

JOIN US THIS MONTH FOR *sue's party animals*

Twice a month, Sue Johnson brings her petting "zoo" to The Manor for a visit. The dogs and cats are friendly and normal, but the tortoise, bearded dragon, gecko and several others are unique. The snake gets some looks and the rest of the visitors are all sure to please. We really appreciate all that Sue does to connect us to the animals we love — and some new friends.



THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION,
RESPECT, TEAMWORK

JESSICA JONCKHEERE has worked for the Programming Department for 3 and 1/2 years. Jessica knows how to get residents involved and understands the little things that mean a lot to each individual. She is also the most popular Poker and Blackjack dealer around. (There's a rumor that she moonlights at a casino — just kidding.) Jessica is a vital part of what goes on behind the scenes with program development, office systems, and staff training. Recently, Jessica went to Phoenix to receive several days of training for our soon to open Memory Care Unit. Jessica has a Bachelor's Degree in Exercise Science and a Master's Degree in Exercise Physiology.

Please take a minute to thank her for all she does.



WORD FROM YOUR *executive director*

NEW YEAR'S RESOLUTIONS

I'm not big on New Year's Resolutions. It's not that I don't have things I could make resolutions about, but instead of waiting until the beginning of the year, I make resolutions all along the way. Do I keep them? No, not all. But I do keep enough to know that change is good and improvement is possible. And that's my desire for all of us at Lincolnwood Place — improvements that are good for all of us.



MANAGEMENT TEAM

Autumn Fuesz, *Executive Director*
Mike Fehland, *Director of Resident Programs*
Victor Rios, *Director of Resident Services*
Amy Kraabel, *Director of Sales & Marketing*

Alice Han, *Director of Nursing Wellness*
Doreen Baccay, *Dining Room Manager*
Andrew Burke, *Administrator*
Gary Resis, *Human Resource Director*

THIS MONTH'S *silver star*

IRMA PARKER

Irma Parker was born in southern Germany along the Danube River. Her mother, Anna, immigrated to the United States leaving Irma with her grandparents. Irma's favorite holiday memory is going into the forest with her grandfather to find the perfect Christmas tree. With her grandparents, Irma would decorate the tree with balls and real candles. When she was 9 years old, Irma's grandparents put her on a ship for the United States to reunite with her mother. She traveled with another passenger to look after her across the Atlantic Ocean. When they arrived in New York, all the passengers rushed to the edge to get their first look at the Statue of Liberty. "It was a sight to behold," Irma recalls.

Once in America, Irma lived in Bridgeport, Conn. with her mother, Anna, and stepfather, Charles. As a young girl, learning English was easy, because as Irma said, "A child's brain is a sponge." After high school, Irma attended the University of Chicago and studied liberal arts because it allowed her to learn about everything. When not studying, she enjoyed outdoor activities with her friends such as tennis, basketball and later she took up golf.

After graduating, Irma got a job at Commerce Clearing House in Chicago. She worked as a writer, editor, and translator, among other things. After working there for about 45 years, Irma retired from CCH. When asked why she stayed there for her entire career, she said, "It was what people did back then and it was a good fit."

Irma is an avid traveler and is a member of the Travelers Century Club, which means she has traveled to more than 100 countries. France, Spain, and Italy are her favorite places to visit because of the food, culture, and history. She has also traveled to South America. Irma can speak French, English, and German, and can "hold my own" with Spanish and Italian, which makes traveling to these countries more exciting because it opens up the experience.

Irma is an intelligent, traveled and thoughtful woman who is gentle when helping her neighbors. Please stop by to see our January Silver Star!



SENIOR
LIFESTYLE
your life, your style

assisted living

BE INSPIRED

- CONNECT ● GROW
- CONTRIBUTE ● MOVE
- FEEL ● REFLECT

LOCATIONS

- ACTIVITY ROOM ON 2ND FLOOR — A2
- COURTYARD PATIO — CP
- DINING ROOM ON THE 1ST FLOOR — D1
- DINING ROOM ON THE 2ND FLOOR — D2
- LIBRARY ON THE 2ND FLOOR — Lib
- LINCOLNWOOD PLACE -INDEPENDENT LIVING — LWP
- LOBBY AREA ON 2ND FLOOR — L2
- TV ROOM ON 1ST FLOOR — TV1
- TV ROOM ON 2ND FLOOR — TV2

SENIOR LIFESTYLE VALUES & MISSION

Hospitality, Excellence, Appreciation, Respect, & Teamwork

“To become the trusted leader in senior living services by creating great places to work and great places to live.”

SENIOR LIFESTYLE

EMBRACE *life.*
EMBRACE *moments.*
EMBRACE *connection.*

www.SeniorLifestyle.com
Activities are subject to change

“The beginning is the most important part of any work.”
—Plato



- 9:00 ● Get Fit While You Sit! | TV2 **6**
- 10:00 ● Word Games & Puzzles | A2
- 10:45 ● Catholic Communion Service | L2
- 11:00 ● Mental Aerobics | A2
- 2:00 ● Ice Cream Cart
- 3:00 ● Sunday Matinee | TV2
- 6:30 ● Sunday Documentary | TV2

- 9:00 ● Get Fit While You Sit! | TV2 **13**
- 10:00 ● Word Games & Puzzles | A2
- 10:45 ● Catholic Communion Service | L2
- 11:00 ● Blackjack: Free to Play | A2
- 2:00 ● Ice Cream Cart
- 3:00 ● Sunday Matinee | TV2
- 6:30 ● Sunday Documentary | TV2

- 9:00 ● Get Fit While You Sit! | TV2 **20**
- 10:00 ● Word Games & Puzzles | A2
- 10:45 ● Catholic Communion Service | L2
- 11:00 ● Mental Aerobics | A2
- 2:00 ● Ice Cream Cart
- 3:00 ● Sunday Matinee | TV2
- 6:30 ● Sunday Documentary | TV2

- 9:00 ● Get Fit While You Sit! | TV2 **27**
- 10:00 ● Word Games & Puzzles | A2
- 10:45 ● Catholic Communion Service | L2
- 11:00 ● Blackjack: Free to Play | A2
- 2:00 ● Ice Cream Cart
- 3:00 ● Sunday Matinee | TV2
- 6:30 ● Sunday Documentary | TV2

- 9:00 ● Morning Exercise | TV2 **7**
- 10:00 ● Monday Morning Movie | L2
- 2:00 ● BINGO: Free for All! | TV1
- 3:00 ● Juice & “Jeopardy!” | TV1
- 4:05 ● Singalong with Mike | TV1
- 6:30 ● Monday Night Movie | TV2

- 9:00 ● Morning Exercise | TV2 **14**
- 10:00 ● Spelling Bee | TV2
- 10:45 ● Sue’s Party Animals | TV1
- 2:00 ● BINGO: Free for All! | TV1
- 3:00 ● Juice & “Jeopardy!” | TV1
- 4:05 ● Singalong with Mike | TV1
- 6:30 ● Monday Night Movie | TV2

- MARTIN LUTHER KING JR. DAY** **21**
- 9:00 ● Morning Exercise | TV2
- 10:00 ● Group Crossword Puzzles | TV2
- 11:30 ● Storytelling with Sandy Bertrand | L2
- 2:00 ● BINGO: Free for All! | TV1
- 3:00 ● Juice & “Jeopardy!” | TV1
- 4:05 ● Singalong with Mike | TV1
- 6:30 ● Monday Night Movie | TV2

- 9:00 ● Morning Exercise | TV2 **28**
- 10:00 ● Rhyme Thyme | TV2
- 10:45 ● Sue’s Party Animals | TV1
- 2:00 ● BINGO: Free for All! | TV1
- 3:00 ● Juice & “Jeopardy!” | TV1
- 4:05 ● Singalong with Mike | TV1
- 6:30 ● Monday Night Movie | TV2

NEW YEAR’S DAY

- 9:00 ● Movement & More | TV2
- 10:00 ● Rose Bowl Parade on NBC5 | TV2
- 2:00 ● Fan Tan | TV1
- 3:00 ● New Year’s Social | TV1
- 4:00 ● Spa Time: Staying Beautiful! | TV2
- 6:30 ● “Wheel of Fortune” Ch. 7 | TV2

- 9:00 ● Movement & More | TV2
- 10:00 ● Ted Talks | L2
- 11:00 ● Lincolnwood Place Choir | L2
- 2:00 ● Jigsaw Puzzles | TV1
- 3:00 ● Chips & Salsa Social | TV1
- 4:00 ● Spa Time: Staying Beautiful! | TV2
- 6:30 ● “Wheel of Fortune” Ch. 7 | TV2

- 9:00 ● Movement & More | TV2 **1**
- 10:00 ● Math Quiz | L2
- 11:00 ● Heather Braoudak Singing | L2
- 2:00 ● Fan Tan | TV1
- 3:00 ● Chips & Salsa Social | TV1
- 4:00 ● Spa Time: Staying Beautiful! | TV2
- 6:30 ● “Wheel of Fortune” Ch. 7 | TV2

- 9:00 ● Movement & More | TV2 **2**
- 10:00 ● Ted Talks with Mike | TV2
- 11:00 ● Arts & Crafts: Flower Arranging | A2
- 2:00 ● Jigsaw Puzzles | TV1
- 3:00 ● Chips & Salsa Social | TV1
- 4:00 ● Spa Time: Staying Beautiful! | TV2
- 6:30 ● “Wheel of Fortune” Ch. 7 | TV2

- 9:00 ● Movement & More | TV2 **2**
- 10:00 ● Rhyme Time Bingo | TV1
- 11:00 ● Arts & Crafts: Color Me | A2
- 2:00 ● Fan Tan | TV1
- 3:00 ● Chips & Salsa Social | TV1
- 4:00 ● Spa Time: Staying Beautiful! | TV2
- 6:30 ● “Wheel of Fortune” Ch. 7 | TV2

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 9:00 ● Strength & Stretch | TV2 **2**
 10:00 ● Scattergory Category Puzzles | L2
 11:00 ● **Jim Kendros, Music & More** | L2
 2:00 ● Let's Play Cards! | TV1
 3:00 ● High Tea: Afternoon Social | TV1
 4:00 ● 1:1 Aromatherapy
 6:30 ● Writing My Life Story | A2

9:00 ● Movement & More | TV2 **3**
 10:00 ● Thursday Trivia | L2
 11:00 ● **Songs by Heart** | L2
 1:30 ● Scenic Drive
 2:00 ● **Thursday Matinee Movie** | TV2
 3:20 ● 3:21 Root Beer Floats | A2
 4:00 ● Cranium Crunches: DIY | A2
 6:30 ● Words, Words, Words | A2

9:00 ● Morning Exercise | TV2 **4**
 10:00 ● Musical Memories | TV2
 11:00 ● Morning Chat: Who Am I? | TV2
 2:00 ● Friday Bingo | TV1
 3:00 ● TGIF Social | TV1
 3:30 ● "Jeopardy!" Ch. 7 | TV2
 4:00 ● Sabbath Service with Rabbi Bossov | L2
 6:30 ● **Friday Night at the Movie!** | TV2

● **DIY COLOR ME PEACEFUL PAGE** | A2 **5**
 9:00 ● Morning Exercise | TV2
 10:00 ● Word Search & Puzzles | A2
 11:00 ● Bingo: Win, Free | A2
 2:30 ● **Jim Sullivan, Piano Music** | L2
 4:00 ● Reminisce Social Hour | A2
 6:30 ● **Saturday Night Musical** | TV2

8 9:00 ● Strength & Stretch | TV2 **9**
 10:00 ● Hangman/Snowman | TV2
 11:00 ● Wednesday Morning Bingo | A2
 2:00 ● Scrabble: 21 Tiles | TV1
 3:00 ● High Tea: Afternoon Social | TV1
 4:00 ● 1:1 Hand Massage
 6:30 ● Writing My Life Story | A2

9:00 ● Movement & More | TV2 **10**
 10:00 ● Thursday Trivia | L2
 11:00 ● **Songs by Heart** | L2
 12:15 ● **Let's Go Out to Lunch**
 2:00 ● **Thursday Matinee Movie** | TV2
 3:20 ● 3:21 Root Beer Floats | A2
 4:00 ● Cranium Crunches: DIY | A2
 6:30 ● Words, Words, Words | A2

9:00 ● Morning Exercise | TV2 **11**
 10:00 ● Musical Memories | TV2
 11:00 ● Morning Chat: Short Story | TV2
 2:00 ● Friday Bingo | TV1
 3:00 ● TGIF Social | TV1
 3:30 ● "Jeopardy!" Ch. 7 | TV2
 4:00 ● Sabbath Service with Rabbi Bossov | L2
 6:30 ● **Friday Night at the Movie!** | TV2

● **DIY COLOR ME PEACEFUL PAGE** | A2 **12**
 9:00 ● Morning Exercise | TV2
 10:00 ● Word Games & Search | A2
 11:00 ● Bingo: Win, Free | A2
 2:30 ● **Marina Ozaki: Piano & Singalong** | L2
 4:00 ● Saturday Social Hour | A2
 6:30 ● **Saturday Night Musical** | TV2

5 9:00 ● Strength & Stretch | TV2 **16**
 10:00 ● Know Your Vocabulary | TV2
 11:00 ● Arts & Crafts: Card Making | A2
 2:00 ● Dice Game: Bunco | TV1
 3:00 ● High Tea: Afternoon Social | TV1
 4:00 ● 1:1 Aromatherapy
 6:30 ● Writing My Life Story | A2

9:00 ● Movement & More | TV2 **17**
 10:00 ● Thursday Trivia | L2
 11:00 ● **Songs by Heart** | L2
 12:00 ● Men's Group Lunch | Lib
 1:30 ● Scenic Drive
 2:00 ● **Thursday Matinee Movie** | TV2
 3:20 ● 3:21 Root Beer Floats | A2
 4:00 ● Cranium Crunches: DIY | A2
 6:30 ● Words, Words, Words | A2

9:00 ● Morning Exercise | TV2 **18**
 10:00 ● Musical Memories | TV2
 11:00 ● Morning Chat: Star of Month | TV2
 2:00 ● Friday Bingo | TV1
 3:00 ● TGIF Social | TV1
 3:30 ● "Jeopardy!" Ch. 7 | TV2
 4:00 ● Sabbath Service with Rabbi Bossov | L2
 6:30 ● **Friday Night at the Movie!** | TV2

● **DIY COLOR ME PEACEFUL PAGE** | A2 **19**
 9:00 ● Morning Exercise | TV2
 10:00 ● Word Search & Puzzles | A2
 11:00 ● Bingo: Win, Free | A2
 2:30 ● **Patrick Woods: Piano** | L2
 4:00 ● Reminisce Social Hour | A2
 6:30 ● **Saturday Night Musical** | TV2

2 9:00 ● Strength & Stretch | TV2 **23**
 10:00 ● Boogle: Mixed Up Words | L2
 11:00 ● **Steve Justman: Guitar** | L2
 2:00 ● Card Games: Uno | TV1
 3:00 ● High Tea: Afternoon Social | TV1
 4:00 ● 1:1 Hand Massage
 6:30 ● Writing My Life Story | A2

9:00 ● Movement & More | TV2 **24**
 10:00 ● Thursday Trivia | L2
 11:00 ● **Songs by Heart** | L2
 12:00 ● **Dine in Lunch** | A2
 2:00 ● **Thursday Matinee Movie** | TV2
 3:20 ● 3:21 Root Beer Floats | A2
 4:00 ● Cranium Crunches: DIY | A2
 6:30 ● Words, Words, Words | A2

9:00 ● Morning Exercise | TV2 **25**
 10:00 ● Musical Memories | TV2
 11:00 ● **Resident Council Meeting** | TV2
 2:00 ● Friday Bingo | TV1
 3:00 ● TGIF Social | TV1
 3:30 ● "Jeopardy!" Ch. 7 | TV2
 4:00 ● Sabbath Service with Rabbi Axler | L2
 6:30 ● **Friday Night at the Movie!** | TV2

● **DIY COLOR ME PEACEFUL PAGE** | A2 **26**
 9:00 ● Morning Exercise | TV2
 10:00 ● Word Games & Search | A2
 11:00 ● Bingo: Win, Free | A2
 2:30 ● **Eleanor Warrington: Singalong** | L2
 4:00 ● Saturday Social Hour | A2
 6:30 ● **Saturday Night Musical** | TV2

9 9:00 ● Strength & Stretch | TV2 **30**
 10:00 ● Geography | L2
 11:00 ● **Wednesday Entertainer: TBD** | L2
 2:00 ● Blackjack | TV1
 3:00 ● High Tea: Afternoon Social | TV1
 4:00 ● 1:1 Aromatherapy
 6:30 ● Writing My Life Story | A2

9:00 ● Movement & More | TV2 **31**
 10:00 ● Thursday Trivia | L2
 11:00 ● **Songs by Heart** | L2
 1:30 ● Scenic Drive
 2:00 ● **Thursday Matinee Movie** | TV2
 3:20 ● 3:21 Root Beer Floats | A2
 4:00 ● Cranium Crunches: DIY | A2
 6:30 ● Words, Words, Words | A2



SENIOR LIFESTYLE

FAMILY-OWNED COMMUNITIES