

Tower Topics

Volume 73 Issue 9

September 2018

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Celebrate Assisted Living Week: September 10th to 16th!



"Capture the Moment". In observance of National Assisted Living Week®, we will host a series of events developed as a special opportunity to bring together residents, families, employees, volunteers and the surrounding community to celebrate.

Monday, Sept. 10, 2:00pm: *GP Party with Singer Larry Levin.*

Enjoy live music with refreshments. Greg's Place North.

Tuesday, Sept. 11, 11:30-1pm: *AL Lunch with La Grange Park Fire & Police.* Share your table with our first responders as we honor our Heroes during the 15th anniversary of Patriot Day and say thank you for all they do for us here at Plymouth Place. 2nd Floor Margaret Bailey DR.

Wednesday, Sept. 12, 9:00am: *Coffee & Update by the Village President.* Village President Jim Discipio will be here. Come for coffee and hear an overview about what is happening in LaGrange Park and ask questions of your Village official. 2nd floor Multi-Purpose Room.

Thursday, Sept. 13, 4:00pm: *7th Annual AL Art Gallery Reception.* See the new exhibit and meet the resident artists. Refreshments served. LL Tom Soudan Gallery.

Friday, Sept. 14, 2:00pm: *AL Party with Singer Edizon Dayao.* Enjoy live music with refreshments. 2nd Floor Margaret Bailey Lounge.

Saturday, Sept. 15, 10:00am: *March for the Cure: Walk to End Alzheimer's.* Join residents, families and staff on a mini-walk around the building to show support for this national event sponsored by the Alzheimer's Association. This is your chance to **wear purple**, increase awareness of this disease and help. Begins in lower level outside Bistro.

Saturday, Sept. 15, 2:00pm: *Greg's Place Art Gallery Reception.* See the new exhibit of resident artwork in Greg's Place and meet Art Therapist Anita Martin and Ceramics instructor Ryan Sasser.

Sunday, Sept. 16, 4:00pm: *2nd Floor Family Wine & Cheese Reception Hosted by the Board of Directors.*

Invite your family and meet members of the Board as we end a week-long celebration of Assisted Living. 2nd Floor Margaret Bailey Lounge.

September Birthdays



Frank Blazina	9/1
Carole Ahlberg	9/3
Marylou McEachran	9/4
Marjorie Crnkovich	9/6
Ruth Dean	9/8
Mary Howes	9/9
Patricia Timyan	9/10
Judy Van Zanten	9/12
Pat Brien	9/18
Gerry Fekete	9/18
Mary Forester	9/19
Eugene Kimura	9/19
Anabel Simons	9/19
Carolyn Sandusky	9/20
Norine Foley	9/22
Joan Eckner	9/23
Ann Gahlberg	9/24
Peggy Grosse	9/24
Susan Newkirk	9/24
Ted Vlahos	9/24
Ann Winkel	9/24
Jim Bull	9/25
Sally Kacey	9/25
Evelyn Metcalfe	9/25
Jean Brown	9/26
Evelyn Illich (101)	9/28
Jane Jacobsen	9/28
Dorothea Benisek	9/29

Happy Anniversary

Missed: Larry & Leona Shell	8/4/62
Jack & Jean Schnelle	9/1/56
Martin & Patricia Geraghty	9/5/59
Bill & Mary Sue Coates	9/11/54
Jim & Doris Gage	9/21/46

Welcome to New Residents

Beverly Nelson	
of Lake Forest	Apt 242
Theresa Coffey of Riverside	Apt 260
Larry & Jane Herndon	
of La Grange	Apt 435



Bessie Roose Library—New Books



Lincoln's Last Trial by Dan Abram and David

Fisher. The 1859 courtroom battle in which Abraham Lincoln defended the murderer of his protege.

The Disappeared (large print) by C.J. Box. A Wyoming game warden teams up with his daughter to find a missing British businessman.

Cave Of Bones (large print and regular print) by Anne Hillerman. Tribal police officers search the Navajo Nation for a missing instructor and investigate a troubled girl's story.

Conan Doyle For The Defense by Margalit Fox. The true story of how prejudice against a class of people, the covering up of sloppy police work and a poisonous political atmosphere can doom an innocent.

The Word Is Murder (large print) by Anthony Horowitz. A wealthy woman is found murdered after planning her own funeral service.

Cottage By The Sea (large print and regular print) by Debbie Macomber. A seaside town helps a young woman reclaim the light after darkness.

Check Dance (large print) by Anne Tyler. One woman's transformative journey of hope, self-discovery and second chances.

Sing, Unburied, Sing by Jessmyn Ward. Winner of the National Book Award, this novel is an intimate portrait of three generations of a family and an epic tale of hope and struggle.

When Life Gives You Lululemons by Lauren Weisberger. Emily Chariton plans a comeback from the suburbs. From the author of The Devil Wears Prada.

Educated: A Memoir by Tara Westover. The unschooled daughter of survivalists leaves home and earns a PhD. from Cambridge.

In Memoriam:

Shirley Gooley
Robert Scanlon



Friday Communion: If you are unable to attend worship in Dole Hall on first Fridays and would like to receive communion, call the Chaplain's Office (215-5556) by the Thursday evening before. Communion will be brought to you that Friday afternoon.



Transportation Information

Coach Trips and Billing

Reminder for outing sign-ups: If a resident signs up for an outing that requires advance ticket orders by Plymouth Place, he/she will be billed for that trip. If a resident cancels, it will be up to the resident to find a replacement.



Plymouth Place Trips!

On Sept. 18 at 4pm, we will discuss 2019 trips! Oct. 22-26 is Nashville motor coach trip. Sept. 2019 a France River Boat Cruise! Call Rita at 482-6805 with questions.



SHOPPING & LOCAL TRIPS (no fee)

Mondays	9:30am	Walgreens/Trader Joe's
	10:45am	Jewel/Osco
Thursdays	9:30am	Jewel/Osco
	11:00am	Walgreens
Sept 4	9:00am	Walgreens Senior Day
Sept. 6 & 28	1:15pm	Quarry Mall (also TJ Maxx & Marshalls)
Sept. 13	1:15pm	Yorktown
Sept. 21	1:15pm	Oak Brook

There is no fee for these trips

Employee News

Anniversary Congratulations to Plymouth Place employees with 10 or more years of service: servers **Maria Filca** (15) & security officer **Michael Keene** (11)!

Welcome Alejandro Gutierrez, new fitness coordinator working with Stefanie! He has a fitness degree in Kinesiology from NIU.

Welcome Rebecca Burke, new Administrative Support Services Coordinator!

Congratulations to Spring Fields, Greg's Place CNA promoted to Assisted Living Program Manager of Greg's Place and AL RNO!

Employee Garage Sale: 9/20-21!



A team played in the La Grange Summerfest Foosball Tournament!

Suggestion Box:

There are suggestion boxes at reception and near the lower level in-house mailboxes. Put your ideas down in writing!

File of Life and Emergency Pendants:

Victoria Dzierzbicki, Resident Service Manager for Independent Living, is available to assist you to learn more about it. Call #482-6636 to make an appointment, or stop at office #1167.

FILE OF LIFE	
Name:	Address:
Doctor:	Phone#:
EMERGENCY CONTACTS	
Name:	Phone#:
Name:	Phone#:
Address:	Phone#:

Fifth Third Bank and More News

Bank Hours: Mondays and Wednesdays: LL 10am-1pm. If banker assistance is needed outside of these hours, call our office at 708-579-2000 (option 3) to set an appointment. Bankers are able to meet you here any day of the week.

Muir Salon August Raffle Winners: Marge Kemper, Sue Gross, Ron Nelson and Maxine May. Congratulations!

Honor Flight Chicago is now taking veterans from the Korean War. Let us know if you need an application, call 708-929-8206, or go to www.honorflightchicago.org.

Clinic News

No appointment is necessary to see the nurse in the lower level clinic. This month's blood draws are scheduled for September 11 and 25 at 8:00am. Residents need to bring the prescription, a Medicare card and insurance card to the clinic by the Monday prior to the draw. Campus Care is available. For information call 708-482-6596.

Tina Figueroa, RN

Clinic Hours

Monday	9:00-11:30am
Tuesday	12:30-2:30pm
Wednesday	9:00-11:30am
Thursday	12:30-2:30pm
Friday	9:00-11:30am





What's Happening at Plymouth Place!



Regular Programs

Mondays: Mind Games, LL ARTS 9:30am
 Catholic Communion/Mass, Albert Hall 10:00am
 PP Chimes, Dole Hall 10:30am
 Reflecting on Our Faith, 2nd fl. MPR 3:00pm
 Great Courses: The Vikings, SKY 4:00pm

Tuesdays:

Weaving, LL Weaving Room 9:00am
 Knitting Group, LL ARTS 9:30am
 Ceramics/Painting Class, LL ARTS 1:30pm
 Bingo, 2nd Fl. MPR 3:00pm

Wednesdays:

Chapel, Albert Hall 10:00am
 Game Night, LL GAME 7:00pm
 Hand & Foot Cards, 2nd Fl. MPR 7:00pm
 Mah Jongg, 8th Floor SKY 7:00pm
 Salt Creek Camera Club (9/5 & 19), Ed. 7:30pm

Thursdays:

Weaving, LL Weaving Room 9:00am
 Brain Fitness, LL ARTS 9:30am
 New Life for Old Bags, 2nd Fl. MPR 10:00am
 Plymouth Place Chorus, Dole Hall 10:30am
 This Week's Scripture, GP Fam. 3:00pm

Fridays:

Ecumenical Worship, Dole Hall 10:30am
 Readers Theater, LL ARTS 1:30pm
 Spanish Class, Apt 422 2:00pm
 Hand & Foot Cards, 2nd FL MPR 7:00pm

Saturdays:

Bike Club, LL S. Garage 9:00am
 Learn to Use Technology, LLGAME 11:00am
 Scrabble Club 518 (9/1 & 15), Ed. Rm 1:00pm
 Open Games, LL GAME 1:30pm

Sundays:

Open Games, 2nd Fl. MPR 1:30pm



Fitness Classes

Hendrickson Fitness Center, Lower Level

Mon-Sat: Early Bird Fitness 8:30am
Mon/Wed/Fri: Sculpt/Strength 9:00am
Mon/Fri: Indoor Walking Club 9:30am
Mon/Wed: Pilates 10:00am
Mon/Wed: Aqua and Aqua Pole 1:15pm
Mon/Wed: Chair Yoga 2:30pm
Tue/Thurs: Aqua Fit Pool 8:15am
Tue/Thurs: Stretch & Dance 9:00am
Tuesdays: Boxing 9:30am
Tue/Thurs: Rock Steady Box 11/12:00pm
Wednesdays: Nordic Walking 9:30am
Wednesdays: Balance Bar 10:30am
Fridays: Floor Mat 10:00am
Fridays: Men's Aqua Pool 1:15pm
Fridays: Circuit Training 2:30pm

Personal Training is also available with certified personal trainer & fitness coordinator Stefanie, reached at 708-482-6775.

Lower Level Massage

Call Ying at 312-659-3677 for appointment:

Monday & Friday 9:00am-12pm
 Wednesdays 3:30-5pm
 Sundays available by request

Call Keith at 708-420-8923 for appointment:

Tue/Wed/Thurs/Sat 9:00am-1pm

The Spa at Plymouth Place, by Muir Salon



Lower Level Hair (call 708-588-6473)

Wednesday - Friday 9:00am-3pm

Third Floor Hair (call 708-482-6580)

Tuesday - Thursday 9:00am-3pm

Friday 10:00am-3pm

Greg's Place Hair (call 708-482-6580)

Tuesday-Wednesday 8:00am-12pm

Manicures & Pedicures, located in LL Salon

Fridays 8:00am-2pm

*Chris Richter/Muir Salon Group/Director of Operations 630-606-3391
 Gift Certificates Available!*

Monday, 9/3: Labor Day Brunch served in all Dining Rooms 11:30am

Tuesday, 9/4: Allyson's Tour of the Gardens, Lobby 10:00am and 3:00pm

Tuesday, 9/4: Life Enrichment Open Meeting, Education Room 11:00am

Tuesday, 9/4: Keith DeStefano Massage Therapy Open House Reception, LL Fitness Center 1:00-2:30pm

Meet a second new massage therapist, Keith DeStefano, and receive complimentary short chair massages. Refreshments served.

Tuesday, 9/4: Plymouth Place Readers Book Club, Multi Purpose Room 1:00-2:30pm

Tuesdays, 9/4 & 9/11: Ceramics Class, LL Creative Arts Room 1:30-3:00pm

Ryan Sasser instructs. Cost of class is \$10 each session, covering instruction and supplies.

Tuesday, 9/4: Ice Cream Social with Music by Mike Pleska, Albert Hall 2:15pm

Tuesday, 9/4: Residents' Council Meeting, Dole Hall 7:15pm

Tuesdays, 9/4, 9/11, 9/18 & 9/24: Loyola Medicine hosts Family Grief Group, Skyline Lounge 7:00-8:30pm

Open to anyone grieving a spouse/partner, parent, sister/brother, or any loved one. The group will meet for 6 consecutive Tuesdays from August 21-September 24th from 7:00- 8:30pm. Please sign up at the concierge desk.

Wednesday, 9/5: Art Institute Reflections Outing, Lobby 9:00am-3:30pm

Please join us for the 24th Annual Reflections Festival of Lifelong Learning at the Art Institute of Chicago with complimentary admission. Enjoy a keynote presentation in Rubloff

Auditorium to start the day. Special exhibit of John Singer Sargent at a fee of \$7. Lunch on your own with a choice of several dining options. Volunteer presenters will lead five-to-ten minute discussions on selected works of art throughout the museum. \$10 for coach transportation. Please sign up at concierge desk.

Wednesday, 9/5: Drumming Circle, Albert Hall 2:00pm



Thursday, 9/6: Family Support Group, GP Family Room 1:30pm

Thursday, 9/6: PP Chapter of the Woman's Society, Multipurpose Room 2:00pm

Open to all ladies at Plymouth Place, this chapter of the Woman's Society is holding the first meeting of its current year. Rev. Katherine Pershey will discuss her "Faith and Flow Yoga" project. Join us for conversation and spiritual exploration. For information, contact Janice Johnson at 354-1241 or Mary Helen Robertson at 579-5839.

Thursday, 9/6: Rita's Violin "Name That Tune", Greg's Place 2:00pm

Thursday, 9/6: Presentation by Dr. Justin LaReau of Hinsdale Orthopedic, LL Game Room 3:00pm

Thursday, 9/6: Dole Hall Presents: Switchback Irish Duo, Dole Hall 7:15pm

Switchback is the award-winning duo of Brian FitzGerald and Martin McCormack. They draw on traditional Celtic music and original Americana songs that reflect their Irish heritage and Midwestern roots. The words 'American Roots and Celtic Soul' describe this unusual act, whose vocal prowess is as pure as it is unique.

Friday, 9/7: You Be the Judge with George Plavac, Education Room 9:30am

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Friday, 9/7: Western Springs Rotary Steak Fry for Veterans, Lobby 11:30am-1:30pm

All veterans are invited to a free luncheon trip sponsored by the Rotary Club of Western Springs. Please sign up at the concierge desk.



Friday, 9/7: Cruise Around the World to Chile, Dole Hall 3:00pm

Our cruise around the world destination this month is Chile. Special guest COD professor Gib Egge will present "Hiking Excursions to Patagonia". Share stories and memorabilia and bring your passport to be stamped. Enjoy a culinary treat from this country.

Saturday, 9/8: Michelle's Magical Poodles Dog Show, Dole Hall 2:00pm

On tour from Gulf Breeze, FL, Michelle's Magical Poodles will entertain and educate you about how she started out with an abandoned poodle found by Florida Poodle Rescue in 2001. Her Poodle Troupe now tours teaching animal awareness, responsible ownership and safety around dogs while performing an entertaining show.



Sunday, 9/9: Grandparent's Day with Music by Dan Sullivan, Albert Hall 2:00pm

Sept. 9-15: National Assisted Living Week, "Capture the Moment".

Sept. 10-14: St. Xavier's Food Pantry Drive, Delivery on Sept. 17th with a tour of the Church Pantry.

Monday, 9/10: GP Party with Singer Larry Levin, Ed. Room 2:00pm



Monday, 9/10: Tea at Three with Allyson, Dole Hall 3:00pm

Tuesday, 9/11: Flu Shot Clinic, Dole Hall 6:30am-4pm

Walgreens will once again offer Flu Shots to residents and staff. You need your insurance card or Medicare card in order to get your shot.

Tuesday, 9/11: Men's Coffee with Rev. Rich Kirchherr, Multi-Purpose Room 9:30am

Tuesday, 9/11: Chicago Cultural Center and Lunch Outing, Lobby 9:30am Return 3:00pm

Trip to the magnificent Chicago Cultural Center for the special exhibit, Alexis Rockman: The Great Lakes Cycle Exhibit. Lunch will be own at the nearby Grand Lux Café. \$10 for coach. Please sign up at the concierge desk.

Tuesday, 9/11: AL's Annual Patriot Day Lunch with La Grange Park First Responders, MB Dining Room 11:30am-1pm

Tuesday, 9/11: Ice Cream Social with Music, Albert Hall 2:15pm

Wednesday, 9/12: Flu Shot Clinic, Education Room 6:30am-12pm

You need your insurance card or Medicare card to be able to get your shot.

Wednesday, 9/12: AL Coffee with the Mayor, Multi-purpose Room 9:00am

Wednesday 9/12: HCC Party with Soundz of Time Duo, Albert Hall 2:30pm

Wednesday, 9/12: Birthday Bash, Dole Hall 4:00pm

Enjoy appetizers, beer, wine and soft drinks with friends at the September Birthday Bash! All welcome! The Bar will open at 4:00pm for those wishing to purchase liquor.



Thursday, 9/13: Lutheran Church Service, LL Game Room 2:00pm

Thursday, 9/13: 7th Annual Assisted Living Art Reception, LL Art Gallery 4:00pm

Our Art Gallery features art exclusively by the assisted living residents. Art therapist Anita Martin worked with these residents on their projects. Refreshments served.

Thursday, 9/13: Dole Hall Presents: John Nygro "Shakespeare in the 21st Century", Dole Hall 7:15pm

Historian/lecturer John Nygro discusses how the world's best-selling author of fiction continues to speak to society's contemporary issues.

Friday, 9/14: Assisted Living Party with Edizon Dayao, 2ndFloor MBL 2:00pm

Friday, 9/14: TED Talks, Education Room 3:00pm

Today's Topics: Mary Maker: Why I fight for the education of refugee girls like me; Tina Seelig: The little risks you can take to increase your luck; Sydney Chaffee: How teachers can help kids find their political voices; Christoph Niemann: You are fluent in this language (and don't even know it).

Saturday, 9/15: Alzheimer's Walk Around the Block (wear purple), Bistro 10:00am

Enjoy a walk around the garden, (be sure to wear Purple) to raise awareness for Alzheimer's care and research.

Saturday, 9/15: Illinois Cochlear Implant Chapter Meeting, Dole Hall 1:30-4:30pm

Saturday, 9/15: Greg's Place Art Reception, GP Gallery 2:00pm

Saturday, 9/15: Dole Hall Presents: Pianist Fred Moyer, Dole Hall 7:15pm

Plymouth Place favorite Fred Moyer returns with a new concert of music sure to entertain.



Sunday, 9/16: AL Family Wine and Cheese with the Board of Directors, Margaret Bailey Lounge 4:00pm



Monday, 9/17: Ladies at Lunch, Sarah Tudor DR 11:30am

Sign up for the luncheon at concierge through Friday the 15th. Dues of \$2 will be collected at the door. Gemstone specialist Marti King Tracy will present "Birthstones" at 1:00pm. She will share some surprising information about birthstones. All are welcome.

Tuesday, 9/18: Wrigley Field Tour & Lunch Outing, Lobby 9:30am-3:00pm

Must sign up now; tour will sell out! The tour consists of approximately 1 mile of walking and includes some stairs and ramps throughout the ballpark. Includes opportunity to take photos in front of the IVY. We will stop for lunch on own after tour. Cost of tour and coach is \$45. Sign up at concierge desk.

Tuesday, 9/18: Coffee with the Chef, Margaret Bailey Lounge 9:30-10:30am

Tuesday, 9/18: Campus Care with Mary Konieczny: "Foot Care, Not Just for Diabetics", LL Game Room 10:30am

Tuesdays, 9/18 & 8/25: Watercolor Painting Class, LL Creative Arts 1:30pm

Learn with La Grange Art League artist Sally Brandenburg. Cost of instruction and all supplies \$17 per class. Sign up with the concierge.

Tuesday, 9/18: Ice Cream Social with Singer/Guitarist Joe Fire, Albert Hall 2:15pm

Wednesday, 9/19: Afternoon at a Classic Movie with Popcorn, Albert Hall 2:00pm



Wednesday, 9/19: Wine Club, LL Bar 4:00-5:00pm \$10 incline charge

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Wednesday, 9/19: Dole Hall Presents: Shakespeare Project Chicago: Jefferson & Adams, Dole Hall 7:15-9:15pm

Thursday, 9/20: COD Lecture: Chile: Rapa Nui, Dole Hall 3:00pm

Dale Simpson, MA, COD Department of Anthropology will present a lecture on Chile: Rapa Nui.

Friday, 9/21: Economics Today with George Plavac, LL Game Room 9:30am

Friday, 9/21: COD Film Lecture by Richard Flint: "West Front", Dole Hall 2:30pm

In honor of the 100th anniversary of World War I Richard Flint will present a WWI, battleground film, "West Front" 1918 (1930, dir. Pabst).

Saturday, 9/22: Monarch Migration Club, Flight House 12:00pm-2:00pm

Residents, families and friends can participate in Monarch Migration Tagging for Monarch Watch with butterfly expert Lori Harris.

Monday, 9/24: Pray the Rosary, Albert Hall 10:30am

Monday, 9/24: Ira Goodkin: "Scratch My Bach: the Keyboard Music of J. S. Bach", Dole Hall 2:00pm



Monday, 9/24: Hymn Sing, Albert Hall 3:00pm

Tuesday, 9/25: Ice Cream Social and Music with Joe Moroz, Albert Hall 2:15pm

Tuesday, 9/25: Jazz: A Film by Ken Burns, Episode Three: "Our Language", Dole Hall 2:30pm

Improvising soloists and singers like Bessie Smith, Bix Beiderbecke, Benny Goodman, Artie Shaw, Sidney Bechet, Duke Ellington and the Cotton Club, Louis Armstrong and Earl Hines find blues and jazz as their voice and language and established the style as an expressive art.

Tuesday, 9/25: Luck of the Draw, LL Game Room 4:15pm

Tuesday, 9/25: Dole Hall Presents: Northside Brass Quintet, Dole Hall 7:15pm

Northside Brass Ensemble performs music from Beethoven to Frank Sinatra and Motown. This ensemble includes the son of CEO Jay Biere.



Wednesday, 9/26: Garfield Park Conservatory Outing and Lunch Trip, Lobby 9:15am-2:30pm

Plants and history guided tour of Chicago's Cultural and Botanical Gem! Imagine strolling through prehistoric ferns, stepping across trickling waterfalls, and experiencing a botanic haven both under glass and in the outdoor gardens. Lunch after will be at nearby Inspiration Kitchens, which helps people interested in culinary careers. Cost of tour and coach \$20. Lunch on own. Sign up at concierge.

Wednesday, 9/26: LaGrange Area Historical Society: Vintage Vows Presentation, Dole Hall 1:30pm



Wednesday, 9/26: Singer Sandi Haynes, Albert Hall 2:30pm

Thursday, 9/27: Chaplain Christina Lecture: PTSD, Dole Hall 2:00pm

Friday, 9/28: Current Events w/George Plavac, Education Room 9:30am

Friday, 9/28: Dietician Janet Budnick Nutrition Seminar: "SODIUM", LL Game Room 1:30pm

Friday, 9/28: Plymouth Place Players Fall Show, Dole Hall 3:00pm

Saturday 9/29: Tech Tutoring with La Grange Park Library, LL Promenade 9:00am-1:00pm

Saturday, 9/29: Library Card Sign-up Day, LL Promenade 11:00am-1:00pm

Book Club Update: Do you like to read and discuss books? The Plymouth Place Readers now has openings for new members. Monthly meetings are held the first Tuesday at 1:00pm in Multi Purpose Room. For further information and to join the group, contact Gloria Vernerder at 354-6124.

Volunteer Spotlight: Plymouth Place Gift Shop

Happy **10th** Anniversary to the PP Gift Shop! The shop started out in a closet in the old building as a convenience for residents. When our new building opened Norm and Evelyn Griffith, who had their own gift shop, were asked if they would take on the responsibility of opening and running the new shop. From there it has evolved from convenience of everyday necessities to things we never knew we needed!



Some of the proceeds from the Shop go to Special Projects within the building, and a donation in honor of each deceased resident goes to the Endowment Fund.

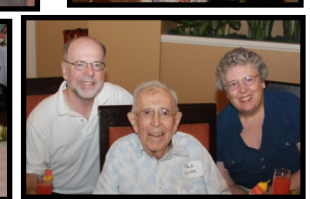
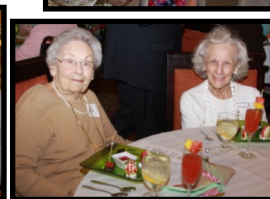
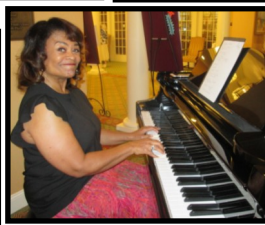
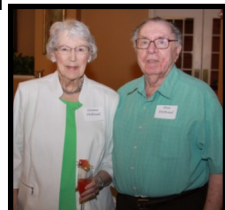
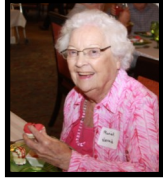
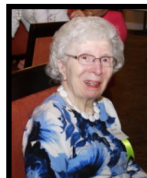
Twenty dedicated volunteers keep the shop running behind the scenes and in the trenches. Evelyn does the shopping and ordering while Norm handles the books. Carole Ahlberg does the scheduling, Marge Fallon orders and restocks all the greeting cards, while Gloria Bialek, Bev and Fred Figge, Marlene Groeneveld, Judy Gusland, Kay Kutska, Lou Lateer, Gloria Leiber, Donna and Russ Lundstrom, Muriel Nerad, Erna Reihsmann, Judi Sriver, Marilyn Thomas, Judy VanZanten and Bill Whitney staff the shop. Without these dedicated volunteers, the Gift Shop could not continue. Thank you!

Goodbye to our Tech Tutor, George Anagnos, who is now a college bound freshman!

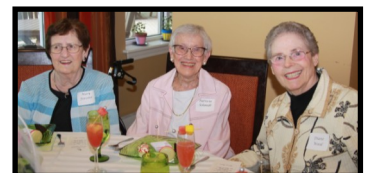
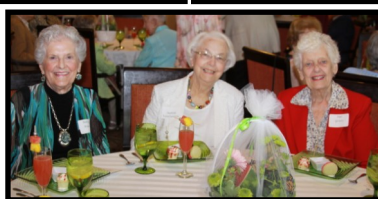
We sure appreciated all the assistance you gave us Saturday mornings at 11am!

Legacy Tea Celebrates Donors and Releases Butterflies

Residents who are members of the Plymouth Place Legacy Society were honored at a Champagne Celebration on Aug. 12, hosted by the Plymouth Place Board of Directors. At the end of the program, residents went outside to release monarch butterflies with hopes that these butterflies will find Plymouth Place to be a wonderful home!



More photos on
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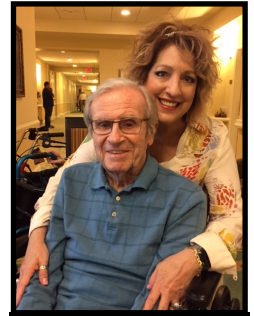


Scene On the 2nd Floor

September is National Assisted Living Week. This year's theme is "**Capture the Moment**" and runs from the 10th through the 16th. The theme hopes to inspire residents to realize their dreams and seize the day. The theme also supports reflection, as residents may look back on the pivotal moments in their lives. In celebration of this special week, Edizon Dayao will return to entertain us

on the 14th at 2:00pm in MBL. There will be many activities during this special week that the Life Enrichment Team is excited to host. Welcome back Rev. Rich Kirchherr for Men's Coffee the 11th at 9:30am in the MPR. Please welcome new residents Bonnie Conroyd, Gloria Kleinke, Beverly Nelson and Theresa Coffey to our 2nd floor Assisted Living.

Selma



**We enjoy
Singer Kym!**

Greg's Place Happenings

As we head into fall, we will be making autumn leaf prints and learning more about printmaking. We're celebrating Assisted Living Week with fun events: On the 10th we have a party with singer Larry Levin at 2:00pm. The Annual March for the Cure: Walk to End Alzheimer's is the 15th at 10:00am. Wear purple! We're hosting our annual art gal-

lery show, celebrating the residents and their artistic achievements on the afternoon of the 15th at 2:00pm, and on the 17th we take our Town Tour to Villa Park. On the 23rd, we will have a new program at 2:00pm: Armchair Traveler to Chile, and on the 29th we'll create a fresh apple dessert.

Chris & Ryan



**Fruit Pizza
Creation!**

Health Care Center Happenings

The end of summer is upon us and we're ready for autumn! We will kick off the month with Drumming Circle on the 5th at 2:00pm. On the 7th our Modern Movie will be "Life of Pi". Be on the lookout for wild animals on the 10th during our trip to Brookfield Zoo. On the 12th is our Wine and Cheese party with the Soundz of Time Duo. We will

travel to Villa Park on the 17th for a Town Tour.

Don't miss our classic movie "Cool Hand Luke" with Paul Newman on the 19th at 2:00pm. Bring your appetite on the 22nd when we will have a Fall Family Barbeque. On the 26th, we'll round out the month with singer Sandi Haynes at the Birthday Bash.

Anita, Ruby, Holly & Celeste



**Lando & Singer
Liz Goss**

Chaplain Chat: Advice. We like to give it though often don't appreciate when we're the recipient. "My mouth shall speak wisdom; the meditation of my heart shall be understanding" (Psalm 49:3).

A friend recently sent me some advice. Funny, but truth in jest. May you smile and grow in wisdom!

- Accept the fact that some days you're the pigeon, and some days you're the statue.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Since it's the early worm that gets eaten by the bird, sleep late.
- We can learn from crayons. Some are sharp, some are pretty and some are dull. Big, stubby and a few broken. Some have weird names and all are different colors, but they all have to live in the same box. Save the earth.... It's the only planet with chocolate!

ADVICE

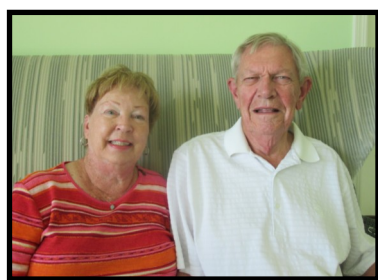
Inside News

One of the purposes of Inside News is to introduce residents to each other. We profile some of our new move-ins in each issue.

Getting To Know You



Don & Diane Pochly moved here from River Forest where they lived for 50 years. They were born on the west side of Chicago and met through a mutual friend. Don studied medicine at Loyola and Chicago Medical School, and Diane received a liberal arts degree from Ohio State. Don was a captain in the Air Force and served as a physician. His career included medical school faculty and then hospital management at Veterans Administration, St Mary Nazareth and NW Community Hospitals. He has been a consultant to Iran with World Health Organization, evaluating medical schools. They have three sons: Chris and David in Naperville and Jonathan in River Forest, and seven grandchildren. They had summer places in New Buffalo, Michigan (neighbor to Gracia Battistoni) and Wisconsin. Hobbies for Diane include oil painting, cooking, music, antiques and theatre. Don used to sail and enjoys part-time work, golf and gardening.



Vern & Julia Kramer moved here from Indian Head Park where they lived for 20 years. Prior to that they lived in La Grange Park for 20 years. Vern was born in Cassella, Ohio and Julia in Fort Wayne. They met at St. Francis College, Ft. Wayne, on a blind date set up by friends. Vern studied psychology and worked for ITT and Jefferson Electric and Julia taught. They moved to Chicago for Vern's work with Litton Industries and he was President of Kester Solder for 30 years. They have two sons: Matthew in La Grange and Mark in Frisco, CO, and four grandchildren. Mutual hobbies include golf and bridge. Vern enjoys tennis and travel to Scottsdale, AZ, and Julia enjoys volunteering at the Courtyard at the Wellness House in Hinsdale.

Look What Dining Service Is Cooking Up!

Al Gracia

- 9/3:** Labor Day Brunch: IL, AL, GP, & HCC Dining Rooms, 11:30am-1:00pm.
- 9/4, 9/11, 9/18, 9/25:** Bistro BBQ Dinner Live Action, 5:00-6:30pm.
- 9/6, 9/13, 9/20, 9/27:** Bistro Buffet Dinner, 5:00-6:30pm.
- 9/7:** Cruise Around the World to Chile, IL Dining Room, 5:00-6:30pm.
- 9/12:** Birthday Bash, Dole Hall, 4:00pm. Dinner follows, 4:30-6:30pm.
- 9/14:** Bistro Live Action Lunch, 11:30am-1:30pm.
- 9/17:** Ladies Lunch, Sarah Tudor Dining Room, 11:30am.
- 9/18:** Coffee with the Chef, AL Lounge, 9:30am-10:30am.
- 9/19:** Wine Club, Lower Level Lounge, 4:00pm.
- 9/20:** Chef Center Stage, AL Dining Room, 11:30am, IL Dining Room, 5:00pm.
- 9/24:** Splash Hydration: "Cantaloupe Lime Aqua Fresca", Bistro and HCC, 3:00pm-3:30pm.
- 9/26:** Chef's Dinner Table, Game Room, 5:00pm.
- 9/28:** Nutrition Seminar: "Sodium", Game Room 1:30pm.





Morton Arboretum Trolls?



Reginal Robinson



Arlington Park Trip



Watercolor Class



Ceramics Class



Weavers Exhibit



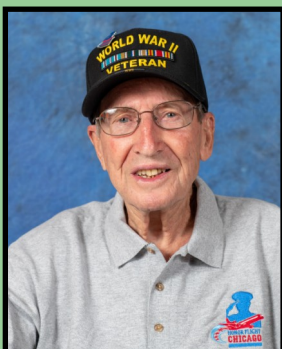
Birthday Bash



Chimes/Chorus Summer Concert



Twins?



Honor Flight Bill Ero



AL/GP Brookfield Zoo Trip



Franz Burnier: COD Lecture



Employee Picnic



HCC Carnival



Legacy Donor Event (photos also on Page 9)

Development Corner

Allyson Zak

Many THANKS for Gifts to Scholarship Program! More than 90 residents participated in this year's annual appeal to support the Plymouth Place Scholarship Program with a total of \$66,000 at the middle of August and gifts are still arriving. The funds will be put into a separate account that will be used to pay for educational opportunities for part-time and full-time employees. Eight were awarded in April and five more in August. Many thanks for the wonderful support of this important program!



Food Drive in September: Let's all "Turn the Tables on Hunger!" Plymouth Place will be partnering with St. Francis Xavier Church Food Pantry by providing supplemental, nutritious food to people in need throughout the greater community. Bring your donations of healthy, low sugar cereals, oatmeal, pancake mix, peanut butter and jelly, canned fruits, vegetables and tomato sauce to the Lower Level near the Clinic, where a table will be set up from Monday, Sept. 10 to Friday, Sept. 14. At this time the Pantry has mentioned they do not need paper products or pastas. On Monday, Sept. 17 at 10:30 a.m., residents are welcome to help deliver the donations to the Pantry and take a short tour.



Plymouth Place Staff: Kate Curran, Sales & Marketing Director

Living close to her grandparents while growing up in Park Forest is a very dear and special memory for Kate Curran. She treasures hearing of their life experiences, which led her to an interest in retirement homes such as Plymouth Place. In her previous role as senior account manager at Moving Station, she directed post-sale management of 55 senior living client communities nationwide.

Kate grew up in Park Forest with an older sister who now lives in Glen Ellyn. In her early years she dreamed of being a wrangler or maybe a teacher. With a major in theater and communication at Millikin University, however, and study abroad in Argentina, she joined a corporate communication firm as an intern. She then learned of a position with Moving Station, a corporate relocation firm, which had just formed a senior housing division that she joined in 2004.

While in college Kate met Jeremy, now her husband, and they moved to St. Louis from Chicago. Continuing with Moving Station while working remotely from home, Kate and Jeremy were joined by Natalie, now eight, and William, six years old. In 2014 the family relocated to Aurora to be closer to their parents and Kate joined the Chicago office of Moving Station. Her career at Moving Station included a successful working relationship with a client, Lifespace Communities, and their chief operating officer, Jay Biere.

Kate loves working with residents in an independent community such as Plymouth Place and its many advantages. Her rare free time is spent with her family and many friends in the Chicago area.



Plymouth Place features a life care benefit, that guarantees priority access to assisted living, skilled nursing care and memory support at stabilized costs, if ever needed. Independent living residences are available in one-, two- and three-bedroom floor plans ranging in size from 760 square feet to more than 1,890 square feet.

For more information, call 708-482-6511, or visit www.plymouthplace.org.

315 N. La Grange Road ~ La Grange Park, IL 60526 ~ Phone: 708-354-0340