

JULY 2020

# PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

# POST

As our state moves through phase 3 and toward phase 4 recovery, in healthcare, where we have the privilege of caring for one of our more vulnerable populations, we too are finding opportunities to allow more flexibility while still remaining safe.

Our latest updates were outlined in detail in the 6/22/20 Prairieview Dispatch and include:

### Outdoor Visits

Prairieview is pleased to announce that Gov. Pritzker and IDPH eased guidance on restrictions for allowing outdoor visits in long-term care centers. We are excited to offer up to three, 30-minute visits per week for each Member. Visits with up to two family members who are 18 years and older will be offered on the patio.

Please honor the following additional procedures when visiting a Prairieview member:

- Due to space limitations, please schedule your appointment in advance, preferably two days prior.
- Visitors must be pre-screened via phone for CDC symptom checklist.
- Kindly go through the on-site checkpoint upon arrival at The Garlands.
- Visitors may not enter the Prairieview building.
- Please avoid sitting directly outside of the buildings' main entries.
- Guests and members will need to wear face covering and maintain a six-foot distance.

### Virtual Visits

Many of you have taken the opportunity to Face Time, GoogleDuo or Zoom. We will continue to offer these opportunities to our Members and families.

### Off-Campus Visits

Off-campus visits with family members will be limited to medically-necessary trips only.

*Please contact Terri Forti at [tforti@thegarlands.com](mailto:tforti@thegarlands.com) or Brittany Sharon at [bsharon@thegarlands.com](mailto:bsharon@thegarlands.com) to schedule a patio or virtual visit.*

### Maintaining Safety Precautions

Per CDC and IDPH guidelines, we continue to keep our social distance, wear our masks and wash our hands thoroughly many times each day in an effort to stay healthy. Team Members are also screened twice per day and patio furniture sanitized after every encounter and the list goes on!

We are living in uncertain times, that is for sure . . . but, we will continue to get through this together! We appreciate your patience, and we understand the importance of these visits for all involved. Let's be cautiously optimistic, mindful and safe!



Mrs. Boge's Birthday!

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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.

### 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 July 28th. Please contact the Activity Department or your Nurse should you need to report any issue or if you have any questions.

### Budding Companions

Budding Companions is a student volunteer organization with the goal of promoting optimism amid the coronavirus pandemic.

We provide virtual companionship and entertainment for senior citizens through a variety of activities that include:

- Virtual conversations
- Games (BINGO, Pictionary, Guess the Song, etc.)
- Performances (singing, dancing, instrument playing, etc.)
- General interactive activities such as drawing, video animation, book/story reading, etc.

Watch the Daily Sheet for your chance to enjoy everything they have to offer!

### Hallway BINGO

3:00 pm, Mondays and Fridays

Play Bingo from your doorway! Activities will have printed bingo cards and markers to play and win with safety in mind. The standard treats and prizes are awarded, so join the fun and competition!

### Craft Group

11:30 am, Tuesdays

The Activity staff will invite and escort 3-4 Members at a time to the Sky Box to create fun summer projects. These craft kits are also available to complete in your room!

### Trivia Challenge

11:30 am, Thursdays

Social distancing is still the rule as of this writing, but we can still test our minds and have great conversations, too. Printed versions are available for those who would like to participate in their room.



Marce and her girls

## Special Events

As of today, we are not allowed to welcome our entertainers to the campus. You will be kept informed regarding the status of this situation. In the meantime, check the daily sheet for regular updates.

On a side note, due to COVID-19, the Heart of Hawaii will no longer be performing. Our thanks for the years of dance, history and fun that they shared with us and best of luck to them in the future!

### Health & Fitness



#### Welcome Casey

Please welcome our brand new Prairieview Fitness Coordinator Casey Weeks! Casey is a recent graduate from Illinois State University where she studied exercise

science and minored in gerontology. She is ecstatic to meet all the members in Prairieview and have fun and exciting exercise classes. In her spare time she loves to take her dog for walks, spend time with her family and friends, and go up to her family's cabin in Wisconsin. Please reach out to Casey at 3587 to make an appointment to have her visit you one on one in your home or outside for some exercise or fresh air!

#### Fitness Walks

Now that the weather has warmed up, we will begin short, outdoor fitness walks at 11:45 every Tuesday and Thursday with Bethanie and Terri. Meet in the lobby with face mask, wear light colored clothing and take a hat with you, too.

*"Mosquito is out, it's the end of the day;  
she's humming and hunting her evening away.  
Who knows why such hunger arrives on such  
wings at sundown? I guess it's the nature of  
things."*

*- N. M. Boedecker, Midsummer Night Itch*



*Mrs Rossing helps Deby in the Garden.*

### July Birthdays

7/9 Tom Reiner 7/10 Mickey Marcussen



# 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 Brittany Sharon

Brittany has been with the Garlands since 2014 when she started out as a CNA. Like most young people just after graduation, she dabbled in different career choices, and once found senior care, she never looked back.

Brittany worked to pay for the Certified Nurse's Assistant course knowing that she wanted somehow to help others. Six years later she reflects on her role as the Assistant Memory Care Director with wonder, "I never knew how far I would come." She wants to convey to her staff, members and families that she is approachable, available and ready to help with anything. The hardest part of her job right now is ensuring that Members are being engaged and invites them to the patio for personalized activities and family visits. Using all precautions, of course!

Privately, Brittany is most proud of her two-year-old son. "He is learning so fast! When I pick him up after work, I ask him how his day was, something he is now repeating. It's a little thing that makes me laugh." And these days, laughter is one of the best medicines!

In honor of The 4th of July, enjoy these famous quotes spoken centuries or a mere decade ago. How are these reflections viewed today?

- "America is a tune. It must be sung together."  
– Gerald Stanley Lee
- "I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him."  
– Abraham Lincoln
- "Where liberty dwells, there is my country."  
– Benjamin Franklin
- "My favorite thing about the United States? Lots of Americans, one America." – Val Saintsburt
- "America means opportunity, freedom, power."  
– Ralph Waldo Emerson
- "Give me liberty or give me death!" – Patrick Henry
- "Ask not what your country can do for you – ask what you can do for your country." – John F. Kennedy
- "We hold our heads high; despite the price we have paid, because freedom is priceless." – Lech Walesa
- "Our country is not the only thing to which we owe our allegiance. It is also owed to justice and to humanity. Patriotism consists not in waving the flag, but in striving that our country shall be righteous as well as strong." – James Bryce



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