs** are sent to fund items at the Ronald MacDonald House in Winfield. On some food items there is a Label for Education and sent to a mission to provide educational and sport items.

Cancelled postage stamps also are collected. Tear them from your envelopes, leaving about ¼ inch margin for better handling by the mission.

Garlands Home Care Solutions

Bringing care, compassion and support to your doorstep

Feeling like you could use a little more help in your home at this time? Garlands members who feel they may need:

- nursing services
- medication management help (set-up and re-fills)
- check-in/companionship
- one-on-one support or
- personal assistance

at this time are invited to contact Garlands Home Care Solutions, our in-house home care provider.

For more information please call 847-756-3300 or email GHCS@thegarlands.com.

RECYCLING

For members interested in recycling there is a way to participate.

In the garage near each elevator, are large containers for your paper, magazines, cardboard, and metal (such as food cans), glass bottles, plastic bottles, and pop cans.

Paper bags are Ok for transport but **do not** leave items in plastic bags as they get caught in gears at the recycling plant. Take plastic bags

back to stores when shopping.

Remember, no:

- plastic bags
- paper towels
- tissues
- medical gloves
- Please rinse all food containers

Flatten boxes to save space and wipe any food/crumbs from cardboard (no pizza boxes if

greasy). Do not include paper toweling, tissues or Styrofoam.

Please advise your caregivers, companions or family members that may be assisting you with our trash and recycling practices. Thank you for helping keep The Garlands a clean and environmentally responsible community.


Let's GO!

Outing Trips and Events: *ALL outings require a reservation. Rsvp to Concierge *07.*

Key



A little walking is required for this trip.

Barrington High School Presents Little Prince- rsvp to *07 
April 25, 1:30 pm, 1000 Lobby, free (Check MyGarlands for updates)
Depart 1:30 pm, Show 2:00 pm, Pickup 4:30 pm, Back 4:45 pm

"This play tells the story of a world-weary and disenchanting Aviator whose sputtering plane strands him in the Sahara Desert and a mysterious, regal "little prince" who appears and asks the aviator to "Please, sir, draw me a sheep." During their two weeks together in the desert, the Little Prince tells the Aviator about his adventures through the galaxy and about his strained relationship with a very special flower on his own tiny planet. Both must learn that, "it is only with the heart that one can see rightly." At length, both the "little prince" and the Aviator must go home – each with a new understanding of how to laugh, cry, and love again.

Golf at Makray Memorial Golf Club – 2020

The course is open! Garlands members are invited, compliments of The Garlands, to play golf at Makray, Monday through Friday, any time, provided space is available and the course remains open, and weekends after 2:00 pm. In order to play, members must sign the 2020 Garlands Golf Club agreement, available at the Concierge desk or Member Services. **We will then provide you with a picture ID card*, which you'll need in order to receive complimentary greens fees during the above-mentioned times.** Allow two to three days from the time you sign the agreement until you have your picture ID card. Golfers call Makray directly (847-381-6500) for a tee time for either 9 or 18 holes. You do not pay for the greens fee, **but you do pay Makray directly for a golf cart if you use one, as well as any expenses other than greens fees.** By May you can ask at the 1000 Concierge desk for a list of members who have signed the 2020 Garlands Golf Club Agreement. That way you can call around if looking for a player.

April Birthdays



Wishing a Happy Birthday to those members celebrating their special day this month. Whether or not you have a birthday, please

*come celebrate at the Birthday Bash with entertainer Chrs Colletti, **Saturday, March 7, 1:30 pm, Robie Lounge.***

For more information, see Birthday Bash on Page 2.

Al Langtry, Apr 03
Susan Jones, Apr 03
Mary Miller, Apr 06
Bob Russell, Apr 07
Betty Reed, Apr 08
Sheila Busse, Apr 09
Susan Hoggins, Apr 09
Ken Larwin, Apr 12
Sharon Thomson, Apr 12
Jean Rogers, Apr 14
Carol Svoboda, Apr 15
Mert Wille, Apr 18
Jean Dawson, Apr 20

Bill Lawton, Apr 21
Barbara Seaman, Apr 21
John Georgeson, Apr 21
Mary Brown, Apr 23
Caroline O'Laughlin, Apr 24
Carol Garibotti, Apr 24
Gina Liautaud, Apr 25
Pamela Roth, Apr 25
Anne Courter, Apr 26
Neil Carey, Apr 27
Patricia Caldwell, Apr 27
Dorothy Fisk, Apr 30
Pat Zook, Apr 30

Thursday
MAY 7

7:00 -
8:00 pm

Switchback! - rsvp to *07

Performing Arts Center

We are so excited to welcome back Garlands favorites, Brian FitzGerald and Martin McCormack! Working together for over 25 years, Switchback, seen on PBS, draws on traditional Celtic music and original Americana songs that reflect their Irish heritage and midwestern roots. Back in the day, Brian and Martin played for Michael Flatley of Riverdance when he was an Irish step dancer from the South Side of Chicago. Showcasing a repertoire ranging from sentimental ballads to blistering rockers, Switchback offers a show stunningly synchronized together and guaranteed to please. The concert features a mix of original and traditional Irish music and a selection of songs from Switchback's catalog of over 300 original Americana tunes.



Wednesday
MAY 13

9:00 am -
3:00 pm

Illinois Holocaust Museum and Lunch at California Pizza Kitchen - rsvp to *07

1000 Lobby, \$20 per person, Members pay for lunch at restaurant

Depart 9:00 am, Museum 10:00 am, Lunch 12:30 pm, Pickup 2:00 pm, Back 3:00 pm

Remember the Past, Transform the Future. The Museum is dedicated to preserving the legacy of the Holocaust by honoring the memories of those who were lost and by teaching universal lessons that combat hatred, prejudice and indifference. The Museum offers exhibitions, preservation, and interpretation of its collections through education programs and initiatives that foster the promotion of human rights and the elimination of genocide. Afterward we will ride over to California Pizza Kitchen for lunch before heading back to The Garlands. Remember to bring extra money for lunch

Saturday
MAY 30

12:00 pm -
2:00 pm

Luncheon and Performance of The Six Wives of Henry VIII - rsvp to *07

Performing Arts Center

11:30 am, Shop a Pop-Up Accessories Store; 12:00 pm, Luncheon; 1:00 pm, Performance

\$28 for members and your guests. This amount will be billed to your account and does not come from F&B allotment.

Quite a few who saw Martina's original performance of this – and those who missed it but heard about it – have requested an encore. First, Chef Ergin and his team will prepare a medieval luncheon in the PAC, which will be transformed into a castle. Then, we are delighted to bring back the wives: queen, lover, mother, outcast, victim, survivor. Discover the fascinating lives and compelling truths about Henry VIII's remarkable six wives as actress and educator Martina Mathisen artfully interweaves tales of power, personality and politics into her regal performance in this one-of-a-kind living history program.



THE GARLANDS® Inspira

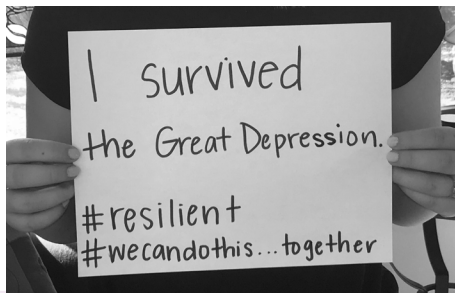
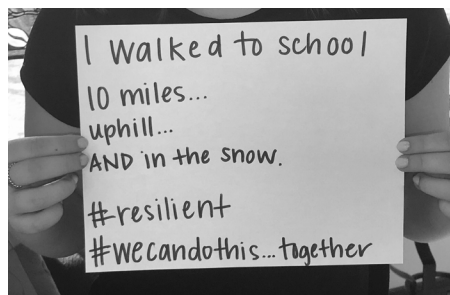
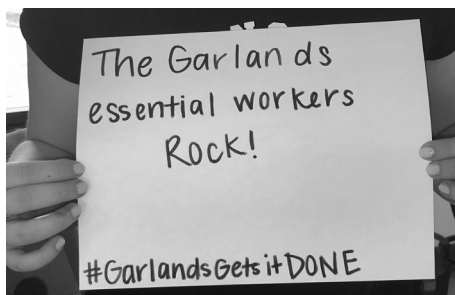
At The Garlands, we believe that the secret to happiness and joyful longevity is a healthy balance of physical and mental fitness, a sense of community and a positive attitude. Our members feel better, age better and live better with this inspiring approach we call Inspira!

FEEL Better. AGE Better. LIVE Better.

#WeCanDoThis ... Together

All day, Thursday and Friday, April 2 or 3 in the Café – Stop by!

Join the sales team for poster making and motivational messaging event in the Café. We'll supply the pens, paper and Lysol wipes, you bring your best thoughts! We'll take a picture of you with your message, share it with team members and post it on our FaceBook page. **#WeCanDoThis ... together!**



Messages could include:

A message of RESILIANCY:

What are some of the biggest challenges or obstacles you overcame in your life? Your message of resiliency could motivate others that "this too will pass" and "We can do this ... together."

Or A THANK YOU to The Garlands team:

You've experienced our team members' dedication and diligence to serving our community during a time of uncertainty. Our "essential workers" have taken caring to a new level. Let's take a moment to thank them and motivate others that "We Can Do This ... together."

If you prefer to do this in your own residence, please call Michelle at *24 who will deliver any materials you need, take your photo and submit it to our Facebook editor.



THE GARLANDS®
— of Barrington —

A Breathtaking View

... in every season!



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