

January Events Date

Jay's Meet and Greet	2
Residents' Council Mtg.	2
Chicago Saxophone Qt.	6
COD: Terrorism Lecture	9
Singer Sandi Haynes	10
Birthday Bash	10
Jason & Sherri Deroche	13
Singer Kym Frankovelgia	14
Ladies at Lunch	15
The Women of Cantigny	17
Take Charge of Health	18
Heather's Fun Fifties	18
New Resident Lunch	22
Pianist Rod Demmings	22
Moonshine Folk Band	24
Author Bill Ruting	26
John Otto Swing Band	27

Inside This Issue Page

Letter from Jay	1
Books, Birthdays, Anniversaries & More	2
News & Notes	3
Programs & Trips	4-8
News & Updates	9
Inside News/Dining	11
Our Life in Photos	12/13
Development Corner and Staff Profile	14

Jay's Desk



How will we build a Healthier Community*?

I have had the opportunity to meet many of you at the community and have thoroughly enjoyed hearing about your life, and life at Plymouth Place, but most importantly, your thoughts about our future together. I look forward to engaging and partnering with you to make 2018 our best year yet!

That being said, how do we move forward together? Recently, during the Resident Finance meeting on December 1st, I shared the 5 Pillars of Excellence, which is an operational framework by which we will measure performance and outcomes. Over the past 15 years, I have implemented this framework to inspire my team to lead and serve. This framework supports and provides a focus on employee and resident satisfaction and improved financial results. There are actionable, measurable pillars that support a healthy community.

I feel that there is nothing more important than delivering on the Plymouth Place promise and creating vibrancy within the organization. Rest assured, by adhering to these metrics, we will demonstrate our results to you.

While the 5 Pillars of Excellence is a framework for performance and measurement, the Servant-Leadership Model supports the behaviors and culture of the organization, as exhibited by the Leadership Team. I have been fortunate enough to have worked with companies that have built multi-billion dollar organizations, by adopting and adhering to the Servant-Leadership Model. In fact, some of the most successful organizations, such as Starbucks and Nordstrom, have created their success with a relentless belief and practice in this model. You can read more about these organizations at www.ModernServantLeader.com to help you learn more about this philosophy and these organizations.

However, I have found that the Servant-Leadership Model is very misunderstood and Leadership Teams, within organizations, often struggle to achieve greatness using it. This is most often attributed to a single focus on execution without consideration of applied behavioral principles. Simply, we will use the 5 Pillars of Excellence to provide a framework for operational strategy, and the principles listed below will provide the belief and behavior structure of the Leadership team that is needed to achieve desired outcomes.

*Healthy Organizations Model developed by Dr. Jim Laub, Professor at Florida Atlantic University, Florida.

Continued on page 9

January Birthdays



Nancy Jones	1/3
Susan Cummins	1/4
Audrey Johnson	1/5
Beverly Figge	1/6
Norm Griffeth	1/8
Phil Kennedy	1/8
Marjorie Klindera	1/8
Harry Krueger	1/8
Mary Jane Gibbs	1/9
Betty Stephens	1/9
Alice Harley	1/13
Carol Soudan	1/14
Elsie Stiffler	1/15
Carl Subak	1/16
Elizabeth Naughton	1/17
Andrew Carney	1/18
Patty Sampson	1/18
Joan Hansen	1/19
John Gilbert	1/21
Jack Rogulic	1/22
Ariadne Beck	1/24
Joyce Pilditch	1/25
Geraldine Burke	1/28
Doris Gage	1/28
Mary Plavac	1/28

Happy Anniversary

Charles & Joan Hansen 1/1/49

Welcome to New Residents

Sally Lee of La Grange Park Apt 260
 Keith Burmeister
 of Willowbrook Apt 408
 Christine Wolgemuth
 of La Grange Apt 534



In Memoriam:

Barbara Rogers
 Jean Malloy
 Ruth Koch
 Walter Pilditch



Bessie Rose Library—New Books



End Game (large print) by David Baldacci. Will Robie and Jessica Reed search for their handler, code-named Blue Man, in rural Colorado where he has disappeared

Paradise Valley (large print) by C.J. Box. A North Dakota investigator pursues a trucker who preys on prostitutes.

The Midnight Line (large print) by Lee Child. A West Point class ring spotted by Jack Reacher in a pawn shop window leads him to a missing soldier on opioids who was wounded and decorated for her valor in Afghanistan.

Two Kinds of Truth by Michael Connelly. Two unrelated cases wind around each other like barb wire for Harry Bosch who must fend for himself and keep a clever killer in prison.

The Rooster Bar (large print) by John Grisham. Three friends are caught up in the Great Law School Scam and bring about the revenge of the law school borrowers.

Leonardo da Vinci by Walter Isaacson. Gorgeous illustrations, precise writing and a survey of the artist's best known works show Leonardo's broad interests.

Endurance: a Year in Space, a Lifetime of Discovery by Scott Kelly. Astronaut Kelly relates stories of his year in space and experiences of space travel.

Earthly Remains by Donna Leon. Commissario Brunetti leaves his beloved Venice for a vacation on Sant' Erasmo, only to be involved in a suspicious death.

Daring to Drive by Manal Sharif. Memoir of the daughter of a taxi driver's daughter in Mecca whose resistance in the face of tyranny, standing up to a kingdom of men, shows the power of female solidarity and education

Victoria and Abdul by Basu Shrivani. History's most unlikely friendship is the amazing story of Queen Victoria and the young Indian Munshin Abdul Karim.

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. Chaplain Christina Vosteen



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 January 31st at 4pm, we will discuss 2018 trip ideas (Aug.18-9/1 Holland American Scotland/Iceland cruise, motor coach, etc.). Contact Rita at 482-6805 with any 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
- Jan. 2 9:00am Walgreens Senior Day
- Jan. 4 & 25 1:15pm Quarry Mall
(also TJ Maxx & Marshalls)
- Jan. 11 1:15pm Yorktown
- Jan. 18 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: AL CNA **Viorica Isvoranu** (27), Lead Housekeeper **Marta Aguilar** (17), and Laundry Aide **Sylvia Santiago** (17)!

Welcome to Janet Budnick RD, Clinical Nutrition Manager. She was clinical dietitian in hospitals for over 25 years for Resurrection Health Care/Presence Health and Clinical Nutrition Manager for 13 years. Bachelors degree from Eastern IL University and Master of Science from NIU.



Christmas Fund: Many thanks to the residents who supported the Christmas Fund. This year we received \$217,440, which was shared with 314 employees. Full time employees received a check for \$1,015.

Monthly Clinic Question & Answer:

Q: I am feeling under the weather and think I need a little extra help but my family is not available. Is there any way I can get help for just a few days? **A:** Yes. Campus Care offers many options to help you while you are recovering from an illness, a short stay at the hospital or surgery. We are able to provide services for a single day, several months or indefinitely. Stop by the Lower Level Clinic for details and to find a service that will meet your needs.

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 December Raffle Winners: Warren Whitesel, Lori Roantree, Nick Crnkovich and Joan Stewart. Congratulations!

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

Clinic News

No appointment is necessary to see the nurse in the lower level clinic. This month's blood draws are scheduled for Jan. 9 and 23 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.

Karen McGreal, 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: History of World, 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 (1/3 & 17), 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
Question of Week Bible Study, 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:

Learn to Use Technology, LLGAME	11:00am
Scrabble Club 518 (1/6 & 20), Ed. Rm	1:00pm
Open Games, LL GAME	1:30pm

Sundays:

Open Games, 2nd Fl. MPR	1:30pm
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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 Fit Pool	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	10/11/1:15pm
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
Ageless Grace (1/8 & 16)	9:00am

Personal Training is also available with certified personal trainer and fitness Coordinator, Camilla Saban. She can be reached at 708-482-6775.



The Spa at Plymouth Place, by Muir Salon

Gift Certificates Available!

Lower Level Hair (call 708-588-6473)	
Wednesday - Friday	8:00am-3pm
Third Floor Hair (call 708-482-6580)	
Tuesday - Thursday	8:00am-3pm
Greg's Place Hair (call 708-482-6580)	
Tuesday-Wednesday	8:00am-12pm
Manicures & Pedicures, located in LL Salon	
Fridays	8:00am-2pm
Lower Level Massage (call for appointment)	
Wed/Fri/Saturday w/Susan (call 708-354-4954)	

Chris Richter/Muir Salon Group/Director of Operations 630-606-3391

Tuesday, 1/2: Meet and Greet with New CEO Jay Biere, Dole Hall 9:30-10:30am

Tuesday, 1/2: Life Enrichment Open Meeting, Education Room 11:00am

Tuesdays, 1/2 & 1/23: Ceramics Class, LL Creative Arts Room 1:30-3:00pm
Cost of Class is \$10 each session, covering instruction and supplies.

Tuesday, 1/2: Ice Cream Social with Music by Mike Pleska, Albert Hall 2:15pm

Tuesday, 1/2: Larry Lopienski presents: Venice, FL Chalk Art Competition, Dole Hall 3:00pm
A special presentation of the famous Venice, Florida Chalk Art Competition, hailed as the most important pavement art event in the world. Larry Lopienski attended the International Chalk Festival held in November that featured the most 3D pavement paintings ever created in one location. Come see these incredible images; they will take your breath away!

Tuesday, 1/2: Residents' Council Meeting, Dole Hall 7:15pm

Wednesday, 1/3: Chicago Shakespeare Theater Outing, Lobby 11:30am-4:30pm
Shakespeare Theater presents "Red Velvet". Coach transportation is \$10. Tickets can be purchased from Shakespeare Theater by phone at (312) 595-5600. Sign up at reception.

Wednesday, 1/3: Hymn Sing, Albert Hall 2:00pm

Thursday, 1/4: Family Support Group, GP Family Room 1:30pm

Thursday, 1/4: GP Party with Singer Edizon Dayao, Greg's Place 2:00pm



Friday, 1/5: You Be the Judge with George Plavac, Education Room 9:30am

Fridays, 1/5, 12, 19, and 26: Friday Worship, Dole Hall 10:30am (NEW TIME)

Friday, 1/5: Cruise to Portugal, Dole Hall 3:00pm



Our cruise destination this month is Portugal. Enjoy a travelogue about this region and share stories and memorabilia. New 2018 passports will be distributed. Enjoy a culinary treat from this country. A Portuguese dish is offered at dinner in all dining rooms.

Saturday, 1/6: The Chicago Saxophone Quartet, Dole Hall 7:15pm



Formed in 1968, the Chicago Saxophone Quartet is a dynamic and virtuosic ensemble that has achieved a distinguished reputation for excellence in musical performance. Over the past thirty years, members of the Quartet have played for enthusiastic audiences in Europe, North America, and Southeast Asia.

Monday, 1/8: Tea at Two with Allyson Zak, Dole Hall 2:00pm



Tuesday, 1/9: Milwaukee Art Museum and Mader's Lunch Outing, Lobby 9:00am-4pm

Travel to the magnificent Milwaukee Art Museum for a guided tour of the special exhibit "Degas to Picasso". Enjoy other exhibits at the museum and then stop for lunch at the famous Mader's German Restaurant. Cost of museum tour and coach is \$28.00. Lunch on own. Please sign up at reception.

Tuesdays, 1/9 & 1/16: Acrylic Painting Class, LL Creative Arts 1:30pm

Instructor Kelley Clark of the La Grange Art League welcomes beginners as well as experienced students. \$17 per class includes instruction and all supplies.

Continued on page 6

Continued from page 5



Tuesday, 1/9: Ice Cream Social with Guitar Music and Singalong by Liz Berg, Albert Hall 2:15pm

Welcome Liz Berg and her guitar for her first appearance at Plymouth Place.

Tuesday, 1/9: COD Lecture, Domestic Terrorism/Soft Target, Dole Hall 7:15pm

This lecture by Thomas Brady, Associate Dean for the Homeland Security Training Institute at the College of DuPage, will look into the threats of domestic terror and the means we use to discover possible events before they happen.

Wednesday, 1/10: Music with Singer Sandi Haynes, Albert Hall 2:30pm

Wednesday, 1/10: Birthday Bash, Dole Hall 4:00pm

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



Thursday, 1/11: PP Chapter of the Woman's Society, Multipurpose Room 2:00pm

The Plymouth Place chapter of the Woman's Society is a fellowship groups of First Congregational Church of Western Springs, open to church members and all ladies at Plymouth Place. This year, the group is reading "The Jesus Diaries," a book of essays on Jesus and discusses an essay each month. For more information, contact Mary Helen Robertson at 708-579-5839.

Thursday, 1/11: Drumming Circle, Albert Hall 2:00pm

Thursday, 1/11: Art Reception for La Grange Art League Artist Lyn Tietz, LL Art Gallery 4:00pm

Enjoy meeting artist Lyn Tietz and hear her speak about the artwork she has on display. Re-

freshments served.

Friday, 1/12: HealthPro Wellness Seminar, LL Fitness 9:30am

Friday, 1/12: "Lisbon" the movie, Dole Hall 3:00pm

Classic film from 1956 starring Ray Milland, Maureen O'Hara and Claude Rains. Set in beautiful Portugal, a smuggler is hired to kidnap the rich husband of an American woman.

Saturday, 1/13: Residents' Council presents Jason & Sherri Deroche, Classical Guitar and Violin, Dole Hall 7:15pm

Resident Council presents "Ten Strings" featuring classical guitarist, Jason Deroche and violinist, Sherri Framborg Deroche. This talented duo "fuses Old World tradition with an understanding of pop culture", everything from Bach to the Beatles.



Sunday, 1/14: Singer Kim Frankovelgia, Albert Hall 2:00pm

Monday, 1/15: Ladies at Lunch, Sarah Tudor DR 11:30am

Sign up for the luncheon at reception through Friday the 12th. Dues of \$2 will be collected at the door. Program follows at 1:00pm in Dole Hall featuring "Life in the Foreign Service" by Sally Kruse, who will share the events of her life as a diplomat's wife. The Kruses served from 1957 to 1989 (32 years). In addition, Sally will comment on the State Department and the Foreign Service today. All are welcome.

Monday, 1/15: Lyric Opera of Chicago Lecture, Skyline Lounge 3:00pm

This month's lecture will be on *Turandot* by volunteer lecturer Karen Jared. She will discuss the history of the show and play select pieces from the opera. The lecture precedes the performance at the Lyric Opera of Chicago this week. All are welcome.

Tuesday, 1/16: Campus Care: Do You Know What the Lower Level Clinic Does, with Karen McGreal and Mary Konieczny, LL Game Room 10:30am

Tuesday, 1/16: Ice Cream Social with Guitarist /Singer Joe Fire, Albert Hall 2:15pm

Wednesday, 1/17: Lyric Opera Outing, Lobby 11:45am-6:00pm

The Lyric Opera of Chicago presents *Turandot*. Coach transportation is \$10.00 round trip billed to your PP account. Tickets can be purchased from Lyric Box Office by phone at (312) 332-2244. Please sign up at reception.

Wednesday, 1/17: Afternoon With Popcorn at a Classic Movie: "The Sound of Music", Albert Hall 2:00pm



Wednesday, 1/17: Wine Club, LL Bar 4:00-5:00pm \$10 Incline Charge

Wednesday, 1/17: Laurie Russell: "The Women of Cantigny", Dole Hall 7:15pm

A lack of male heirs propelled the women in the Medill, McCormick and Patterson families to do amazing things. Local historian Laurie Russell will tell about these women. From serving in Congress, winning the Pulitzer Prize and owning their own newspapers, each woman has a fascinating story

Thursday, 1/18, 25, 2/1, 8, 15 & 22: Take Charge of Your Health (Free) Workshops, Education Room 9:30-11:30am
See PPTV and fliers for details!

Thursday, 1/18: Assisted Living Party with Singer Heather Braoudakis: "Fun Fifties", 2nd Floor MBL 2:00pm

Friday, 1/19: Economics Today with George Plavac, Education Room 9:30am

Friday, 1/19: TED Talks, Education Room 3:00pm

Today's Topics: Luvvrie Ajayi: Get Comfortable with being uncomfortable; Justin Baldoni: Why I'm done trying to be "man enough"; Zaria Forman: Drawings that show the beauty and fragility of Earth; Natsai Audrey Chieza: Fashion has a pollution problem-can biology fix it?

Sunday, 1/21: Western Springs Theater, Lobby 1:45pm-5:00pm

Transportation to the Western Springs Theater is \$5 round trip billed to your PP account. The play will be *The Cure for Love*. Call for tickets (708) 246-3380. Sign up at reception.

Monday, 1/22: Pray the Rosary, Albert Hall 10:30am

Monday, 1/22: New Resident Welcome Lunch, LL Game Room 12:00pm

New residents are invited to a lunch gathering to get to know each other, hosted by development and life enrichment. Guest presenters will arrive for short talks through the course of lunch. Watch your mail slot for your invitation.

Monday, 1/22: Pianist and Singer Roderick Demmings, Dole Hall 2:00pm

Roderick Demmings, concert pianist/organist/singer from the Peabody Conservatory in Baltimore. Notable performances include: Carnegie Hall (New York City), The Vatican (Rome, Italy), and The Kennedy Center (Washington, D.C.). He is a big fan of Ella Fitzgerald, Frank Sinatra, Broadway, Classical, and many more genres!



Tuesday, 1/23: Coffee and Sweets with the Chef, LL Pvt. Dining Room 9:30-10:30am

Tuesday, 1/23: Ice Cream Social and Accordion Music with Joe Moroz, Albert Hall 2:15pm

Continued on page 8

Continued from page 7

Wednesday, 1/24: IL/AL Outing: Whiskey & Wine Tasting Party at Barrel House Social in La Grange, Lobby 12:00-2:00pm

Enjoy a fun event at Barrel House Social in La Grange. This restaurant is known for their whiskey, and they have put together a special pairing of food with Japanese and Rye Whiskey and Bourbon. Alternative spirits include their famous Social Punch and wine. Menu available at reception desk. Cost of the food and spirits pairing is \$25. Please sign up at reception.

Wednesday, 1/24: Moonshine Band, Dole Hall 7:15pm

Moonshine, an acoustic group playing folk, pop, blues and original music, was created to showcase the hauntingly beautiful voice and incredible creativity and versatility of singer/songwriter Margie Dziadzka.



Thursday, 1/25: Fifth/Third Bank presents: 2018 Investment Outlook, Dole Hall 2:00pm

How will the tax changes and world economies impact you and your investment portfolio? Join Michael Cava, Senior Portfolio Manager, who will provide perspectives on 2017 in review as well as expectations for the stock and bond markets in 2018. All residents and guests who are interested in market insights are welcome. Light refreshments will be served. Served. Attendees will be entered into a drawing for gift baskets, which will follow the presentation.

Thursday, 1/25: Generations: A Family Education Program, Dole Hall 7:15pm

Speaker: Davis E. Taussig, licensed clinical social worker and family therapist will present: Role Reversals: Are you "Parenting" your Parent? The relationship between parent and child changes over time. Learn how to identify and establish healthy supportive roles with an aging parent.

Friday, 1/26: Current Events with George Plavac, LL Game Room 9:30am

Friday, 1/26: Nutrition Seminar, LL Game Room 10:00am

Friday, 1/26: Bill Ruting, author of Steel Men and Wooden Ladders, Dole Hall 3:00pm

Retired Fire Chief and author Bill Ruting will present the history of the La Grange Fire Department from 1866 to 1945 as depicted in his new book.

Saturday, 1/27: Residents' Council presents The John Otto Swing Band, Dole Hall 7:15pm



Resident Council presents John Otto and his Swing Band, well-known and highly sought after throughout the Chicago music scene.

Sunday, 1/28: Spectrios Low Vision Support Group, LL Creative Arts Room 1:30pm

Monday, 1/29: Singer Larry Levin, 2:30pm AH

Monday, 1/29: SPLASH! Hydration, LL Bistro & Bud's Place 3:00-3:30pm

Tuesday, 1/30: Ice Cream with Music, Albert Hall 2:30pm

Tuesday, 1/30: Hull House Museum and Lunch Outing, 9:15am-2:30pm

We begin a history tour of Illinois this year! The Jane Addams Hull House Museum serves as a dynamic memorial to social reformer Jane Addams. She was the first American woman to receive the Nobel Peace Prize. She and her colleagues work changed the lives of their immigrant neighbors as well as national and international public policy. After tour we will stop for lunch on own. Guided tour and coach is \$20. Sign up at reception.

Tuesday, 1/30: Donor Event: "Uncorked", Dole Hall 6:45-8:30pm

Residents who made a donation of any size during 2017 will be recognized at a special dessert/wine party. Invitations will be sent soon. Questions? Contact, Allyson Zak at 482-6840.



Continued from page 1

Principal 1: Displaying Authenticity

Our organization's leadership team will be open and accountable to others. We will earn and maintain integrity and trust. There will be a willingness to learn from each other.

Principal 2: Valuing People

The leadership team will be receptive to non-judgmental listening and will encourage a forum for feedback and improvement. The leadership team will serve the needs of others before their own and examples of the Servant-Leadership model will be displayed. There will be evidence, within the organization, that the leadership team has faith in others and that people are trusted.

Principal 3: Developing People

There will be organic and deliberate opportunities for learning and growth. The leadership team will model appropriate behaviors to support a positive culture. The development of others will be displayed through encouragement and affirmations.

Principal 4: Building Community

There will be a building of community, as evident by strong personal relationships. The spirit of the organization will become known for working collaboratively and valuing the differences of others.

Principal 5: Providing Leadership

There is a vision. Goals will be clarified and mobilized within the organization. There will be actionable initiatives taken to move the organization towards these goals.

Principal 6: Shared Leadership

Shared leadership will be achieved through a shared vision. There will be evidence of shared power and released control by leadership. And lastly, there will be shared status and the promoting of others throughout the organization.

Please know that I cannot do it alone and having a co-authored and collaborative approach to gain insight, feedback and counsel, with all of you, will be paramount as we move forward to achieve a greater good. I look forward to leading our team and propelling us forward in the years to come. I want the story of Plymouth Place to be told in the changed lives of people.

Onward!! Jay Biere

Residents' Council Nominations: In early March 2018, the residents' council nominating committee will make its recommendations for renewing or replacing the following nine resident Council committee chairmen: Treasurer, assisted living, Christmas fund, cottages, finance, food, friendship, gift shop, and program. We need your help to put together the best slate possible. If you would like to be considered for a position or feel strongly that someone else would do a bang up job, please contact Bill Coates, Nominating Committee Chairman, in apartment 726.



Volunteer Spotlight: Gloria Vernerder

When first meeting Gloria she is quick to tell you her name is Gloria "Busy" Vernerder! Gloria was happily married for 32 years and lived in LaGrange all that time, working first at the LaGrange Library and then the Hinsdale Library. She has two daughters, 5 grandchildren and 6 great grandchildren, all of whom keep her "busy"! Gloria celebrated her 10th anniversary at Plymouth Place on December 10th. She and Marion Giles started the Plymouth Place Women's Club. Gloria, as chairperson, together with a representative from each floor, plan the Ladies at Lunch programs. She volunteers in the Library, is part of the Spiritual Life Committee, and she is the leader of the Plymouth Place Readers Group. Gloria is a very "busy" woman!

Scene On the 2nd Floor

As we enter 2018 we should strive to make this a year of finding balance with fulfillment, of joy, and peace. There are changes to the AL calendar in January. Fitness with Cam will be Thursdays at 9:30am in the MPR. Join George Plavak on the 2nd Friday of the month at 9:45am in the multipurpose room for "Current Events". "Ceramics with Ryan" is the 1st and 4th Tuesday of

the month at 10am in the MPR. Look to the calendar to do a Craft with Nancy. Her snowmen craft in December was a hit. Welcome back singer Heather Braoudakis for her "Fun Fifties" party on the 18th at 2:00pm in MBL. We have a movie suggestion basket next to the couch in MBL.

Happy New Year 2018!

Selma and Sandi



Laverne Sere-naded George!

Greg's Place Happenings

New and exciting programs will be implemented in the month of January. New volunteer Marianne will lead us in crafts and we will bake cookies using different family recipes and reminiscing. Join us on the 4th with favorite entertainer Edizon Dayao. Treats and hot cocoa will be served. Weather permitting, our January trip will be on the 15th.

On the 24th we will warm up by talking about some of the best places to vacation! For our classic movie on the 17th, we will enjoy the riveting dancing of Gene Kelly and Leslie Caron in "An American in Paris". We hope to have some snow so we can have a snowball contest.

Chris & Ryan



Carolers From Evelyn's Church

Health Care Center Happenings

As we bring in the New Year our ears are still ringing from all of the Christmas fun! We continue our musical fun on January 8th where we will celebrate the King of Rock and Roll's birthday by singing some of his greatest hits and enjoying his favorite food: peanut butter and banana sandwich! This month we look forward to another town tour for

our monthly outing! Kym Frankovelgia will entertain us on the 14th. On the 17th we will sing along with some of our favorite songs as we enjoy the classic movie, "The Sound of Music". January 22nd is the perfect time to stay in your pajamas and cozy up with good friends! Stop in and warm up with the 3rd floor entertainment!

Anita, Ruby, Holly & Celeste



Connie Enjoys Flowers

Chaplain Chat: As we begin the new year, it is time to try some new things as well. I have never been a fan of New Year's Resolutions. People often pick a rather grandiose resolution and so often they are so hard to follow through on that they are mostly abandoned. I rather think of the new year as an opportunity to try something new – to experiment. Why not try a new activity here at Plymouth Place or elsewhere? You don't have to say it's permanent, but rather "I'm gonna try this or that". The New Year's Resolution I ask you to make is to NOT write something off before you try it. It doesn't matter that you have never done it before. Go see it, try it, and give it a shot. One thing that will be new from the Spiritual Care Committee is that we will offer booklets of Table Graces that you may choose to use at your meals. The booklets will be in a basket as you enter the dining hall. Take a booklet and see if there is a phrase of thanksgiving that would be meaningful for you to read aloud or say silently for yourself. Then put the booklet back in the basket when you leave. Try it! You just may like it!

Inside News

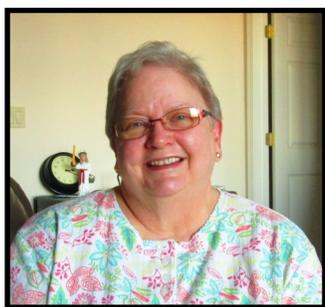
*Getting To
Know You*

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.



Ed and Peggy Grosse moved here from Indian Head Park, where they lived for 19 years, and prior to that in Western Springs for 45 years, where Peggy was born. Ed was born in Green Bay, WI, and they met at Lawrence Univ. in Appleton, WI. She studied French and Spanish, and Ed studied Math. He served in the Korean War and was sent to University of Chicago to study meteorology. He worked for the Air Force as Chief Meteorologist for the SW Pacific. They lived in Guam for 2 years, and he was sent to the University of Hawaii for tropical meteor school and became a typhoon specialist. Ed had a business in casualty insurance

out of Chicago, Crystal Lake, Winnetka and Elmhurst. They have three children: Scott in CO, Sara in Western Springs and Laura in NC. They have eight grandchildren and six great grandchildren. They were world travelers, and Ed's hobbies include sports (he's in his HS Hall of Fame for football, basketball and tennis), golf and gin rummy. Peggy was longtime secretary at 1st Congregation of W.S. where they are members, and she reads, knits, does crossword puzzles and plays bridge. Trivia: Peggy's parents also lived at Plymouth Place.



Ruth Nicholson moved here from La Grange Park, where she lived for 40 years. Ruth was born in Kiwanee, IL and earned a degree in math from McMurray College near Springfield. For 32 years she worked for the Department of Veterans Affairs as a computer systems programmer on the Hines grounds. This is where she met her boyfriend and fellow resident, Ken Lightbody. Ruth's hobbies include bird watching, knitting, reading (currently Scandinavian mysteries), bridge (belongs to several groups), antiques, and travel, especially land tours. She and Ken went on the Plymouth Place Branson motor coach tour last year.

Look What Dining Service Is Cooking Up!

- 1/2, 9, 16, 23, 30: Bistro Live Action, 5:00-6:30pm.
- 1/4, 11, 18, 25: Bistro Buffet, 5:00-6:30pm
- 1/5: Cruise Around the World, Portuguese Dish (All Dining Rooms), 5:00-6:30pm.
- 1/10: Birthday Bash, 4:00pm Dole Hall.
- 1/10: Birthday Bash Dinner, LL Dining Room, 4:30-6:30pm.
- 1/12: Bistro Live Action, 11:30am-1:30pm.
- 1/15: Ladies Luncheon, Sarah Tudor Dining Room, 11:30am.
- 1/17: Wine Club, LL Lounge, 4pm.
- 1/22: Coffee with the Chef, LL Dining Room, 9:30am-10:30am.
- 1/26: Nutrition Seminar, "Sodium", Lower Level Game Room, 10:00am.
- 1/29: SPLASH! Bistro and HCC, 3:00pm-3:30pm.



Dining Services Management: Al Gracia, Director with overall responsibility of the department
 Chef Maryann: All culinary activities, menus, special events
 Shemika Jenkins: Food Operations Manager; Bistro, Greg's Place
 Edith Almazan: IL and AL Dining rooms, Room Service
 Victor Gonzalez: Dining Services Catering representative
 Janet Budnick, RD, Dietician, Clinical Nutrition Manager, Health Care Dining Services



African Kamerlions Band



Rudolph Ringers



Chicago Swedish Glee Club



Winter Gallery Exhibit



Chicago Metropolitan Brass



Organist Dick Best



Starlighters Big Band



Choir Concert



Joel Cummins Concert



Chimes Winter Concert



Annual Christmas House Walk



Employee Thank You Show



Holiday Family Parties and Special Events

Development Corner

Allyson Zak

Joel Cummins Raises Money for Dance Floor: Many thanks to Joel Cummins, son of Resident Susan Cummins and pianist in rock band Umfree's McGee, for doing his third annual holiday piano concert. This year, to honor his parents, he asked that donations and proceeds from the sale of his CDs go to a fund to buy a portable dance floor that could be used in Dole Hall for dance parties, in the Hendrickson Fitness Center for line dancing and ballet, and in Albert Hall for various performances. If you would like to make a donation to the Dance Floor Fund, please contact Allyson at 482-6840.

Save the Date: Residents who have donated any amount to Plymouth Place during 2017 will be invited to a special dessert and wine party on January 30. Invitations will come out shortly.

Fifth Third Bank Investment Outlook for 2018: Please mark your calendars for 2 p.m. on January 25 in Dole Hall when economists from Fifth Third Bank will present their 2018 Investment Outlook. They will discuss expectations related to any tax changes resulting from recent legislation as well as provide an overview of market considerations for the upcoming year.



Plymouth Place Staff: Lillia (Lily) Corpus

Sous Chef – Dining Services

Smiling broadly, Lily Corpus shared her childhood in Oklahoma City, OK before moving to San Antonio, TX after marriage where her two children, Steve and Amanda, were born. She joined the culinary world in 1988 at an Army Resident Facility for retired officers. Her beloved mentor, a retired woman army colonel, was director of food services and promoted Lily through all of the kitchen assignments with many educational trips to other facilities and classes, culminating in Lily being named lead in the kitchen.

After 23 years at the Army Resident Facility, Lily moved to Chicago three years ago and stayed with her brother who was remodeling buildings in the western suburbs. When he forgot his glasses at a job in the La Grange area, she rode out with him and spotted the beautiful building, Plymouth Place Senior Living, which reminded her of the Army Resident Facility. She checked into the postings for Plymouth Place, applied and was immediately hired.

Lily enjoys the varieties of skills needed as a chef, but her favorites are pastries and catering events where she can create small appetizers and specialty treats. She is most comfortable in the ordered and disciplined environment of the kitchen and is very happy working with the Plymouth Place kitchen staff.

Lily lives in Naperville and spends her time off walking the countryside, particularly in a nearby forest. She stays in close touch with her two children plus two grandchildren, Steve and Alexia, who have remained in San Antonio. They surprised her recently with an excited report that it was snowing there.



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.

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