

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

POST

June 2022

Mother's Day flowers for Mrs. Lindquist.



Mr. Reitmeister chats with Liz.



And the winner is.....Ms. Goldberg!



Meet the Expert, Ashley Garcia.

THE GARLANDS®
Inspira

FEEL Better. AGE Better. LIVE Better.



Bulletin Board



Assisted Living Socials Every Monday!

*Monday, June 6, 3:00 pm, 2L:
D-Day Remembrance Social*

*Monday, June 13, 3:30 pm, 2L:
Honoring Our Flag*

*Monday, June 20, 3:00 pm, 2L:
I Scream for (Homemade) Ice Cream*

*Monday, June 27, 3:00 pm, 2L:
National Onion (Dip) Day*



June Craft Corner

*Tuesday, June 7, 3:00 pm, Sky
Box: Rainbow Fish*

*Tuesday, June 14, 3:00 pm, Sky
Box: 3, Where Were You Map*

*Tuesday, June 21, 3:00 pm, Sky Box: Summer Sky
Silhouettes*

*Tuesday, June 28, 3:00 pm, Sky Box Lounge: Floral
Wreath*

Flowers always seem to be at their best in June and colors seem to be sharper now than at any other time. So let's get our June on and create colorful pieces to enjoy all month!

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 biweekly invite list, contact Lee.Moriarty@Illinois.gov.

Resident Council Meetings

*Monday, June 13, 3:00 pm, 2nd Floor Lounge,
Assisted Living*

Wednesday, June 22, 11:00 am, Skilled Nursing

Be a part of the process, and join us this month! Your opinions and observations help us make living at The Garlands the best it can be! In addition, Skilled Nursing is looking for a President to represent our Members. Please contact Terri with any questions!

Wi-Fi Access at Prairieview

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

Bus Outings

June should have the most glorious weather for traipsing around the area! Let's take the opportunity to venture out.... relay any of your suggestions for outings to the Activity Staff! Please sign up the morning of each trip to ensure your place. Also, be mindful that there are 2 wheelchair spots on the bus! *Please note that these outings are "on your own"!* Contact Terri with any questions at tforti@thegarlands.com.

Tuesday, June 7, 11:00 pm: Shop at Walgreen's

Thursday, June 16, 12:00 pm: Lunch Bunch Biaggi's
Biaggi's is a casual Italian restaurant offering an extensive selection of house-made and imported pastas, soups & salads, pizza, seafood, steaks and desserts prepared with the freshest ingredients available and served in a comfortable, relaxing atmosphere.

Friday, June 24, 12:00 pm: Lunch Bunch Palatine Inn

This family-owned restaurant serves a wide menu of American & Greek specialties throughout the day. Odds are good that you will bring home a doggie bag!

Wednesday, June 29, 12:00 pm: Picnic in the Park

We will stop at McDonald's on our way to Langendorf Park to soak up some sun and enjoy the iconic hamburger, fries and a shake in the great outdoors!

June Special Events



Carol Bradley Discusses Audrey Hepburn

Wednesday, June 1, 3:00 pm, Memory Enhancement

Audrey Hepburn was born in Brussels, the star of memorable movies such as Sabrina, Breakfast at Tiffany's and Roman Holiday. She was married twice and later became a face for UNICEF. Come and listen to Carol's vivid descriptions and images!



Songs of Summer with Babette

Wednesday, June 8, 3:00 pm, 3rd Floor Dining Room

Babette's hour-long, high energy, fun-filled shows are catered to meet the musical needs of her audience. When Babette performs she is not just singing but providing Music Therapy for the whole mind and body and her connections with the audience brings everyone to their feet.



Major League Baseball

Sunday, June 12, Sox vs Rangers: 1:00 pm, Sky Box Lounge-Cheeseburgers

Sunday, June 26, Cubs vs Cardinals: 1:00 pm, Sky Box Lounge- Chicago Style Hot Dogs

Come on down to the Sky Box and cheer for Chicago baseball!



Mike Basin Entertainment

Wednesday, June 15, 3:00 pm, 3rd Floor Dining Room

Mike has put together a world tour of music for young and old alike. Melodic and harmonious, his music will take you on adventure through time and tempo exploring several music genres. Join him for an energetic afternoon!

Prairieview Birthday Celebration!

Thursday, June 16, 3:00 pm, 2L

One of the biggest birthday celebrations of the year is in June with 7 honorees. Each and every one is special, so join us in recognizing the day with song, cake and coffee!



A Closer Bond

Saturday, June 18, 2:00 pm, Memory Enhancement; 2:30 pm, Skilled

Since 1994, the team of pet care professionals at A Closer Bond has been leading the pack in custom dog training and enrichment. They want to share their success with us as they will provide visits with these furry friends!



A Father's Day Root Beer Float Social with Wynn Voss

Sunday, June 19, 3:00 pm, 3rd Floor Dining Room

This month it's Dad's turn for the special spot light! Join us for a fun-filled social this Father's Day with the memorable music of Wynn!



Music Appreciation with Jim Kendros - The Strings of Summer

Wednesday, June 22, 2:00 pm, 2L

Summer is upon us! To revel in the long, warm days of June Jim Kendros brings us the velvety expression of music for strings! Enjoy the luminous strains of Mozart, Tchaikovsky, Dvorak and more as Jim guides you across the beautiful sonic landscape of luscious string music! Jim will highlight the lives of each composer and the fascinating stories behind the music. Join Jim for a June afternoon of peacefully expansive string music!

June Special Events



Sing A Long with Vince!

Wednesday, June 29, 3:00 pm, Memory Enhancement

Vince has an ever-beaming smile and gracious air about him...and he will have you on your feet singing and tapping along with the music! Make sure you mark your calendar for today's performance!

From the Fitness Center

Please bear with us as we continue our search for the Fitness Coordinator. The Activity Staff will fill in with general exercises every day at 11:30 am. These may involve simple stretching or range of motion to "classes" on Chair Chi or Yoga on the iN2L system. You will be informed as soon as this critical role is filled!

In addition, Garlands Channel 1902 has many fitness choices, several were performed right here at Prairieview. Please ask the Activity Department for the days and times these will be aired.

June Exercise Tips

Here are some tips to share as we navigate the search for our Fitness Coordinator: Maybe you feel that it is too late to start an exercise or your physical condition and age are holding you back. You can begin to exercise instantly! With practice, you will get fit. Understanding the benefits of regular exercise is vital. It will help you improve your quality of life!

GETTING STARTED!

Staying active is for all. Aging successfully demands starting an exercise routine you like and that works for you. Start slowly with what you enjoy, and you will embrace it with time. Make it your goal to participate in regular exercise classes for 30 minutes, your body will adjust to the desire to get fit.

BENEFITS OF EXERCISE

The reason to exercise regularly is due to its physical and mental benefits.

The physical benefits include reducing the risk of chronic illness and disease. (The immune system is boosted with regular physical exercise.) Exercise increases mobility, balance, and flexibility. With the improvement of muscle strength, you can balance your body and prevent falls! Exercising regularly helps maintain body weight. Some of the mental benefits are improved quality of sleep and can decrease stress and improve your mood.

OVERCOMING OBSTACLES

Starting regular exercise may be a challenge if you are not used to it. You must overcome many obstacles to start and maintain regular exercise!

Here are some of the obstacles you may need to overcome;

- I'm too tired to exercise.
- Exercise makes me hurt.
- Exercise will make me fall.
- Exercise is not for the elderly.

Have you ever thought that these may be true because you don't exercise?

Happy Exercising!

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, June 3, 10:00 am, 3rd Floor Lounge

Please join Bonnie Smith in her apartment for refreshments and fellowship following today's service. *Beginning in July, we will celebrate on the first Wednesday at 11:00 am.*

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

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

June Happenings in Memory Enhancement

June is starting to sizzle as we officially welcome summer. This month in Memory Enhancement we will engage in our morning activities (weather permitting, of course!) out in the garden. We will focus on "The Great Outdoors" during our armchair travels. We will celebrate Flag Day with trivia, history and a craft. On Father's Day we start the festivities in the garden with fishing games and an old fashioned ice cream social before heading off to the entertainment. Our new friends from Soul Harbour and A Closer Bond will join Bob and Penny this month for pet therapy. For our Veteran's this month, we will look back at D-Day to reminisce and reflect. Our Member's will enjoy scenic rides every Friday and there is plenty of live entertainment to delight in! Happy June!

June is also Alzheimer's Awareness Month. Alzheimer's is a progressive form of dementia. Dementia is a broad term for conditions by brain injury or disease that negatively affect memory, thinking and behavior that interfere with the activities of daily living. According to the Alzheimer's Association, this disease accounts for 60-80% of all dementia cases.

Signs of Alzheimer's Disease may include:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty in completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and special relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgement
- Withdrawal from work or social activities
- Changes in mood and/or personality

Please contact Vicki Rogers, Director of Memory Enhancement with any questions at vrogers@thegarlands.com.

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 **JUNE!**

6/3 Bob Jeschke
6/6 Bonnie Smith
6/8 Joyce Simpson
6/10 Elaine Reitmeister
6/11 Shirley Leichter
6/20 Alma Boge
6/21 Janet Lareau

WELCOME TO PRAIRIEVIEW!

Flo Henshell
Larry Kedzior
Sallie Olson
Susan Osterman



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.

Last month, my column was focused on the first part of a prayer by James Dillon Freeman which ends with the words "and All is Well". Here is the GOOD NEWS, or part 2 of this article, as follows:

BUT, despite the chaos in our troubled world, there is GOOD, and there is BEAUTY: The majesty of nature: sunrise, sunset, a night sky aglow with countless stars, mighty mountains and meandering rivers. And there is the Good of man: Scientists and Doctors seeking to plot new paths in Space, making new discoveries in the study of the human body. And there are the ordinary people who unselfishly and unconditionally give of themselves to others, sharing their resources and their knowledge.

As scripture tells us in *Matthew 13:14-17*:

You are the light of the World. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on a stand and it gives light to everyone in the house. In the same way, let your light shine before men that they may see your good deeds and praise your Father in heaven.

Let us be lamplighters and thus truthfully proclaim that All is Well.



BEST
NURSING HOMES

U.S. News & World Report

SHORT-TERM
REHABILITATION
2021-22

6000 Garlands Lane, Barrington, IL 60010



thegarlands.com | 847-852-3000



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