

The GARLANDS GAZETTE

May 2005

A NEWSLETTER FOR THE MEMBERS OF THE GARLANDS OF BARRINGTON

THE MONTH IN REVIEW

There's something for everyone at The Garlands!



The Garlands Amigos have lunch at El Meson.



Ray Harding, Richard Matre, Don Hansen, Ed Reidy and Jack Canfield play poker in the Timbers Lounge.



Bartender, Miguel Martinez, serves the Matres and Residency Counselor, Susan McCormick at the Cubs Home Opener broadcast in The Grill.



Director of Hospitality, Ron Ager, shows off the new Timbers Lounge to Betty Bruns, Beverly Harding and Phyllis Jannotta.



Gil Reich and Jack Canfield, 2nd and 1st place winners in The Garlands "Take your Best Shot" photo contest.



Director of Food & Beverage, Istvan Abdai takes members on a tour of the new kitchen in The Grill.



Dorothy Pfeiffer dresses in green for St. Patrick's Day.



Green beer along with crazy clothing—on St. Patrick's Day all members are Irish in the Robie Lounge!

THE GARLANDS BY DAY

Catholic Prayer and Communion Service at Prairieview

Sundays at 10:30am

A layperson from the Catholic church will conduct a prayer service for both Prairieview and Garlands members and give communion to Catholics each Sunday.

Outdoor Sketching

Mondays, May 2, 9, 16, 23 at 10am in the lobby.

Learn how to sketch lovely outdoor spring landscapes



here at The Garlands. Meet in the lobby and follow instructor, Laura D'Argo to your sketching destination. If the weather is inclement, meet in 1141 and sketch a still life. Beginners are welcome, and there is no charge for the class, unless you want to purchase materials. Although Laura will be present to help you with your work from 10am until Noon, members are always welcome to work on their projects in Rm. 1141 at any time.

Garlands Gabbers

Wednesday, May 4, 2-3pm in the Robie Lounge

"For Gabbers and Listeners." Let's get together over a cup of coffee or tea and chat about our favorite books, TV programs, movies, families and anything else that comes to mind. Meet new friends and find common interests with your neighbors here at The Garlands.

Beginning Computer Basics

Fridays, May 6, 13, 20, 27, 2-3pm in the Resource Center

Learn how to type a document, surf the web, set up an email account or play games. Topics covered will be dependent upon interest of participants. This is a beginner class for someone who has had little or no experience in computers. If you have taken this class and want a review, you are welcome. If you are practicing, please come to the Computer Lab at 1pm. Please sign up at the Concierge desk as seating is limited.

Computer Lab

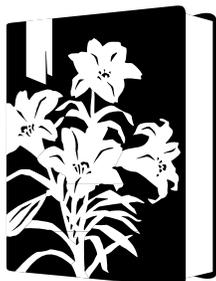
Fridays, May 6, 13, 20, 27, 1-2pm in the Resource Center

Use this time to get advice and your computer questions answered. There is not a lesson planned for this time, but Jill and Sharon will be available to help you. If you need basic instruction, please attend the class at 2pm.

Bible Study

Mondays, May 2, 9, 16, 23 at 2:30pm in the Eastlake

Lay leaders, Dick and Marla Dahlstrom, will facilitate this Christian-based ecumenical study. Bring your Bibles. New members are always welcome.



Cards and Games

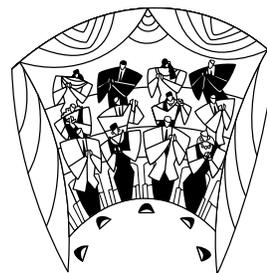
Wednesday, May 11, 3-4pm in the Tiffany 3 Game Room

Meet with friends for a friendly card or board game. Prizes awarded.

Movie Matinee

Monday, May 30, 2pm in the Surround Sound Theater

Get your hot buttered popcorn and get ready to travel on a "Mission to Mars" starring Gary Sinise and Tim Robbins. This science-fiction thriller takes place in 2020 when the first manned mission to Mars discovers a bizarre and shocking secret about the Martian landscape that decimates the crew. NASA launches a recovery mission to investigate and bring back survivors . . . if there are any. Rated PG.



THE BULLETIN BOARD

A friendly reminder...For your safety, it is strongly recommended that you wear your Lifeline pendant or wristband while in your residence.

Sporting Events

Please advise Jill which sporting events you would be interested in watching in "The Grill."

Postage Stamps

Did you know that, for your convenience, postage stamps are available at the Concierge desk?

Happy Birthday

Warm wishes to our members celebrating their birthday in April!

Phyllis Baber

Lee Flory

Gene Seibert

Jean Pearson

Lou Menges

Paul Anda

Bill Dennie

Ed Bruning

Bob Ryan

Barbara Pettersen

Ruth Meadows

Joanne Seibert

Lina Abraham

Alice Kell



MARK YOUR CALENDARS

Men's Club Luncheon

Tuesdays, May 3, 10, 17, 24, 31 at Noon in the South Winslow.

Jewel Shopping

Thursdays at 10am. Meet in the Lobby.

Ladies Bridge Club

Thursdays, May 12 & 26, 1pm in the Tiffany 3 Game Room.

Evening Bridge Club

Tuesdays, May 10 & 24 at 7pm in the South Winslow.

Poker Club

Thursdays at 2pm in the Timbers Lounge. Note location change.

Afternoon Tea

Friday, May 20 at 1:30pm in the Robie Lounge, \$12.95 Member Price.

Movies

Movies are shown in the Surround Sound Theater on Wednesdays at 7pm, Saturdays at 7:30pm and Sundays at 2pm. See the Movie Marquis for Movie Selections.

Brunch

Sunday, May 1, 11am-2pm in the Winslow Dining Room. Mothers' Day Brunch, Sunday, May 8, 10:30am & 1pm Seatings.

Thursday Buffet

Every Thursday evening from 5:30-8:30pm in the Winslow Dining Room.

Mall Shopping

The first Monday of every month at 10:30am. Meet in the Lobby. Next date is 5/2 to Northbrook Court.

BACOA Caregiver Support Group

First Wednesday of the month, May 4 at 7pm in the BACOA office at Prairieview.

WELLNESS WORKS

Blood Pressures Taken

First Tuesday of every month, Tuesday, May 3, 10-11am in the Wellness Center by The Garlands
Director of Wellness Services, Kim Marry

National Diabetes Education Program

Friday, May 6, 10am in the Surround Sound Theater

The Phoenix Medical Outreach Program will present information on proper foot care to enhance overall wellness and help improve the quality of your life. Learn about programs that may help you as well as Medicare- and Medicaid-approved footwear, gloves and wheelchairs that are available at no cost to you. Please reserve your space with Kim Marry at *40.

Navigating the Caregiver System

Saturday, May 7, 2-4:30pm at Prairieview. Presentation and optional tour of Prairieview Assisted Living at The Garlands

Do you know of a family struggling to understand their options with regard to finding help for an ailing parent? If you do, or if you at one time were in this position with your parents, you can appreciate how difficult a situation it can be. They are looking for a road map—a “how to” of sorts to help them make the right next steps. Pamela Lamb, Administrator for Prairieview at The Garlands invites you to invite them to learn how to better assess the situation, help their parents gain control and explore their options, including assisted living. Please call the Prairieview Concierge at 3500 for reservations.

Doctor's Visits

For your convenience the following physician will be taking appointments in the Wellness Center. Please call Kim at *40 to schedule your visit.

Optometric Physician, Dr. Lenzen, Thursday, May 26, 1-3:30pm.

Dr. Lanzen is a fellow of the American Academy of Optometric Physicians. He has been published in several publications and is a lecturer at University of WI-Whitewater.



MEMORY LOSS EDUCATIONAL SERIES

Offered in conjunction with and led by professionals from the Memory Disorders Center of The Alexian Neurosciences Institute, this four-part educational series is offered for family members and professional caregivers of persons with memory loss. It is offered the second Tuesday of the month from May – July. Participants are invited to attend the whole series or just one class. Please register by calling 847-852-3500.

Planning Ahead and Community Resources

Tuesday, May 10, 7-8pm in the Surround Sound Theater
This session is about planning ahead for the future legal, financial and care needs of a person with a memory disorder. Discover the local resources, programs and services for people who are affected by memory loss.

Behavior as Communication

Tuesday, June 14, 7-8pm in the Performing Arts Center
This session helps caregivers and family members adapt to alternative ways of communicating with their loved one. Learn about behavioral changes, how to think of these behaviors in terms of the messages they are trying to relate and how to understand and make adjustments.

Taking Care of the Caregiver

Tuesday, July 12, 7-8pm in Performing Arts Center
This session helps participants explore the needs of the caregiver and offers suggestions on avoiding burnout.

PRESCRIPTION FOR HEALTHY LIVING SERIES

Limited appointments available. Registration required. Please call 1-866-Alexian to book your screening appointment. All screenings will be held in the Alexian Physician Center at the Garlands.

There is no charge for these seminars.



Rejuvenate and Enhance Your Skin: Healthy Choices

Thursday, May 5, 7-8:30pm in The Surround Sound Theater

Begin with an understanding of the anatomy of your skin. Learn about the topical skin care products, non-surgical procedures and surgical options to rejuvenate and enhance your skin. Join D. Robert Kaga, board certified plastic surgeon, and learn about facts relating to healthy choices for skin care and enhancements.

Osteoporosis Screening

Thursday, May 12, 5-8pm in the Alexian Physician Center in Prairieview

The Achilles Express ultrasonometer machine passes ultrasound waves through your heel. The heel is measured because it is bone that is similar to that found in the spine and hips where osteoporosis fractures occur most often, along with wrists and hands. This quick and easy 5-10 minute test is an indicator of your risk for bone fracture.

THURSDAY HAPPY HOURS

4:30-6pm in the Robie Lounge. Cash bar is available. Wine Drink Specials \$3 each.

Derby Day

Thursday, May 5

Wear your hat and enjoy mint julep drink specials for \$3 each. Place your bet on which horse will be the Derby winner.

New Member Happy Hour

Thursday, May 12

Meet your new neighbors while enjoying complimentary appetizers. New members will receive a corsage, so please R.S.V.P by May 10.

UBS Financial Services, Inc. and Advocate Good Shepherd Hospital-Sponsored Happy Hour

Thursday, May 19

Complimentary cocktails will be served during this short presentation on investing, retirement and estate planning strategies in addition to an update on the new cardiac care center.

Book Exchange

Thursday, May 26

Bring a book to share with others. Take a book to read.

SPA AND FITNESS CENTER



Spa Vargas
with the finest and the finest

Spa Vargas at The Garlands

Mondays from 9am-3pm and Fridays from 9am-3pm. By appointment.

Some Wednesdays by special appointment

Release your endorphins!

Come experience and enjoy the multi-benefits of massage
in this conveniently located spa.



FITNESS AND AQUATIC CLASSES

Women Only Swim

Mondays 9-10:30am

Cardio Workout

Tuesdays at 1:30pm in the Studio 4th
Floor

Theraqua

Wednesdays & Fridays at 10am in the
Pool. Note Time Change.

Cardio & Strength Workout

Thursdays at 10am in the Studio 4th
Floor

Functional Stretch and Relax

Thursdays at 10:45am in the Studio 4th
Floor

Buddy Swim

Fridays from 9-10am in the Pool

Yoga

Tuesdays May 3, 10, 17, 24, 31 from 3:30-
4:30pm in the Studio 4th Floor

Family Swim Times in the Pool

Invite the grandkids over for a dip in the
pool!

Fridays: 4-7pm

Saturdays: 1-4pm

Sundays: 1-4pm

GOLF CLINIC:

INCREASE YOUR GOLF FITNESS

Golfers need to take care of their most important piece of equipment, their body. Golf is a physical sport that takes power and muscular control to hit a golf ball at high speeds accurately and consistently during a round. Also, a trend towards larger club heads has resulted in increased physical demands placed on the body, leading to more injuries in the unconditioned golfer.

Unlike playing other sports, playing golf itself won't increase your golf fitness because it only takes a second to swing the club, and most of us ride in carts. Therefore, a golfer needs to perform exercises to strengthen and stretch muscles in order to improve the game. By exercising the muscles used for golf you can: increase your club head speed and driving distance; increase your muscle tone, strength, flexibility and stamina; and decrease your risk of injuries related to playing golf. Join Fitness Trainer, Heather Dieschbourg at the following Golf Clinics and improve your golf season.

Golf Clinic

*Tuesdays, May 3 & May 10, 10:30-11am in the
Fitness Center*

Learn strengthening and stretching exercises to improve your balance and strength for the golf season. Exercises will focus on the core area. Please sign up with Heather in the Fitness Center.



THE GARLANDS BY NIGHT

Derby Day Coverage

Saturday, May 7, 5pm in the Timbers Lounge and Grill

Enjoy dinner in the newest dining venue, The Grill, while you cheer on your favorite horse in the Kentucky Derby. Post time is 5:07pm.

Mothers' Day Brunch

Sunday, May 8, 10:30am & 1pm seatings. Member Pricing \$25.95 per person, \$10.95 for children under 10

In addition to a special brunch menu, you can serenade all the moms in your family with the stylings of classical guitarists Robert Jennings and John Boda, make a champagne toast, present them with a rose and create a lasting memory.

South American International Dinner

Friday, May 20, 5:30pm in the Roycroft

Please make your reservations soon for this spectacular, fine dining event to please your tastebuds. This is an excellent opportunity to entertain friends and family, and showcase The Garlands fine cuisine.

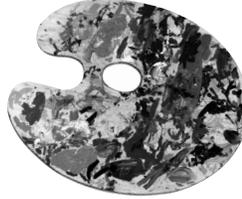


Garlands Art Students Exhibit

Friday, May 20, 4:30-5:30pm in 1141

Support your neighbors who have been working to create a

variety of sketches and colored landscapes that now decorate the walls of the Arts and Crafts Room 1141. Join artists for wine or juice and cheese and crackers at this reception.



Artist Reception

Friday, May 20, 5-7pm in the Gallery at The Garlands

Join our current featured artists from Studio 2909 for a glass of champagne punch or fruit punch as you peruse the newest art exhibit entitled "Visions." Don't forget to stop by 1141 for the Garlands artist reception before or after (4:30-5:30pm).

"Taking Care of You:" Powerful Tools for Caregiving

Tuesdays, May 3 – June 7, 6:30-9pm in the BACOA office at Prairieview, \$30 per person for materials.

This course is designed for the nonprofessional caregiver who is helping to care for a parent, spouse, or friend who lives at home, in a nursing home or across the country. This program helps family caregivers reduce stress, improve self-confidence, better communicate their feelings, balance their life, enhance their ability to make tough decisions and locate helpful resources.

"The Night Express" Big Band Music

Monday, May 23, 7:30-9pm in the Garlands Center for the Performing Arts. Free to members

Tap your toes to the sounds of the Big Band era as well as to the music of the Rat Pack.

Marcy Knight and her 8-piece band will entertain you whether you relax and listen or kick up your heels on the dance floor. Please sign up at the Concierge desk.



THE GARLANDS OF BARRINGTON'S LIFELONG LEARNING CENTER

Offered in partnership with Alexian Brothers Health System and Harper College, The Garlands LIFELong Learning Center offers educational and enrichment opportunities for the accomplished adult. The Garlands LIFELong Learning Center supports The Garlands LIFE philosophy: Learning, Independence, Freedom and Enrichment and provides a holistic offering of health, educational, academic, skill development and social programs.

2005 SPRING & SUMMER CLASS SCHEDULE

Course pre-registration is required. Please make your reservations with the Concierge. All instructor fees are waived for Members of The Garlands of Barrington and The Harper College Lifelong Learning Institute. Material fees apply. If there are classes that you would like to see offered in the LIFELong Learning Center, please contact Jill Lund.



Ballroom Dance Lessons

Saturdays, May 7, 14, 3-4:30pm.

*May 21—Time Change: 1-2:30pm
in The Garlands Center for the
Performing Arts*

Couples and singles are welcome to get into the “swing” of things while learning dance steps like the Swing, Waltz, Tango, Salsa and Fox Trot. Professional dance instructors, Frank and Jackie Penze have been teaching dance since 1990 and have an easy method to get you on the dance floor. Please sign up with the Concierge as a minimum of 8 people is required to have this class. A Big Band Concert will be held Monday, May 23 so you can show off your moves!

Unique Container Gardening

Tuesday, June 7, 10am-Noon

If you have the desire to create a beautiful garden for your home or patio, this presentation on container gardening by master gardener Laury Lewis is for you. Discover how to create instant color, texture and seasonal interest. Learn how you can successfully grow and harvest fruits, herbs and vegetables in your own container garden.

Re“free”ment vs.

Re“tire”ment

Thursday, June 7, 2:30-4:30pm

Consider your options for the third phase of your life. Is this a time to settle back in your rocking chair, grieve over a downsizing or be free to fulfill your heart's desire? You have a wealth of life experience and wisdom to express. This is an opportunity to bring out your music, to be reborn to experience the most rewarding and fulfilling period of your life.

In this interactive course you will examine your achievements, passions and purpose, consider financial and living options and overcome obstacles. Join Jacqui Neurauter to begin to create a meaningful vision for your life, whether it involves paid work, service, family or fun. Bring a notepad for journaling and planning.

Jacqui Neurauter, is an author, speaker, life/career coach and a feng shui specialist. Her work has been featured in the *Wall Street Journal*, *Chicago Tribune* and *Crain's Chicago Business*.

Saying YES! To Life

*Wednesday, June 15, 3:30 pm-
4:30 pm*

Evelyn Echols certainly proves that life doesn't slow down at sixty or seventy or even eighty. This motivated Renaissance woman was one of the first female entrepreneurs in the United States and a leader in the hospitality and tourism industry. Her book, *Saying Yes to Life*, and motivating presentation by the same name detail how faith and optimism contribute to success.

Echols will share her wealth of knowledge and experiences, her visions and dreams and her remarkable ability to cope with a visual impairment in an electrifying motivational presentation through amusing, touching and inspiring tales of her journey from Illinois farm girl, to glamorous New York model, to trailblazing entrepreneur, to outstanding keynote speaker, to senior citizen diagnosed with macular degeneration. Join Ms. Echols as she shares her vision for living life to the fullest!

Mystique of Handwriting

Tuesdays, June 21 & 28, 10am-Noon

You will be surprised and amazed in this fascinating introduction to handwriting analysis. Certified expert graphoanalyst, Diane Hunter will explain and illustrate the following questions: What is the scientific basis of handwriting analysis? What are your dominant personality traits? Do you have talents of which you are unaware? Do identical twins have identical handwriting? Why do most corporations in Europe use handwriting analysis to screen prospective employees?

Diane Hunter is a Certified Master Graphoanalyst and earned a Master's Degree in biochemistry. She is currently president of Hunter Analysis located in Barrington where she provides personality profiles for corporations and Business Ledger.

History of Lincoln Park Zoo

Wednesday, July 13, 2-3pm

Lincoln Park Zoo is one of the oldest and most popular zoos in America. The zoo has played a unique role in the growth of Chicago and also in the establishment of zoos in cities across America. This presentation by Mark Rosenthal, curator emeritus, will discuss the fascinating history of the zoo, combining stories of the famous animals and the people who have helped to make Lincoln Park Zoo a household word. Learn about Bushman, the first and most famous gorilla and get the inside scoop on Merlin Perkins and the national television show Zoo Parade.

The Da Vinci Code

Tuesday, July 19, 7-9pm

Dan Brown's blockbuster "The Da Vinci Code" is provoking all kinds of discussion and questions about the origins of Christianity, New Testament documents and the suppression of Gnostic gospels that purportedly depict Mary Magdalene not only as the lead apostle of Christ but as the wife of Jesus who conceived and bore his child and whose descendents survive unto the present day.

How many (if any) of Brown's assertions might be true and how much is fanciful, speculative and outright false? Dr. Alan Johnson, professor emeritus at Wheaton College will sketch a position and lead what will no doubt be a spirited discussion with diverse responses to the book touching on topics as wide as art history, church history, theology, literary criticism, feminism, Christianity and paganism.

How Do You Move A Rhinoceros?

Wednesday, July 20, 2-3pm

Zoos in the United States have developed elaborate breeding programs to help ensure the survival of many endangered species. Each year, hundreds of animals are moved around the world in an attempt to place animals together for potential breeding. It can be a very delicate and tricky job to make sure that the animals do well on their journey and arrive safely at their final destination.

Mark Rosenthal, curator emeritus at Lincoln Park Zoo, will explain how to prepare a 3,000-pound rhinoceros to travel across the country. You'll find out if the airlines really give koala a first class seat when they travel. These and many other questions are answered with stories based on real experiences working with animals around the world.

America At War: World War II

Thursdays, July 21 & 28, 2:30-4:30pm

In this two-session course, Harper instructor Milla Rosenberg will explore facets of America's role in World War II. From the application of American air power, to new orally archived interviews with veterans, to debates over the internment of Japanese-Americans, examine how the war reshaped and reflected American life and its values. Join us for what will be a carefully led, engaging discussion.



WELCOME NEW MEMBERS

Shirley Leichter

Residence 1211

Shirley was born and raised in Chicago and enjoyed several jobs, but she mainly recalls her time working in the Chief Pilot's Office of Delta Airlines. As a result of her position at Delta Shirley developed a newfound interest in travel. Not only did Shirley acquire a love for travel, she also met her late husband, Leo, of 43 years on a blind date during these same years.



Shirley raised her two children, Leslie and Jim, mainly in the suburbs of Elmhurst and Sleepy Hollow. All the while, her husband was growing his business, Biggers Chevrolet and Isuzu. Later their son became a partner and, under their leadership, the business became one of the largest privately held companies in Chicago. Later the Leichter's partnered with Joe Mitchell and added Mitsubishi dealerships in Elgin and Schaumburg.

The business has given the Leichter's many opportunities to travel to such places as Asia, Europe and Russia. Shirley and her husband enjoyed cruises to Alaska and many trips to Las Vegas, where they married in 1961.

For 29 years the Leichter's owned homes in Lake Geneva, WI and Boca Raton, FL. They made family events out of sojourning to these homes several times a year. The family trips and Shirley's proximity to her children afford her many opportunities to spend time with her two grandchildren, Blair 6.5 years old and Grant 5 years old.

In addition to her family and traveling, Shirley also enjoys reading, socializing and working in real estate. Involved in real estate for 33 years, Shirley is a licensed broker and belongs to the Real Estate Board.

Please welcome Shirley to The Garlands.

Ed Hohmann

Residence 2210

Ed was raised in Des Plaines, but his family moved to Chicago after eleven years in the suburbs. As a young person, Ed played baseball, ran track and enjoyed playing bridge with his extended family. Ed attended Loyola University and graduated in 1937 with a B.A. in English and a History minor. Even though times were difficult for finding employment, Ed landed a position with the Illinois Central Railroad.



Except for the four years during which Ed was stationed in India and China with the Army Air Corps during World War II, Ed worked for the Illinois Central Railroad for 42 years. The railroad was mainly a carrier of freight across the United States. As Director of Commerce, one of Ed's most interesting responsibilities included defending his company when cases were brought to the railroad mostly over the issue of rate charges. In such a regulated and highly competitive industry, there was never a dull moment at work.

Some time later, Ed married and settled in the northwest side of Chicago to raise his three children. Besides reminiscing over the joys of raising a family in Chicago, Ed also fondly recalls the weekends and summers they vacationed to Lily Lake in Wisconsin. Ed moved from his home of 32 years in Chicago to a condo in Des Plaines once his children were on their own. After eighteen years in Des Plaines, Ed relocated to The Garlands and is now very close to his three children, Kathleen, Debra and James.

Ed spends much of his time enjoying his family, especially his seven grandchildren. Ed has grown to appreciate golf, his son's sport of choice. Occasionally on Sundays Ed rides along in a cart encouraging his son and grandsons as they address the ball and tackle each difficult lie. Beside time with the family, Ed enjoys reading, a good football game and an exciting inning of baseball.

Please welcome Ed Hohmann to The Garlands.

Jeannette and Walter Hidding

Villa #2400

Jeannette and her husband, Walter, are Chicago natives. Their two families moved in the same circles, but it wasn't until Jeannette and Walter began voice lessons from the same teacher that they took notice of each other. Before long, these two acquaintances became friends and a courtship ensued.



A year or so after they were married, Walter was drafted into the army and assigned to the Veterinary Corps and later, the Army Air Force. He was stationed in England for the duration. Jeannette was busy back at home working for on one of the busiest switchboards in Chicago at the Curtis Candy Company (maker of Butterfingers and Babe Ruth), and then for a radio advertising company. Jeannette was able to experience some of the most exciting moments in the advertising industry during these times. During this time, Jeannette continued studying voice at the Midwest Conservatory of Music in Chicago.

After the war, Walter continued his musical studies at the American Conservatory of Music in Chicago and was a member of the Chicago Swedish Glee Club. Jeannette became a member of the Ladies Auxiliary, which helped support the Glee Club. Walter also began his own plastics business and Jeannette was involved in its start up. The business gave the couple many opportunities to travel abroad and for Jeannette to discover her interest in antiques and interior design.

While raising her children, managing family real estate and assisting with the plastics business, Jeannette devoted time as a member of the board of trustees for the Chicago Junior School (now the Fox River Country Day School). Her experiences on the board, as well as her involvement in her church, opened up many exciting opportunities for her to develop several close and lasting friendships in the community.

Jeannette and Walter lived in their Barrington home for 33 years prior to moving to The Garlands. Walter spends a great deal of time overseeing projects at their home on the Rogue River in Oregon. Their three children Susan, Doug and Robert all live in the Barrington area. Jeannette and Walter are also blessed with five grandsons and two great grandsons who bring them great joy.

Traveling has always been one of Jeannette's favorite interests. In addition to business-related and Glee Club travel, Jeannette also has traveled with other companions on her own worldwide excursions with several wonderful antique furniture-hunting groups. She hopes to continue her travels once she is settled into The Garlands.

Please welcome Jeannette and Walter Hidding to The Garlands

MARK YOUR CALENDARS FOR FUTURE OUTINGS!

Kane County Cougars Game: Tuesday, July 5,
\$5 per person

Millennium Park sponsored by Harper:
Wednesday, July 6, \$59 per person

**Woodfield Mall Shopping and Cheesecake
Factory Lunch Bunch:** Monday, July 11

**Lincoln Park Zoo Tour/ Endangered Species
Lecture:** Wednesday, July 27, \$10 per person

Oakbrook Center: Monday, August 1

Grayslake Farmers Market: Wednesday, August
10

**Senior Lifestyle Expo "Sherlock Holmes"
Matinee:** Thursday, September 8

"Wicked," Ford Center, Chicago: Wednesday,
September 14

Morton Arboretum: October

GARLANDS TO GO!

Please join us on these exciting day trips by signing up at the Concierge desk. Please note once you have signed up, you will be responsible for the cost of the ticket. If you cannot attend, it may be possible to find someone else to use your ticket. Please sign up by the deadline date. In some cases, outings will be cancelled if there is not enough interest. Please meet in the lobby for all outings.

New Time for Jewel Shopping

Thursdays at 10am. Please sign up at the Concierge desk each week you want a ride to the Jewel.

Barrington Area Library

Wednesday, May 4, 3-4pm

Some members have expressed an interest in donating their books to the library. This is your chance to take a busload to the library, get help carrying them in and receive a tax donation letter from the library.

Lunch Bunch to Emmett's Tavern in Palatine

Monday, May 9, 11:30am-1:30pm

Enjoy the casual atmosphere of this brewery serving a delightful array of appetizers, sandwiches, salads, pastas and full entrees.

The Northwest Symphony Orchestra "Pops Concert"

Sunday, May 15, 1:30pm -6:15pm, \$10 per person. Deadline: May 2

Begin with a pre-concert commentary one hour before the concert begins held in Maine West High School classroom, A-201. Retire to the Maine West High School Theatre and relax to the featured music of Strauss, "Voices of Spring," Rodgers, "Sound of Music Medley," Ellington, "Sophisticated Ladies," Sousa "Stars and Stripes Forever," and more. Seats are not reserved.

The Chicago Botanic Garden

Wednesday, May 18, 12:30pm-4:45pm, \$10

Enjoy a 45-minute tram ride around the perimeter of the gardens, time to dine in the café, walk through your favorite gardens or look in the gift shop.

Trader Joe's

Wednesday, May 25, 1:30pm-3:30pm

Shop for groceries at Trader Joe's and pick up office supplies or clothing at other Lake Zurich shops in the same mall.

Sweetness: The Walter Payton Story

Monday, June 6, 8:30am-3:45pm, Meet in the lobby for transportation to this Harper College Sponsored trip, \$49

As one of the Chicago Bear's greatest running backs, Walter Payton remains a Hall of Fame football legend. Join Judy Gulbranson and view the Walter Payton exhibit at the Lake County Discovery Museum. This exhibit chronicles Payton's life from his childhood in Mississippi to his remarkable career with the Bears. The trip will depart from the Harper main campus, parking lot 12 at 9am. The Garlands bus will drive you to Harper and pick you up from Harper after your tour. Lunch at Hackney's in Lake Zurich is included.

Cuneo Museum and Gardens with Lunch at Max and Erma's

Friday, June 10, 10:15am-3:30pm, \$12 per person includes Cuneo tour and transportation. Lunch is on your own.

Enjoy lunch at Max & Erma's before going to the Cuneo Museum and Gardens, an architectural landmark in Lake County. The guided tour from room to room includes highlights of the architecture and collections in this mansion, which was originally designed in 1914 for Samuel Insull, Founder of Commonwealth Edison Company and partner of Thomas Edison. Weather permitting, tour the gardens that are resplendent in roses and colorful blooms amid the antique statuary and bubbling fountains.

Twin Lakes Golf Outing, Palatine

Monday, June 20, 12:45pm, \$17 per person for golf and a shared cart

No matter whether your golfing skills are at a pro level or just a beginner, this outing is designed for all golfers and duffers alike. Twin Lakes is a sporty nine-hole course that can be a challenge to the short game even for the avid golfer. We will play a scramble based on handicaps. Find out who will be awarded "Closest to the Pin" and "Longest Drive." After golf, a prize party will be held in the Robie Lounge.

Arlington Park Race Track

Wednesday, June 29, Noon-5pm, \$9 per person

And they're off...All are welcome whether you wager or are just a watcher of the ponies. Our seats are reserved under an awning adding to the guarantee of an enjoyable day. Food purchases will be on your own. There will be a waitress available to take all your drink and food orders.



NEW FITNESS CENTER BRINGS POSITIVE RESULTS FOR GARLANDS MEMBERS

“There is no doubt that regular exercise can be a life extender as well as life enhancer, and there is significant data that shows it is never too late to start an exercise program with the goals of increasing endurance and strength so that one’s older years have quality as well as quantity.”

—Dr. Roger Weise, Medical Director of the award-winning Alexian Older Adult Institute and The Garlands of Barrington

These remarks were made over two years ago at the ground breaking for The Garlands Club. Since then our facilities are complete and, remarkably, over 75% of current Garlands residents, many of whom did not participate in formal exercise programs prior to moving to the community, take this advice and participate in health and fitness programming at The Garlands. Several individuals attribute their participation to The Garlands’ pervading philosophy of taking a holistic approach to healthful living as well as the easy access they have to a variety of quality health and fitness programs, specialized equipment and personalized support that is offered within the new Club.

Wellness Works

At The Garlands, medical reports that say moderate exercise can help older adults age slowly and gracefully, truly come to life. One such study notes the benefit of exercise on balance and the prevention of falls, a leading cause of death and hospital emergency rooms visits for people over the age of 65. In the wake of the Vioxx recall, exercise also offers and alternative in helping older adults cope with arthritis pain, and exercise continues to be recommended for obesity and people with Type 2 Diabetes, helping to protect them from heart disease.

Furthermore, there is a growing amount of research demonstrating that activity is a necessary component of successful aging, particularly as it relates to mental health and cognitive skills. And it doesn’t take a medical study to testify to the way a healthful lifestyle that incorporates exercise makes a person just feel better—regardless of his or her age.

It is for these reasons and many others like them that The Garlands Club is a critical component of offerings at The

Garlands, where residents who have participated in the fitness program for the last four months are healthier, living, breathing, local examples of the benefits that the medical journals extol.

The Results Speak for Themselves

A case in point is a 76-year-old Garlands resident who has participated in a personal training program for the last four months. Her arm strength has improved approximately 150%, her leg strength improved 40% and she added over three inches to her overall flexibility. Others, like those whose testimonials are reported within this article, routinely report better balance, improved heart rates, greater strength, reduced cholesterol, greater energy and less pain. And the rest of the numbers speak for themselves—take a look a few of the statistics trainer Heather Diechbourg has compiled in the first for months of The Garlands Fitness Center’s operation (see sidebar chart) and, if you haven’t already, plan your next trip to The Garlands Fitness and Aquatic Center today!

Continued on back page

WHAT OTHERS ARE SAYING

Garlands residents who regularly use The Garlands Club Fitness and Aquatic Center, sing its praises!

Continued from previous page

“I’ve noticed that since starting reaching for the top shelves in my kitchen is a lot easier, and I feel steadier on my feet. Plus there is a general feeling of overall well-being after completing my program. I really look forward to my three-day-a-week routine.”

“My walking pace, stability, flexibility and balance have all improved. I feel a real sense of accomplishment, and it is nice to see neighbors on this informal basis.”

“Four months after a full hip replacement and two months into my fitness program, I discarded my cane. Under the trainer’s guidance, the use of the equipment has resulted in a quick and complete recovery.”

“My muscle soreness has almost vanished, and there is certainly more flexibility in my movement. I have seen improvement in my ability to increase my heart rate during exercise to near what my cardiologist recommends, and the gradual increase in weight progressions on the equipment will undoubtedly make me stronger for the upcoming golf season!”

“My muscles are stronger, my balance is better and my energy has grown. I sleep well, and I feel better!”

“I’ve definitely noticed that my energy level is greater, and my legs are looking more shapely too!”

“Water exercise is essential for me to carry out my daily activities with

minimal arthritis pain. I also notice that I am much more flexible, my range of motion has improved and my spirits are lifted. Most remarkably, my total cholesterol lowered by 16 points, and my HDL rates were less than 3! The technician said that off all the people tested (from teens to elderly), it was the best score of the day!”

“As a stroke survivor, Theaqua Class allows me to do things in the water that I can’t do on dry land while helping to increase my range of motion and balance. The fitness equipment gives me the strength to do the things I need to do with more freedom. It also stimulates brain activity and coordination, thus increasing my ability to use my partially paralyzed right arm.”

Garlands Club Personal Training Program Months 1-4 Sample Quantitative Results*

Test	Resident 1	Resident 2	Resident 3	Resident 4	Resident 5
Sit to stand	90%	33%	57%	5%	100%
Bicep curl	110%	47%	160%	No change	75%
Step test	46%	95%	71%	28%	80%
Chair sit and reach	Added 3" in flexibility	Added 2.5" in flexibility	Added 4" in flexibility	Added 4" in flexibility	Added 4" in flexibility
Back scratch test	No change	Added 1" in flexibility	Added 3" in flexibility	No change	Added 4" in flexibility
8 foot up and go	50%	14% increase	20%	33%	16%
Leg press	100%	20% increase	40%	62%	60%
Triceps press	25%	33% increase	133%	57%	75%

*Percentages equal actual increase in ability



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