

APRIL 2020

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

POST

Joan and Nancy's masterpiece



Family memories



Fat Tuesday in Memory Enhancement



Music with Mrs. Rossing
and Mrs. Bossong



Garlands Gold Team Member recognition

THE GARLANDS[®]
Inspira

FEEL Better. AGE Better. LIVE Better.

Out & About

****On the advice of the Center for Disease Control and the Illinois Department of Public Health, and based on the COVID-19 virus and in an abundance of caution, all outings, events and entertainment have been cancelled through mid-April. The Activities Department will keep our Members informed daily of any additional changes to the scheduled programs.****

The following trips will be re-assessed closer to date scheduled.



Shopping Trip to Target *Tuesday, April 21, 10:30am,* *Assisted Living*

Target is a general merchandise retailer offering food assortment, clothing, personal care and more.

"April hath put a spirit of youth in everything. (Sonnet XCVIII)"

- William Shakespeare,
Shakespeare's Sonnets



Lunch Bunch to Onion Pub *Friday, April 24, 12:30pm,* *Assisted Living*

The Onion Pub's goal is simple: to provide a quality dining experience!

Their foods are created with the commitment to freshness and quality, using as many locally sourced ingredients as possible. The local timber-frame structure is built from recycled timbers that pre-date the American Revolution, and is perched on a restored gravel quarry that holds water for the local watershed.



Important Tips for Staying Healthy:

- Wash your hands **FREQUENTLY** with soap and water for 20 seconds. This usually requires singing the "Happy Birthday" song twice!
- Don't shake hands-elbow bump or wave instead.
- Don't touch anything in **PUBLIC** places.
- Don't touch your face with your hands- especially to your mouth; use a tissue if needed.
- Use hand sanitizer between washes.
- Use lotion after washing to keep your hands soft and supple and to prevent cracking.
- Avoid crowded places, try to keep a 6-foot perimeter around you.
- Stay hydrated! Our bodies work better when we have good hydration.
- Get enough rest, at least 7-8 hours.

We will all gather to celebrate the end of the virus, so stay tuned!!

Bulletin Board

The Garlands of Barrington is currently working on providing our Members with opportunities to view special programming on Channel 17. This will include music and entertainment, exercise and more. The Activities Department will keep you posted of scheduled events and items of preferred interest. Should you have any questions, contact the department at *30.

Dining Delights for April

*Please see Dining Menu for special selections available.

Wednesday, April 8, Lox and Bagels Bar, breakfast

Sunday, April 12, Easter Luncheon, lunch

Wednesday, April 22, Beyond Burger Bar, lunch

Wednesday, April 29, Carving Station, lunch

Resident Council Meetings

Monday, March 9, **Assisted Living**

Wednesday, March 18, **Culinary Committee, AL**

Tuesday, March 24, **Skilled Nursing**

This month, we are taking a different path with our resident council. Each Member will be given an opportunity to provide recommendations to staff via a paper process rather than as a group. Write down your opinions, and each will be gathered by the Activity staff.

On another note, Mrs. Goldenstern has temporarily accepted the open Skilled Nursing President position. Congratulations!



Game of the Week

As of March, 12, 2020, sporting events have been postponed until further notice. However, in the spirit of fun, come to the Sky Box for a repeat of a championship game or sports themed movie at 4pm each Saturday. Chips and soda will be available.

Reminder: If precautions are still in place, make sure you are about 6 feet away from others.

Health & Fitness

By mid-month (cross your fingers) join our weekday fitness club at 11:30, unless otherwise noted.

Monday- Tai Chi Balance and Flow with Sandra

Tuesday- Stretch & Flex

Wednesday- Cardio Kids

Thursday- Balancing Act

Friday- TGIF Workout

You are always invited to participate in the exercise video on The Garlands channel 17 in the privacy of your own room. Call Ryan for additional information at 3587.

"The sun was warm but the wind was chill.

You know how it is with an April day.

When the sun is out and the wind is still,

You're one month on in the middle of May.

But if you so much as dare to speak,

a cloud come over the sunlit arch,

And wind comes off a frozen peak,

And you're two months back in the middle of March."

- Robert Frost, Two Tramps in Mud Time, 1926

April Special Events

Below are the entertainers and events that have been planned for the end of the month. Currently, we expect to pick up our regular routine by mid-April, but we will keep you posted should this change. Thank you for your patience!

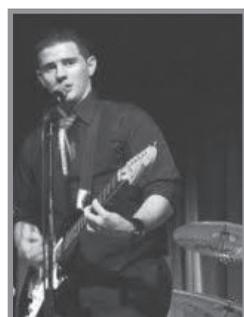


Prairieview Birthday Celebration

**Tuesday, April 14, 3:00pm,
2nd Floor Lounge**

Five beautiful Prairieview Members celebrate their

birthdays this month! Julie will make a stunning dessert to get the party started!



Luke Lucky Performs Wednesday, April 15, 3:00pm, 3rd Floor Dining Room

Luke is a guitarist, vocalist, performer and a true entertainer. He was chosen to travel from LA to Miami, Oklahoma City and Chicago

to perform for the American Choral Directors Association. He loves music, and has performed on stage since he was three years old. He's young, energetic and yes, Eric's own brother!



New Member Social Friday, April 17, 3:00pm, 2nd Floor Lounge

You have noticed the new faces in the crowd, it's time to give

them a warm welcome! Join in the stories and make a friend or two over a delicious dessert and cup of tea.



Music Appreciation with Jim Kendros Melodious Favorites Thursday, April 19, 2:30pm, 3rd Floor Dining Room

Join Jim Kendros and celebrate spring as he continues his

Spring Odyssey with popular favorites! Enjoy Massenet's "Meditation," Vivaldi's "Spring Concerto," Mozart's "Horn Concerto # 3," Handel's "Harp Concerto" and more! Jim will bring us a special surprise as he serenades us on the Native American flute! He will then perform his newest piano composition, "April's Feelings." Come for a delightfully uplifting hour of music as we celebrate Spring with Jim Kendros!



Polka Party with Mike Schneider Wednesday, April 22, 3:00pm, 3rd Floor Dining Room

Mike Schneider has been entertaining audiences

throughout Wisconsin, Illinois, Iowa, Michigan, Minnesota, and Ohio since 1996. Since that time, Mike has been nominated for 17 polka awards from five separate organizations. Join the fun today!



Memories at the Malt Shop with Gary Stowell Wednesday, April 29, 3:00pm, 3rd Floor Dining Room

Gary loves the old standards, and performs upbeat songs for all kinds of senior venues-- from Sinatra, Bennett and Ray

Charles to Satchmo, Broadway and more! If you want to sing, Gary will give you the mike!

“ESSENTIAL VISITORS” ONLY PLEASE
During this unprecedented time, and in an effort to keep our members and team members healthy, The Garlands has implemented an “essential visitors” only policy, as recommended by the Centers for Disease Control and Illinois Department of Public Health.

Guests will be greeted by Members Services at the front door and not allowed to enter or congregate in the lobby unless they meet our medical support criteria and have prior administrative approval.

Please be aware that, consistent with our current policy, all caregiving services for Garlands members must be provided by a licensed agency. Family members do not meet these criteria, and, as such, family visitation restrictions apply.

Thank you for helping us keep our members and team members healthy.



Virtual Visits

Prairiview at The Garlands assisted living, memory care and skilled nursing residents can enjoy virtual family visits through FaceTime. Please contact **Terri** at **847.852.3590** or **tforti@thegarlands.com** to schedule a date and time for the Activities Department or Nursing staff to connect you and your loved one virtually through Facetime. If you need to use an alternate app, such as WhatsApp or Hangouts, please let us know.

A real-time picture is worth a thousand words!

Regular Garlands Updates

The Garlands is committed to timely communication with our members and families.

For the most current information, please sign up for The Garlands app at **www.mygarlands.org**. Family members can open the app and choose “GUEST ACCESS” in order to view the most recent Garlands Dispatches, newsletters and daily video updates on **Channel 17**.

Username
Password
<input type="checkbox"/> Keep me signed in
<input type="button" value="Login →"/>
Guest Access
<small>By signing in, you agree to our Terms and Conditions Sign in as Administrator</small>

In addition, please check our website at **www.thegarlands.com** for updates on our blog. We will continue to send periodic updates via email as well.

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.



Meet Team Member Luisa Cruz

You may know Luisa. She roams the halls with fastidious care and a perpetual smile. As housekeeper, she

takes pleasure in doing her very best work for Members and staff alike.

There are several things that Luisa feels strongly about: her daughter, her deep Christian faith and a desire to perfect English are just a few. Long, solitary walks are a favored pastime, but Luisa is happy to have friends who pull her out to go dancing and experience uplifting music or studying the Bible.

Luisa's words of wisdom are to keep learning, reinvent yourself at any stage of life and be free to be yourself. Great advice!

Spiritual Corner

St. Anne's will drop off the "Clarion," their informative bulletin, to be distributed every week. You are encouraged to watch Mass and other religious services on television until further notice.



Email a Letter to Brighten Someone's Day!

If you would like to reach out to a family member who does not have access to email, you can

email an attached word document to concierge@thegarlands.com. Please write in the email subject line: "PLEASE PRINT OUT FOR (fill in name)." This will help us search emails for those that need to be printed/delivered and get your message to the right person. Also be sure to include the name of the Garlands member in the Word document as well. Your attachment will be printed and delivered to the member within 24 hours.

Celebrate the April Birthdays!

4/4 Margaret Hanahan

4/12 Joe V.

4/20 Marcie Ziemann

4/22 Anna Mae Frech

4/27 Karen Enockson

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— of Barrington —