



THE GARLANDS® Gazette

A Newsletter for the Members of the GARLANDS OF BARRINGTON

JANUARY 2021

John and Jerri Olszewski made a tribute to 2020. It turned out to be beautiful.



Drina, Karin, Suzy, and Lee from Food and Beverage dive into the holiday spirit every Friday!



Santa with Esther Lark and Carm Mistretta at our much modified Winter Wonderland



FEEL Better. AGE Better. LIVE Better.

Here's What's Happening

Staying Safe with Virtual Activities

It's just talk ...

Saturday
Jan 2
10:00 am-
11:00 am
and
Saturday
Jan 16
10:00 am-
11:00 am

Just Talk - on Zoom on your computer
Please note this group goes back to its original day (Saturday) in January. In this member-run, *loosely-guided* gathering, you can discuss or raise any subject you like and hear other members' views on the topic. This group is proof that people of opposing thoughts can carry on civil discourse and find humor and friendship. Please contact Garlands member Tom Banfield (31400) with questions or to register for the Zoom gathering. Because this group is currently meeting online, you must have access to a computer, tablet, or smartphone to participate.

Saturday
Jan 2
1:30 pm-
2:30 pm

Birthday Bash with Rick Pickren's Old Time Rock N Roll - Live on Channel 17 from our beautiful Pecan Room. If your birthday is in January, please go to your purse shelf/front door around 11:30 am for your Birthday Bash Cupcake. Then join us on Channel 17 at 1:30.
Two-time winner of the Marlboro Country Music Round-up, Rick Pickren shared the stage with B.J. Thomas, George Strait, Merle Haggard, and Dolly Parton, among others. Sing along with him to the top hits of the 50s: Blue Suede Shoes, Blueberry Hill, Good Night Irene, Love Me Tender, Don't Be Cruel, That'll Be The Day, Mack The Knife and so many more. Have a request? Call (*13) or email Lynn (Ladams@thegarlands.com) by 9:00 am Saturday.



Wednesdays - 9:30 am-11:00 am
Kaleidoscope Art School at The Garlands
-rsvp *07 for an Art Kit for each class, Live on Channel 17 from the Performing Arts Center. Kaleidoscope instructor **Courtney** takes you through an art piece each week. No experience needed, however, if you're already a practicing artist, you will learn something new. **To get the art kit, you must rsvp for each class** no later than Friday of the prior week so we can deliver your kit to your door by Tuesday night. Limit 20.

- Jan 6: Winter Wonderland watercolor** - The beauty of winter comes alive in this peaceful and poetic watercolor scene.
- Jan 13: Night-blooming flowers in Pastels** - Using pastels to create bold and majestic colors, Courtney walks you through the steps to bring night-blooming flowers to light.
- Jan 20: Watercolor Northern Lights Mountain scenery** - You didn't know YOU could paint the Aurora Borealis, did you? In this watercolor painting class, you will capture its beauty and wonder.
- Jan 27: Vintage Art Watercolor** - Step back into the 1960s with this retro watercolor Pop Art painting. Peace, man!

Kaleidoscope and The Garlands partnered to provide art supplies for each class free of charge until we resume classes in our Art Studio.

Here's What's Happening

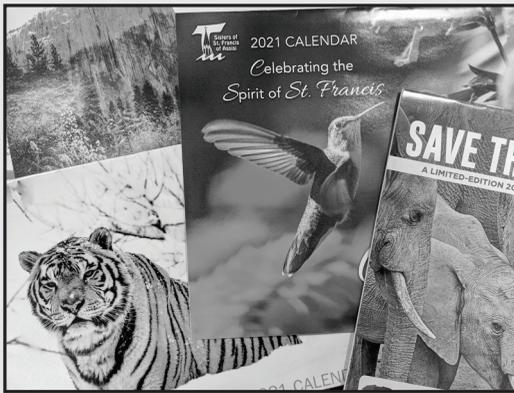
<p>Monday Jan 11 3:00 pm- 4:00 pm</p>	<p>Lights Up with Lara Allison and Tom Vendafreddo <i>Live on Channel 17 from the Performing Arts Center.</i></p> <p>Lara Allison, a graduate of Interlochen Arts Academy, current Boston Conservatory student, and granddaughter of former Garlands members, Gayle Marie and Chuck Allison, is back for another musical review featuring many of your Broadway favorites. This time she is joined by special guest and musical director, Tom Vendafreddo, who, in a wild coincidence, is ALSO the grandchild of a former Garlands member: Stella Vendafreddo! Tom is a truly talented musician, singer, and performer . . . as in he has been nominated for <i>seven</i> Jeff awards. How happy Lara's and Tom's grandparents would be!</p>	 
<p>RSVP 77415 Thursday Jan 21 1:00 pm- 2:00 pm</p>	<p>Garlands BINGO with Nate - <i>Live on Channel 17 Activities</i></p> <p>We are going LIVE with BINGO! First, call Nate by dialing 77415 and request 1-2 BINGO Cards. He will deliver them to your front door shelf or via mailbox by Wednesday, Jan 20. Second, grab markers or pennies to use to cover your numbers for when they are called. Third, sit near your landline so when you watch live at 1:00 pm on Channel 17, you can call Nate at 77415 and yell BINGO! We will play for about an hour, and each player that calls Nate with a correct BINGO will win a prize.</p>	
<p>Tuesday Jan 26 3:00 pm- 4:00 pm</p>	<p>Author Michael Sean Comerford – <u>American OZ: An Astonishing Year Inside Traveling Carnivals at State Fairs & Festivals*</u> - <i>Live on Channel 17 from the Performing Arts Center.</i></p> <p>A few years ago, Michael Sean Comerford, veteran international, Pulitzer Prize-nominated journalist, set out on an odyssey of total immersion in a foreign culture -- in the belly of America. Over the course of a year he worked ten carnivals in ten states and Mexico, living on carnival wages, sleeping in their bunkhouses, and hitchhiking across the country between gigs.</p> <p>Michael comes to The Garlands with his high-energy, multimedia presentation on his #1 Amazon bestseller about that adventure. The Chicago Tribune calls it "Majestic! ...Deep Observations on Life." American OZ is available wherever books are sold, including on Amazon and Kindle, and he is completing his audiobook this month. Please call *07 if you'd like us to purchase a signed copy on your behalf that day (\$27). We will certainly invite Michael back when everyone can experience him in person!</p> <p>*The full title is <i>American OZ: An Astonishing Year Inside Traveling Carnivals at State Fairs & Festivals: Hitchhiking from California to New York, Alaska to Mexico.</i></p>	 

Here's What's Happening

Thursday
Jan 28
3:00 pm-
4:00 pm

An Afternoon of Opera with Marisa Buchheit - *Live on Channel 17 from The Performing Arts Center*

Operatic soprano Marisa Buchheit performs a concert of opera and Broadway hits. A former Miss Illinois, Buchheit sang "Juliet's Waltz" from *Roméo et Juliette* on the Miss America stage in Atlantic City and will sing this lively aria and many more to her new friends at The Garlands. An active performer in the Chicagoland area, Buchheit has performed as Featured Soloist with the Elgin and Peoria Symphony Orchestras and in leading roles in operas, operettas, and musicals throughout the country. She looks forward to sharing works of Puccini, Dvorak, Bizet, Lloyd-Webber, Rodgers, Cohen and more, in songs of love, loss, and exuberant joy.



Calendars!

Would you like a 2021 monthly wall calendar? A Garlands member has generously donated 40 nature-scene calendars. Call Nate (77415) or Lynn (*13) if you'd like one delivered to you. First come, first served.

Bulletin Board

Elgin Symphony Orchestra (ESO) Season Ticket Holders

ESO has offered The Garlands a refund on the Spring 2021 Classic Concert Series. We will provide a full refund for the remainder of the season to all members who signed up for the Season Tickets. We will send out individual letters to those members in the second half of January. Thank you.

January Re-Juvenation

A helpful member reminds us the month of January is an opportunity to make a fresh start by noting how many items we brought to The Garlands on moving day but haven't used. Decluttering does a great favor to our families. There are many local charities to which you can donate.

This member tracks how often she wears clothing items by placing hangers with the open hook end facing outward. When she returns a clean item, she turns the hanger hook the other way. Later in the year one look shows her everything she never wore that year!

Medications and make-up also need to be purged. Take note of expiration dates. Our Wellness Center accepts outdated/unused medications for proper disposal.

Library – Barrington Area Library (BAL)

Let someone else read to you any of 14,000 audiobooks for free! For help setting up your device or downloading audiobooks, call Ken Fritz (BAL) at 847-382-1300, ext. 2050. To inquire whether a book you'd like to hear is available, call Hayley Schommer (also BAL) at 847-382-1300 ext. 3030. And for general "How does this work" questions, call Nate in Activities (77415).

Lost and Found

All items found on campus are taken to Member Services. Let them know (*02) if you've lost something.

What is the MAC?

The member-driven Member Advisory Committee was created in 2005 and serves as an active mechanism for members to share ideas and suggestions for improving services, programs, and the Garlands lifestyle. The MAC maintains an open dialogue with Administration and helps guide program development and enhance current programs or practices. You are encouraged to reach out to anyone on the MAC with concerns and suggestions.

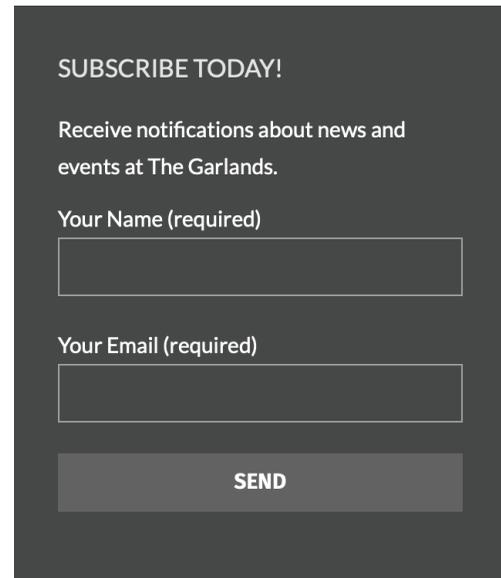
Your current members are Marilyn Helberg (Chair), John Seaman (VP), Carol Brenner (Secretary), Suzanne Carmer, Gary Griffin, Marj Lutz, Nancy Leonard, Karen Robinson, Dick Schmidt, Fred Sponsler, Judy Thierer, and Jan Zilkowski.

Mailing Address

When giving your mailing address, be sure to include your apartment/villa number every time. A piece of mail sent to The Garlands without your apartment/villa number may be delayed in reaching you.

U.S. Flag on the Square

Per Governor Pritzker's directive and for the remainder of the pandemic, our flag in front of Prairieview has been lowered to half-mast to honor those lives lost due to Covid-19.



Visit our Blog

Catch the latest news from The Garlands by visiting our blog. Just go to www.thegarlands.com and choose "What's New" then select "News and Blog" from the dropdown menu. You'll find our most recent blog about Chef Julie and her wonderful gingerbread village as featured on Chicago's Very Own, WGN TV. Check it out! You can even "Subscribe Today" for email notices when new blogs are posted. You'll also see lots of member photos!

The MyGarlands App (on your smartphone, tablet (iPad), and computer)

In addition to everything else available on our app (Menus, Member Directory, so much more!), you can now access all the programs we live stream two business days later. Call Nate (77415) if you'd like a refresher on how the app can streamline your life at The Garlands.

Shredding Your Confidential Documents

A reminder that we've engaged a document destruction company and have placed their locked shredding receptacle in the hallway between the Resource Center and the Café. We've learned we need to check it often as it filled up quickly the first time!



Osher Lifelong Learning Institute Breaks It Down for Garlands Members

Does our Osher Lifelong Learning Institute program look complex to you? (“I have to go to a website and join a meeting in order to see a lecture??”)

Lisa Barton, Director of Lifelong Learning at the University of Michigan, has created a video for us explaining their entries in the Gazette, what our partnership offers Garlands members, why it’s worth joining a lecture online to access this exciting educational material, how you can “attend” with your Garlands friends, and more.

Send any questions to Lynn (Ladams@thegarlands.com).
You can ask us for the link to this video anytime.

January OLLI Zoom Lectures

You can access course descriptions at olli-umich.org

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

DATE / TIME	TITLE	ZOOM ID
Tuesday Jan 12 9:00 -10:30 am	Stress and Brain Health from Biology to Social Context	913 8918 7516
Thursday Jan 14 9:00 -10:30 am	Cosmology: The History of the Universe	978 5176 8294
Thursday Jan 21 9:00-10:30 am	Covid-19 Health Update: Trends, Treatment, and Vaccines	926 3306 3649
Thursday Jan 28 9:00-10:30 am	Answered and Unanswered Questions in Particle Physics	970 3001 4830

IF YOU ARE ATTENDING THE OLLI LECTURES ONLINE, Please call (*13) or email (Ladams@thegarlands.com) Lynn to let us know what you think of the OLLI program.

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



Friday, Jan 8, 10:00-11:30 am - *RSVP *13 if you're not already on the distribution list*

Great Decisions with Gary Midkiff

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. We have completed all of 2020's topics. January's meeting will be the second foreign policy roundtable and officially closes out 2020. Gary will email you any pertinent reading before it.

Our 2021 topics begin in February. To order the 2021 book at cost (\$32), ask any questions, please call Lynn Adams, 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 the meeting. 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.



Friday, Jan 15, 1:00-3:00 pm - *Live on Channel 17 from Harper College*

Harper College: Earth's Exotic Creatures with Suzanne Rausch

Take a look at some of the more exotic creatures that have evolved on our planet. A snail larger than some dogs? A crab larger than a hot tub? A moose-faced bat? No photo-shopping here. They're all real (although this photo is pure silliness), and Suzanne introduces them to you one by one.

Learning on Channel 17

Featured Programs	
<p>Thursday Jan 7 7:00- 9:30 pm</p>	<p>OperaVision presents "La Soupe Pop"</p> <p>Inspired by director Marie-Ève Signeyrole's real-life experience volunteering in a soup kitchen around Christmas, La Soupe Pop invites its audience to share a bowl of soup among the actors and singers on Montpellier's Opera Comédie stage. Halfway between theatre and cabaret, the immersive experience unfolds in a series of raw, yet poetic scenes accompanied by the joyously melancholy music of the British cult band The Tiger Lillies.</p>
<p>Thursday Jan 14 7:00- 7:30 pm</p>	<p>Bach with the Netherland Bach Society Orchestra</p> <p>In 'Wachet auf, ruft uns die Stimme', performed by the Netherlands Bach Society for All of Bach, everything revolves around the parable of the wise and foolish virgins. They wait throughout the night with burning lamps for the arrival of the bridegroom. Five of them have brought along extra oil to keep their lamps burning. The others run out of oil and go off to buy some more. The bridegroom arrives while they are away.</p>
<p>Part 1: Tuesday Jan 19 7:00- 8:15 pm</p> <p>Part 2: Wednesday Jan 20 7:00- 8:00 pm</p>	<p>"Macbeth" by the Folger Theatre and Two River Theater Company</p>
<p>Tuesday Jan 26 7:00- 8:45 pm</p>	<p>BBC Proms presents Rodgers and Hammerstein</p> <p>Enjoy select classics from the musicals <i>Oklahoma!</i>, <i>Carousel</i>, <i>South Pacific</i>, <i>The Sound of Music</i>, and more.</p>
<p>Wednesdays and Fridays 3:00 pm</p>	<p>Movies - Channel 17</p> <p>Each week there will be one movie on Wednesday and a different movie on Friday. Check Channel 16 a couple of days before for the movie selection.</p>
<p>Sundays 3:00- 4:00 pm</p>	<p>St. Francis de Sales (Lake Zurich) Catholic Mass</p> <p>This is the previous Sunday's 9:00 am mass. Sometimes the lector is Jerry Cullum of Member Services. Please let Lynn (*13) know if you would like us to rebroadcast a service from another place of worship.</p>

Learning on Channel 17

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

Channel 17 General Schedule

7:00 am- 12:00 pm	Move! <i>Fitness classes</i>
12:00 pm- 12:30 pm	Reminisce! <i>Old Time Radio/TV Shows</i>
1:00 pm- 2:00 pm	Learn! <i>Educational programs</i>
2:00 pm- 3:00 pm	Move! <i>Fitness classes</i>
3:00 pm- 5:00 pm	Movies! <i>Wednesdays and Fridays</i>
5:00 pm - 6:50 pm	Move! <i>Fitness Classes</i>
6:50 pm- 6:55 pm	Feel Calm... <i>Guided meditation</i>
7:00 pm	Be Entertained! <i>Music programs</i>
9:30 pm- 9:35 pm	Feel Calm... <i>Guided meditation</i>



Kyler and Micah, CheckPointers extraordinaire

Members made gingerbread houses from kits delivered to their doors along with staff who live streamed to member TVs.



Team members have decorated HUNDREDS of to-go bags to send cheer to members with every delivery.



Member 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:

Member's Corner

Happy New Year Poem From Frank and Marcia Todd

*What a year this has been.
What a rare mood we're in.
It's almost like being berserk.*

*We've been stuck in our places
Without smiles on our faces.
Why, it's almost like being berserk!*

*The holiday celebrations are nil,
So all we can do is chill.
And from the way that we feel
We would swear we may be berserk.*

*When the ball starts to fall
Hooray will be our call.
Thank goodness the old year is done.
Hopefully, the new year will be
more fun!*

*All kidding aside,
We have survived
And hope you have too.*

*We're sending our best
And will not rest
until we hear back from you.*



Writing a Book! – Kathleen L McCann

A pandemic is a fine time to read all the books on our wish lists. Never one to follow the crowd, artist Kathleen L. McCann has used these months to write one! The Art of Kathleen L McCann showcases many of her favorite or most meaningful paintings and the stories behind them.

As a young woman, Kathleen set off alone for England and France to study mural painting, a skill on which she built her career. Kathleen's murals and paintings fill the walls of corporations and homes all over Chicagoland. 2020 forced her to turn inward and concentrate her energies on illustrating how the diverse influences in her life (Catholic education; beloved grandmother; children) have influenced her art so she could write her beautiful book. She is currently putting the finishing touches on it, and when restrictions lift, we'll have a book launch, reception, and signing!

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).*



Learning! – Peggy Clough

When Peggy Clough retired after a 33-year career as an acute-care physical therapist (University of Michigan) and teacher at the University of Wisconsin – Madison, she couldn't wait to chase after all the intellectual topics she'd never had time to fully explore: The U.S. Constitution! Getting to the bottom of the question of women priests in the Catholic church! Why do people do what they do?! American History! Women's roles in early Christianity! Every question begets two more. Peggy says she chose to live at The Garlands in part because of its robust Lifelong Learning program and her desire to learn MORE!

When pandemic restrictions went into effect, Peggy almost felt guilty at how much she began enjoying her "mandated" education: not only did hundreds of colleges offer online content free to the public, but the Osher Lifelong Learning Institute offered every single lecture and program they had free of

charge to the world! Rather than a place she "had" to stay, Peggy's home became an exciting, vibrant cultural and intellectual hub. Every day, every week, there were new topics. Always interested in women's stories and women's equality issues, she dove in deeply enough to write and present a two and a half-hour, two-part presentation to fellow Garlands members on "Heroes of the U.S. Suffrage Movement," just in time to celebrate the 100th anniversary of the 19th Amendment.

If Peggy's brain ever needs a respite, she can pop in a video from her extensive old- and classic-movie collection. She feels deeply for all whose quality of life has deteriorated during this time, and she does miss the swimming pool and getting together in person with friends and family. But, long ago she decided to focus on what's possible, not lament what isn't – which has served her beautifully in 2020.

Food Glorious Food

January Food and Beverage Events

New Year's Day

Friday, January 1

Breakfast 8:00-10:00 am, the Café *19

Lunch 11:00 am-3:00 pm, the Café *19

(Winslow Dining Room is closed for Breakfast, Lunch, and Dinner)

Bagel Breakfast Special

Friday, January 15

7:00-10:00 am, Winslow *17

Plain bagel with assorted cream cheeses (no breakfast sides are served with this special)

\$4

Spaghetti with Meatballs

Monday, January 4

5:00-8:00 pm, Winslow *17

Served with garlic bread

\$12

Salmon Quinoa Salad

Saturday, January 16

11:30 am-1:30 pm, Winslow *17

\$12

Cassoulet Dinner Special

Wednesday, January 6

5:00-8:00 pm, Winslow *17

French casserole with pork, sausage, fava beans, duck confit, and root vegetable served with a side salad

\$24

Peking Duck Special

Monday, January 18

5:00-8:00 pm Winslow *17

Peking duck served with steamed brown rice and Asian vegetables

\$28

Shrimp Tempura Special

Thursday, January 7

5:00-8:00 pm, Winslow *17

Seven jumbo shrimp battered in tempura then fried to a golden brown served with vegetable fried rice and a sweet chili sauce

\$18

Free Popcorn Day

Tuesday, January 19

11:00 am-3 pm, Café *19

11:30 am-1:30 pm, Lunch Winslow *17

5:00-8:00 pm, Dinner Winslow *17

Free bag of Chef Bobby's famous flavored popcorn with every order

Curry Chicken Dinner Special

Tuesday, January 12

5:00-8:00 pm, Winslow *17

Curried chicken thighs served with jasmine rice and Asian peas

\$21

National Coffee Day

Wednesday, January 20

11:30 am-1:30 pm Winslow *17

½ off all espresso drinks

Hot Pastrami Sandwich

Thursday, January 14

11:00 am-3:00 pm, Café *19

Served with 1 cafe side dish

\$5

Blonde Brownie All Day Special

Friday, January 22

11:30 am-1:30 pm- Lunch

5:00 pm-8:00 pm, Winslow *17

\$4

Food Glorious Food

Southern Dinner Special

Friday, January 22

5:00-8:00 pm, Winslow *17

Chicken fried steak with gravy, fried okra, mashed potatoes, and cornbread

\$18

Chocolate Cake Special

Wednesday, January 27

11:30 am-1:30 pm, Winslow *17

5:00-8:00 pm, Winslow *17

Julie's famous homemade chocolate cake

\$4

National Pie Day

Saturday, January 23

11:30 am-1:30 pm, Winslow *17

5:00-8:00 pm, Winslow*17

½ off all whole pie orders

(Orders must be submitted 24 hours in advance)

Blueberry Pancakes

Thursday, January 28

7:00-10:00 am, Winslow *17

Tall stack (3) with choice of bacon or sausage

\$8

Burns Night

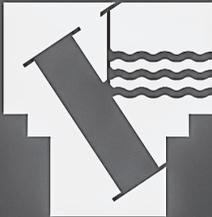
Monday, January 25

5:00pm-8:00 pm, Winslow *17

Scottish holiday recognizing poet Robert Burns with colcannon and black bun (traditional Scottish dessert with raisins, currants, and mixed spices)

\$24

TEDDIE'S SALON SPA



at

THE GARLANDS
OF BARRINGTON



LOOK YOUR *best* THIS HOLIDAY SEASON!

seniorbeautylifestyle.com

Beauty Services managed by
Kossof Salons, LLC, a partnership
with Teddie Kossof Salon.

Book Your Appointment Today:
Call 847.852.3900 or *49

Hair: Cindy, Jenny, Olga
Nails: Ena | Massage Therapist: Paula
Facials/Waxing: Tahira

Fitness and Inspiration

*Currently, indoor fitness classes and pool classes are canceled.
The fitness center and pool are open and require reservations.
Please call *41 to reserve a time and find out the rules and regulations.*

THE GARLANDS®
Inspira

FEEL Better. LIVE Better. AGE Better.

2020 Good tidings and cheer; the heck with that year! 2021 WE GOT THIS!!!
As always, please refer to the latest dispatch for updates on gatherings and group activities.

Channel 17 Cooking Show! Decadent Iced Coffee and Frozen Hot Chocolate Recipe

*Rsvp *41 to have the ingredients for one delivered to your door the week before.*

Saturday, January 30, 9:30-10:00 am, Channel 17

Whip up some delicious treats with Bethanie. Get those blenders ready and enjoy yummy hibernation calories. Take a photo of yourself drinking it to be entered in a drawing for a prize!

Live on Channel 17 Fitness Classes

See below for a condensed schedule for our classes. Reference or request the channel 17 schedule for a more comprehensive list of TV fitness classes.

"I Got This Feeling" Seated Dance Workout

Tuesdays and Thursdays, 9:00-9:10 am, Channel 17

Have tons of fun with this short, energizing workout! It's only six minutes long, it's all done seated in a chair with no use of legs, but you'll be working your core and upper body to the max!

Men and Women's Strength and Stretch

Tuesdays and Thursdays, 9:15-9:45 am, Channel 17

Get your fitness and movement on with this fun, upbeat class designed to improve strength and increase "feel good" endorphins!

Tai Chi and Yoga

Tuesdays, 11:00-11:30 am, Channel 17

Supercharge your brain and body with a combination of Tai Chi and yoga! This meditative movement may inspire you to feel happy, energized, focused, and strong. Exercises performed standing but may be modified!

Outdoor Nature Walk - rsvp *41

Wednesdays and Fridays, 1:00-1:30 am, Meet outside 1000 Lobby

Bundle up and let's head outside for a nutritious movement walk in nature!

Chair Yoga

Thursdays, 11:00-11:30 am, Channel 17

Unwind, relax, and reward yourself with these amazing, feel-good yoga moves using a chair for support!

Lunch Hour of Power!

Mondays, Wednesdays, Fridays, 1:00-2:00 pm, Channel 17

This month's theme is "Movement: how it benefits your brain, your body, and your mindset."

Tune in for some hot knowledge every Monday, Wednesday, and Friday at 1:00 pm to find your inspiration to get that body moving.



THE DOCTOR IS IN...

Please plan to wear a mask during your appointment.

Podiatrist: Dr. Warheit

Call 847-577-1649 to schedule an appointment.

Wednesday, January 13, 8:00 am-2:00 pm, and
Wednesday, January 27, 8:00 am-3:00 pm

Audiologist: Dr. Regina Dzewior

Call 847-358-2896 to schedule an appointment.

Wednesday, January 13, 9:00 am-12:00 pm

Care Navigators

There's no doubt that the COVID-19 pandemic has caused increased stress and anxiety for millions of people. Many individuals look to social workers to provide support with depression, anxiety, and other mental health challenges. The Garlands of Barrington partners with Care Navigators, Inc. to provide one-on-one counseling services in the comfort of your own home. Counseling is covered by Medicare and most private insurances.

Services are provided by Rachel Risler, LCSW. Rachel earned her BA degree from Smith College and her MSW degree from the University of Michigan - Ann Arbor, where she was a Hartford Geriatric Fellow concentrating in Aging and Interpersonal Practice. Rachel has over fifteen years of experience in geriatric social work, including long term care and hospice.

Call Care Navigators at 847-250-1829 for more information or to schedule your first 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 *03

In order to further reduce traffic in the wellness center, all complimentary blood pressure checks will be provided in your home with the use of our electronic blood pressure cuff. Please call *03 to schedule a time for one of our staff to bring the electronic cuff to you.

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!

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.

January 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 Rick Pickren on Saturday, January 2 on Channel 17. For more information, see Birthday Bash on Page 2.

Natalie Sponsler	Jan 01	Joan Werderitch	Jan 19
Jane Dawson	Jan 02	Celma Perry	Jan 21
John Olszewski	Jan 03	Mort Henshell	Jan 22
Arlene Schoenherr	Jan 04	Inna Morgan	Jan 25
Marianne Lenz	Jan 04	Paul Anda	Jan 26
Dee Maher	Jan 04	Vera Proper	Jan 30
Penny Lumsden	Jan 07		
Janice Semerad	Jan 09		
Marylyn Klug	Jan 12		
Darrel Bader	Jan 12		
Bob King	Jan 14		
Jack Dewes	Jan 14		
Betty Bruch	Jan 17		
Don Jones	Jan 17		
Mary Leopardo	Jan 18		
Gary Karlin	Jan 18		
John Totten	Jan 18		



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