

# Items of Interest about Tabor Hills Senior Living Campus

## TABOR HILLS

Fall  
2017

### Semerad Pavilion (Clubhouse)



1327 Crystal Avenue  
Naperville, IL 60563

### Independent Living Community



A Patio Home  
Naperville, IL 60563

### Supportive Living Community



1439 McDowell Road  
Naperville, IL 60563

### Healthcare Facility Community



1347 Crystal Avenue  
Naperville, IL 60563

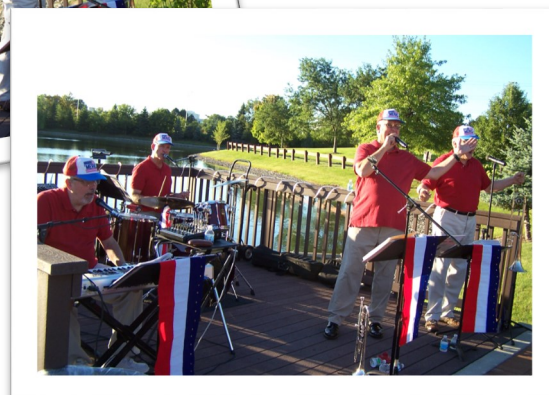
## Concert In The Park

As summer draws to an end, residents across campus gather on the grassy knoll at Tabor Lake once again to listen to the sounds of Metro Star Orchestra. A much anticipated event by residents, families, friends, and staff of Tabor Hills which has become a tradition here on campus before autumns' arrival. The 2017 Concert in the Park was held Thursday, September 7, 2017, a beautiful evening to accommodate the performance. The event was fun for all. The band was lively and entertaining, while encouraging residents to sing and dance along. What a unique event the campus setting provides to bring summer to a close.

*Hello*  
AUTUMN

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# 2017 Walk to End Alzheimer's



Sunday, September 17, 2017 marks the third year running that friends, family, and staff have collectively participated in the annual Walk to End Alzheimer's. Held in Historic Downtown Naperville. The 3K walk is an opportunity to raise awareness and funds to help aide Alzheimer's disease.

This event is held annually in more than 600 communities nationwide and Team Tabor was one of the 240 participating teams in the Naperville Walk.

2,127 walkers gathered at North Central College Residence Hall to begin the Walk.

At registration each participant is given a big and **colorful Promise Garden flower** to carry throughout the walk. The color of the flower determined your personal reason for walking. A blue flower meant you have the diagnosis of Alzheimer's. A yellow flower means you are caring for someone with Alzheimer's. A purple flower identifies people who have lost someone to Alzheimer's disease and an orange flower distinguishes those who support the cause and have a vision of a world without Alzheimer's.



# 2017 Walk to End Alzheimer's

Prior to the kickoff of the walk-a-thon, several speakers addressed the crowd providing facts about Alzheimer's and giving inspirational and motivating words to get the crowd excited about what the walk represents! One of the speakers held up a white flower, expressing that it would be carried until a cure for the disease was found.

This year, Team Tabor proudly raised \$1,523.00 towards Alzheimer's prevention efforts. The 2017 walk-a-thon donations totaled \$426,691.62 nationwide. In Illinois alone, more than 220,000 people are living with the disease and more than 588,000 people are caring for others with Alzheimer's. In the United States, more than 5 million Americans are living with Alzheimer's disease which marks the sixth-leading cause of death and the only disease among the top 10 causes that cannot be cured, prevented or even slowed.

Team Tabor is proud to continue to be a part of the story and effort to help find a cure and would like to thank those who participated for helping aid in the advancement of research and enhancing support for all those affected by dementia and Alzheimer's. Please let us know if you would like to join our team, we would love to have you!

"Team Tabor" grows! Pictured here are staff, family, and friends from the Tabor Hills campus who participated in the event. In an effort to bring team spirit and unity to the participants, "Team Tabor" t-shirts were donated by Frances Salinas, Chief Financial Officer at Tabor Hills.





# *Ice Cream, You Scream*

Patio residents stayed cool this summer by fighting off the heat with ice cream! Six years ago, former Director of Community of Relations, Lisa Barber, started driving the Patio Home Ice Cream Van each week to sell ice cream to residents. With festive signs, music blaring, and ice cream in tow, she, accompanied by long-time resident Helen Dort, hit the streets to be met by residents at the end of their driveways, anxiously awaiting ice cream sandwiches and fudge pops. This long-time favorite activity has since become an annual favorite, and this year was no exception. The ice cream van continues to service the independent living residents on campus and even though summer may be over, Patio Home residents are counting the days until the summer sun hits again, with ice cream soon following.



# *Picnic In The Park*



At the end of July, Patio Home residents took their annual trip to Blackwell Forest Preserve for a mid-day picnic. Blackwell Forest Preserve is located in Warrenville, a long-time favorite camping site for those visiting DuPage County. Lunch was provided, catered by Panera, and was enjoyed under a covered pavilion with a beautiful view of the lake. After lunch, residents played a variety of card games,

socialized, or took a walk around the grounds. The

event was attended by Patio Home, Supportive Living, and Healthcare residents. All three communities always enjoy the opportunity to take trips together, such as this.



# Kindness Rocks

"One message at just the right moment can change someone's entire life." Kindness Rocks is a movement where people decorate rocks with inspirational messages and then leave them for others in interesting places.

According to the Huffington Post, The Kindness Rocks Project is inspiring people to be kind and happy! Founder, Megan Murphy started randomly placing rocks, painted with inspirational quotes and sayings, on the beaches of Cape Cod and now people from all around the world are doing the same.

Megan is creating a happiness movement! In her first year alone, Megan has painted and placed 300 rocks a week on the Cape Cod beaches during the spring and summer months. In this day and age, it seems like nothing could be more appropriate; so the Residents at Tabor Hills Supportive Living Community have joined the movement, creating rocks with inspirational messages for others.

Pictured here are three of our Kindness Rocks, one reading, "Love", another "Care" and the third "Be Kind". We are not sure where residents have left these rocks, so if you are walking around campus, keep your eyes open for some Kindness.



 Like us on  
**facebook**



Did you know that Tabor Hills has a Facebook page? The **Tabor Hills Senior Living Campus** Facebook page is used to advertise upcoming events, highlight resident activities, and promote our services. Look for Fun Fact Fridays and Testimonial Tuesdays as well. Please encourage your family and friends who use Facebook to "Like" and "Follow" us at **Tabor Hills Senior Living Campus**. Interested in trying out Facebook for yourself (if you don't use it already)? Please visit **Tabor Hills Senior Living Campus** at [www.facebook.com](http://www.facebook.com) to get started and "Like" us today!





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Naperville, IL 60563  
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[www.taborhills.com](http://www.taborhills.com)

Founded in 1894 as both an orphanage and a home for the elderly, Tabor Hills offers three of the finest communities in the Western Suburbs. For more information regarding our Independent Retirement Community, Supportive/Affordable Assisted Living Community and our Healthcare and Rehabilitation Center, please call (630) 778-6677. If you prefer e-mail, please contact us through our website at [www.taborhills.com](http://www.taborhills.com)

### *Keep Tabor Hills in Mind*

In order to sustain and improve the quality of life and programs enjoyed by the residents of our community, Tabor Hills welcomes charitable gifts. Remember Tabor Hills with your bequests when establishing or reviewing your estate plan. Tabor Hills is a 501(c)(3) not-for-profit organization, so please see your tax consultant for details or call Tabor Hills for more information.



## Save The Date...

### Holiday **BAZAAR**

Dec. 7th — 9th | 9am — 4:30pm & Dec. 10th | 9am — 12pm

Located in the Garden Dining Room at the Healthcare Facility



Featuring Handmade Gifts & Goodies from the Residents of Tabor Hills  
All Proceeds Benefiting Resident Activities & Entertainment

