

## January Events

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Volume 74 Issue 1

January 2019

### Jay's Desk

Happy New Year to each of you and trusting that the good memories of Christmas are still fresh in your minds and hearts. We look forward to ringing in the New Year with our residents in Dole Hall on December 31st, making good use of the new dance floor!

It was an outstanding 2018 for Plymouth Place, and I want to reflect for a moment before we press on to 2019. Highlighting a few successes:

We were able to complete a number of large capital projects that improved décor, service, and ambience for our residents; specifically, renovations included our memory neighborhood – Greg's Place, our healthcare north and south common spaces, and our main lobby. Numerous residents generously gave monies to support our capital projects, thus enhancing the overall project with additional amenities and services.

Our gracious residents and friends of Plymouth Place raised over \$90,000 to invest back into the education and development of our staff through the scholarship fund. Furthermore, the residents and families of Plymouth Place gave more than \$240,000 for our employee Christmas fund, providing an incredible gift in advance of Christmas for our associates.

We have implemented a number of leadership changes to support our community's future and provide long-term sustainability, as well as programmatic improvements to better serve our residents.

The team achieved 100% occupancy in assisted living, memory care, and record census levels in healthcare and independent living.

The last quarter was especially strong with 2018 being a banner year for revenue.

Another year of award-winning programs and services that have enhanced the lives of seniors at Plymouth Place and in the greater community.

Strong partnerships with 17 other non-profit organizations that make a difference in the lives of our neighbors and support our social accountability role within the greater community.

Financial indicators are strong as we have exceeded the bondholders' requirements for debt service coverage, days cash on hand, and budgeted net income. These achievements resulted in the lowest annual increase in 10 years for Plymouth Place customers.

These results could only be achieved through a tremendous team effort with residents, staff, leadership and our Board. What a great testament to our community and the collaboration and trust that exist to support a greater good.

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**January Birthdays**

Nancy Jones	1/3
Audrey Johnson	1/5
Beverly Figge	1/6
Helen Scotty	1/6
Shirley Sampson	1/7
Christine Wolgemuth	1/7
Norm Griffeth	1/8
Phil Kennedy	1/8
Marjorie Klindera	1/8
Harry Krueger	1/8
Mary Jane Gibbs	1/9
Chester Rozanski	1/11
Alice Harley	1/13
Carol Feitl	1/14
Julia Kramer	1/14
Carol Soudan	1/14
Elsie Stiffler	1/15
Carl Subak	1/16
Elizabeth Naughton	1/17
Andrew Carney	1/18
Patty Sampson	1/18
John Gilbert	1/21
Ariadne Beck	1/24
Joyce Pilditch	1/25
Geraldine Burke	1/28
Doris Gage	1/28

**Happy Anniversary**

Larry & Jane Herndon 1/6/61

**Welcome to New Residents**

Gertrude Schmitt of Western Springs	Apt 166
James Berry of Sonoma, CA	Apt 248
John & Maryann Sheehy of Chicago	Apt 256
Eileen Mendez of Oak Park	Apt 433
Jeanne Petruzzelli of Oak Park	Apt 516
Ed and Janet Roman of La Grange	Apt 719

**Bessie Roose Library—New Books****Three Things About Elsie** by Joanna Cannon.

At eighty-four, a woman remembers her childhood friend, a devastating secret from their past and small acts of kindness that bring people together.

**Mary B: A Novel** (large print) by Katherine Chen. The middle sister of Jane Austen's "Pride and Prejudice" casts off her prim exterior and takes center stage in this fresh retelling of the classic novel.

**Past Tense: A Jack Reacher Novel** by Lee Child. Jack Reacher explores the New England town where his father was born and a Canadian couple now find themselves stranded.

**From The Corner of the Oval Office** (large print) by Beck Dorey-Stein. An insider's glimpse into the White House of Barack Obama.

**The Soul of America** by Jon Meacham. The present political climate is contextualized through the lens of difficult moments in American history.

**Nine Perfect Strangers** by Liane Moriarty. Guests gather at a wellness resort, but things are not as they appear.

**Where The Crawdads Sing** (large print) In a quiet town on the North Carolina coast in 1969, a young woman who survived alone in the marsh becomes a murder suspect.

**Melmoth** (large print) by Sarah Perry. A gothic fantasy figure returns to haunt contemporary Prague.

**Holy Ghost** (large print) by John Sanford. Virgil Flowers investigates a shooting in a Minnesota town that is trying to revive its ailing economy.

**Every Breath** by Nicholas Sparks. When two strangers cross paths, their feelings for each other will give way to choices that pit family duty against personal happiness in devastating ways.

**The Summer Wives** by Beatriz Williams. Story of love, class, power and redemption set among the inhabitants of an exclusive island off the New England coast.

**In Memoriam:** ~~Mary Ingmire~~ ~~Anthony Perkovich~~  
Andrew Pollard Dr. Harold Paul

**Friday Communion:** If not able to attend worship in Dole Hall on first Fridays and you would like to receive communion, call the Chaplain's Office (215-5556) by the Thursday evening before.



### 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!

Meeting on 29th, 4:00pm in LL Arts Room. 9/16-10/2: France River Boat Cruise! June 17-21 is our Mackinac/North Michigan bus trip! Call Rita at 482-6805 with questions.

### SHOPPING & LOCAL TRIPS (no fee)

Mondays 9:30am Walgreens/Trader Joe's  
 10:45am Jewel/Osco/Dollar Tree  
 Thursdays 9:30am Jewel/Osco/Dollar Tree  
 11:00am Walgreens  
 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)!

**Congratulations** to **Lily Corpus**, promoted to Executive Chef.

**Congratulations** to **Tom Finley**, promoted to IT Maintenance Tech!

**Goodbye and best wishes** to Muir HCC beautician **Paula Novak**, who retired!

### 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#:
Address:	Phone#:
Name:	Phone#:
Address:	Phone#:

### Plymouth Place Service League

Are you interested in volunteering? There's always a need for assistance in a variety of ways. For information, contact life enrichment volunteer coordinator, Sandi Kemmerling at 482-6672.

### 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:** Edward Grosse, Robert Parsons, Nick Crnkovich and Betty Rossbach. 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

### Clinic News

No appointment is necessary to see the nurse in the lower level clinic.

This month's blood draw is scheduled for January 8 & 22 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

<b>Mondays:</b> Mind Games, LL ARTS	9:30am
Catholic Communion/Mass, Dole Hall	10:00am
PP Chimes, Dole Hall	10:45am
Reflecting on Our Faith, 2nd fl. MPR	2:00pm
Great Courses: Greatest Paintings, SKY	4:00pm

### Tuesdays:

Weaving, LL Weaving Room	9:00am
Knitting Group, LL ARTS	9:30am
Painting Class, (1/15 & 22), 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 (1/2 & 16), 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
Ceramics Class, (1/10 & 31), LL ARTS	1:30pm
Spiritual Growth, SKY	2:00pm
Toastmasters Club, (1/3 & 17), Ed. Rm	6:30pm

### 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:

Scrabble Club 518 (1/5 & 19), 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	
<b>Mon-Sat:</b> Early Bird Fitness	8:30am
<b>Mon/Wed/Fri/Sat:</b> Sculpt/Strength	9:00am
<b>Mon/Wed/Fri/Sat:</b> Walking Club	9:30am
<b>Mon/Wed/Fri:</b> Floor Mat Pilates	10:00am
<b>Mon/Wed:</b> Aqua and Aqua Pole	1:15pm
<b>Mon/Wed:</b> Chair Yoga	2:30pm
<b>Tue/Thurs:</b> Aqua Fit Pool	8:15am
<b>Tue/Thurs:</b> Stretch & Line Dance	9:00am
<b>Tue/Thurs:</b> Rock Steady Box	11/12:00pm
<b>Wed/Fri:</b> Balance Bar	10:30am
<b>Fridays:</b> Men's Aqua Pool	1:15pm
<b>Fridays:</b> Bags/Bocce/Ping Pong, etc.	2:00pm
<b>Fridays:</b> Circuit Training	2:30pm

*Personal Training is also available with certified personal trainer & fitness Coordinator Stefanie and Alejandro, reached at 708-482-6775*

### Lower Level Massage

(Call Ying at 312-659-3677 for appointment)	
Monday & Friday	9:00am-12pm
Wednesday's	3:30-5pm & Sunday's by apt.
(Call Keith at 708-420-8923 for appointment)	
Tue/Wed/Thurs/Sat	9:00am-1pm

### The Spa at Plymouth Place, by Muir Salon



Gift Certificates Available!

<b>Lower Level Hair</b> (call 708-588-6473)	
Wednesday - Friday	8:00am-3pm
<b>Third Floor Hair</b> (call 708-482-6580)	
Tuesday - Thursday	9:00am-3pm
Friday	10:00am-3pm
<b>Greg's Place Hair</b> (call 708-482-6580)	
Tuesday-Wednesday	8:00am-12pm
<b>Manicures &amp; Pedicures, located in LL Salon</b>	
Fridays	8:00am-2pm

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



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

**Wednesday, 1/2: Men's Coffee with Rev. Kirchherr, Multi-purpose Room 10:00am**

**Wednesday, 1/2: Guided Tour of Holiday Flower Show 'Tickled Pink' Garfield Park Conservatory, Lobby 9:15am-2:30pm**

Enjoy a sugar plum dream display of pink poinsettias and deep green trees decorated in a rosy illumination. You'll enjoy the holiday glow that extends beyond the Show House throughout the Conservatory. Tour and coach \$20 billed to your account. We will stop for lunch on own. Sign up at concierge

**Wednesday, 1/2: Drumming Circle, Albert Hall 2:00pm**

**Thursday, 1/3: PP Chapter of the Woman's Society, Multi-purpose Room 2:00pm**

**Thursday, 1/3: Cruise Around the World to Nepal, Dole Hall 3:00pm**

The cruise destination this month is Nepal. Enjoy photos and stories from Rita & Larry Lopienski's 2018 trip. Share stories and memorabilia. Come receive your new 2019 passport and get your stamp. Enjoy a culinary treat from this country.



**Thursday, 1/3: Dole Hall Presents: Allison Wang Piano Concert, Dole Hall 7:15pm**

New York City pianist Allison Wang, formerly of Chicago College of Performing Arts at Roosevelt University, returns to Plymouth Place.



**Friday, 1/4: You Be the Judge with George Plavac, Education Room 9:30am**

**Friday, 1/4: Plymouth Place Chorus Presents: Joy! A Gospel Christmas Celebration, Dole Hall 3:00pm**

**Saturday, 1/5: Tenor & Pianist Richard Gersten, Margaret Bailey Lounge 2:00pm**

**Mondays, 1/7 & 1/21: Creative Writing of Act II, Education Room 11:30am-1:00pm**  
Free Writing Group sponsored by Aging Well Neighborhood. Reservations requested at the AWN Act II office (708) 245-8170.

**Monday, 1/7: Tea at Two with Kathy, Dole Hall 2:00pm**



**Tuesday, 1/8: Life Enrichment Open Meeting, Education Room 11:00am**

**Tuesday, 1/8: Ice Cream Social with Rita's Guitar Sing-along, Albert Hall 2:15pm**

**Tuesday, 1/8: Residents' Council Meeting, Dole Hall 7:15pm**

**Wednesday, 1/9: Chicago Shakespeare Theater Outing: A Midsummer Night's Dream, Lobby 11:30am-4:30pm**

Coach transportation is \$10. Purchase tickets at (312) 595-5600. Sign up at concierge desk.

**Wednesday, 1/9: HCC Party with Larry Levin, Albert Hall 2:30pm**

**Wednesday, 1/9: 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 at 4:00pm for those wishing to purchase liquor.



**Thursdays, 1/10 & 1/31: Ceramics Class, LL Creative Arts Room 1:30-3:00pm**

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

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**Thursday, 1/10: Art Gallery Reception: 8th Annual Resident Paintings Exhibit, LL Gallery 4:00pm**

Meet some of our residents and hear the stories of their artwork. Refreshments served.

**Friday, 1/11: Historian Clarence Goodman: "In the Belly of the Beast: King in Chicago", Dole Hall 3:00pm**

Dr. Martin Luther King's immortal footsteps trod throughout the world, as did his voice echo. His path and prose brought him to Our Town during his brief and meteoric career.

**Saturday, 1/12: Tech Tutoring, LL Promenade 9:00am-1:00pm**

Member of the La Grange Park Library staff will be here to answer questions and help you with your devices.

**Saturday, 1/12: Dole Hall Presents: Jason & Sheri Deroche, classical guitar and violin, Dole Hall 7:15pm**



**Sunday, 1/13: Singer Kym Frankoveglia, Albert Hall 2:00pm**

**Monday, 1/14: Hymn Sing, Albert Hall 2:00pm**

**Monday, 1/14: Lyric Opera of Chicago Lecture *La Boheme*, Skyline Lounge 3:00pm**

Carla Thorpe will present the history of the show and play select pieces from the opera.

**Tuesday, 1/15: Campus Care with Mary Konieczny, LL Game Room 10:30am**

**Tuesdays, 1/15 & 1/22: 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. Please sign up at concierge desk.

**Tuesday, 1/15: Ice Cream Social & Music with Joe Fire, Albert Hall 2:15pm**

**Tuesday, 1/15: Nepal movie: "Himalaya", Dole Hall 2:30pm**

1999 Academy Award winning foreign film. An aging chief's last stand, lessons for the new, and the education of a young chief-to-be played against harsh Nature in Nepal's Dolpo.

**Wednesday, 1/16: Lyric Opera Outing: *La Boheme*, Lobby 11:45am-6:00pm**

Coach transportation is \$10 billed to your PP account. For tickets call (312) 332-2244. Sign up at concierge desk.

**Wednesday, 1/16: Afternoon at a Classic Movie, "Mary Poppins", with Popcorn, Albert Hall 2:00 pm**



**Wednesday, 1/16: Wine Club, LL Bar 4:00-5:00pm \$10 incline charge.**

**Wednesday, 1/16: Dole Hall Presents: Shakespeare Project Chicago: *Titus Andronicus*, Dole Hall 7:15pm**

Considered to be Shakespeare's very first tragedy and by far his most violent, *Titus Andronicus* may have been co-authored with George Peale. It is representative of the revenge tragedy genre, popular at the time. Titus, a victorious roman general, returns from the war with the enemy in tow. He publicly refuses to show mercy to his fallen foe, Tamora Queen of the Goths, and executes her son. Non-residents must RSVP for this performance, Contact the Marketing Department.

**Thursday, 1/17: Drury Lane presents: *Beauty & the Beast, The Musical*, Lobby 12:45pm-4:30pm**

Purchase your ticket at 630-530-0111. \$5 coach fee. Please sign up at concierge desk.

**Thursday, 1/17: AL Party with Singer Edizon Dayao, Margaret Bailey Lounge 2:00pm**

**Friday, 1/18: Economics Today with George Plavac, LL Game Room 9:30am**

**Friday, 1/18: GP Party w/Singer Larry Levin, Education Room 2:00pm**

**Friday, 1/18: COD Adjunct Prof. Gary Wenstrup: "Simon & Garfunkel: Sound and Then Silence", Dole Hall 3:00pm**

If you took the musicality of The Beatles and matched it with the lyricism of Bob Dylan, the result might be Simon & Garfunkel. Often considered the thinking person's rock 'n' rollers, they were also one of the most successful musical acts of the 1960s. Using audio and visual content, we will trace the arc of Simon & Garfunkel's career from their surprise teenybopper hit "Hey Schoolgirl" to the folk-rock classic "Sound of Silence" to the majesty of "Bridge Over Troubled Water."

**Sunday, 1/20: Western Springs Theater: *The Tin Woman*, Lobby 1:30-4:45pm**

Transportation to the Western Springs Theater \$5 round trip billed to your PP account. Call for tickets (708) 246-3380. Sign up at concierge.

**Sunday, 1/20: Dole Hall Presents: Cuarteto Tangero, Dole Hall 2:00pm**

The dynamic, prolific and world-renowned duo of Ben Bogart and Winnie Cheung invite you to share their passion for tango music. Ben is a bandoneón player who holds a degree from Berklee College of Music and a certificate from the Orquesta Escuela de Tango Emilo Balcarce. Winnie is a pianist and composer from Hong Kong who holds a B.A. in Music from the University of Chicago and a M.M. and D.M.A. from the Eastman School of Music in Rochester, New York.



**Monday, 1/21: Ladies at Lunch, Sarah Tudor DR 11:30am**

Sign up for the lunch at concierge desk through the 18th. Dues of \$2 will be collected at door. Program at 1:00pm in Dole Hall: "Driving Independence for Older Adults" will be presented by Janet Garreau, Executive Director of Interfaith Community Partners. All are welcome.

**Monday, 1/21: Dole Hall Presents: Classical Guitarist Jack Cimo, Dole Hall 7:15pm**

Sponsored by the George Olsen Family, his Californian award-winning virtuoso returns by popular demand!



**Tuesday, 1/22: Ice Cream Social with Guitarist Joe Moroz, Albert Hall 2:15pm**

**Tuesday, 1/22: Jazz-Film by Ken Burns, Episode 7: "Dedicated to Chaos", 3:00pm DH**

1941: WWII and jazz music goes to war. Swing becomes a symbol of democracy and Glen Miller and Artie Shaw take their music to the armed forces overseas. Gypsy guitarist Django Reinhardt helps jazz become a symbol of freedom and liberation. In New York, jazz moved from Harlem to 52<sup>nd</sup> street with Billie Holiday, Duke Ellington, Billy Strayhorn. In 1945, Dizzy Gillespie and Charlie Parker record and release "Koko", the new music called bebop, altering the course of jazz.

**Wednesday, 1/23: Art Institute of Chicago Japanese Art Exhibit, Lobby 9:30am-2:00pm**

Shown for the first time in the United States, this comprehensive collection of ukiyo-e paintings brings the "floating world" and its metropolitan amusements to life. In the 17th century, Kyoto, Osaka, and Edo (now Tokyo) were Japan's thriving cities, complete with bustling entertainment districts where ukiyo, or the "floating world," was born. Admission and coach cost \$31. Let us know if you are a member when you sign up at concierge desk.

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**Wednesday, 1/23: Movie “Selma”, Dole Hall 2:30pm**

A chronicle of Dr. Martin Luther King, Jr.’s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama, in 1965 starring, David Oyelowo and Carmen Ejogo.

**Thursday, 1/24: Kelly Wise Health Pro Lecture: Healthy Living: New Health and Wellness Assessment, LL Game Room 1:00pm**

**Thursday, 1/24: 2015 Nepal Documentary Movie: “Sherpa”, Dole Hall 3:00pm**

Mount Everest's Sherpa community share their experiences of the deadly avalanche that struck on April 18, 2014, killing 16 of their members, and how they coped in the aftermath.

**Friday, 1/25: Current Events with George Plavac, Education Room 9:30am**

**Friday, 1/25: TED Talks, Education Room 3:00pm**

Today’s topics: Ariana Curtis: Museums should honor the everyday, not just the extraordinary; Dana Kanze: The real reason female entrepreneurs get less funding; Alex Rosenthal: The joyful, perplexing world of puzzle hunts; El Sistema’s top youth orchestra.

**Saturday, 1/26: Dole Hall Presents: Anette Isaacs, “Between Normality and Terror: Everyday Life in Nazi Germany”, Dole Hall 7:15pm**

Anette Isaacs returns for the next in her Germany series. This lecture examines government surveillance and brutality vs societal paradigms of education, employment, women’s roles, and culture in the 1930s as ordinary people oscillated between normalcy and terror.

**Sunday, 1/27: Forever Praise Christian Community Choir, Dole Hall 2:30pm**

Enjoy a 17-voice choir representing members from different church choirs, singing in harmony.

**Monday, 1/28: 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. Watch your mail slot for your invitation.

**Monday, 1/28: SPLASH! Hydration “Sangria Punch”, LL Bistro 3:00-3:30pm**

**Tuesday, 1/29: Ice Cream Social with Guitarist/Singer Richard Suwinski, Albert Hall 2:15pm**

**Tuesday, 1/29: Opera Hits, Dole Hall 3:00pm**

Opera superstars perform memorable scenes in some of the world's finest opera houses in this compilation of opera classics.

**Wednesday, 1/30: Adler Planetarium Outing, Lobby 9:00am-2:30pm**

Admission includes a Sky Show and all exhibits and coach fee \$35. Lunch on own at the Galileo’s Café.

**Wednesday, 1/30: HCC/GP Party with Singer Sandi Haynes, Albert Hall 2:30pm**

**Thursday, 1/31: PP Travelers Meeting, LL Creative Arts Room 4:00pm**

Learn details of the 2019 River Cruise through France and the June Mackinac motor coach tour. Invite your friends to join us on our trips!

**Pet Blessing:** Our Pet Blessing ‘Tree of Honor and Remembrance’ blossomed as we had it on the Lower Level. It grew to include 60 pets named on paw print ornaments. Our pets indeed are a blessing in our lives forever.



**Volunteer Spotlight:** The Volunteer Coordinator is looking for a few good drivers who would be willing to deliver lunch once a month to Beds Plus (just around the corner on Ogden Avenue). Our Chef puts together the lunch and you would deliver it at 11am the third Thursday of the month. If you are interested, please contact volunteer coordinator Sandi Kemmerling, at 708/482-6672.



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We are positioned well for the future and expect further growth as we continue improvements, make important investments into programming and the building, and look for avenues to expand our reach to serve. In 2019, we are celebrating 75 years of service to seniors in the area. Our ongoing focus will be to preserve the past and protect the future as we honor the legacy of those who have come before us. Blessings upon you and your family as we serve together in 2019! — Jay Biere, CEO



### A Time to Celebrate!

The 2018 Residents' Council Employee Christmas Gift Fund checks were given to employees on December 14. People Services staff prepared a list of hours worked by each employee for a 12 month period. Hours worked were multiplied by a monetary factor to produce each individual's gift amount. Thanks to the generosity of our many residents, a full time employee received \$1,100. Employees celebrating 5, 10, 15, 20, and 25 year anniversaries of employment with Plymouth Place received additional longevity money. Checks were received by 344 full and part time non-senior management staff who were in Plymouth Place employment on December 1, 2018.

The Gift Fund Committee of Russ and Donna Lundstrom with Don DeBraal would like to express their thanks to the many residents who gave of their time to assist with the implementation of the program. Assistance of administrative and support staff was also crucial to the achievement of this undertaking. Gifting was made possible by the many generous Plymouth Place residents and their families who contributed to this worthy undertaking of the Residents' Council.



**Holiday Light Recycling:** Every year we buy new Christmas lights, and toss the tangled masses and lights that no longer work into the landfills, right? This year we can feel better about throwing them away by **recycling** them instead! We will have boxes on the LL for you to drop them off to be recycled. We are partnering with the Village of La Grange Park to make this happen.

**Women's Club Philanthropy:** The Plymouth Place Women's Club philanthropic project for 2018 was Foods Resource Bank, now known as Growing Hope Globally. A contribution of \$880.75 was presented to the organization. Our donation will be matched, doubling our impact in helping those in need and will help people living in extreme poverty to grow and flourish. The Club has selected Greater Chicago Food Depository as its 2019 philanthropic project. This organization partners with other hunger-relief organizations to make sure all Chicagoans have access to nutritious food. For more information, contact resident Gloria Vernerder.

**Outdoor Recreation Survey:** Residents from 38 units responded positively to our survey. The number of responses for each activity was as follows: Bocce ball: 25; Shuffleboard: 17; Putting green: 15; Bags: 9; Croquet: 7. Additional suggested activities were: adult swings, walking path, fire pit, horseshoes and gardening. Twenty-two individuals expressed an interest in participating in further planning, and we already have a volunteer to organize Bocce ball tournaments. We will be contacting these individuals regarding a meeting later in January. The purpose of this meeting will be two-fold. First, we would like to hear from management to insure that our activities are not in conflict with their plans and resources. Secondly, we will be recommending the formation of teams that will take responsibility for collecting the information needed to guide the planning for each activity, e.g., space requirements, equipment costs, constructions costs, etc. Thanks! (Survey compiled by resident Don Pochyly). There are new indoor rec games that have been recently purchased that our Fitness/Wellness Coordinators Stefanie and Alex are leading on Friday afternoons at 2:00pm in the lower level. Try it out, join the fun!



## Scene On the 2nd Floor

Welcome to 2019! Start the new year with a resolution for fitness! We have certified fitness staff Rachel and Alex to begin your morning at 9:30am with seated stretching and strengthening. We also have Saturday programming to keep you busy! Join us in the Multipurpose Room and Margaret Bailey Lounge for some brain fitness, crafts, bingo, art and ceramics classes and more!

In the Margaret Bailey Lounge at 2:00pm on the 5th we feature tenor/pianist Richard Gersten and on the 17th we have keyboard player/singer/saxophonist Edizon Dayao here to entertain you. Check your calendars for the details on these programs. Welcome new residents James Berry of Sonoma, CA and John and Maryann Sheehy of Chicago!

Selma & Rachel



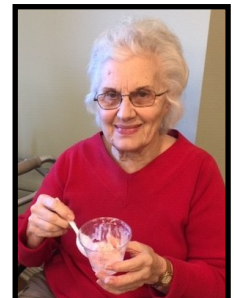
Marion & Kym

## Greg's Place Happenings

Happy New Year! Are you making a New Year's resolution? We hope this year finds you healthy and more prosperous! At GP there is something for everyone to do, from cooking to art to trips! There is never a dull moment! Be sure to note new programs that have been added to our activity calendar. Heather sings on the 3rd and Larry Levin on the 18th.

Weather permitting, Town Tour will be the 21st at 1:30pm. The Week of January 21-25 we will celebrate "National Activity Professionals Week," when we recognize those who plan activities here at Plymouth Place.

Chris & Ryan



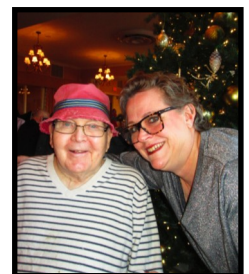
Ice Cream!

## Health Care Center Happenings

As we bring in the New Year, our ears are still ringing from NY Eve Party! We look forward to what 2019 brings and will be creating a vision board to get our minds thinking positively for the New Year. Join us on the 9th for our wine and cheese party with the very "punny" Larry Levin, who will entertain us with his singing and his jokes. Join us on the

13th and welcome Kym Frankoveglia for our monthly weekend entertainment. Come to Albert Hall on the 16th to watch "The Sound of Music" for our classic movie. On the 21st we will take a town tour of Western Springs to see the historical homes and buildings and learn how Western Springs was developed.

Anita, Ruby, Holly & Celeste



HCC Party

**Chaplain Chat:** January 6 is Epiphany! It's the 12th day of Christmas, when we remember the wise ones who came to Bethlehem and celebrate The Light coming into the world. The ancient prophet Isaiah wrote, "The people who have walked in darkness have seen a great light." Here's a suggestion for your celebration of LIGHT. **L:** Look for the good in everyone you encounter. **I:** Invest your time and spirit in learning something new. **G:** Go! Somewhere! Anywhere! Get up and get out and get connected. **H:** Help someone. Research shows that helping others helps to heal and strengthen us emotionally. **T:** Trust others. We live in a world of suspicion and anxiety. Trust the heart of kindness in others. Trust your own heart. And trust that God is always present and working for good in the world. Celebrate LIGHT!



**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.



**Eileen Mendez** calls herself “The oldest new person here”, because she has been moving here in segments over the last several months. Eileen was born and raised in Chicago, lived in Oak Park for 22 years. She received a degree in English from UIC and a Masters degree in English and Linguistics from NEU. She taught ESL at Proviso East and Elmwood Park High Schools for many years. She married Steven Prohm, who worked for IBM; they lived in Paris two years. They had a daughter who died of leukemia at a young age, son Alan, who lives in Berlin, and a granddaughter. She later married Oscar Mendez, from El Salvador, who is still her best friend. Eileen’s hobbies are reading and traveling. She has been to more than 70

countries, teaching ESL informally wherever she goes. Cambodia is her recent passion, staying up to 4 months one time.



**Jeanine Crouse** moved here from Naperville after living in Freeport for 32 years. She was born on a farm in Iowa and studied home economics at Iowa State, where she met her husband Dick Rice. They were stationed in Vietnam for 3 years where Dick was a pediatrician with the Air Force. They had two daughters (Laura in Minneapolis and Debra in Riverside) and 3 grandchildren. Jeanine’s second husband, Jerry Crouse, was a dairy equipment dealer and wood worker who had 4 daughters and grandchildren. They were married for 20 years.

Jeanine’s hobbies are baking, sewing, reading, cribbage, euchre, hand and foot, biking, walking and swimming. She loves travel, including Alaska, Australia, Hawaii and Japan.

**Look What Dining Service Is Cooking Up!**

Al Gracia

- 1/3, 1/10, 1/17, 1/24, 1/31: Bistro Buffet Dinner, 5:00-6:30pm.
- 1/4: Cruise Around The World Nepalese Dish, 5-6:30pm.
- 1/8, 1/15, 1/22, 1/29: Bistro Dinner Live Action, 5:00-6:30pm.
- 1/9: Birthday Bash, Dole Hall, 4:00pm. Special Dinner follows, 4:30-6:30pm.
- 1/11: Bistro Live Action Lunch, 11:30am-1:30pm.
- 1/15: Coffee w Chef, AL Lounge, 9:30am-10:30am.
- 1/16: Wine Club, LL Bar, 4:00pm.
- 1/21: Ladies Lunch, Sarah Tudor Dining Room, 11:30am.
- 1/28: Splash Hydration: “Sangria Punch”, Bistro and HCC, 3:00pm-3:30pm.
- 1/30: Chef Center Stage, AL 11:30am, IL 5:00pm.



Welcome New Executive Chef Lily Corpus!

Nutrition Seminar from Janet Budnick has a new schedule that will begin in February, with 4 Nutrition Topics and 3 Dietician/Chef Exhibits scheduled for 2019.



**Some Dining Services Staff Holiday Party Photos**





COD actors



Edgar Gabriel & String Fusion



Abe Lincoln



Charles Dickens



Advent



Freenotes Big Band



Plymouth Place Chimes Concert



Suburban Concert Band



Starlighters Big Band



LG History Museum



Allegro!!!



Rochelle Pennington



Dick Best Organ



Christmas House Walk



GP Family Holiday Brunch



AL Family Holiday Party



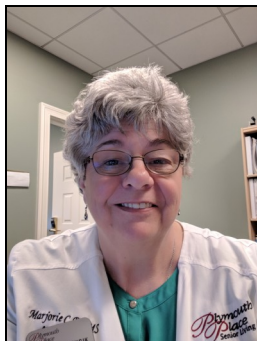
HCC Family Holiday Party

## Development Corner

Kathy Harris

You are special to us. Many thanks to all of the wonderful residents who have so generously donated to Plymouth Place in 2018. To thank you for your gifts, you will be invited to a special dessert and champagne reception on Tuesday, February 5 at 7:00pm. Invitations will be sent to this year's donors soon.

Happy 75th Anniversary Plymouth Place!!! We will soon begin planning for our big 75th Anniversary Celebration. The planning committee will be led by Board Member Thom Serafin and Resident Marjorie Kemper. Please stay tuned for ways to be involved. It promises to be a great event!!



### **Plymouth Place Staff: Marjorie Chrencik Assistant Director of Nursing (ADON) and Quality Assurance Performance Improvement (QAPI)**

Little would you realize that the smiling RN, Marjorie Chrencik, who joined the Plymouth Place skilled nursing staff approximately five years ago, brings an amazing background from the hospital world. Marjorie has also worked as a Paramedic Firefighter/Fire Apparatus Engineer for many years. She achieved board certification in several nursing sub-specialties as well as being licensed as a Trauma Nurse Specialist after training at Cook County Hospital. She also holds two master's degrees but she downplays

“those pieces of paper”, preferring to stay in the background.

Growing up in Omaha and Crawford, Nebraska, Marjorie is the oldest of five girls. Her family moved to Clarendon Hills where she attended Hinsdale Central High School. She obtained her nursing degree at the College of DuPage and her Bachelor's at St. Francis University. In her early career she worked at La Grange Hospital as the EMS Coordinator, responsible for training nurses, running EMT courses and assisting in training Paramedics. She then moved to Loyola, working in the Open Heart Unit, Trauma Unit and Cardiac Cath Lab. At another hospital she was the Director over Data Management, Quality, Case Management, Social Services, and Medical Staff Credentialing plus leading the hospital and clinic readiness for Joint Commission. In 2004 she opened a clinical software business, working with hospitals on workflow redesign and implementing computer software for clinical documentation to improve quality outcomes.

Fortunately she decided to leave hospital work to focus on long term care where she would have more time to enjoy people. Following a recommendation from Sharon Novak, Marjorie joined the Plymouth Place nursing staff initially in MDS and now focuses on Quality Improvement activities for the third floor.

In her free time, Marjorie and her husband enjoy being with family and grandchildren. She relaxes by making corded rosaries to send to the military and foreign countries. In the summer she enjoys gardening and canning her vegetables.



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](http://www.plymouthplace.org).

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