

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

POST

March 2024



Members dancing and enjoying the Blue Rocket Boys.



Members ready for Mardi Gras!



Finished product of our Valentine's Day craft.



Mr. Abraham Lincoln made a visit for our Members.

March Special Events



Irish Tenor Gavin Cyole with Carlyn on the Flute and Jon on the Piano

Saturday, March 2 at 10:30 am

An accomplished singer and songwriter, Gavin's musical range covers both pop and folk music as well as traditional music from his homeland. His performances often reflect this versatility as he mixes traditional and original compositions. In addition to being a guitarist, he plays several other instruments including the bodhran (an Irish drum) and the flute. Gavin's musical influences are a varied lot: Elvis, Patsy Cline, Beethoven, U2, The Velvet Underground, and John Williams.



Jeff Rutter

*Wednesday, March 6 at
3:00 pm*

You all loved him for our Mardi Gras Party! He will be back, playing solo singing and playing his guitar. He'll be playing all your favorite songs and allowing you to sing and tap your shoes as he performs for us!



Kristin Ashley

*Wednesday, March 13 at
2:30 pm*

The Beauty of Flowers

Get a head start on spring with this colorful and joyful presentation. Join Kristin as we explore floral masterpieces by Georgia O'Keeffe, Claude Monet, Vincent Van Gogh, Odilon Redon and more.

Wi-Fi Access at Prairieview

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



Jake Muzzy on the Cello

Friday, March 15 at 10:30 am

Jake Muzzy Presents: "Danny Boy"

Irish tunes on the mellow cello, and secret signs in Bach' 4th Cello Suite. Live cello performance and commentary by Jake Muzzy, guest lecturer and cellist.



Wildbird Shack presents Bird Facts

*Tuesday, March 19 at
2:00 pm*

Test your knowledge of birds and their behavior. It's also a fun way to learn about birds.



Maureen Christine

*Wednesday, March 20 at
3:00 pm*

Maureen is back and bringing in the spring air in this performance. You'll hear all your favorite songs to sing along with! Maureen always brings her best performance for all of us to enjoy!



Members playing some Table Bowling.

March Special Events



Jim Kendros Music

Appreciation

*Wednesday, March 27 at
2:00 pm*

A Spring Music Festival!

Celebrate Spring and

beautiful music with Jim Kendros! Jim will highlight composers born in March. Enjoy the timeless popularity of Vivaldi's Spring Concerto, the elegance of Haydn and the majesty of Bach! Jim will also play popular selections on the piano. Learn about the great composers and enjoy beautiful music as we welcome Spring!

Fitness Corner

Fitness with Adrian!



Chair Exercise

Memory Enhancement

Monday - Saturday at 9:30 am

Assisted Living

*Monday, Wednesday, Friday,
Saturday, at 11:30 am*

Aquatics Aerobics

Monday, March 25 at 3:00 pm

Bethanie leads a low impact exercise class in the pool. Plan to leave at 2:45pm so we can walk to the pool. We will be in the pool for about 30-40 minutes. Staff will always be in the pool while we are there.

Please bring:

- Swimsuit
- Swimsuit Cover up worn before/after class
- Slip on swim shoes/comfortable shoes/sandals to walk to the pool
- Towel

Spiritual Expressions

Catholic Communion Service

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

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

Morning Devotion

Thursdays at 10:30 am

2nd Thursday at 10:30 am with Rev. David

Afternoon Devotion

1st Monday at 2:00 pm with Chaplain Laurie

Sundays:

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

Lutheran Service from St. Matthew

www.stmatthewbarrington.org

Prairieview Staff Guide

To help identify staff departments in Prairieview, we made it simpler by having uniforms. Members and families can now have an easier time helping identify a staff member in every department.

Nurse: Black

CNA: Blue

Activities Assistants: Purple

Dining: Grey

House Keeping/Floor technicians: Blueish Grey

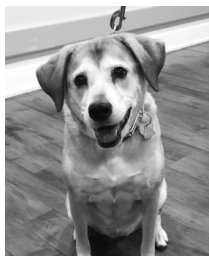
Member Services: Blue Collared Shirts

Bulletin Board

Pet Therapy

Every Friday

Adrian brings one of his pups in for some pet therapy!



Desi



Talon



Rocco

Art Class with Kim

*Friday, March 1 and March 15 in the Art Studio
Assisted Living at 2:15 pm*

Memory Enhancement at 3:30 pm

Kim Bird is an amazing art teacher and loves working with everyone no matter what skill level they are. Come and enjoy a painting session with Kim!

****Members staying at Skilled Nursing can attend.
Please let staff know if interested.***

Crafty Corner:

No Sew St. Patrick's Day Fabric

Monday, March 11 at 2:30 pm

The Yarn Gang!

Thursdays at 2:30 pm

What is The Yarn Gang? It is a club for members wanting to knit or crochet. We first want to meet to see what our goals for the group are. We also want to show some of the members adaptive equipment to make this wonderful hobby easier for us. We encourage any level of knitters and crochet to come!

Book Club

Thursday, March 14 at 2:30 pm



Drumming Circle with Lucas

Skilled Nursing Drumming Circle

Monday, March 4 at 10:00 am

Memory Enhancement

Drumming Circle

Wednesday, March 6 at 10:30 am

Drum Circles provide several health and medical benefits and are always fun and entertaining. However, they can become tedious when facilitating the same program, and participants may lose interest. So, we bring a great innovation to the drum circle – music appreciation, tailored music suited to our audience, and versatile activities. Every month we focus on a different theme based on a musical style, artist, or country. Several different therapeutic exercises and musical activities are performed, providing health benefits, participation, and fun! While we repeat some exercises to develop routine, we also introduce new activities to keep it interesting. This method develops continuity for working with our clients regularly. You'll use different parts of your body and brain to build muscle, alertness, memory, thinking, and physical coordination. The musical themes provide insight and education for every participant, regardless of whether you have played an instrument or not! Your mind stays active, learning key highlights of the musical or artistic style. Enjoy jamming along to the music using rhythm and release some stress.

Wine and Fruit Social!

Thursday, March 21 at 3:30 pm at the Skybox

Let's enjoy everyone's company at the Skybox and play a game everyone can have fun at! Wine, Beer, and non-alcohol will be available.

Bulletin Board

Make overs by the Glamour Gals

Saturday, March 2 at 2:00 pm

A couple of Barrington High School students founded a chapter in the area called Glamour Gals. They specialize in makeovers; they will be doing light makeup and painting nails for the members. Future programs might include blanket making and some baking programs.

Movies at Prairieview!

Skybox Lounge at 2:00 pm

March 9 *Parenthood*
March 16 *Somethings Gotta Give*
March 17 *Irish Wish*
March 23 *NYAD*
March 30 *Two Popes*

Discovery Series on Sundays

Skybox Lounge at 2:00 pm

March 3 *The Volcano: Rescue from Whakaari*
March 10 *Mission Blue*
March 24 *Chasing Coral*
March 31 *From Stress to Happiness*

Resident Council

Monday, March 11 at 3:00 pm, 2L
Thursday, March 14 at 10:00 am,
Skilled Nursing Lounge

How are we doing? What is working well, what changes or observations need to be addressed? Members can make a difference in the quality of the care, dining experience, activities and other aspects of living at Prairieview at The Garlands. All Members are welcome to join the conversation! As 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 the Activity Department with any questions regarding this opportunity.

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.

Bus Outings

Join us for a simple bus ride, Lunch Bunch outings or a quick trip to Walgreens!

Please call the concierge at *37 by 10:00 am on the day of the scheduled excursion to reserve your place on the bus. Be aware that there are two wheelchair spots available.

We need three or more members to be able to go on all bus outings. Cost is on your own.

Lunch at the Winslow

Wednesday, March 6 at 12:00 pm

Dinner at the Grill

Monday, March 18 at 5:00 pm

Lunch Bunch Outing: Polish & American Bistro

Thursday, March 14 at 12:00 pm

Shopping Trips

Walgreens: Friday, March 1 at 10:00 am

Target: Friday, March 8 at 10:00 am

Walmart: Friday, March 29 at 9:45 am

For each outing, please meet in the lobby ten minutes before departure. *The cost is on your own.*

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
MARCH!

| | |
|------------|------|
| Ruth H. | 3/6 |
| Flo H. | 3/8 |
| Russell B. | 3/10 |
| Sharon L. | 3/12 |



Photos with Mr.
Abe Lincoln.



Working hard during
our craft.



John, our Dining Manager, handing
out flowers for Valentine's Day!

6000 Garlands Lane, Barrington, IL 60010



THE GARLANDS®
—of Barrington—

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