

August 2021

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

OST



Mrs. Devol, summer, and ice cream!



Mr. Grossi and Mrs. Ridgway listen to Randy.



Thank you, Amanda!



Ms. Goldberg and Uncle Sam!

THE GARLANDS®
Inspira

FEEL Better. AGE Better. LIVE Better.

Bulletin Board

Resident Council Meetings

Monday, August 9, 3:00 pm 2L, AL Resident Council

Wednesday, August 18, 11:00 am, 3rd Floor Lounge, Culinary Committee

Tuesday, August 24, 11:00 am, Skilled Nursing Living Room

President **Jerry Grossi** will lead rollcall in Assisted Living as we discuss any issues or compliments Members may have. He will ask each Member for opinions and report his findings to those at the meeting. The Culinary Committee will be listening to comments regarding positive dining experiences and accepting offers for improvement. Also, we are still looking for an interested Member to serve as President of the Skilled Nursing Council, please consider this important role.

Dakim

Located in the 3rd Floor Library next to the Bridge.

Exercising the mind is as important to brain fitness as exercising the body is to physical fitness. Dakim Brain Fitness is a product developed to help seniors bring cognitive exercise into their daily routine. It combines challenging brain games with touch screen technology to create a fun and engaging twenty minutes! If you would like a demonstration of this FREE program, please contact Terri at *30.



Hello New Neighbors!

*Patricia Hankins
Bridget Rabyk
Catherine Schmidt*

Welcome Tiffany Barton! LNHA, Director of Health Care

Last month our new Director of Health Care, Tiffany Barton, joined the Prairieview team. Tiffany has had the opportunity to meet some members and family members and will continue to make that a priority over the next several weeks as she transitions into her new role with us. Please be sure to introduce yourself to Tiffany while you are on campus, visiting your loved one.

Bingo for Fun

Mondays, Tuesdays and Fridays at 2:00 pm, 2nd Floor Lounge

Try your hand at the ever-popular bingo games for chocolates and prizes!



Mr. Novas, Artist

August Special Events

National Watermelon Day!

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

August 3rd recognizes the refreshing summertime treat enjoyed at picnics and fairs! And since watermelon is 92% water, it is very satisfying in the summer heat.

This vine-like flowering plant originated from southern Africa and under proper growing conditions, watermelons grow to enormous sizes. Around the world, competitions award prizes each year for the largest one; the Guinness Book of World Records states that the heaviest weighed in at 262 pounds! Enjoy a fresh slice this afternoon!



The Lovely Liz Goss!

Wednesday, August 4, 3:00 pm, 3rd Floor Dining Room

Please welcome Liz as we sit back and relax to the melodies of the 50's and 60's. Vivacious and audience

friendly, she says "I love to connect with older people! I love this generation; the movies, the music!" True to her words, witness the magic and relive fond memories with Liz.



Volunteer Violinist with Dessert

Friday, August 6, 6:00 pm Violin-Dining Room

Jessica will put on a delightful compliment to your dessert. Going forward, she will ply

her violin strings to classical masters and American standards.



Cross-Town Classic...Cubs and Sox at Wrigley Field

Sunday, August 8, 1:00 pm, Sky Box Lounge

All the hype and sass talk this year between these two Chicago baseball teams comes to a head today! Wear your favorite jersey and root for your team as we savor a lunch of beef and cheddar sandwiches.



S'mores Social

Tuesday, August 10, 3:00 pm, 2nd Floor Lounge

National S'mores Day on August 10th recognizes the most popular campfire treat!

S'mores consists of a roasted marshmallow with a layer of chocolate bar sandwiched between two pieces of graham cracker. Why name them s'more?? Because you will want some more!! While we won't be camping out and fires are not an option, we can still marvel at the deliciousness and reminisce about our campfire days!



Hannah Poorman Entertains!

Wednesday, August 11, 3:00 pm

Hannah is a delightful young lady at 26 years old and a songbird since birth! She lives in

Chicago, IL with a dual Bachelor's degree from Millikin University, Class of 2017. Be prepared for her high energy and sweet vocals as she looks forward to singing her heart out just for us!

Prairieview Birthday Celebration!

Tuesday, August 17, 3:00 pm, 2nd Floor Dining Room

There are nine special individuals to celebrate this month, so prepare to wish them a happy birthday with cake and games. This is a wonderful opportunity to get to know them a little better, too!



Abraham Lincoln as Portrayed by Kevin Wood "From Obscurity to Greatness: Illinois and Lincoln, 1830 to 1861"

Wednesday, August 18, 3:00 pm, 3rd Floor Dining Room

Enjoy this first-person narrative of President Abraham Lincoln in period dress, sharing the story of how he and Illinois rose from backwater obscurity to the spotlight of greatness between the years 1830 to 1861. Stay for a question and answer session and memorable photo opportunity!

August Special Events

Cubs Host Kansas City

Sunday, August 22, 1:00 pm

Cheer on the Cubbies at home against the Kansas City Royals as the year winds down with hopes of post-season fun. A hamburger lunch will be served along with a cold brew!



Sponge Cake Social

*Monday, August 23, 3:00 pm,
2nd Floor Lounge*

This decadent dessert was first created in the mid-16th century by an Italian pastry chef for a

Spanish lord. Since then, sponge cake has become a popular dessert item. While there are many variations of the cake, one of the most popular is the Victoria sponge. Named after Queen Victoria (who is said to have enjoyed a slice of sponge cake with her afternoon tea), the cake consists of raspberry jam and whipped cream sandwiched between two layers of sponge. Enjoy!



Jim Kendros: Sweet Summer Serenades

*Wednesday, August 25, 2:00 pm,
3rd Floor Dining Room*

The long, relaxing days of August are here! Join Jim Kendros as we enjoy beautiful serenades, perfect for an August afternoon! Jim will bring us the sweet sounds of Mozart, Tchaikovsky and Dvorak as we enjoy lyrical, relaxing music for strings! You'll relish this wonderful music, perfect for a beautiful summer day! Jim will delve into the life and times of each composer and the story behind each work. Join Jim for a relaxing afternoon of beautiful serenades!

All American Trail Mix Social

Tuesday, August 31, 3:00 pm, 2nd Floor Lounge

Trail mix is a combination of dried fruit, grains, nuts, and sometimes chocolate, developed as a snack food to be taken along on hikes, providing a quick energy boost. Let's mix a batch of your favorite ingredients, share today and bring home a bag for tonight's midnight craving!

Nutrition Corner



Healthy Eating Tips for the Summer!

Water is probably, or maybe even most definitely, the most crucial "nutrient" you should be taking in all summer long. It transports essential nutrients,

regulates your body temperature, keeps you hydrated and energized and helps with digestion. Wow! That's a pretty strong argument for drinking more water! And, when it comes to summertime, the heat and activity definitely calls for an increase in your normal intake level. Plus, if your skin is feeling more "wrinkly" or "saggier" than normal, it's not necessarily just a sign of aging, it can also be a lack of water. Get in some green leafy juices and cucumber juice to see if it helps. Now, here's where summer comes in handy! If you already feel like you're drinking a lake every day, you really need to take advantage of fresh summer fruits and vegetables! You can up your intake without having to "drink" it. Here are some of the highest achievers when it comes to water content:

Vegetable/Percentage of Water:

Cucumbers: 97%

Tomatoes/Zucchini: 97%

Lettuce: 96%

Raw Carrots: 88%

Fruit/Percentage of Water:

Watermelon: 92%

Strawberries: 92%

Cantaloupe: 90%

Oranges/Grapefruits: 90%

Blueberries: 84%

Bonus: Eating blueberries may help with memory and coordination, and tossing in an apple or two can help with management of diabetes. Start your day with oatmeal and fresh berries to reduce your risk of heart disease and stroke.

Health & Fitness

Functional Fitness

Mondays, Wednesdays, Fridays, 11:30 am, 3L

This class is filled with exercises that will help you accomplish all the activities you might do throughout the day!

Stretch and Flex

Tuesday and Thursday, 11:30 am, 3L

Enjoy the benefits of improved range of motion and flexibility with exercises that are gentle on the joints and will leave you feeling relaxed and stretched.

Walking can:

- Strengthen your muscles.
- Help keep your weight steady.
- Lower your risk of heart disease, stroke, colon cancer and diabetes.
- Strengthen your bones, and prevent osteoporosis and osteoarthritis.

Fitness Information Corner: Pump up Your Heart Health!

Brush and floss regularly. Swollen or bleeding gums caused by bad oral health may lead to micro-organisms traveling into the bloodstream, which could cause inflammation and heart damage. Older adults who skimped on oral hygiene were 20 to 35 percent more likely to die during a 17-year study done by University of Southern California researchers.

Try doing 10 minutes of resistance training every morning. That adds up to a truly healthy week of muscle strengthening. Low muscle strength is associated with an elevated risk of heart disease, regardless of general health levels. Even cardio exercise doesn't appear to protect you if you allow your strength levels to deteriorate.

Walk off your cravings. When a craving hits, try lacing up your shoes and heading out for a quick walk and breathe of fresh air. Who knows? You might just want to keep going!

Set a "stretch timer." Use the timer to prompt you to stand up and get your blood flowing and **muscles moving once every hour.** Your brain needs oxygen to be productive — so if that's how you can persuade yourself to get up and move, then do so!

Outings

At this time, there are no scheduled shopping trips or lunch Bunch outings for the month due to current regulations specific to our setting. The Activity Department will alert all Members should this change. We will, however, resume our bus rides!

The Garlands Garden Walk

Tuesday, August 10 and 24, 10:00 am, Skilled Nursing

The flowers are in full bloom and the tomato harvest is well underway. Perhaps a Member will be out tending the garden and offer us a taste of something delicious!

Joy Ride on the Bus!

Thursdays, 2:00 pm

Meet in the Lobby with your friends and hop on the bus to view the summer beauty of Lake County. I see an ice cream treat in your future!

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.

August Birthdays



8/1 - Patricia Quentel
8/12 - Marge Quattrocci
8/12 - Noel Reitmeister
8/14 - Joe Klotnia
8/20 - Stephanie Graff
8/21 - Fred Poulos
8/22 - Peggy Hamilton
8/25 - Betty Shaw
8/27 - Lois Goldstein

Spiritual Expressions

Communion Service with St. Anne

Wednesdays, 10:00 am, 3L

St. Anne is able to come to us for Communion services. Mary Ellen, Director of Human Concerns, will be filling in this time of transition. Please note that she is unable to schedule a Mass at this time, but we will be notified as soon as that option is available.

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 Lifetime - Channel 29

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.

Lutheran Service
from **St. Matthew**

www.stmatthewbarrington.org

*O God, let all the nations
praise you! May God have
pity on us and bless us;*

*may he let his face shine
upon us. So may your way
be known upon earth;*

*among all nations, your
salvation.*



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