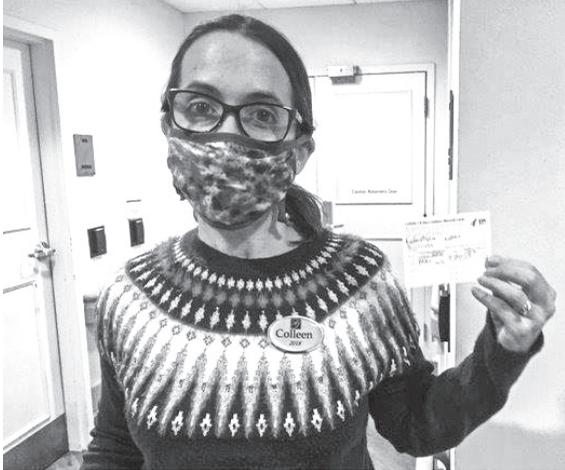


FEBRUARY 2021

PRAIRIEVIEW

POST

A newsletter for Prairieview Members and their families.

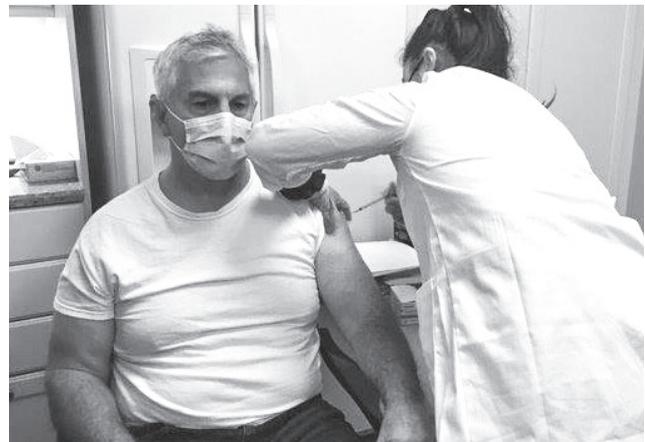


Colleen steps up in Activities.

Mrs Boge makes intricate designs colorful.



Cheers to 2021 from Mrs. Devol.



John takes one for the team.

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Bulletin Board

Diet & Nutrition Corner

February is Heart month; we celebrate by wearing red to show our support for the heart health community. Beyond that, what action steps can you take to improve your heart health? Perhaps taking a virtual trip to a beautiful vacation destination is just the ticket!

Picture yourself in Italy, dining al fresco with friends and family overlooking the hills of Tuscany. The food is *delizioso*! Antipasto, insalata, pasta, bread, fish and vegetables all prepared fresh with locally sourced olive oil. Let's not forget the wine, a hearty chianti!

You may find it hard to believe that eating like you're on vacation can be heart healthy, but in fact, there is evidence to support that the Mediterranean diet/lifestyle can reduce the risk of cardiovascular disease.

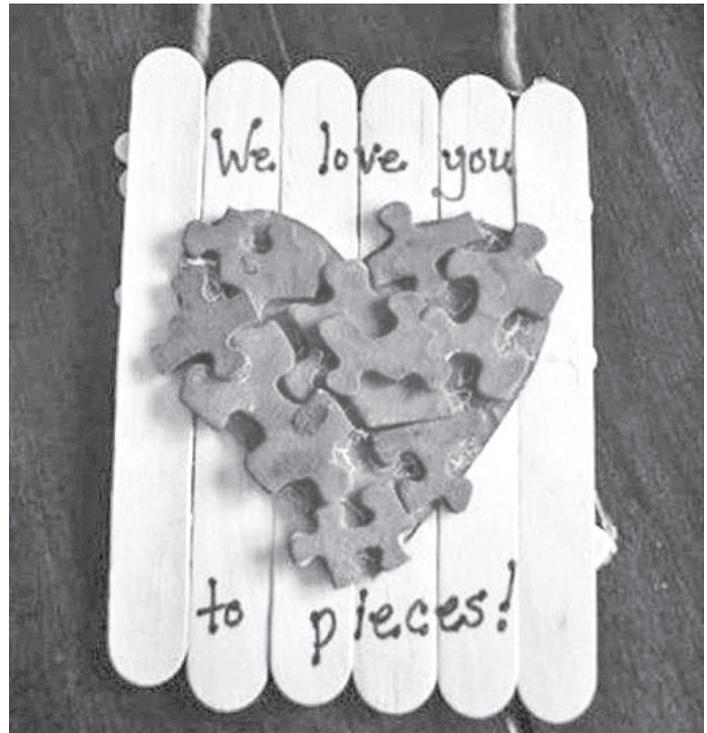
You are encouraged to keep up the conversation with our Registered Dietician **Linda** during a social devoted to the topic.

How can you incorporate Mediterranean food into your diet?

- X - Identify food (s) that is included in the Mediterranean diet.
- O - Identify a food item (s) from the list that you will add to your diet.
- X - Identify how often you will eat this food during the week.
- O - Identify how you will obtain this food.
- X - Keep a record for the week on your progress toward your goal.

Here are a few items to get you started:

- Vegetables & fruits
- Nuts & seeds
- Beans
- Legumes
- Whole grains
- Olives & olive oil
- Herbs & spices
- Poultry & eggs
- Cheese & yogurt
- Fish



February Crafting

Tuesday, February 2, 2:00 pm,
Sky Box-Cherry Tree Tissue Craft

Tuesday, February 9, 2:00 pm
Sky Box- Neighborhood Valentine Cards

Tuesday, February 16, 2:00 pm
Sky Box-Mardi Gras Masks

Tuesday, February 23, 2:00 pm
Sky Box-Aurora Borealis Chalk Art

All crafts will be available as a one-to-one project with the Activity Staff as necessary!

There will be no Assisted Living Resident Council or Culinary meeting this month.

We continue to meet every other month in AL with March 8th the next scheduled Resident Council when hopefully, **President Grossi** will preside. As always, please alert any staff member to issues you may have for a quick resolution as you do not need to wait for a meeting to voice a concern!

Also, we continue to look for a Skilled Nursing Member to volunteer for President. Please contact **Terri** for more information.

Bulletin Board

Special Interest Small Groups

If you are interested in forming a special interest group such as a book, travel or art club, please contact Terri at *30 to get it rolling!

Eyeglass and Battery Recycling

Embrace the 7th Dimension of Wellness-Environment. The Garlands of Barrington recycles eyeglasses and spent batteries. Eye glasses are donated to the Lions Club, who re-distributes them to the needy. Please contact Terri at *30 and she will pick up eyeglasses and batteries to take to the collection sites.

Spiritual Expressions

We hope you have been taking the opportunity to view your religious preference services while we are been under quarantine. If there is a denomination that is not listed, please contact **Terri** at *30. Additionally, Team Member **Cindi** has been offering Holy Communion every Monday. St. Anne's has granted her status as an Extraordinary Minister, enabling our Catholic Members to receive prayers and this sacrament. Our sincere thanks go to Cindi and Mary Ellen, the St. Anne's Ministry Coordinator for all their efforts.

Sundays:

7:45 am, 10:30 am, **St. Nectarios** Streaming Service, www.stnectariosgoc.org

9:30 am, **Catholic Mass** with Cardinal Cupich from Holy Name Cathedral on Channel 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 around the world. Lutheran TCT Network on Channel 377

Wi-Fi Access at Prairieview

When accessing our Wi-Fi anywhere on our campus, you should select "Garlands Wi-Fi" and use the password *feelyoung*.

*"Still lie the sheltering snows, undimmed and white;
And reigns the winter's pregnant silence still;
No sign of spring, save that the catkins fill,
And willow stems grow daily red and bright.
These are days when ancients held a rite
Of expiation for the old year's ill,
And prayer to purify the new year's will."*

- Helen Hunt Jackson
A Calendar of Sonnet's: February

Out & About

Due to COVID-19 pandemic, all outings are canceled until further notice. When we are able to resume, the news will be shouted from the rooftops! Until then, let's plan. Our first venture into the world is up to you! Are we going for lunch, shopping or to walk in the park? A brief survey of interests will be included with this edition of the Post.

*"Groundhog found fog. New snows and blue toes.
Fine and dandy for Valentine candy. Snow spittin';
if you're not mitten-smitten, you'll be frostbitten!
By jing-y feels spring-y."*

~ The Old Farmer's Almanac

Health & Fitness

February is American Heart Month

While everyday should be spent treating and celebrating our hearts, this month is a special month for that. American Heart Month is dedicated to raising awareness about heart health and ways to keep that heart of yours happy and strong! Join Casey every Friday this month at 3:00 pm for a "heart to heart" discussion to learn more about the heart and have some fun while learning!

Whether we can meet together or not, exercise is a vital part in maintaining health, both mental and physical! If you would like to speak with Casey in your home, please contact her at extension 3587.

A Heart Health Discussion

Thursday, February 4, 2:00 pm, 2L

Come on down to learn a few easy-to-follow steps in promoting Mediterranean food choices and the benefits you can receive for your healthy cardiovascular system!

Heart to Heart with Casey

Fridays in February, 11:30 am, 3L

Join our Fitness Coordinator with weekly question and answer discussions regarding heart health... she is happy to share tips and promote strengthening this muscle by providing easy to do exercises at home.

General Balance Class

Monday and Wednesdays, 11:30 am, 3L

Stretch and Flex Class

Tuesdays and Thursdays, 11:30 am, 3L

Cardio Conditioning

Fridays, 11:30 am, 3L

"I used to try to decide which was the worst month of the year. In the winter I would choose February. I had it figured out that the reason God made February short a few days was because he knew that by the time people came to the end of it they would die if they had to stand one more blasted day."

~ Katherine Paterson, Jacob Have I Loved

The Power of Deep Breathing!

Let's check in on our breathing! Sit up nice and tall, relax those shoulders, and take a breath. When you took that breath, did you feel your chest rise and fall with the inhale and exhale? Or did you feel your belly rise and fall with the inhale and exhale? If you felt the breath in your chest, this is called shallow breathing and this kind of breathing has been shown to contribute an increase in stress, fatigue, and even higher blood pressure. The best kind of breathing is when you fill your belly with air – known as deep, or diaphragmatic, breathing. Deep breathing, unlike shallow breathing, has been shown to have a positive impact on lung capacity, blood pressure, anxiety, and even heart disease! Follow along with this five minute breathing exercise and reap the heart and health benefits of deep breathing.

Minute 1: Start by lying flat on your bed with arms at your sides, palms up, and legs comfortable. Place your left hand on your heart and right hand on your belly. Breathe normally.

Minute 2: Begin taking deep breaths in and out through your nose. Focus on the rise of your belly as you inhale and fall of your belly as you exhale.

Minute 3: Continue with your inhales and exhales. On every third breath, take a deep breath in through your nose and then breathe out through your mouth. When you breathe out, allow your belly to concave inward and relax your muscles as much as possible

Minute 4: Return to breathing through your nose. Count to a number between four and eight as you inhale. Count to the same number as you exhale. Focus on the rise and fall of your belly as you take these deep breaths through your nose.

Minute 5: Relax back into normal breathing with the focus of breathing deeper and more intentionally than when you began.

February Special Events

All events currently scheduled may be canceled due to restrictions from the Illinois Department of Public Health and will depend upon the positivity rates in our region. Planned socials may be conducted room-to-room if we are unable to gather, the Activity staff will keep you posted. Stay safe: wear your mask, wash your hands frequently and maintain a minimum of 6 feet apart from others. Together, we can work to get back to the normal pleasures in life!

Groundhog Day Fun Facts and Movie

Tuesday, February 2, 3:00 pm, 2L

On February 2, a groundhog is said to forecast weather by looking for his shadow. Before we watch the movie, let's share some trivia about the day and get set up with popcorn and soda!

"Groundhog Day" (1993), a comedy about repeating the past, Bill Murray is Phil Connors, an arrogantly self-centered and cynical TV weatherman, sent for the fifth time to the small town of Punxsutawney, PA to cover the Groundhog ceremony held every February 2nd. Do you know that many scenes were filmed in Woodstock, IL where there is typically a huge party on the square?

Super Bowl LV

Sunday, February 7, 7:00 pm, Sky Box

Super Bowl LV, the 55th Super Bowl and the 51st modern-era National Football League championship game, will decide the league champion for the 2020 NFL season. The game will take place at the Raymond James Stadium, in sunny Tampa, FL. Join us in the Sky Box for snacks and refreshment!

Babette Dean Presents:

A Virtual Love Song Concert

Thursday, February 11, 3:00 pm, 2L

One of our very favorite performers has compiled the best love songs to share with us as we celebrate Valentine's Week. This may be replayed in the comfort of your home, on Garlands Channel 17 or possibly together!

Valentine's Day Social

Friday, February 12, 3:00 pm, 2L

Show your love and friendship this Valentine's Day by distributing the cards we made for your neighbors. Now, more than ever, showing our care for each other is more important than ever!

Mardi Gras Social

Tuesday, February 16, 3:00 pm, 2nd Floor Lounge

The spirit of Mardi Gras will roll on in 2021, propelled by some of New Orleans' best-loved celebrities and the wonders of technology.

A three-night, 4½-hour online spectacular called "Mardi Gras for all Y'all" will bring New Orleans' signature celebration to the world.

Shown on the *NOLA.com* and *theadvocate.com* news websites, YouTube and Facebook Live, "Mardi Gras for all Y'all" will bring viewers close to the sights and sounds of Carnival, with celebrity interviews, musical performances and Carnival features narrating the history of the celebration and New Orleans' unique culture. Log in on your computer to watch!

Prairieview Birthday Celebration

Thursday, February 19, 3:00 pm, 2nd Floor Lounge

Mark your calendar and join in celebrating the two fabulous Members with a February birthday.

We can play a game, sing a few songs and enjoy a slice of cake!

Jim Kendros: A Lesson on Line!

Monday, February 22, 3:00 pm, 2L

Jim sends us his informative and lively commentary on DVD to some of the world's most famous composers and romantic works of musical art... all in the comfort of home!

Heather Braoudakis:

A Virtual Sing Along with Mitch Miller

Wednesday, February 24, 3:00pm, 2L

Mitchell William Miller was an American oboist, conductor, record producer and record industry executive. He was involved in almost all aspects of the industry, particularly as a conductor and artist and repertoire man. Heather reanimates several of his most popular tunes for us to enjoy. If we cannot gather together, the DVD will be available all month long!

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.

A Note From Our Friend Heather



Happy New Year, Everyone!

May this new year of 2021 bring you much deserved hope, rest, relief, and encouragement for the days ahead. The light is at the end of the tunnel and I hope you can all feel that peace. I am praying for you every day and I look very forward to seeing you all again and singing with you very soon! Until then, enjoy the virtual concert!

*Blessings on you all!
Heather*



February Birthdays

2/19 Nanette Ridgway
2/25 Charles White

Welcome to Prairieview

Mr. John Georgeson
Mr. Jack Olson
Mr. Ray Plote

"Though it was the end of February, the day was a lazy sort of cold. The sun slipped through the cloud in bursts, reminding the landscape that it was still there, prodding snow piles to relax into puddles and stirring sleeping seeds under the ground."

Erika Robuck, Call Me Zelda

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