



THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

OCTOBER 2020

Garlands member **Sandy Zedella** is thrilled for **Johnny Velasquez** who won this year's Kentucky Derby. Johnny worked as a jockey for several years for Sandy and her husband. Sandy says, "Great jockey! Fun times!"



Left to right: **Rita Coake, Esther Lark, Janet Zilkowski, Marj Lutz, and Emily Pateros** play Hand and Foot Canasta using precautions.



Betty Schmidt started a Saturday morning plein-air painting group. Fellow painter **Carolyn Husemoller** checks out Betty's gorgeous work.



The BINGO winners who guessed the eXtra good news and surprise announcement that Xfinity will soon be coming to The Garlands. (Left to right: **Caroline O'Laughlin, Bob and Susan Powers, Chris Kotarba, Jean Tolle, Rita Coake**)

FEEL Better. AGE Better. LIVE Better.

Here's What's Happening

All event information was accurate when we went to press. If these safety levels change, we will ensure every member receives updated information.

NOTE: Safety Measures for Performances in the *Performing Arts Center*

1. Reserve with the Concierge (*07), who will give you a reservation number, which you need for entry. Limited seating in the PAC. **Must have a reservation number.**
2. The PAC doors open 10 - 15 minutes before show time. Check in at the door; be wearing a mask up to the bridge of your nose; and sanitize your hands before entering.
3. PAC chairs are spaced six feet apart, and seating is limited.
4. The PAC is thoroughly sanitized before each performance. If there is any kind of treat or beverage, please throw out your trash and leave nothing behind.
5. **Thank you for keeping each other safe!**
Questions? Call Lynn Adams, Lifestyles/Activities Director (*13)

Friday
Oct 2
2:00 pm-
3:30 pm
including
questions

Steen Metz, Memories of Childhood in a Nazi Concentration Camp - rsvp *07

Live in the Performing Arts Center

On October 2, it will be 77 years since Garlands member Steen Metz and his parents, **Magna** and **Axel Metz**, were arrested by the SS in Denmark and taken by force to Theresienstadt camp in Czechoslovakia. By March, his father, 40, had perished of starvation. Steen and his mother were two of the 14 percent who made it out of the camp. Since Mr. Metz wrote *A Danish Boy in Theresienstadt* in 2011, he has presented his story at Brown University, on radio and TV, and to over 80,000 – mostly students – across six states. Mr. Metz is also a regular presenter through the Illinois Holocaust Museum. You could hear his presentation five times and, on the sixth, hear something entirely new and inspirational. This is a “don’t miss.”



Saturday
Oct 3
1:30 pm-
2:30 pm

Birthday Bash with Tom Stanfield - rsvp *07

Live in the Performing Arts Center

Tom plays acoustic piano, trumpet (at the same time), and eases us into fall with *Autumn Leaves*, *Shine On Harvest Moon*, and other songs of the '40s with some '30s and earlier and '50s sprinkled in. We'll enjoy a treat from **Pastry Chef Julie** and sing *Happy Birthday* halfway through.



Monday
Oct 5
THRU
Friday
Oct 9

Active Aging Week!

See Page 15 for our *Active Aging Week* schedule



Here's What's Happening

<p>Tuesday Oct 6 10:00 am- 11:00 am and Tuesday Oct 20 10:00 am- 11:00 am</p>	<p>Just Talk <i>on Zoom on your computer</i></p> <p>Just Talk is a member-run gathering, most recently meeting online, where you can discuss or raise any subject you like and hear other members' views on the topic. To obviate chaos, a member, Tom Banfield, plans (loosely) and guides the meeting. To foster community, the group agrees to disagree with ideas, not other members. This group is proof that people of opposing thoughts can not only carry on civil discourse but also find humor and friendship. Please contact Tom Banfield (3-1400) with questions or to register for the <i>Zoom</i> gathering. To participate, you must have a computer, tablet, smartphone, or have reserved the <i>Tech-to-Go-Kart</i> from Activities (77415 or *13).</p>	<p>It's just talk ...</p>
<p>Thursday Oct 8 7:00 pm- 8:00 pm</p>	<p>Oktoberfest with Eddie Korosa & the Schnitzels from Illinois - rsvp *07 <i>Live in the Performing Arts Center</i></p> <p>You may remember Eddie Korosa and the Boys from Illinois from Mother's Day outside and our big New Years' Eve Party last year. They are back and ready to bring you folk music, marches, and polkas to get you in the Oktoberfest spirit.</p>	
<p>Friday Oct 9 7:00 pm- 8:00 pm</p>	<p>Jenny Riddle presents Find A Way by Diana Nyad - rsvp *07 <i>Live in the Performing Arts Center</i></p> <p>Professional storyteller and longtime Garlands friend Jenny Riddle (<i>right top</i>), helps us close out Active Aging Week with a dramatization of the book <i>Find a Way</i>, written by Active Aging superstar, Diana Nyad (<i>right bottom</i>). In 2013, at sixty-four, Nyad swam 111 miles in 53 hours, from Cuba to Florida, in an epic feat of conditioning and human will. Through the long stretch of shark-infested waters, she repeated to herself "<i>You're never too old to follow your dreams!</i>" Want to feel positive about the unknown ahead? Be there when Jenny brings this lifelong athlete and motivational speaker to our stage.</p>	 
<p>Tuesday Oct 27 1:00 pm- 2:00 pm</p>	<p>Garlands BINGO - rsvp *07 <i>Live in the Performing Arts Center</i></p> <p>We hope to hear a lot of BINGOs! More games, more prizes! Bring your friends (they should RSVP), and let's win together.</p>	

Here's What's Happening

<p>Thursday Oct 15 7:00 pm- 8:00 pm</p>	<p>Martina Mathisen Presents Did You Know: Arsenic and Old Lace - rsvp *07 <i>Live in the Performing Arts Center</i></p> <p>Popular edutainer Martina Mathisen starts a new series on what you didn't know about the films you've always known. A fun spin on film appreciation. You know Martina from the <i>Six Wives of Henry VIII</i>, <i>Cleopatra</i>, and more. Now spend an hour with Martina the film buff. You can see <i>Arsenic & Old Lace</i> in its entirety the next day for our Friday afternoon film. Snack: popcorn.</p>	
<p>Friday Oct 16 10:00 am- 11:00 am</p>	<p>Our 19th Amendment with Peggy Clough - rsvp *07 <i>Live in the Performing Arts Center</i></p> <p>This year's election season marks 100 years since women won the vote and voted in the 1920 Presidential Election. Member Peggy Clough talks passionately about this historical event. Passage of the 19th Amendment was a hard-won fight. Learn how it came to be the law of the land and celebrate the women who made it possible for U.S. women to vote!</p>	
<p>Thursday Oct 22 4:30 pm- 5:30 pm</p>	<p>Happy Hour* Concert: The Chairman's Board with Peter Oprisko! - rsvp *07 <i>Live in the Performing Arts Center</i></p> <p>Your reservation includes an old fashioned, which we'll bring to your seat if you have RSVPd. Entertainer Peter Oprisko features songs and stories of Sinatra, Armstrong, Bennett, Clooney, Como, Day, and more. Be sure to have your reservation number for your spot with the <i>always-outstanding</i> Peter Oprisko! (*To clarify: this is a performance, not background music. Regular Happy Hour is still in the Robie Lounge on Thursday.)</p>	
<p>Wednesday Oct 28 THRU Thursday Oct 29</p>	<p>Annual Halloween Pumpkin Decorating Contest!</p> <p>See the pumpkins in the Café or on Channel 17. Call the Concierge (*07) to vote for your favorite pumpkin. Voting ends Thursday, October 29, at 5:00 pm.</p> <p>On <i>Friday, October 30</i> we'll announce the winner on Channel 16 (and put it in the <i>November Gazette</i>).</p>	
<p>Friday Oct 30 2:45 pm- 4:00 pm</p>	<p>Team Members in Costume for Halloween <i>Your Home</i></p> <p>Team members can't parade for you through the Café, so they got creative. Be ready to open your door, starting at 2:45 pm. Team members in costume – from all departments – will knock/ring to deliver Halloween treats to your home. If YOU'RE in costume, we'll take a picture and give you a Café Coupon. Over the weekend we'll post the day's photos of members and team members on Channel 17 so you can see everyone's costumes!</p>	

Things To Do on Channel 17

Featured Programming	
Sundays 3:00 pm	<p>St. Francis de Sales (Lake Zurich) Catholic Mass</p> <p>Our first request for a broadcast service (see "<i>Religious Services</i>" under Bulletin Board), this is the 9:00 am, St. Francis mass that we are playing back. Sometimes the lector is Jerry Cullum of Member Services!</p>
Weekdays Oct 5 - 20 11:00- 11:30 am	<p>Experiencing Hubble: Exploring the Milky Way</p> <p>Your Hubble Space Telescope tour of the Milky Way galaxy begins with an overview of the spectacular images you will encounter in the course. Dr. Meyer notes that our location in the disk of the Milky Way makes it difficult to discern the galaxy's large-scale structure, however, by studying clues both near and far, astronomers have identified another spiral galaxy that is a close match to ours.</p>
Tuesday Oct 6 1:00- 2:30 pm	<p>Barrington White House presents: "Artists You Should Know" from the Barrington Area Artists Association, (featuring Garlands Member Ann Parker)</p> <p>The Barrington Area Artists Association presents three outstanding artists you should know. Ann Parker, has been painting for 20 years under the guidance of artist Frankie Johnson, owner of the Main Street Art Center in Lake Zurich. Ann's primary subject matter is flowers in an Impressionistic style.</p>
Wednesday Oct 7 7:00 pm	<p>OperaVision presents: Aleksandrs Antonenko Recital</p> <p>In the first live concert after the lock-down in Latvia, internationally renowned tenor Aleksandrs Antonenko delights audiences in Riga Castle with a wide-ranging program, including work by leading national composers.</p>
Wednesday Oct 14 7:00 pm	<p>OperaVision presents: Marina Rebeka Recital</p> <p>A stunning setting for a voice of dazzling beauty: the Latvian Baroque Rundale Palace, created by famous Italian architect Francesco Bartolomeo Rastrelli, is a fitting backdrop for Latvian opera star Marina Rebeka's first solo concert after the lock-down.</p>
Friday Oct 16 1:00- 1:30 pm	<p>Cooks with Books: Chef Rudy Galindo</p> <p>Join us as Chef Rudy Galindo shares ideas for indulgent sauces to add to your dinners at home!</p>
Wednesday Oct 21 7:00- 8:15 pm	<p>Live at Carnegie Hall: Judy Collins</p> <p>Judy Collins burst onto the music scene in the 1960s and hasn't stopped since. Along with Shawn Colvin, Steve Earle, and Jimmy Webb, Collins leads a candid conversation about the larger community of singer-songwriters who continue to shape the musical landscape decades into their respective careers. Rounding out the afternoon, Tony Award winner Alan Cumming joins Collins to discuss musical theater icon Stephen Sondheim, who penned "<i>Send In the Clowns</i>," arguably the biggest hit of Collins's career.</p>

Keep an eye on Channel 16 to see other educational content we run on Channel 17.

Things To Do on Channel 17

Weekdays Oct 21 - Nov 23 11:00- 11:30 am	Experiencing America: A Smithsonian Tour through American History This course presents an audio-visual history of America, based on the Institution's critically acclaimed, best-selling book, <i>The Smithsonian's History of America in 101 Objects</i> , published by The Penguin Press. Aided by a team of Smithsonian curators and scholars, Richard Kurin carefully chose a series of objects that offer a unique and compelling approach to American history, life, and culture. You can learn the full story of America – from pre-European contact to the digital age – from a curatorial insider's guided tour of the Smithsonian's vast holdings.
Thursday Oct 22 1:00- 1:20 pm	Eric Kuts Plays Bach on Cello <i>Grant Park Music Festival</i> cellist, Eric Kutz, plays Bach during the quarantine of 2020. This video was made while observing strict social-distancing guidelines in Chicago's Guarneri Hall.

Channel 17 General Schedule	
7:00 am- 11:00 am	Move! <i>Fitness classes</i>
11:00 am- 12:00 pm	Learn! <i>Great Courses, Ted Talks, lectures, or presentations</i>
12:00 pm- 12:30 pm	Reminisce! <i>Old Time Radio/TV Shows</i>
1:00 pm- 3:00 pm	Learn! <i>Educational programs</i>
3:00 pm- 4:30 pm	Move! <i>Fitness classes</i>
4:30 pm- 5:30 pm	Jazz Music and More <i>Jazz music or other entertainment during your Happy Hour</i>
6:50 pm- 6:55 pm	Feel Calm... <i>Guided meditation</i>
7:00 pm	Be Entertained! <i>Mon-Thu: Music programs. Fri-Sun: Movie</i>
9:30 pm- 9:35 pm	Feel Calm... <i>Guided meditation</i>



Kaleidoscope Art School at The Garlands - Performing Arts Center

Teacher Courtney McMillan brings all materials

Fall Pastels: Wildflowers - rsvp *07 by Mon, Oct 5
Wednesday, October 7, 9:30-11:00 am

Fall Pastels: Autumn Scene - rsvp *07 by Mon, Oct 12
Wednesday, October 14, 9:30-11:00 am

Fall Watercolor: Pumpkin - rsvp *07 by Mon, Oct 19
Wednesday, October 21, 9:30-11:00 am

Fall Watercolor: Autumn Sunset
- rsvp *07 by Mon, Oct 26
Wednesday, October 28, 9:30-11:00 am



Great Decisions with Gary Midkiff

- rsvp *13 if you're not already on the distribution list
Friday, October 9, 10:00-11:30 am, Zoom
(on your or our computer)

See your friends and exercise your brain! You don't need a Zoom account to attend online*, just access to the Internet and an email address. Great Decisions is America's largest discussion program on world affairs. This month's topic: This month's topic: The Philippines and the U.S. To order the book (\$32) or ask any questions, please call Lynn, Director of Activities (*13), to let her know you'd like to join this vibrant group of thinkers!

NOTE: Make sure you're Zoom ready a week before the meeting. Lynn (*13) and Nate (77415) can help you get set up before October's discussion. If you're Zooming on your cell or tablet, you do need to download the Zoom app. For maximum satisfaction, Zoom from a device with a camera. Call us if you have any difficulties.

Unexpected: 100 Years of Women's Suffrage with Myra Loris

- rsvp *07
Monday, October 26, 2:00-3:00 pm,
Live in the Performing Arts Center

We have missed Myra and are so happy she's returning to campus! This presentation looks at the struggle for women's suffrage, at contemporary realities reflecting that historic accomplishment, and at attempts to limit suffrage in the general population both past and present. Myra hopes that, with all the PAC protocols in place, she'll see lots (up to 42) of familiar and new faces!

LIVE ON ZOOM: Osher Lifelong Learning Institute (OLLI)

In addition to our partnership with Harper College, which provides The Garlands with in-person educational lectures, we are now partnered with Osher Lifelong Learning Institute for the 2020/2021 school year to offer you the most robust distance learning possible. OLLI operates through the infrastructure of 124 US institutions of higher learning. We have selected the University of Michigan to deliver our OLLI program. All of the programs OLLI/UMich offers us are online via Zoom, a platform that allows you to attend live gatherings from a distance.

Here's how it works for the OLLI programs:

15 minutes before the lecture begins, go to the website <zoom.us> and click on "Join A Meeting." Enter the Zoom Webinar ID number associated with that lecture. Follow the prompts, enter an email, and your name to join the webinars.

As always, if you have any trouble, call or email Nate (77415 or nszki@thegarlands.com) or Lynn (*13 or Ladams@thegarlands.com) so we can help you.

Don't worry if you miss a lecture: all lectures are available to Garlands members on the OLLI Video Catalog, including 70 archived lectures from the past two years. You can access these at www.oli-umich.org. Call Lynn, Nate, or the Concierge for login information (we can't publish it in the *Gazette*).

We realize that some members don't have or use computers. If that is the case and you would like to see one of the OLLI Zoom lectures we offer, please let us know. We'll run the video of it, if available, the following month in the PAC, and list it in the next *Gazette*.

October: 11 OLLI Zoom Lectures

You can access course descriptions at www.lli-umich.org

SERIES: DISTINGUISHED LECTURE

Efforts by the Chronic Pain and Fatigue Research Center

Tuesday, October 13, 9:00-10:30 am, Zoom Webinar Online | Zoom Webinar ID: 924 8689 1825

SERIES: POVERTY, INEQUITY, AND DISPARITY

The Short-Term and Long-Term Impacts of Health Care Access for Low-Income Americans

Thursday, October 1, 9:00-10:30 am, Zoom Webinar Online | Zoom Webinar ID: 951 4416 5205

Building and Preserving Affordable Housing in the United States: Federal Resources and Local Efforts

Thursday, October 8, 9:00-10:30 am, Zoom Webinar Online | Zoom Webinar ID: 931 7978 2636

From the Edge of the Ghetto: The Quest of Small City African-Americans to Survive Post-Industrialism

Thursday, October 15, 9:00-10:30 am, Zoom Webinar Online | Zoom Webinar ID: 943 6400 6511

SERIES: 1619 TO THE PRESENT – THE MANY CONSEQUENCES OF SLAVERY

The Cost of Historical Injustice, 1619 to Today

Thursday, October 22, 9:00-10:30 am, Zoom Webinar Online | Zoom Webinar ID: 944 5140 0343

And Still, We Rise: Increasing the Educational Access and Opportunity for Underrepresented Students

Thursday, October 29, 9:00-10:30 am, Zoom Webinar Online | Zoom Webinar ID: 955 9216 9714

SERIES: ELECTION 2020

Safe, Secure, and Accessible Elections for All

Wednesday, October 7, 9:00-10:00 am, Zoom Webinar Online | Zoom Webinar ID: 943 3188 4660

Michigan and Other Battleground States

Monday, October 12, 9:00-10:30 am, Zoom Webinar Online | Zoom Webinar ID: 992 6064 4415

A Survivor's Guide to Election 2020

Monday, October 26, 9:00-10:30 am, Zoom Webinar Online | Zoom Webinar ID: 974 0861 8407

Afternoons with OLLI: The 2020 General Election - Casting and Counting Ballots in Washtenaw County and Beyond

Wednesday, October 21, 2:30-4:00 pm, Zoom Webinar Online | Zoom Webinar ID: 943 6924 3512

SERIES: LASTING IMPACT OF COVID-19

Mitigating the Impact of COVID-19 on Underserved Communities: Lessons Learned from Flint and Implications for Reducing Health Disparities Beyond the COVID-19 Pandemic

Tuesday, October 20, 9:00-10:30 am, Zoom Webinar Online | Zoom Webinar ID: 915 1535 1120



As soon as restrictions lift, we'll reschedule our annual *Member Appreciation Celebration* to honor all of you who do so much to contribute to life at The Garlands. Until then, there's one person we must collectively acknowledge: thank you, **Rita Roche!** For seven-plus years Rita has captained the Garlands Library Committee.

Maintaining our Library collection is a group effort, but it is best achieved with a dedicated book lover at the helm. Rita knew where every book should and shouldn't be, which books to keep, which to donate, and when to cull. She clipped New York Times and local new-book articles for the bulletin board, re-shelved books, ensured displays stayed current, triaged donated books, regularly curated the books on tables throughout the Library, worked tirelessly with the Committee, and so much more. To put it in perspective, Rita volunteered the equivalent of 29 40-hour weeks to ensure your Library is organized and up-to-date. Please thank Rita when you see her!

She is stepping down now but remains available to answer any questions. Please see the Bulletin Board in this *Gazette* for more information about our member-run Library Committee.

Your Wisdom and Ingenuity

Garlands Members are RESILIENT! Think of all the world events and life experiences you've come through. Here are some of the ways you're thriving during the pandemic:



Biking! – Clyde Dawson

As the country shut down, Clyde experienced a major life change; he helped Jean, his beloved wife of 64 years, transition to Memory Enhancement at Prairieview at The Garlands. Add the pandemic fact that the Dawsons' children were unable to surround their parents as they had all planned, it was enough to make an optimistic guy blue.

Clyde figured out his visiting schedule with Jean, then took some days to clear his head and evaluate how he was going to manage the pandemic and his future. A lifelong swimmer during the time our pool was closed, he thought, "*First up, get fresh air and exercise. Good for the body; good for the brain; good for a broken heart.*" So he researched thoroughly, bought a three-wheeled electric bike (e-trike), and set about learning everything needed for maximum safety, fitness, and enjoyment. Now, unless it's raining or truly cold, you have a good chance of spotting Clyde zipping past the pied-billed grebes in Cuba Marsh, connected by bike paths to The Garlands. A streak of inspiration on the prairie!

Such inspiration that when he extolled the e-trike's virtues to fellow member, Bill Mullin, Bill became wildly enthused and is purchasing one. Now Bill, Clyde, and member Lyle Davidson are talking of starting a Garlands Trike Club! In March the owners of Village Cycle Sport will present to us on the wonders of the e-trike so everyone can hear the good news. This is what Clyde started by simply taking good care of himself.

Member Wisdom and Ingenuity



Reading – Hal Guenther

Hal Guenther has always enjoyed reading. Sometimes life got in the way of indulging as much as he'd have liked, but since the stay-at-home was enacted, he's made up for the lost time. Hal mentioned that he's been reading a lot. When quizzed, he shared that he has read 70 or more books since March. That averages out to a book every two and a half days ... for six months ... and no sign of slowing down.

Fiction, non-fiction, westerns, women's literature, thrillers, mysteries, histories: Hal reads it all. He has gone high-tech and now listens to most books on his Kindle. His daughter checks out the books online from the Barrington Area Library and loads up his *Kindle*. She can barely keep up with him. Hal thinks everyone should learn how to access this fantastic resource available to us all.

What's YOUR Stay-at-Home Wisdom?

*How do you pass the time? Are you learning something new? Are you making headway on a project? What advice would you give to seniors confined to their homes and their family members? Even if you think your accomplishment is small, it might be exactly what another member needs to hear. Please call or email Lynn Adams in Activities (*13 or Ladams@thegarlands.com)*



Gardening – Cathy Nardo

"Every herb has a story!" says Cathy Nardo. *"They've all been used throughout history, some even dating back to the Egyptians."* Cathy, a seasoned lecturer on herb history and folklore, gives presentations to local garden clubs, historical societies, arboretums, and botanical gardens. The lecture circuit has dried up because of COVID-19. Online herb talks are not the same. *"You can't smell an herb on Zoom!"* says Cathy.

Time in her Garlands garden bed is an opportunity to relax, unwind, and escape the problems of the day, if only for a bit. Keeping up the thirty or so plants in the garden takes about six to eight hours a week and even more time during planting and harvesting.

Other Garlands gardeners quickly learned that Cathy is the go-to resource for all gardening questions: you can't stump her! We look forward to the interactive lecture Cathy's planning for Garlands members next summer! Meanwhile, read more about Cathy and her herbs on The Garlands blog at thegarlands.com and click on "What's New."

Fur Coats Return

If we delivered your fur coat/s to York Furrier of Elmhurst, your coat/s will be returned to campus Friday, October 9. Please be sure your account with York is up to date. Member Services will deliver your coat/s to you by day's end. The number for York Furrier is (630) 832-2200.

Garlands Garden Planters

Attention Garlands Gardeners for 2020! This year The Garlands will dismantle and build brand new garden beds: same sizes, same locations. Please remove all annuals from your garden beds by October 5. After October 5, Damgaard staff will empty the beds. If you'd like Damgaard to store your perennials off site, please leave your perennials in the ground when you remove your annuals. Damgaard will return your perennials to your new bed in the spring. If you have questions, or need assistance, call Nate in Activities (77415).

If the refuse containers near the gardens are full, please call Member Services (*02 or 847-756-3276) who will see they are emptied for you. Call Nate (77415) with any questions about this process.

Garlands Library Needs You!

2nd floor of Building 1

Love books? Have a heart for service? Our Garlands Library is wholly run by members and requires many volunteers to manage the books you enjoy reading. If you check out books from our Library, please consider giving your time to ensure a smooth transfer of responsibilities from the outgoing member committee to the new: YOU! The more who help, the fewer the responsibilities for each person. You can be as social (do your shift with an old or new friend) or as solitary as you like. Call Lynn (Activities, *13) who will set up a meeting of all the **wonderful** members who offer time in the Library in the service of others.

Religious Services

If your house of worship is streaming Saturday or Sunday services that you'd like to watch later on Channel 17, please call Lynn (*13) or Nate (77415) in Activities. If you leave a voicemail, specify the name and town of the church/temple and the time the service takes place. If they're in a format compatible with our platform, we'll run pre-recorded services on Sunday afternoons or evenings on Channel 17. Currently, the only request from members has been for the St. Francis de Sales Church in Lake Zurich.

Garlands Housekeepers

Last month we celebrated International Housekeeping Week and recognized the efforts of hard-working housekeepers all over the world! We thank every team member in Housekeeping for the important work they do to keep The Garlands not only spit-spot and beautiful, but also safe for members, team members, and guests!



Pictures from International Housekeepers Week 2020: a delicious meal together and fun games for an outstanding and united team, led by Director of Housekeeping, Beverly Astudillo, and Housekeeping Supervisor, Angie Gomez.

Food Glorious Food

National Vegetarian Day Special

National Pumpkin Pie Spice Day

Thursday, October 1, 11:30 am-1:30 pm, Lunch & 5:00-8:00 pm, Dinner Winslow - rsvp *17

Ratatouille, a classic French stew packed with fresh seasonal veggies, \$12

Pastry Chef Julie's homemade Pumpkin Snickerdoodles, two for \$2

Scallops Special

Friday, October 2, 5:00-8:00 pm, Winslow - rsvp *17

Scallops (4) with pesto cream sauce and roasted red peppers, \$21

National Kale Day

Wednesday, October 7, 11:30 am-1:30 pm, Winslow - rsvp *17 & 5:00-8:00 pm, The Grill - rsvp *52

Kale salad special with peanuts, pumpkin seeds, roasted pears, and parmesan cheese, tossed in a red wine vinaigrette, \$12

National Fluffernutter Day

Thursday, October 8, 11:00 am-3:00 pm, Café *19

Also known as The Liberty Sandwich, a Fluffernutter sandwich is a sweet and salty combination of peanut butter and marshmallow crème, \$5

Oktoberfest

Thursday, October 8, 5:00-8:00 pm, Winslow - rsvp *17

Individual German charcuterie plate of meats and cheeses, \$14

Baked pretzel with assorted dips, \$8

Enjoy a German beer! Prost! \$6

National Pizza & Beer Day

Friday, October 9 5:00-8:00 pm, Winslow - rsvp *17

Personal pizza - your choice of pepperoni or veggie - with a beer, \$12

National Pumpkin Pie Day

Monday, October 12, 11:30 am-1:30 pm,

Winslow - rsvp *17 & 5:00-8:00 pm, The Grill - rsvp *52

It's not officially Fall without a slice of Pumpkin pie!

National M&M Day

Tuesday, October 13, 11:30 am-1:30 pm,

Winslow - rsvp *17 & 5:00-8:00 pm, The Grill - rsvp *52

Special M&M desserts by Pastry Chef Julie

National Dessert Day Presentation with Pastry Chef Julie!

Wednesday, October 14. 3:00 pm, Roycroft - rsvp *17

Spend a fun, informative, and tasty hour with Pastry Chef Julie. 10-person limit

National Red Wine Day

Thursday, October 15, 5:00-8:00 pm, Winslow - rsvp *17

All red wine bottles will be half off (3 bottle limit per member; corked to-go)

National Pasta Day – Breast Cancer Awareness Month Special

Saturday, October 17, 5:00-8:00 pm, Winslow - rsvp *17

Fettuccine with cremini and asparagus, tossed in a pink sauce, \$12

National Chocolate Cupcake Day

Sunday, October 18, 11:30 am-1:30 pm, Winslow - rsvp *17

Free mini chocolate cupcake with all brunch orders

National Seafood Bisque Day

Monday, October 19, 5:00-8:00 pm, The Grill - rsvp *52

Seafood Bisque entrée served over rice, \$16

National Pumpkin Cheesecake Day

Wednesday, October 21, 11:30 am-1:30 pm,

Winslow - rsvp *17 & 5:00-8:00 pm, The Grill - rsvp *52

Pumpkin cheesecake slice, \$5

National Boston Cream Pie Day

Friday, October 23, 11:30 am-1:30 pm,

Winslow - rsvp *17 & 5:00-8:00 pm, The Grill - rsvp *52

Boston cream pie slice, \$5

National Chicken Fried Steak Day

Monday, October 26, 5:00-8:00 pm, The Grill - rsvp *52

Chicken Fried Steak with gravy, green beans & mashed potatoes, \$14

Pumpkin Special

Monday, October 26, 11:30 am-1:30 pm,

Winslow - rsvp *17 & 5:00-8:00 pm, The Grill - rsvp *52

Special pumpkin dessert by Pastry Chef Julie, \$5

Food Glorious Food continued from page 12.

Domestic Beers Half Off

*Tuesday, October 27, 5:00-8:00 pm,
The Grill - rsvp *52*

National Chocolate Day

*Wednesday, October 28, 5:00-8:00 pm,
The Grill - rsvp *52*

Special chocolate dessert by Chef Julie, \$5

National Candy Corn Day

Thursday, October 29

Free candy corn with every order

Halloween Treats Delivered in Costume!

Friday, October 30, 2:45-4:00 pm, Your Home
Open your door to see costumed team members (not just from F&B) delivering Halloween treats! See Special Events in this *Gazette* for more information.



THE DOCTOR IS IN...

Podiatrist: Dr. Warheit

*Call 847-577-1649
to schedule an appointment.
Wednesday, October 7,
8:00 am -3:00 pm.*

Please plan to wear a mask during your appointment.

Audiologist: Dr. Regina Dzewior

*Call 847-358-2896 to schedule an appointment.
Wednesday, October 28, 9:00 am-12:00 pm.*

Please plan to wear a mask during your appointment.

Effective as of July, complementary home visits are no longer available. Regular Nursing charges apply.



Flu Shots

As we did last year, the Garlands will work with Barrington Family Medicine and Dr. Bartolomeo to provide flu shots to our Members.

This year, it is mandatory that all Members pre-register and set up an appointment.

If you are not an established patient of Dr. Bartolomeo, you must provide a copy of your insurance card at the time of registration.

Please call the Wellness Center at *03 to pre-register and set up your appointment.

Wellness Center Hours

*Monday through Friday, 8:00 am-4:30 pm,
Saturday, 8:00 am-2:00 pm.*

The Wellness Center will remain closed for walk-ins and will be open BY APPOINTMENT ONLY. Please dial *03 to speak with Wellness Center staff about your needs and to schedule an appointment.

The Wellness Center Manager is available by phone (*03): Monday - Friday, 8:30 am - 5:00 pm.

Blood Pressure Testing - call *40

Make an appointment during Wellness Center hours to have complimentary blood pressure and vital sign check. There will be an additional charge to have this service if provided in your home.

Lab Services - call *40

Blood draw services every Tuesday in the Wellness Center. This service is provided by NICL Lab. **Minimum 24-hour advance notice 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!



Monday, October 5 –
Friday, October 9

**Keep Your Bodies Active
and Help Us Celebrate
Active Aging Week**

- rsvp *41

Please join us for this
special event!



Why is it so important for us to keep moving? As we age, we tend to lose our strength, our muscles start to atrophy, and we lose flexibility and balance, the very abilities that help us prevent a trip or fall. During the pandemic, people have reinvented exercise routines, learned to self-motivate, and stayed active in ways that work best for them.

The week of October 5th, we will celebrate our fit family at the Garlands by hosting a variety of health and wellness activities to help ignite your fitness fire. Some of these adventurous events include a fun dance video through the *TikTok* app, outdoor games, hydration stations, painting, and reading poetry for mind and body healing.

Active Aging Celebration Events

ALL EVENTS WILL BE HELD AT 2:00 PM

Monday, October 5: Hydration Day

Enjoy fruit-infused water and get tips from our Fitness team on achieving your recommended daily ounces of water consumption. We will be in the West Gardens at 2:00 pm, weather permitting. Hydration stations will also await you at 2:00 pm on the first floor of Buildings One, Two, and Three! Stop by for a sip and a visit!

Tuesday, October 6: *TikTok* Dance Day - rsvp *41

TikTok is a popular video-sharing app that allows 15-second videos to be recorded and viewed. Watch on Channel 17 for The Garlands *TikTok* dance video performed by members. We will perform the dance live on the Grill Patio at 2:00 pm followed by a dance party!

Wednesday, October 7: Field Day - rsvp *41

We'll play competitive and fun games of beach ball, volleyball, bags, croquet, and bocce. Meet on the Grill Patio at 2:00 pm, weather permitting.

Thursday, October 8: Walkathon Day - rsvp *41

Clip on your pedometers (*call us if you need one!*) and get your steps in! At the end of the day, call Bethanie and Sandra at *41 with your step count to be entered in our "Get Your Steps In" contest. Meet outside the 1000 entrance for a socially-distanced group walk at 2:00 pm.

Friday, October 9: Healing Arts Day - rsvp *41

Enjoy watercolor painting and poetry reading near the West Gardens (between the Grill Patio and the Service Entrance) of the Garlands at 2:00 pm. *You must rsvp to get art supplies.*

Poetry lovers, bring your favorite poems to read.

Get Reassessed for the Balance Class - call *41

Please call the Fitness Center and schedule an appointment if you have been participating in the balance class series. Bring your calendars marking the days of your participation in our classes during the month of September. We can't wait to see the progress you've made during this time!

Indoor Strength Class - rsvp *41

Thursdays 9:30-10:00 am, Fitness Studio

Come flex one hand and show those muscles! Build muscle and energy while melting your calories and fat away. We will use a variety of strength training tools to keep you motivated and driven toward pure success. Practice social distancing by keeping six feet apart and remember your face mask. *Space is limited!*

Indoor Chair Yoga - rsvp *41

Thursdays, 11:00-11:30 am, Fitness Studio

We are back in business. Join our amazing group of chair yogis, and add some flexibility, balance, and relaxation to your life! Practice social distancing by keeping six feet apart and please remember your mask. *Space is limited!*

Indoor Tai Chi - rsvp *41

Tuesdays, 11:00-11:30 am, 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, improved balance may be one of the most important parts of this mind-body adventure. Practice social distancing by keeping six feet apart and remember your face mask. *Space is limited!*



FEEL Better. LIVE Better. AGE Better.

October Birthdays



Wishing a Happy Birthday to those members celebrating their special day this month. Whether or not you have a birthday, please plan to attend the **Birthday Bash** with performer **Tom Stanfield** on Saturday, October 3. For more information, see *Birthday Bash* on Page 2.

Eileen Metz	Oct 01	JoAnne Westerman	Oct 19
Jim Schorr	Oct 02	Lee Heckmeck	Oct 23
Andy Rueb	Oct 06	Terry O'Brien	Oct 24
Ed Hartigan	Oct 06	Ray Spiess	Oct 25
Betty Wilke	Oct 07	Susan Origer	Oct 27
Connie Bader	Oct 09	Diane Stephens	Oct 28
Louise Hartigan	Oct 09	Dusty Ash	Oct 29
Fred McWilliams	Oct 12	Lillian Bogen	Oct 30
Phyllis Hamilton	Oct 13	Peggy Ullius	Oct 30
Ralph Anderson	Oct 13	Chris Kotarba	Oct 31
Esther Lark	Oct 17	Jonathan Hamill	Oct 31
Pat Leydig	Oct 18	Elaine Swingle	Oct 31
Paul Leonard	Oct 18		

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.

WHEN YOU *look* GOOD,
YOU *feel* GOOD.



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Prayer for Those Who Live Alone

I live alone, dear Lord,
stay by my side, in all my needs,
be my constant guide.

Grant me good health, for that I pray,
to continue my work each and every day.

Keep pure my mind, my thoughts, and deeds.
Help me be kind, and to assist others in need.

Save me from harm and hateful tongues,
from pain and fear and evil ones.

When I am sick, in need of care,
O Lord, I pray, you will be near.

When I feel down or I'm in despair,
lift up my heart and hear my prayer.

I live alone, dear Lord, yet have no fear,
because I know that you are near. Amen.

– Submitted anonymously by a Member



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