

APRIL 2021

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

POST



Mrs Mitchell and ME Staff celebrate St. Patrick's Day.



Raffle winner Nancy Wilson.



Mrs Ridgeway picks a winner.



We will miss you, Roselle!

Bulletin Board

Indoor Visitation

The Illinois Department of Public Health is in the process of reviewing the new federal visitation guidance and we will have more specific information once it is approved by the Governor. We are required to follow the laws and guidance from CMS (Federal), the Illinois Department of Public Health (IDPH), and the county health department. Although these governing agencies try to align their recommendations and protocols with CDC, long-term care and community living settings are held to a higher standard of mitigation. We hope to provide you with an update and positive news regarding visitation very soon!

Indoor visitation is being offered in a designated area of Prairieview by appointment. You may contact **Terri Forti** at tforti@thegarlands.com or at 847.852.3590 to schedule indoor visits for Assisted Living or Skilled Nursing. Memory Enhancement in-door visits can be scheduled by contacting **Brittany Sharon** at bsharon@thegarlands.com or 847.852.3688.

If a Member is fully vaccinated, they can choose to have close contact (including touch) with their visitor while wearing a well-fitting face mask and performing hand hygiene before and after.

Resident Council

Monday, April 12, 3:00 pm, 2L

Tuesday, April 20, 11:00 am, Culinary Committee, 3L

Tuesday, April 27, 11:00 am, Skilled Nursing Lounge & Room to Room

As we continue to feel our way around this new normal, participating in your Resident Council and Culinary Committee helps point us in the right direction. Please bring your complaints, issues and suggestions on how the staff can make life better for you and your neighbors. Compliments are also welcome! Jerry Grossi graciously continues as President of the Assisted Living Council, we do not have a president for Skilled Nursing at this time. Please contact Terri with any questions regarding this opportunity.



April Craft Corner

Tuesday, April 6, 2:00 pm
Sky Box-Glass Sun-catcher

Tuesday, April 13, 2:00 pm
Sky Box-Painting Kites

Tuesday, April 20, 2:00 pm
Sky Box-Topiary

Tuesday, April 27, 2:00 pm
Sky Box-Birdhouse

Member Request: BINGO!

Monday, Wednesday and Friday at 2:00 pm in 2L

Chocolates and baubles, treats for fun! We offer camaraderie and laughter between each game and all seriousness during! Let's see who the lucky one is today!

"Kind hearts are the gardens;
kind thoughts are the roots;
kind words are the flowers;
kind deeds are the fruits."

- English Proverb

Diet and Nutrition Corner

The History of Pies by Linda Roberts



Can you imagine sitting at a table in a large banquet hall, anxiously awaiting the release of 24 blackbirds? Today the food safety police would be calling "fowl". During Medieval Times this display of highly decorative pies was well received.

What was the secret to these works of art? Incorporating hot water into the flour and fat resulted in a stronger dough, enabling deep sides, molded decorative exteriors and air tight containers combining beauty with food safety. In fact, the pastry of the pie was seldom eaten, it was used as a cooking and food storage vessel. Pies date back to Ancient Egypt, but the earliest recorded recipe originated with the Romans, a rye crusted goat cheese and honey pie.

- Historically savory pies were most popular. Favorite fillings included pork, eel, fowl and vegetables. Pocket pies were popular with working individuals as they easily slipped into a pocket and could be nibbled on throughout the day.
- Sweet pies were a favorite with the wealthy as sugar was a costly commodity. The first cherry pie was served to Queen Elizabeth I, Chaucer wrote a recipe for apple pie in 1381, and King Richard II's cook book left a record of multiple sweet fruit pie recipes.
- The pilgrims brought both sweet and savory pies to the Colonies. During the American Revolution tough pastry transitioned into an edible flaky crust. Fruit pies, especially apple pie, became part of the daily pie rotation. Perhaps its popularity can be attributed to the abundance of midwest apples planted by Johnny Appleseed.
- With sugar becoming more affordable in the 1800's sweeter pies become more popular. On the dairy farm excess eggs, milk, shelf stable chocolate powder and sugar were combined to create the ever popular chocolate cream pie.

Pie consumption has decreased over the years. The pastry vessel has been replaced with the ceramic baking dish. The time and talent used to bake a pie has been replaced with the busyness of life in the 21st century. The savory, nutritious pie has been replaced by the very sweet pie of today reserved for service on special occasions. But we still enjoy the rich history of the pie and of course the pie itself.

Come to our Spring Taste & Trivia on April 29th, for a sampling of savory and sweet pies. Learn the role coffins played in the evolution of pie crust, the origin of humble pie, and why one might find peacock feathers sticking out of a pie.

Health & Fitness

The Results are In!

Thank you to everyone for their “beefed up” presence in exercise classes in March! A ticket was added to the bucket for every session attended during the week and the raffle drawings on Friday afternoons were a huge hit! While we hope the increase was due to how much fun we had and our on-going discussions regarding the benefits of these classes, it’s okay if it was all about the prizes! Let’s say we add to the challenge this month for a “healthy treat” as a reward for the hard work?

Better Balance

Monday, Wednesday, Friday, 11:30 am, 3L

Develop your muscles, agility, balance, and core stability that will make it easier and safer to perform all your everyday activities!

Stretch and Flex

Tuesday and Thursday, 11:30 am, 3L

Improve blood flow, your posture, and range of motion with these gentle and effective exercises.

Men’s Fitness

Tuesday and Thursday, 2:00 pm, 3L

Incorporate strength, flexibility, and endurance all in one workout with a class just for the men!

National Walking Day and World Health Day

Wednesday, April 7, all day!

Participate in both National Walking Day AND World Health Day on April 7th by taking a walk outside! Enjoy the sunshine and wonderful spring weather that will leave you feeling refreshed, happy, and healthy.

Exercising Safely Outside by Casey Weeks

Temperatures outside are constantly changing and can be unpredictable at times, especially in the spring. Here are some tips on how to safely exercise outside in both warm and colder weather conditions! Contact **Casey** for any other questions you may have at extension 3587.

Tips for colder temperatures: Layer up with your workout attire. Wear warmer layers such as a fleece sweater and a jacket that can protect you from the cold weather. Protect your extremities. Wear a hat and gloves to protect those sensitive body parts and if you end up feeling too warm, you can always take them out and tuck them into your pocket. Be aware of your surroundings. There still may be snow or ice on the ground so it is important to look at where you are going and try to avoid those hazards.

Tips for warmer temperatures: Dress in light clothing! Dark colored clothes absorb the heat which can make you feel even warmer so wear something that has light colors, light material, and is comfortable. Take breaks. Listen to your body and take a break when needed. There is no need to overdo it, especially in the heat. Protect your skin! Wear sunscreen (of at least SPF 30), wear a hat and sunglasses, and try to find some shade to protect yourself from those UV rays.

Now that you have specific tips that can help you exercise appropriately in different temperatures, let’s top it all off with some final ideas about that you should follow in ANY weather conditions. Staying hydrated is important for our bodies in any setting, even in cold weather. Drink enough water throughout the day so you aren’t playing catch up!

“Once a day and sometimes more I look out
my day dream door

to see if spring is out there yet;
I’m really anxious, but mustn’t fret.

I see the snow a melting down and
lots of mud and slush around!

I know the grass will surely sprout and birds
and flowers will come about.

But why, oh why, does it take so long?
I’m sure the calendar can’t be wrong.

Sunshine fills my heart with cheer;
I wish that spring were really here.”

- Edna T. Helberg, *Longing for Spring*

April Special Events

When coming to Activities, you will need to wear your mask and maintain your distance from others, but let's enjoy the special days that April brings-together!



Easter Egg-stravaganza Color Party

Thursday, April 1,
2:00 pm,
SkyBox Lounge

Let's get together to prepare an Easter Egg

for all of the Members to be presented during the Easter lunch. Several methods will be available to let your creativity shine!

Prairieview Birthday Celebration

Monday, April 12, 3:30 pm, 2nd Floor Lounge

April steps up with better weather and 7 Members to celebrate birthdays with this month. Join the festivities and share a piece of cake and toast to our honored guests!



A De-Stressing Social with Dr. Sandra!

Friday, April 16, 3:15 pm,
2nd Floor Lounge

Harvard University:
"Frequent feelings of stress can get under our skin and damage our body with long-term effects on health. It's been linked

to low immunity, common illnesses, depression, high blood pressure, and heart disease. There are numerous stress reduction techniques that can help maintain health, such as diet, exercise, and relaxation." With that in mind, our own Dr. Sandra Sieber will be hosting a "how to get a handle on managing stress" in our lives with tips about foods, exercise and meditation techniques. A healthy snack and herbal tea will be included along with helpful discussion.



Jim Kendros: A Virtual Virtuoso!

Thursday, April 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. He will be phoning in for any questions that arise after the show!

Pie Taste and Trivia Special

Thursday, April 29, 3:00 pm, 2nd Floor Lounge



"What delights us in the spring is more a sensation than an appearance, more a hope than any visible reality. There is something in the softness of the air, in the lengthening of the days, in the very sounds and odors of the sweet time, that caresses us and consoles us after the rigorous weeks of winter."

- Philip Gilbert Hamerton

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FEEL Better. AGE Better. LIVE Better.

April Birthdays

4/5 Peter Novas

4/20 Marce Ziemann

4/20 Jean Dawson

4/21 John Georgeson

4/22 Anna Mae Frech

4/23 Thomasine Novas

4/27 Karen Enockson



Spiritual Expressions

The Sunday Services handout has been updated to reflect the new Xfinity channels, look for these on your shelf on Sunday morning. As before, there are some denominations that stream their services only; these websites are also listed for your convenience. If you are unable to locate any other religious group, please contact the Activities Department or call *30 for assistance.

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

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

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

Tune in:

EWTN on Channel 119 with daily programming for news, prayers and messages from around the world. Communion and prayers will be provided by **Cindi** in conjunction with **St. Anne's** on Wednesday mornings at 10:00 am in 3L.

Lutheran Service from **St. Matthew**
www.stmatthewbarrington.org

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