

JUNE 2020

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

POST



A feast from the Ziemann family.



Mr. Poulos delivers crafts.



Mrs. Enockson finds a nice place in the sun.



Happy 102nd birthday, Mrs. Gott!



Mr. Reiner appreciates the staff.



Surrounded by gratitude from a Prairieview family.



A thoughtful gift from a bird-watching neighbor.

THE GARLANDS[®]
Inspira

FEEL Better. AGE Better. LIVE Better.

At this time, there are no scheduled shopping trips or Lunch Bunch outings for the month. The Activity Department will alert all Members should this change.

Bulletin Board

Check Out the Daily Sheet

Members have been receiving a brief "Daily Sheet" where events such as concerts, discussions and exercise classes that are offered on The Garlands own Channel 17 are highlighted. Members are encouraged to step away from the news stations and take advantage of the assorted entertainment offered. There is something for everyone, check it out!

Also, the Activities Department will continue to provide puzzles, word games and coloring pages every Tuesday, Thursday and Saturday. Please let us know if you need more.

Spiritual Expressions

There are resources to assist with your spiritual life in the event we are unable to offer Communion with St. Anne's Ministers or attend services in Independent Living. Our Faith For Life friends will be back in September to share their mission of gospel and song.

Sundays:

9:30 am, Catholic Mass with Cardinal Cupich from Holy Name Cathedral on Ch.7

11:00 am, Presbyterian Church streaming service www.tvpchurch.org

9:30 am, Joel Osteen Lakewood Church Service on Channel 27

Tune in: *EWTN* on Channel 261 with daily programming for news, prayers and messages from the Pope. *Lutheran TCT Network* on Channel 377

St. Anne's will distribute their Bulletin to keep you informed of the community happenings and provide a weekly reflection booklet to inspire you.

Resident Council Meetings

The Resident Council meetings have been temporarily suspended in Assisted Living, however they will be held room-to-room for Skilled Nursing on June 25th. Please contact the Activity Department or your Nurse should you need to report any issue or if you have any questions.

Reach Out and Touch Someone . . . Today!

One headline read, "**Just What Older People Didn't Need: More Isolation**" in reference to stay-at-home orders, closures to visitors in senior living communities throughout the country, and "social distancing" guidelines given in response to the spread of COVID-19. Within this pandemic lies an obvious conundrum: how to address the epidemic of loneliness in the midst of a disease that is so easily spread from person to person. While we are physically removed from visiting family, eating out, shopping, attending activities and more, maintaining social connections is critical to wellbeing.

Feelings of isolation and loneliness have been found to have physical consequences with increased risk of heart disease and dementia. A simple phone call or old-fashioned card or letter is a great way to maintain contact and check in with family. Pick up the phone, make a card to deliver, whatever brings you closer, reach out and touch someone today!

The Activities Department is happy to assist you in your endeavors! We can help you with stationery, stamps, and cards, and we can also help with electronic communication including, but not limited to, Zoom and Facetime.

Garlands Emails for Family Members

Would you like for your adult children to receive periodic emails about community-wide events and happenings from The Garlands? Some family members really appreciate these updates, especially at this time. If so, please contact the Prairieview Concierge to be added to the list.

Special Events



June brings a few things in life that will always be celebrated, regardless of where we are physically and what Mother Nature and a Pandemic have in store for us. Father's Day and the official start of summer are among them! Due to the quarantine last month, we asked family Members to send in "Memories of Mom" and it was a smash hit! If we are still separated this month (as we are as of this writing), we are requesting those "Only Dad" moments from you. Please submit funny, charming or embarrassing memories of your Dad to Terri in the Activities Department to be read this Father's Day. Each will be personally delivered by staff with a small gift.

For messages that you would like to be read to your loved one, send cards to:

6000 Garlands Lane
Barrington, IL 60010
Attn: Terri Forti

E-mail notes or a request to FaceTime to tforti@thegarlands.com.
We will do our best to accommodate everyone!

Tentatively Scheduled Entertainers for June:

Eric Lucky, Wednesday, June 3 at 3pm
Dan Naumann, Wednesday, June 10 at 3pm
Voytek, Sunday, June 14 at 3pm
Bob Kalal, Wednesday, June 17 at 3pm
Jim Kendros, Thursday, June 18 at 2:30om
Michael Duke, Wednesday, June 24 at 3pm

Our scheduled entertainment will resume once the quarantine is lifted and it is safe to do so. The Activity Department will keep you informed with details of these pending events as soon as this is possible!

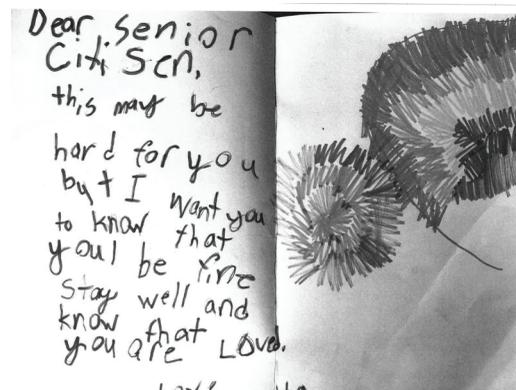
Health & Fitness

The Fitness Center has been closed due to COVID-19 and will reopen as soon as it is safe to do so. Sandra and Bethanie are doing their best to see Members in their room for exercise. Please refer to the self-directed exercise routine and keep yourself active!

The children in the local community have been hard at work making cards or drawings to encourage, inspire and make us smile. This is one of our favorites from the Wilmot Grade School.

June Birthdays

6/6 Bonnie Smith 6/17 John Faassen
6/20 Alma Boge



Celebrating Mother's Day

Here we are, once again trying to plan for a month full of momentous occasions with beautiful days ahead to enjoy nature and share friendships. The major blocking point is whether or not we will be able to do so as a community. This is unclear as I write this edition of the *Prairieview Post*. Life is going on, though! Let's continue to have fun, love our families, enjoy music and create new ways to embrace everything around us to the best of our ability! Happy Summer, Happy Father's Day!

**Enjoy a handful of these
Mother's Day Photos!**



Mrs. Wilson reads letters from family.



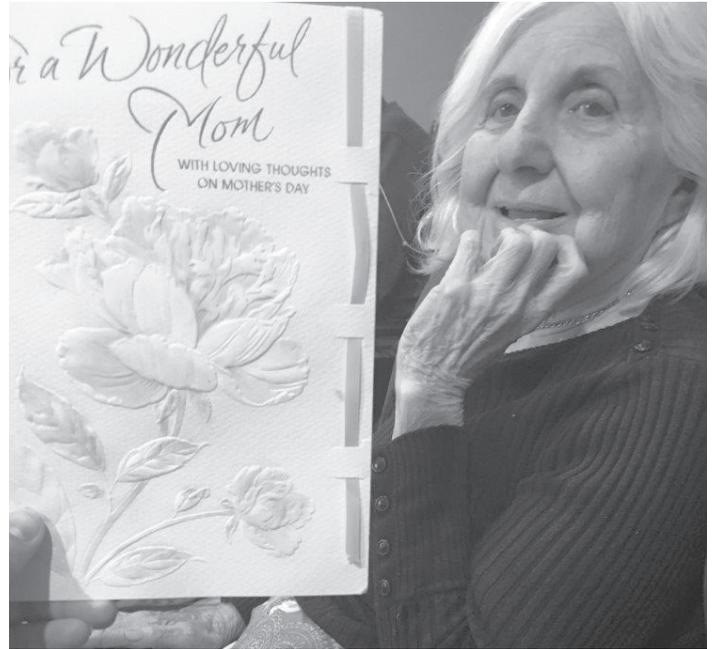
Mrs. Smith poses for Mother's Day.



Mrs. Graff enjoys the scent of spring.



Mrs. Kaminski loves her gardenia and email from family.



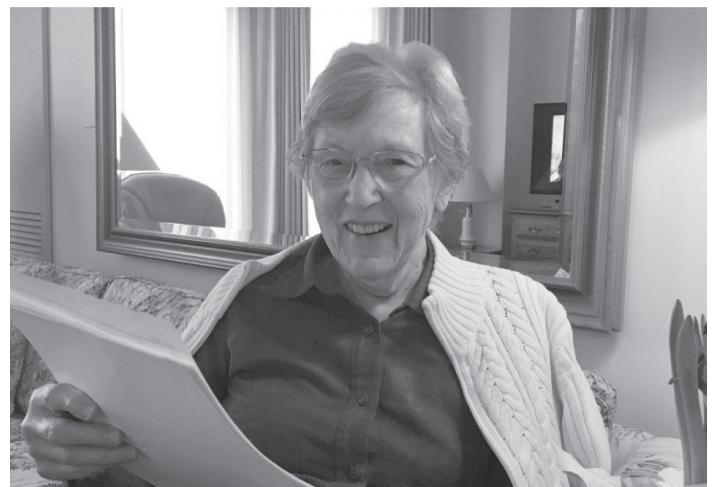
Mrs. Goldenstern marvels at a card.



Mrs. Lynn admires her plant.



Mrs. Ridgeway appreciates a Mother's Day hyacinth.



Mrs. Boge receives a Mother's Day mail delivery.

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.



Nancy McCaffrey, Director of Hospitality, INSPIRES us with her Hospitality . . .

"My passion has always been listening to the

customer, defining an unmet need and creating a team and program to bring relief and joy to the customer," says McCaffrey who entered the profession having cared for her grandparents as a teenager.

So what does "hospitality" mean to Nancy?

Nancy says it is the feeling that a member or visitor has after an encounter with staff or a services that makes them feel special and significant.

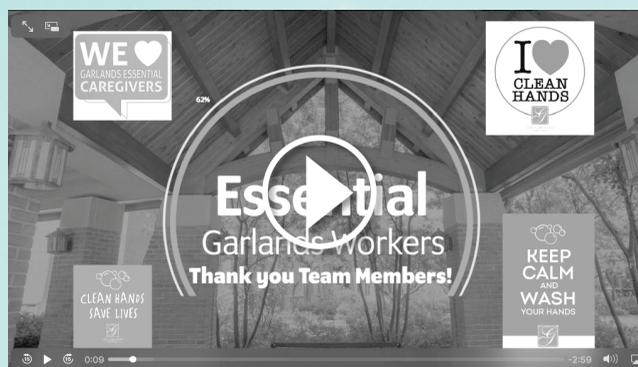
"Hospitality is knowing our members' personal preferences and executing on them on a routine basis." Nancy looks forward to meeting all our members in person . . . hopefully SOON!

Read more about Nancy on our blog at thegarlands.com/whats-new/blog/.



Thank you to all the members and family members who "Shared the Love" with Garlands essential workers during these difficult times. We truly appreciated your words, cards and thoughtful gifts.

Please take a moment to watch his touching tribute to Garlands Essential Workers submitted by Garlands members and family members, compiled by The Garlands Activity Department and accompanied with music by Ikson on our blog at thegarlands.com/whats-new/blog/.



Again, thank you for sharing your kind thoughts. They mean the world to us!



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