

Do not print

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
JANUARY!

Janice S.	1/9
John T.	1/18
Joan W.	1/19
Celma P.	1/21
Lanny B.	1/26

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

Devotion with Chaplain Rhonda

Monday, January 13 at 2:00 pm AL

Wednesday, January 15 at 10:30 am ME

This month's devotion invites you to **dive into the joyful world of holiday traditions!** Let's take a trip down memory lane as we share stories, laughter, and perhaps a few festive surprises. Whether it's the smell of gingerbread cookies, the warmth of family gatherings, or quirky customs that make your heart sing, we'll celebrate the magic and memories that make this season so special. Join us for a fun-filled journey of reflection and connection!

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



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THE GARLANDS®
— of Barrington —

PRAIRIEVIEW

A newsletter for Prairieview Members and their families.

POST

January 2025

Winter Wonderland 2024!



Enjoying time with family.



Enjoying the music.



Enjoying the performances!



Enjoying a horse carriage ride.

THE GARLANDS[®]
Inspira

FEEL Better. AGE Better. LIVE Better.

BEST
NURSING HOMES

& WORLD REPORT
U.S. News

SHORT-TERM
REHABILITATION
2022-23

January Special Events



Kristin Ashley
*Wednesday, January 8 at
2:00 pm*

Favorite Art from The Art Institute of Chicago

What do the Victorian-era painting of Dante Gabriel Rossetti's lost love, the flowers and cityscapes of "Mother of Modern Art" Georgia O'Keeffe, and Claude Monet's "Haystack" series have in common? They are all part of the Art Institute of Chicago's collection. From Marc Chagall's stunning America Windows to one of Vincent Van Gogh's self-portraits, the Chicago Art Institute has something for everyone. Founded in 1879, it is one of the oldest and largest museums in the United States. Join us as we tour some of the most famous and beloved art in the museum's collection and learn more about the art and artists.



Dave Rice The Piano Man
*Thursday, January 9 at
3:00 pm*

Get ready for an unforgettable afternoon! Please join us in welcoming back the one and only

Dave Rice! Dave is a high-energy, powerhouse musician, bringing the best tunes from the 40s all the way to today. With deep roots in the blues, he'll keep you grooving with everything from Rock and Motown to Country, Oldies, Big Band, Jazz, Blues, and so much more! Get ready to dance, sing along, and have a blast as Dave takes the stage! You won't want to miss this!



Willow Trio
*Wednesday, January 15 at
3:00 pm*

Willow Trio performs chamber music for flute, piano and cello offering a musical experience that is powerful, personal and unforgettable. Each an accomplished performer Carlyn Lloyd, Jill Kaeding, and Jon Warfel come together in the common goal of creating beautiful music for concerts and soirees.



Wildbird Shack
present Alaska: Birds, Whales, and Glaciers
*Tuesday, January 21 at
2:00 pm*

Alaska is truly one of the world's natural marvels, a place of enchantment where Puffins, common Murres, Humpback Whales, and Glaciers thrive. Embark on an adventure as we discover Fairbanks, Denali and Homer, Alaska.



Jim Kendros Music Appreciation
Wednesday, January 22 2:00 pm

Mozart and Schubert: A Birthday Celebration

January is the month Mozart and Schubert were born! Ring in the New Year by enjoying the music of these towering immortals in music! Join Jim Kendros as we explore Mozart's triumphant Symphony No. 35, the "Haffner" Symphony, a joyful work composed as Mozart was embarking on new horizons in his life! And be charmed and moved by Schubert's elegant and rustic Symphony No. 5, a youthful yet masterful work composed at age 19! Ring in the New Year with Jim Kendros as we enjoy the birthday anniversary month of Mozart and Schubert!

January Special Events



Jake Muzzy on the Cello
Wednesday, January 29 at 3:00 pm

We're thrilled to welcome back Jake Muzzy to Prairieview for a special musical treat! Jake will be showcasing his incredible talent as he plays a beautiful piece on his cello. But that's not all – he's also going to teach us about where some of these pieces come from, giving us a peek behind the music and sharing fascinating insights into the world of classical music. It's a wonderful opportunity to both enjoy and learn – so don't miss out on this lovely, educational program! Come by, sit back, and let the music take you on a journey.

Fitness with Adrian



Chair Exercise

*Memory Enhancement:
Monday-Friday,
9:30 am*

*Assisted Living: Monday-
Friday, 11:30 am*



Members making ornaments with Kim.

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 outings. Cost is on your own.**

Lunch at the Winslow

Tuesday, January 7 at 12:00 pm

Dinner at the Grill

Monday, January 13 at 5:00 pm

Lunch Bunch to Egg Harbor

Thursday, January 30 at 12:00 pm

Shopping Trips

Walmart: *Friday, January 3 at 9:45 am*

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

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



Making holiday jewelry.

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

January 10th and 24th 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.*

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.

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!



Drumming Circle with Lucas

Memory Enhancement: Monday, January 6 at 10:30 am

Skilled Nursing:

Wednesday, January 8 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 music appreciation, tailored music suited to our audience, and versatile activities. Each month focuses on a different 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.

Room Reservations

For anyone interested in reserving a room at **Prairieview**, please reach out to **William Van Giesen** for availability and booking details. William will be happy to assist you with your reservation and provide all the information you need to make your experience smooth and enjoyable. *Email William at wvangiesen@thegarlands.com.*

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!

Resident Council

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

Wednesday, January 15, 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 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.

Movies at Prairieview!

Skybox Lounge at 2:00 pm

January 1 When Harry Met Sally
January 4 The Children's Train
January 11 Captain Phillips
January 18 The Peanut Butter Falcon
January 25 Burnt

Discovery Series on Sundays

Skybox Lounge at 2:00 pm

January 5 The Only Girl in the Orchestra
January 12 Horizon
January 19 Living with Leopards
January 26 Passport to the World: Route 66

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.*

Prairieview Staff Guide

Members and families can now more easily identify a staff member in every department based on their uniforms.

Nurse: Black

CNA: Blue

Activities Assistants: Purple

Dining: Grey

House Keeping/Floor technicians: Blueish Grey

Member Services: Blue Collared Shirts