

# PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

# POST

September 2024



Members making a unique project with Kim's Art class.



Members busy making get well cards.



Members enjoying making a butterfly craft.

THE GARLANDS<sup>®</sup>  
**Inspira**  
FEEL Better. AGE Better. LIVE Better.





## September Special Events



### **Maureen Christine**

*Wednesday September 4th at 3:00 pm*

Maureen Christine is an award-winning vocalist. Maureen delights audiences throughout the country with her "natural melodious, expressive voice." Maureen is heralded as a "singer worth crowing about" by the Chicago Tribune for her thoughtful interpretations of great American standards, romantic ballads, and original compositions. Please give a warm welcome back as she entertains us with her amazing voice!



### **Jake and Hannah Muzzy**

*Tuesday, September 10 at 3:00 pm*

Jake has been here with his cello to entertain us. This time

Hannah, Jake's wife, will be coming with her harp along with Jake. Hannah's harp studies were led by Alexandria Shepherd of Melbourne, Australia, Alice Giles at the Australian National University Conservatory of Music and Dora Zenobi of Cordoba, Argentina. Hannah has enjoyed playing harp for numerous private functions and concerts including with Memphis Symphony, Masterworks Festival Orchestra, various choirs and especially with her husband Jake across the US and on tour in Argentina. Since meeting Jake at a music festival in Indiana and marrying him in 2005.



### **Wildbird Shack presents: Owls of Illinois**

*Tuesday, September 17 at 2:00 pm in 2L*



### **Kristin Ashley**

*Wednesday, September 11 at 2:30 pm*

**Animals in Art** - Artists have long been inspired by nature and the animals among us. Join us as we explore the wildlife paintings of Henri Rousseau, the pet portraits of Pablo Picasso, the domestic animals of Marc Chagall, and more. We will also delve into the symbolism of nature's vast array of creatures from animals to reptiles to birds and butterflies.



### **Jeff Rutter**

*Wednesday, September 18 at 3:00 pm*

Jeff began his professional performance career, touring such acts as The New Seekers of the song Georgie Girl fame, and R&B legends, The Drifters. Since 1979, Jeff's been performing with his own band, Scramble. Scramble was one of Chicagoland top dance bands during the 70's and 80's. Also in 1985, Jeff became the guitarist for the late- 1960's to early 1970's band The Cryan' Shames. Jeff specializes in music from the 40's to 70's. His magnetic personality keeps the crowd singing and dancing to their favorite tunes: Oldies, Rock, Disco, Standards and Jazz.



### **Larry Ortega**

*Monday, September 23 at 3:00 pm*

Larry offers an exciting, interactive, and unique new program, giving us a fun outlet to play along to familiar songs and create their own new music; Larry's Rockin' Rhythm Percussion Party. This program is great for movement, memory, socialization, and most of all FUN!!!!

## September Special Events



### Jim Kendros Music Appreciation

Wednesday, September 25 at 2:00 pm

### September's Music

The gentleness of September is upon us! Join Jim Kendros as we celebrate colorful music to enhance the feelings of late summer! Experience gentle beauty in the music of Mozart, Vivaldi, Bach and Chopin! Learn about the lives and times of each composer and the works that Jim will highlight. Jim will also treat us to a mini piano concert. Welcome September with colorful music and Jim Kendros!

### Movies at Prairieview!

Skybox Lounge at 2:00 pm

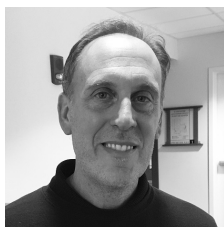
September 2	<i>Penguin Bloom</i>
September 7	<i>Wonder</i>
September 14	<i>Love at First Sight</i>
September 16	<i>Unfrosted</i>
September 21	<i>How to Be a Latin Lover</i>
September 28	<i>How Do You Know</i>

### Save The Date: Oktoberfest with Keith Stras w/Polka Confetti

Thursday, October 3 at 3:00-4:00 pm

Keith Stras & Polkas go hand in hand. Keith Stras has worked in every aspect of Polka Music. In 2024 he's celebrating his 48th year career in the genre. Elected to the Polka Music Hall of Fame in 1999, he was heard each week on the air in Chicagoland for 40 consecutive years.

## Fitness Corner



### Chair Exercise

Memory Enhancement,  
Monday-Friday, 9:30 am  
Assisted Living, Monday-Friday, 11:30 am

## 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.

### Outing to Safari Lake Geneva

Friday, September 20

Just a short five miles from downtown Lake Geneva is an animal safari drive-through unlike anything else in Chicagoland. We're not a theme park or zoo, but a unique wildlife preserve that is home to animals from around the world. Consistently ranked as one of the most exciting things to do in Lake Geneva, Safari Lake Geneva is a family-owned business and the brainchild of Wisconsin's foremost exotic animal expert, "Jungle" Jay Christie.

**Lunch at the Winslow, Wednesday, September 4, 12:00 pm**

**Dinner at the Grill, Monday, September 16, 5:00 pm**

**Lunch Bunch Outing: Village Inn/Baker Square, Tuesday, September 24, 12:00 pm**

### Shopping Trips

**Walgreens: Friday, September 6 at 10:00 am**

**Target: Friday, September 13 at 10:00 am**

**Walmart: Friday, September 27 at 9:45 am**

### Scenic Routes

Get ready for an adventure that turns one hour into a unique exploration! Our scenic routes take you through beautiful areas near the Garlands. Buckle up for a journey where every turn unveils new sights. No two routes are ever the same!

### Assisted Living

Thursday, September 5 at 2:00 pm

Thursday, September 19 at 3:30 pm

### Memory Enhancement

Thursday, September 12 at 2:00 pm

Thursday, September 26 at 2:00 pm

# Bulletin Board

## **Pet Therapy** *Every Friday*

Adrian brings one of his furry pup friends in for some pet therapy!



Desi



Talon



Rocco

## **Art Class with Kim**

*Tuesday, September 3*

*Friday, September 27 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.***

## **Lunch in the Skybox: Chicago Bears vs Tennessee Titans**

*Sunday September 8 at 12:00 pm*

You're invited to watch the Chicago Bears start their season against the Tennessee Titans. Watch Chicago Bears Rookie Quarterback Caleb Williams play his very first game on the field. Cheer the Bears to victory and enjoy eating lunch at the Skybox.

## **Reading Out Loud with Barb!**

*Tuesdays and Thursdays at 2:00 pm,  
Argyle Living Room*

Barb is a volunteer for Prairieview. She has been doing book readings with one member, then grew into having 2-4 members attending. She started reading in the Argyle Living Room so come join in on the reading.



## **Drumming Circle with Lucas**

### **Memory Enhancement Drumming Circle**

*Wednesday, September 4  
at 10:30 am*

### **Skilled Nursing Drumming Circle**

*Thursday, September 19 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.

## **Book Club: *The Art Thief* by Michael Finkel**

*Discussion Date: September 12 at 3:30 pm*

In this spellbinding portrait of obsession and flawed genius, the best-selling author of *The Stranger in the Woods* brings us into Breitwieser's strange world—unlike most thieves, he never stole for money, keeping all his treasures in a single room where he could admire them.



# Bulletin Board

## **Therapy Coloring, Weekends at 4:00 pm**

Therapy coloring isn't just about filling in designs; it's like creating a colorful sanctuary for your mind! Imagine this: you grab a set of vibrant markers or soothing pastels, pick a page with intricate patterns or serene landscapes, and start adding hues like an artist on a mission. As you glide your colors across the page, it's not just about staying inside the lines (though that can be oddly satisfying!). It's about diving into a world where your worries melt away, replaced by a Zen-like focus on blending shades and creating something uniquely beautiful. It's like a mini vacation for your brain, where every stroke is a step towards relaxation and creativity. Plus, you get a masterpiece at the end – your own personal artwork, infused with calm and color!

## **Wine and Fruit Social!**

*Thursday, September 26 at 3:30 pm at the Skybox*

Wine, fruit, and cheese social is a flavor extravaganza where taste buds go on a joy ride! Picture a colorful spread of juicy grapes, sweet slices of melon, and succulent berries perfectly complementing a variety of cheeses from creamy camembert to sharp gouda. All washed down with the perfect glass of wine and non-alcoholic beverages, it's a vibrant blend of flavors that turns any gathering into a delicious celebration of good food, good drinks, and good company!

## **Puzzles in the Argyle Living Room**

*Tuesdays at 3:30 pm*

Puzzles in a group format are like brain-bending adventures that strengthen teamwork, foster communication, and unleash collective problem-solving skills. They turn learning into a thrilling journey of discovery and triumph, where every piece solved is a victory shared!

## **Brain Games/Trivia**

Trivia adds spice to our knowledge diet, connecting us to culture, boosting learning, sparking conversations, sharpening critical thinking, and above all, making learning enjoyable! It's the ultimate brain treat!

## **Discovery Series on Sundays**

*Skybox Lounge at 2:00 pm*

<i>September 1</i>	<i>Mountain Queen the Summits of Lhakpa Sherpa</i>
<i>September 15</i>	<i>The Air Force One Flying Fortress</i>
<i>September 22</i>	<i>Becoming</i>
<i>September 29</i>	<i>Sinatra in Palm Springs: The Place He Called Home</i>

## **Resident Council**

*Assisted Living – Monday, September 9, at 3:00 pm, 2L*

*Skilled Nursing, September 19, at 10:00 am, SNL*

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 experiences, activities and other aspects of living at Prairieview at The Garlands. All Members are welcome to join the conversation! 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.*

# 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.

## Wi-Fi Access at Prairieview

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



*Happy Birthday*  
to everyone born in  
**SEPTEMBER!**

Gloria M.	9/1
Mary Jo M.	9/13
Carol A.	9/20
Janet C.	9/21
Desmond P.	9/24

## 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

### 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)

## 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

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