

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

POST

May 2022

**Mrs. Wilson, Mrs. Graff
and Mrs. Boge** crafting.



A rapt crowd enjoys **Jim Kendros**.



Mrs. Ridgway and friends enjoy the Minis.



MLB Opening Day with **Prairieview nurses**.

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BEST
NURSING HOMES

& WORLD REPORT
U.S. News

SHORT-TERM
REHABILITATION
2021-22

Bulletin Board



Assisted Living Socials Every Monday!

Monday, May 2, 3:00 pm, 2L: Brother and Sister Day
Brothers and Sisters Day is a time to cherish your siblings! Let's write them a note and share stories!

Monday, May 9, 3:30 pm, 2L: Spring Fling Social

Monday, May 16, 3:00 pm, 2L: Gardening Social

*Monday, May 23, 3:00 pm, 2L: Catching up
With Our Pen Pals*

Monday, May 30, 3:00 pm, 2L, Memorial Day Social



May Craft Corner

*Tuesday, May 3,
3:00 pm, Sky Box:
Papier Mache Bowls*

*Tuesday, May 10, 3:00 pm,
Sky Box: 3-D Gladiolas*

Tuesday, May 17, 3:00 pm, Sky Box: Air Balloon Art

*Tuesday, May 24, 3:00 pm, Sky Box Lounge:
Dip & Dot Tote Bag*

*Tuesday, May 31, 3:00 pm, Sky Box Lounge:
Paint a Bird House*

May bursts forward with pure color to awaken our spirit so let's get our hands dirty in the pure joy of creating dynamic crafts to display or give to a loved one.



MockTail Social

Friday, May 6-Rum & Coca-Cola

Friday, May 13-Black-eyed Susan

Friday, May 20-Planter's Punch

Friday, May 27-Sea Breeze

Happy Hour with a twist! Enjoy the "mocktail of the day" and socialize with friends! Stay around for a musical concert!

Resident Council Meetings

*Monday, May 9, 3:00 pm, 2nd Floor Lounge,
Assisted Living*

Tuesday, May 24, 11:00 am, Skilled Nursing

Step up and take a role, bring your thoughts, concerns and praises to the Resident Council meeting. Invite your friends to join in this important part of our community and please voice your opinion if you hold a different view. Also, we are still looking for an interested Member to serve as President of the Skilled Nursing Council, please consider this important role.

Virtual Resident Council & Family Support Council

The State Long-Term Care Ombudsman would like to invite you to attend our virtual gathering of residents and families in Illinois. This group works to educate and connect residents and their loved ones with information to solve problems in long-term care. There is time to question, answer and resource sharing at each meeting.

Meetings are held on the 2nd and 4th Tuesday of each month. For more information or to be added to the bi-weekly invite list, contact Lee.Moriarty@Illinois.gov.

Wi-Fi Access at Prairieview

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

"May . . . it's full of all the things that make spring and the brighter part of the year so special. Flowers bud, the sun shines, and new seeds are sown into the fabric of our lives. May is awesome." - Jenna Danchuk

May Special Events



Major League Baseball Returns!

*Sunday, May 1, Sox vs Angels:
1:10 pm, Sky Box Lounge-Chicken
Salad*

*Sunday, May 22, Cubs vs Cardinals:
1:20 pm, Sky Box Lounge-Reubens*

Let's throw open the patio doors and enjoy an exciting afternoon of baseball, lunch, and friends!



Roxanne Shares the Music We Love

*Wednesday, May 4, 3:00 pm,
3rd Floor Dining Room*

Here she comes again, with all the glitter and shine that fits right in with the music she will share with us today. Her repertoire of 40's, 50's and 60's classics will have you dancing in the aisles!!



Cinco de Mayo Celebration

Thursday, May 5, 3:00 pm, 2L

All are welcome to share a favorite South-of-the-Border treat and learn some fun facts and the history of Cinco de Mayo.



Soul Harbour Therapy Buddies

*Thursday, May 5, 4:00 pm, Skilled
Nursing/Memory Enhancement*

This animal therapy program's mission is to enrich lives by promoting the unconditional love and healing power of the human/animal bond while advocating for animal therapy standards of excellence. Smiles, joy, love, laughter & healing happen when these specially trained Therapy Animals visit us!

The Kentucky Derby

Saturday, May 7, 5:30 pm on NBC, 2L

Meet your friends at the common televisions around campus and watch the "fastest 2 minutes in sports"! Wear a beautiful hat if you'd like and cheer on your favorite horse.



A Mother's Day Memory Ice Cream Social

Sunday, May 8, 3:00 pm, 2L

Let's make things as special for Mom today as she has always done for us! Please send a favorite memory of your mother to share while we enjoy a "sweets for the Sweetest" social! Please send your thoughts and stories to Terri at tforti@thegarlands.com by May 6th. The Activity staff will read these aloud and ensure that your mom receives the messages!

Introducing Musician Daniel Rauch



*Wednesday, May 11, 3:00 pm, 3rd
Floor Dining Room*

Daniel is a world class vocalist who loves to perform songs that schmooze! Doo-Wop, musical theater tunes, 50's

Prairieview Birthday Celebration!

Thursday, May 12, 3:00 pm, 2L

Today is a very special day! Five Members will be honored for their May birthday and serenaded with song and sweets. Mrs. Ann Gott deserves her own song, and maybe even a dance, as we celebrate every one of her 104 years on earth!

Songs of Spring with Terry Wohly



*Wednesday, May 18, 3:00 pm,
Memory Enhancement*

As a young boy growing up in the 50's, he listened to his Mom and Dad sing and play all the big band and show tunes that were popular back in the 20's, 30's and 40's...and he brings those era's to us. He loves to include requests in his shows and will walk through the audience to ensure he catches them all!

May Special Events

Music Appreciation with Jim- Women Composers of the Romantic Era

Wednesday, May 25, 2:00 pm, 2L

In honor of Women's Health Month, **Jim Kendros** brings us a May presentation of music by women composers of the Romantic Era! Be moved by the heartfelt strains of **Clara Schumann** and **Fanny Mendelssohn**. Jim will feature remarkable chamber music selections by both composers. You'll also be amazed by the passionate Piano Concerto in A minor, composed by the fifteen-year-old **Clara Schumann**! Join Jim as we discover the lives and music of these two remarkable composers!

Celebrate Memorial Day!

Monday, May 30, 3:00 pm

Memorial Day has so many meanings for Americans. First and foremost, we remember the brave soldiers who died protecting our great nation. It's also the unofficial kick-off to summer; a day of family gatherings, barbecues and parades. Join us on this special day with reminiscing, patriotic songs and an old-fashioned ice cream social.

Memory Enhancement Corner

Welcome to **the merry month of May** in Memory Enhancement. We will open the month with a **Cinco De Mayo** celebration with authentic food and drinks while watching traditional Mexican Folk dances. Then it is off to the races where we will hold our own **Kentucky Derby**. During armchair travels this month we will visit famous horse racing venues throughout the world. We have planned a special **Mother's Day tea** and craft to celebrate all of our wonderful mothers. Now that the weather is warming up we will start planting and tending our garden. Reminisce and reflection will be focused on outdoor games, gardening, bird watching and family vacations. There will be plenty of live music and visits with our favorite therapy animals. We will finish out the month by honoring all of those who have given their lives in service to our country on Memorial Day.

Also, let's give a warm welcome to volunteer **Sai**, a talented young musician! He will be coming in every Monday afternoon to play the flute and the piano on Saturday morning. *Thank you, Sai!*

From the Fitness Center

Strength in Stretching

Mondays, 11:30 am, 3L

Flexibility is vital to perform daily activities in our life with ease. Hence as we become stronger, the more flexible we are. Join Lisa in her 30 minute class to build up your Strength in Stretching.

Balanced Body

Tuesdays and Thursdays, 11:00 am, 3L

Balance exercises are not practiced enough in our lives, as we get comfortable with both feet on the ground. Join Lisa in this 60-minute class, focused on a variety of standing and core exercises for a total Balanced Body!

Major Muscle Groups

Wednesdays and Fridays, 11:30 am, 3L

When we exercise, do we really know what muscles we are using and why? Join **Lisa** in her 30-minute class and learn about the major muscle groups of the body and how important it is to stick with a regular routine for optimal results! *Schedule your personal fitness with Lisa today! She can be reached at 847- 852-3587.*

May is Mental Health Awareness Month

Emotional health is as important as physical health; the mind has a powerful influence over the body. Life's challenges can be overwhelming at times. Recognize when you are feeling overwhelmed and why. **Here are a few helpful tips** to avoid regular mental stresses:

- Take one thing at a time.
- Prioritize!
- Learn to say "no".
- Avoid feeling guilty when saying "no".
- Continue to push yourself in doing those things you enjoy.
- Exercise regularly.
- Eat a balanced diet.
- Avoid excessive amounts of caffeine.
- Talk with your friends or a family member!

Talk to a mental health professional if you remain overwhelmed in finding that balance and feeling of well-being. (Ask a staff member for help.) ~Senior Resource Alliance.

Spiritual Expressions

Catholic Communion Service

Tuesdays: 10:00 am in the 3rd Floor Lounge;
10:15 SN; 10:30 ME

St. Mark's Episcopalian Service with Rev. David Gibbons

Friday, May 6, 10:00 am, 3rd Floor Lounge



May, the Month of the Blessed Virgin Mary

A mother of pure love, watching over us with the angels up above. Oh Mother of pure mercy and grace, we're humbled by the gentleness on your face. Blessed are you among women, you're the savior of every human. Mother of Jesus Christ the King, our joyous hearts to you we sing.

Spiritually Speaking by Bonnie Smith



Member Bonnie Smith is contributing an article to the *Post* on a monthly basis discussing contemporary topics with a spiritual outlook.

One of my favorite prayers is known as the **Prayer of Protection** by **James Dillet Freeman**, who was composing an Easter service for soldiers and their families during World War II. Someone offered this advice: "If I were a woman in England and bombs were exploding all around me or if I were a soldier and someone was pointing a gun at me, I wouldn't want to feel like I was walking through the valley of the shadow of death. Can't you do better than that?" The result is below with the last line which was added after Freeman's death.

*The light of God surrounds me
The love of God enfolds me
The power of God protects me
And the presence of God watches over me
Wherever I am, God Is
And all is Well*

The prayer was taken to the moon by Apollo astronauts and has been a source of comfort and inspiration to many as we battle darkness and desperation in our world today. We watch people of a small nation, struggling for freedom and democracy as they bravely fight against an evil man and his generals. Our government disappoints us with politicians embroiled in partisan projects that are unworthy of the effort, time and money expended.

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

10:00 am, Presbyterian Church streaming service
www.pcbarrington.org

Lutheran Service from St. Matthew
www.stmatthewbarrington.org

Tune in: EWTN on Channel 119 with daily programming for news, prayers, and messages from around the world.

Outings



Let's go somewhere! The Garlands bus is ready to take us away for a while....let's start with lunch and a shopping trip!

Friday, May 6, 12:00 pm: Lunch Bunch to Chessie's

Are you ready for a casual dining experience at Chessie's Restaurant? Housed in an authentic train dining car, this is an All-American restaurant with steak, seafood, pasta, sandwiches and burgers.

Friday, May 20, 12:00 pm: Lunch Bunch to Onion Pub

Enjoy fresh hearty comfort food in our timber framed dining room, anchored by a massive stone fireplace, creating a comfortable atmosphere that has made the Onion a local favorite since 2003.

Tuesday, May 24, 11:00 am, Shop at Walgreen's

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.



Happy Birthday
to everyone born in
MAY!

5/3 Jeanette White
5/12 Anne Gott
5/12 Dave Tomchek
5/19 Caroline Welkom
5/25 Evie Dawson

WELCOME TO PRAIRIEVIEW!

Mrs. Shirley Leichter
Mrs. Marty Istvan

Meet the Prairieview Centenarians!



Mothers **Corkey Devol, Ann Gott and Barbara Croft** share a lot of similarities, but the most amazing concept to grasp is that these three beautiful women are willing to share their age! It's hard to guess that they have seen more than 100 years each of life, with all the changes and history!



Introducing the Director of Nursing: **Gabby Nichols!**

She is a familiar face with a new role! Gabby's energy, enthusiasm and vast knowledge are sure to be welcome news for Prairieview Members and Team alike. Look for her out on the floor and let's schedule a meet and greet social in her honor!



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