

Be Inspired

LAKE BARRINGTON WOODS | NEIGHBORHOOD | a Senior Lifestyle community | LAKE BARRINGTON, IL 60010 | 847-842-8900

THIS MONTH'S *silver star*

THIS MONTH'S SILVER STAR, FRANCES HILL, IS AN "ANIMAL KNITTER."

Walk by Apt. 313, and you will see sitting on the small door shelf different wild animals that Frances knits for a hospital gift shop. Much in demand also are the monster pants for babies. Her other hobbies are bridge and needlepoint.

Frances moved to LBW at the end of July after a severe fall that broke her pelvis bone in three places. After three days in the hospital, she spent five weeks in a local rehab facility and then moved here. She lived in Lake Barrington Shores for nearly 40 years and misses her dog, Lexus, who is now living with her daughter in Northbrook.

She has a big family: four daughters, seven grandchildren, eight step-grandchildren and three great-grandchildren. One of her daughters died from bone cancer at age 14. The other three live in Northbrook, Ill., Indiana and Kentucky.

While her girls were growing up, they all had horses, a total of 17 over the years, as Frances recalls.

She likes the activities Lake Barrington Woods offers. She has joined the bridge, poker and pinochle groups and has made a number of friends among the residents.

Welcome to LBW, Frances!



JOIN US THIS MONTH FOR *october events*

Here it is, it's October already. Leaves are changing colors, the days are getting shorter and everybody's getting ready for Halloween! Are you ready? Do you have your costume picked out? If not, don't wait 'til the last minute! We are planning a Halloween Costume Parade, like we do ever year, and there will be great cash prizes for the winners! More participants = more fun!

On Oct. 22, at 2 p.m., join us for a 30 minute "Japanese Culture" dance and music performance by the Tsukasa Taiko group. Don't miss it!



TRAIN YOUR BRAIN *search for rivers, lakes, seas & oceans*

M V O L G A E B U N A D
I D E N I H R K D T C Y
C Q E L I N R H L A E E
H S A D G E D A G H R L
I C E C D G N I C O I L
G B G G F T G S A E E O
A L E H I I H R S N N W
N A A C H D C H D T S G
S C N U S T **(T H A M E S)**
D K R G I B E R I N G C
F O G C Y C I F I C A P
N T H T R O I R E P U S

AEGEAN sea
ARCTIC ocean
ATLANTIC ocean
BERING sea
BLACK sea
DANUBE river
lake ERIE
lake HURON
INDIAN ocean
lake MICHIGAN
NILE river
lake ONTARIO
PACIFIC ocean
RED sea
RHINE river
lake SUPERIOR
lake TAHOE
river THAMES
VOLGA river
YELLOW sea

neighborhood

BE INSPIRED

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

LOCATIONS

- ART STUDIO — AS
- BUS — Bus
- CARD ROOM — CR
- CLUB LOUNGE — CL
- COMMUNITY ROOM — CM
- COMPUTER ROOM — CPR
- COUNTRY KITCHEN — CK
- DINING ROOM — ALDR
- FITNESS ROOM — FR
- FRONT LOBBY — FL
- LIPOFSKY'S GRILL — GR
- LIVING ROOM — LR
- MILLER GROVE ROOM — MGR
- PATIO — PA
- SWIMMING POOL — SP

TRANSPORTATION SCHEDULE

- MONDAY, WEDNESDAY & FRIDAY
8:15 a.m.
Walk For Health
- TUESDAY & THURSDAY
8 a.m.-3:30 p.m.
Doctor Appointments
- SUNDAY
8:30 and 10:30 a.m.
Church Transportation

COUNTRY STORE

- MONDAY-FRIDAY
11:30 a.m.-1 p.m.

<p>9:30 ● Singalong MGR</p> <p>10:00 ● St. Anne's Communion CM</p> <p>10:30 ● Sunday Sermon with Dan, Bob and Music With Glen MGR</p> <p>10:30 ● St. Mark's Church Service CM</p> <p>2:00 ● Entertainer: Peter Oprico CM</p> <p>3:15 ● Crafts: Halloween Door Decoration with Renee CK</p>	<p>9:15 ● Singalong with Penny and Maryann on the Piano MGR</p> <p>10:15 ● Exercise MGR</p> <p>10:45 ● Words in a Word MGR</p> <p>1:00 ● Bingo MGR</p> <p>2:30 ● Tea and Tales "You Be the Judge" MGR</p> <p>3:30 ● Biography of Rita Hayworth MGR</p>	<p>9:15 ● Seated Exercise MGR</p> <p>9:45 ● Drumming Circle MGR</p> <p>11:00 ● Trivia MGR</p> <p>1:00 ● Whammo MGR</p> <p>2:30 ● Singalong MGR</p>	<p>9:15 ● Seated Exercise MGR</p> <p>9:45 ● Category Puzzles MGR</p> <p>10:45 ● Pet Therapy with Charlie & Virginia MGR</p> <p>1:00 ● Bingo CK</p> <p>2:00 ● Life & Music of Tommy Dorsey MGR</p> <p>3:30 ● Crossword Puzzle MGR</p>	<p>9:15 ● Exercise with Jenny MGR</p> <p>9:45 ● Category Puzzle MGR</p> <p>11:00 ● All Resident Meeting CM</p> <p>1:00 ● Craft: Leaf Wreaths MGR</p> <p>1:15 ● LBW Men's Speakeasy CL</p> <p>2:00 ● History of Mobile Phones MGR</p> <p>2:30 ● Words in a Word MGR</p> <p>3:15 ● Sweet Bingo CK</p> <p>4:30 ● Communion CK</p>	<p>9:15 ● Exercise with Jenny MGR</p> <p>9:45 ● Hangman MGR</p> <p>10:30 ● Pet Therapy: Duffy MGR</p> <p>1:00 ● Balloon Fitness MGR</p> <p>1:30 ● Trivia About Us Presidents MGR</p> <p>2:15 ● Easy Whammo CK</p> <p>2:45 ● Bunko CK</p> <p>3:30 ● Happy Hour CK</p>	<p>9:15 ● Facts about Columbus Day MGR</p> <p>10:00 ● Exercise MGR</p> <p>10:30 ● Carol Burnett TV Show Episode # 917 MGR</p> <p>10:45 ● Wii "Wheel of Fortune" CM</p> <p>1:00 ● Singalong with Bonnie MGR</p> <p>2:15 ● Pet Therapy: Duffy MGR</p> <p>3:30 ● Hot Apple Cider Social CL</p>	
<p>9:15 ● Exercise MGR</p> <p>9:45 ● Category Puzzle MGR</p> <p>10:00 ● St. Anne's Communion CM</p> <p>10:30 ● Sunday Sermon with Bob MGR</p> <p>10:30 ● St. Mark's Church Service CM</p> <p>1:00 ● Words in a Word MGR</p> <p>2:00 ● Entertainer: Indian Dance Performance CM</p> <p>3:15 ● Crafts: W/Meg & Ann Bird Houses CK</p>	<p>COLUMBUS DAY</p> <p>9:15 ● Singalong with Penny and Maryann on the Piano MGR</p> <p>10:15 ● Exercise MGR</p> <p>10:45 ● Comedians: Lauel and Hardy MGR</p> <p>1:00 ● Bingo MGR</p> <p>2:30 ● Tea and Tales "You Be the Judge" MGR</p> <p>3:30 ● Words in a Word MGR</p>	<p>9:15 ● Seated Exercise MGR</p> <p>9:45 ● Category Puzzles MGR</p> <p>10:45 ● Music of Frank Sinatra MGR</p> <p>1:00 ● Whammo MGR</p> <p>2:30 ● Guess Who? MGR</p>	<p>9:15 ● Seated Exercise MGR</p> <p>9:45 ● Category Puzzles MGR</p> <p>10:45 ● Pet Therapy with Charlie & Virginia MGR</p> <p>1:00 ● Bingo CK</p> <p>2:30 ● Cinemas Developed in the 1920s MGR</p> <p>3:30 ● Crossword Puzzle MGR</p>	<p>9:15 ● Exercise with Jenny MGR</p> <p>9:45 ● Category Puzzle MGR</p> <p>10:45 ● Worlds Weirdest Towers MGR</p> <p>1:00 ● Timeless Trivia MGR</p> <p>2:00 ● Treasure Chest/ Lemoniade MGR</p> <p>3:15 ● Sweet Bingo CK</p> <p>4:30 ● Communion CK</p>	<p>9:15 ● Exercise with Jenny MGR</p> <p>9:45 ● Hangman MGR</p> <p>10:30 ● Pet Therapy: Duffy MGR</p> <p>1:00 ● Balloon Fitness MGR</p> <p>1:00 ● Singalong with Flo MGR</p> <p>2:15 ● Whammo CK</p> <p>2:45 ● Bunko CK</p> <p>3:30 ● Happy Hour CK</p>	<p>9:15 ● Facts: India's Diwali MGR</p> <p>10:00 ● Exercise MGR</p> <p>10:30 ● Carol Burnett TV Show Episode # 817 MGR</p> <p>10:45 ● Wii "Jeopardy!" CM</p> <p>1:00 ● Singalong with Bonnie MGR</p> <p>2:15 ● Pet Therapy: Duffy MGR</p> <p>3:30 ● Hot Apple Cider Social CL</p>	
<p>9:00 ● BHS Ensemble MGR</p> <p>9:30 ● Exercise MGR</p> <p>10:00 ● St. Anne's Communion CM</p> <p>10:30 ● Sunday Sermon with Bob MGR</p> <p>10:30 ● St. Mark's Church Service CM</p> <p>1:00 ● Words in a Word MGR</p> <p>2:00 ● Mihai on Violin CM</p> <p>3:15 ● Craft with BACOA: Clay Pot Pumpkins CK</p>	<p>9:15 ● Singalong with Penny and Maryann on the Piano MGR</p> <p>10:15 ● Exercise MGR</p> <p>10:45 ● Category Puzzle MGR</p> <p>1:00 ● Bingo MGR</p> <p>2:30 ● Tea and Tales "You Be the Judge" MGR</p> <p>3:30 ● Words in a Word MGR</p>	<p>9:15 ● Seated Exercise MGR</p> <p>9:45 ● Category Puzzles MGR</p> <p>10:15 ● All About the Jitter Bug MGR</p> <p>1:00 ● Whammo MGR</p> <p>2:30 ● Bio & Music of Louis Armstrong MGR</p> <p>3:30 ● Singalong with a Smile MGR</p>	<p>9:15 ● Seated Exercise MGR</p> <p>9:45 ● Category Puzzles MGR</p> <p>10:45 ● Pet Therapy with Charlie & Virginia MGR</p> <p>1:00 ● Bingo CK</p> <p>2:30 ● Crafts: Halloween Characters CK</p> <p>3:30 ● Crossword Puzzle MGR</p>	<p>9:15 ● Exercise with Jenny MGR</p> <p>9:45 ● Category Puzzle MGR</p> <p>10:45 ● Trivia about Halloween MGR</p> <p>1:00 ● Words in a Word MGR</p> <p>2:00 ● LBW Ladies Tea MGR</p> <p>3:15 ● Sweet Bingo CK</p> <p>4:30 ● Communion CK</p> <p>7:00 ● Wetland Birds presentation CM</p>	<p>9:15 ● Exercise with Jenny MGR</p> <p>9:45 ● Hangman MGR</p> <p>10:30 ● Pet Therapy: Duffy MGR</p> <p>1:00 ● Balloon Fitness MGR</p> <p>1:30 ● Easy Whammo CK</p> <p>2:15 ● Whammo CK</p> <p>2:45 ● Bunko CK</p> <p>3:30 ● Happy Hour CK</p>	<p>9:15 ● Exercise MGR</p> <p>10:30 ● Annual Pumpkin Carving Contest AS</p> <p>1:00 ● Singalong with Bonnie MGR</p> <p>2:15 ● Pet Therapy: Duffy MGR</p> <p>3:30 ● Hot Apple Cider Social CL</p>	
<p>9:15 ● Exercise MGR</p> <p>10:00 ● St. Anne's Communion CM</p> <p>10:30 ● Sunday Sermon with Bob MGR</p> <p>10:30 ● St. Mark's Church Service CM</p> <p>1:00 ● Words in a Word MGR</p> <p>2:00 ● Japanese Culture-Dance & Music Performance CM</p> <p>3:15 ● Crafts with Renee CK</p>	<p>9:15 ● Singalong with Penny and Maryann on the Piano MGR</p> <p>10:15 ● Exercise MGR</p> <p>10:45 ● Category Puzzle MGR</p> <p>1:00 ● Bingo MGR</p> <p>2:30 ● Tea and Tales "You Be the Judge" MGR</p> <p>3:30 ● Words in a Word MGR</p>	<p>9:15 ● Seated Exercise MGR</p> <p>9:45 ● Category Puzzle MGR</p> <p>10:15 ● All about Halloween traditions MGR</p> <p>1:00 ● Making Pumpkin Seeds & Memories CK</p> <p>2:30 ● When Were Popcorn Balls Invented? CK</p>	<p>9:15 ● Seated Exercise MGR</p> <p>9:45 ● Category Puzzles MGR</p> <p>10:45 ● Pet Therapy with Charlie & Virginia MGR</p> <p>1:00 ● Sweet Bingo CK</p> <p>2:30 ● Crafts: Coffee Filter Pumpkins MGR</p> <p>3:30 ● Crossword Puzzle MGR</p>	<p>9:15 ● Exercise with Linda MGR</p> <p>9:45 ● Category Puzzle MGR</p> <p>1:00 ● Cooking Club: Pumpkin Bars CK</p> <p>1:30 ● Hot Chocolate Social CK</p> <p>2:00 ● Facts About Japan CK</p> <p>2:30 ● Sweet Bingo CK</p> <p>3:30 ● Crafts: With Barrington High Schools Students CK</p> <p>4:30 ● Communion CK</p>	<p>9:00 ● Scenic Bus Drive with Linda MGR</p> <p>9:00 ● Singalong MGR</p> <p>10:30 ● Pet Therapy: Duffy MGR</p> <p>1:00 ● Singalong with Flo MGR</p> <p>2:15 ● Whammo CK</p> <p>2:45 ● Bunko CK</p> <p>3:30 ● Happy Hour CK</p>	<p>9:15 ● Facts About Halloween MGR</p> <p>10:00 ● Exercise MGR</p> <p>10:30 ● Carol Burnett TV Show Episode # 1004 MGR</p> <p>10:45 ● Wii "Jeopardy!" CM</p> <p>1:00 ● Singalong with Bonnie MGR</p> <p>2:15 ● Pet Therapy: Duffy MGR</p> <p>3:30 ● Hot Apple Cider Social CL</p>	
<p>9:30 ● Singalong with Linda MGR</p> <p>10:00 ● St. Anne's Communion CM</p> <p>10:30 ● Sunday Sermon with Bob MGR</p> <p>10:30 ● St. Mark's Church Service CM</p> <p>1:00 ● Animal Facts & Mandala Coloring CK</p> <p>2:00 ● Kazov the Magic Show CM</p> <p>3:15 ● Crafts: Halloween Mason Jars with Renee CK</p>	<p>9:15 ● Singalong with Penny and Maryann on the Piano MGR</p> <p>10:15 ● Exercise MGR</p> <p>1:00 ● Making Halloween Treats CK</p> <p>1:30 ● Linda the "Witch" Making a Witch's Brew with Tales CK</p> <p>2:00 ● Halloween Crafts with Linda the Witch CK</p>	<p>HALLOWEEN</p> <p>9:15 ● Seated Exercise MGR</p> <p>9:45 ● Category Puzzle MGR</p> <p>10:15 ● Halloween Parade! CM</p> <p>1:00 ● Halloween Stories & Songs MGR</p> <p>2:30 ● What Was the 1st. Railway System? MGR</p>	<p>"Cats seem to go on the principle that it never does any harm to ask for what you want." —Joseph Wood Krutch</p>				

EVENT RECAP

september events

Last month, I don't even know where to start.

The Adventure Camp! What an amazing day we had, and we couldn't have asked for better weather, a better group of residents and employees or better staff at Sunrise Lake. What was your favorite part of the day? The paddle boats, archery or fishing? How about Benny grilling in his "Body by Bacon" apron or Chefs Mike's potato salad? Was it getting to hold and pet a big ol' snake or maybe even watching the horror on my face while holding a harmless little chicken? We had a lot of fun, and I hope you will try to join us next year if you missed it this time around!



It feels like yesterday we all sang "Ich liebe Bier" (I love beer) during our Family Appreciation Oktoberfest. It was so nice to see all our residents and their families having a good time. A big thank you to Mike Ross and to our maintenance staff for putting up all the decorative lights in the courtyard; they looked amazing! Also, if you know of a band you would like us to book for next year's Family Appreciation Night, please let us know. We are always open to suggestions.

THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

Our October HEART Hero is JOSE BAENA.

Jose was born on March 19, 1968, in Miguel Auza, Zacatecas, Mexico. Shortly after, his family immigrated to Los Angeles, Calif. When he was 21 years old, he decided to move to Illinois, but at the exact same time he discovered he had siblings he had never met before! They too live in the Chicagoland area, so it made the move just that much more exciting. Jose loves dogs, so when he found out Jessica's dog was expecting, he was first in line to get a puppy. Now he's a proud poppa of Amber, who is a pug and beagle mix.

Jose has worked here at LBW for 10 years already! You may be asking yourself, "why do so many employees decide to stay with one company for so long?" The answer is simple, we have the warmest and most loving atmosphere at LBW for both residents and our employees alike! When asked what he likes the most about LBW, he replied, "Residents are like my second family, nobody's perfect, but we're all here to help each other through the good and bad days." Jose loves to have fun but takes his job very seriously. He's the one who takes care of all kitchen deliveries and unpacks and organizes everything on the shelves. He also helps with cleaning dishes and keeps the overall kitchen clean.

His favorite holiday is Thanksgiving. "We are all very busy, but that day we all get together, my whole family."

Jose, thank you for 10 years of excellent service, and we hope for many more to come!



IT'S OUR PLEASURE TO SERVE YOU ...

word from your executive director

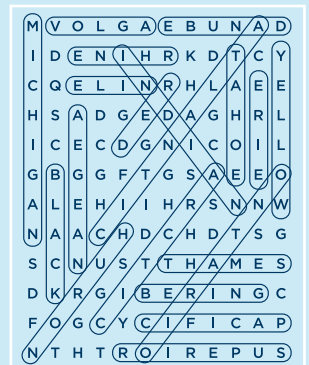
I wanted to thank everyone for making another annual family appreciation night a huge success. We love the opportunity every year to celebrate our residents and their families. Lake Barrington Woods is such a special community because of everyone's support, compassion, friendliness and the relationships we develop here. Finally, with another great event under our belt, it's time to start planning next year's.



MANAGEMENT TEAM

Mike Ross, *Executive Director*
 Janice Stender, *Business Office Manager*
 Pam Labuda, *Director of Sales & Marketing*
 Mike Danczyk, *Dining Services Director*
 Jessica Cork, *Dining Room Manager*
 Pat Buttner, *Director of Plant Operations*
 (Coco) Glaiza Atta-Dalangin, *Health and Wellness Director*
 Mirka Biegunska, *Resident Program Director*

TRAIN YOUR BRAIN solution



SENIOR LIFESTYLE
FAMILY-OWNED COMMUNITIES

