

# PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

# POST

May 2024



Members enjoying the eclipse.



Baseball and lunch in the Skybox.



Members enjoying Maureen.

## May Special Events



**Gayle Bisesi**  
Wednesday, May 1 at  
3:00 pm

Gayle Bisesi is a true jazz soprano who brings a fresh, inspiring sensitivity and a playful edge to jazz music.

She creates original material that will set your soul searching and adds a new flare to jazz standards from the past. Fusing the imaginative freedom of a child with masterful technique, flexibility, and a superb overall command of her instrument. Watching Gayle perform, there is no doubt she commits to the music and brings this conviction to the forefront of every performance.



**Kristin Ashley**  
Wednesday, May 8  
at 2:30 pm

**Georgia O'Keeffe: Western Visions**

Discover the expressive and colorful paintings from Georgia O'Keeffe's time in

the Southwest. From the magical interpretations of her favorite mountain, Pedernal, to the graceful forms of desert trees, Georgia's art enhances how we look at our great Western expanse. Her paintings encapsulate the beauty and awe-inspiring colors of the American Southwest.



**Wildbird Shack presents: Why the Arts Matter**  
Tuesday, May 21  
at 2:00 pm in 2L

The arts hold up a mirror to injustice, abuse and hypocrisy. The arts have tremendous power to heal and transform us individually and collectively. The arts mobilize people in ways that nothing else can. From Picasso's *Guernica* to Michael Jackson and Lionel Richie's "We Are the World," to the AIDS Quilt, or Hamilton, the list of impactful works is endless and ever-growing.



**Heather Braoudakis presents "Feelin' Groovy"**  
Wednesday, May 14  
at 3:00 pm

Heather is back again, this time she'll be singing 60's theme songs from Burt Bacharach, Mama's & Papa's, Fifth Dimension, Simon & Garfunkel, and many more!



**Jim Kendros Music Appreciation**  
Wednesday May 22 at 2:00 pm

**Romantic Composers Born in May: Brahms, Tchaikovsky and Faure**

Join Jim Kendros for a celebration of beautiful Romantic era music by great composers born in May! Enjoy the ravishing expressions of Brahms' Symphony # 3, the emotional outpourings of Tchaikovsky's Serenade for Strings and the mystique of Faure's Pavane! Explorations of each composer's life and the musical structures of each piece will be highlighted. Join us for an hour of romantic favorites with Jim Kendros!

### Wi-Fi Access at Prairieview

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

## May Special Events



### John Boda Presents: Bob Hope "Thanks for the Memories"

Wednesday May 29 at  
3:00 pm

Bob Hope is probably the best pick for "Entertainer of the Century" as his life spanned nearly the entire century born May 29, 1903, and lived until just past his 100th birthday in 2003! This presentation will look at one of the greatest comedians of all time who created the stand-up routine that many followed into such as Johnny Carson, Jerry Seinfeld and more.

Bob Hope was also a movie star, dancer and singer who introduced some big hit songs! Several of these songs will be performed within the show by John Boda including, "It's DeLovely," "Two Sleepy People," "Buttons and Bows," "Road to Morocco: I Can't Get Started" and of course, the grand finale ending will be a great tribute montage clip with the Oscar winning song, "Thanks for the Memory!"

## 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](http://www.tvpchurch.org)

**Lutheran Service** from **St. Matthew**  
[www.stmatthewbarrington.org](http://www.stmatthewbarrington.org)

## 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

## 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, May 10 and April 24 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:**

*Thursday, May 9 at 2:30 pm*

### **Book Club**

*Friday, May 16 at 2:30 pm*

### **Wine and Fruit Social!**

*Friday, May 17 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.



### **Drumming Circle with Lucas**

#### **Memory Enhancement**

#### **Drumming Circle**

*Wednesday, May 1 at 10:30 am*

#### **Skilled Nursing**

#### **Drumming Circle**

*Monday, May 6 at 10:00 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.

# Bulletin Board

## 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!

## Movies at Prairieview!

Skybox Lounge at 2:00 pm

May 4	<i>The Theory of Everything</i>
May 11	<i>Footloose</i>
May 18	<i>The Hill</i>
May 12	<i>Otherhood</i>
May 25	<i>Rain Man</i>

## Discovery Series on Sundays

Skybox Lounge at 2:00 pm

May 5	<i>Blackfish</i>
May 19	<i>Secrets of The Neanderthals</i>
May 26	<i>Lincoln@Gettysburg</i>

## Resident Council

Monday, May 13, 3:00 pm, 2L

Thursday, May 16, 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, May 8 at 12:00 pm

### Dinner at the Grill

Monday, May 20 at 5:00 pm

### Lunch Bunch Outing: Chessie's Restaurant

Thursday, May 16 at 12:00 pm

## Shopping Trips

**Walgreens:** Friday, May 3 at 10:00 am

**Target:** Friday, May 17 at 10:00 am

**Walmart:** Friday, May 31 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  
**MAY!**

Jeanette W.	5/6
Marie P.	5/8
David T.	5/12
James F.	5/16
Caroline W.	5/19
Marsha C.	5/21
James B.	5/22

## Get to Know Your Neighbor: CAROL MCGREGOR



**What parenting advice would you have to give to everyone?**

*To be straight forward, honest, and firm with advice.*

**What is your favorite memory?**

*Childhood in general (she remembers that she enjoyed going to the farm with the pond.)*

**What was your favorite place you visited with your family?**

*Visiting Australia to visit her brother.*

**What's the first thing you thought when you discovered you were going to be a mother?**

*Carol felt excited at the thought of having a child.*

**What was the biggest challenge of becoming a mother?**

*Having the responsibility and trying to find time for herself.*

**What's one thing you want people to remember about you?**

*She wants to be remembered by knowing that life is good.*

**If you could go back and relive one day in your life again, which one would it be?**

*She would love to go back to the farm with the pond.*

**If you could pick one family recipe to pass on, which one would it be?**

*Delicious blueberry muffins recipe!*

**What's your favorite flower?**

*She enjoys having roses around her.*

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— of Barrington —