

Be Inspired

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

THIS MONTH'S *silver stars*

ROBERT (BOB) AND JOSEPHINE (JO) SCHWARTZ

This month's Silver Stars are Robert (Bob) and Josephine (Jo) Schwartz who moved to LBW in January 2018. Bob's story is an unusual one. He was born in 1931 in Manila, the Philippines. His father was a U.S. citizen and soldier stationed there; his mother a Filipino schoolteacher. They had four children.



During World War II, his father fought with American and Filipino forces against the Japanese. When on Dec. 24, 1941, American and Filipino combat units were ordered to leave Manila, his father told him, "We'll be back in a month." However, it was not until Oct. 24, 1944, that American and Filipino troops, led by General MacArthur, started the re-conquest of the Philippines. "I waved to him when he drove through Manila," Bob recalls. "He kept his promise of 'I will return'."

During the Japanese occupation, American citizens, including Bob, his mother and his siblings were detained at Santa Thomas University. They survived the month-long battle of Manila and the massacre by the Japanese of more than 100,000 Filipinos. Bob's father did not. On his way to a Japanese prison camp, he was killed.

After World War II ended, the U.S. government transported U.S. citizens, including Bob and his family, on a troop ship full of wounded soldiers to San Francisco. From there, it was to Chicago to live with his father's aunt. After she died, the family lived in the 31st and Halsted Projects where Bob met Jo. They both graduated from Marshall High School. In 1955, Bob and Jo married and moved to Evanston and then to Cary.

Jo and Bob have four children — two boys and two girls — and 10 grandchildren. Bob's father was Jewish, but Bob and Jo are Catholics as are most Filipinos; however, one of their sons is a Lutheran minister in Henderson, Nev..

In his life, Bob followed a motto he learned in the Philippines: "What you need to do to succeed is work hard," and he did all his life.

As it is said in the scriptures: Anyone not willing to work, should not eat. Thessalonians 3:10

Written by Margret Nordquist

JOIN US THIS MONTH FOR *around the world with bill helmuth, march 25 at 2 p.m.*

World traveler and storyteller, Bill Helmuth has traveled to 100 countries, flown more than 4 million miles and lived on four continents, his camera clicking all the way. Through his stories and photographs, Bill will take you through 25 countries and five continents in 60 minutes.



TRAIN YOUR BRAIN *sudoku solution on back*

	2			8	9	
9		6		1		2
	6				1	5
		2	9	3		4
8				5		9
7	1		6			
2	9		8		4	
5		4		9		1
	4	1			8	

BE INSPIRED

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

LOCATIONS

- ART STUDIO — AS
- BEAUTY SALON — BS
- BUS — Bus
- CARD ROOM — CR
- CLUB LOUNGE — CL
- COMMUNITY ROOM — CM
- COMPUTER ROOM — CPR
- COUNTRY KITCHEN — CK
- DINING ROOM — MDR
- FITNESS ROOM — FR
- FRONT LOBBY — FL
- GENESIS REHAB OFFICE — GRO
- LIBRARY — LIB
- LIPOFSKY'S GRILL — GR
- MAIL ROOM — MR
- MILLER GROVE ROOM — MGR
- PATIO — PA
- PRIVATE DINING ROOM — PDR
- 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

SENIOR LIFESTYLE VALUES

*Hospitality,
Excellence,
Appreciation,
Respect, &
Teamwork*

www.SeniorLifestyle.com
Activities are subject to change

“The man who treasures his friends is usually solid gold himself.”
—Marjorie Holmes



<p>8:30 ● Church Transportation (Also 10:30 a.m.) Bus 4</p> <p>9:15 ● Exercise with Mirka Video CM</p> <p>10:00 ● St. Anne's Communion CM</p> <p>10:30 ● St. Mark's Church Service CM</p> <p>2:00 ● Golden Age of Hollywood/ Martina Mathisen CM</p> <p>3:15 ● Bingo with Lucas AS</p> <p>5:30 ● Oscars 2018! CM</p>	<p>8:15 ● Trip: Walk for Health FL 5</p> <p>9:20 ● Trip: Shopping at Jewel & Walgreens, Banks FL</p> <p>9:30 ● Men's Water Aerobics with Mirka SP</p> <p>10:30 ● Exercise with Mirka CM</p> <p>1:00 ● Whammo with Scott CM</p> <p>2:30 ● Wii Bowling CM</p> <p>3:15 ● Labor of Love: Making Sleeping Mats for Homeless AS</p> <p>7:30 ● Scrabble CR</p>	<p>9:00 ● Exercise with Genesis CM 6</p> <p>9:30 ● Women's Water Aerobics/Bonnie SP</p> <p>10:00 ● Exercise on Your Feet with Genesis CM</p> <p>10:00 ● Mandala Coloring (Adult Coloring Books) AS</p> <p>1:00 ● Mah-Jongg CR</p> <p>1:00 ● Craft: St. Patrick's Gnome AS</p> <p>1:30 ● Fireside Chat with Mike CM</p> <p>2:30 ● Bible Study CM</p> <p>2:30 ● Bio of Cary Grant MGR</p> <p>3:15 ● Dave the Watch Guy CPR</p> <p>3:30 ● Happy 1/2 Hour</p> <p>7:15 ● Poker Club AS</p>	<p>8:15 ● Trip: Walk for Health FL 7</p> <p>9:20 ● Trip: Shopping at Walmart FL</p> <p>9:30 ● Men's Water Aerobics with Mirka SP</p> <p>10:30 ● Exercise with Mirka CM</p> <p>1:00 ● Bingo with Scott CM</p> <p>2:30 ● Wii Bowling CM</p> <p>3:15 ● Labor of Love: Making Sleeping Mats for Homeless AS</p> <p>5:00 ● Happy 1/2 Hour for 6 p.m. Dinner CL</p>	<p>9:30 ● Communion CM 1</p> <p>10:00 ● Exercise Sit & Fit with Sue CM</p> <p>11:00 ● All Resident Meeting CM</p> <p>1:15 ● LBW Gentlemen's Speakeasy CL</p> <p>2:30 ● Birding: All Through the Seasons: Anton Szabados CM</p> <p>3:15 ● Trivial Pursuit AS</p>	<p>8:15 ● Trip: Walk for Health FL 2</p> <p>8:30 ● Women's Water Aerobics/Bonnie SP</p> <p>9:00 ● Exercise with Genesis CM</p> <p>9:20 ● Trip: Shopping at Kohl's FL</p> <p>10:00 ● Exercise on Your Feet/Genesis CM</p> <p>10:30 ● Pinochle Club CR</p> <p>1:00 ● Bingo with Scott CM</p> <p>1:30 ● Liverpool Rummy CL</p> <p>3:30 ● Happy Half Hour</p>	<p>9:00 ● Volunteer: Making GSH Baby Hats AS 3</p> <p>10:00 ● Exercise with Mirka Video CM</p> <p>10:30 ● Poker Club CR</p> <p>10:45 ● Wii "Wheel of Fortune" CM</p> <p>1:00 ● Singalong with Bonnie, Come & Join Us! MGR</p> <p>1:00 ● Mah-Jongg CR</p> <p>1:00 ● Bingo with Madi CM</p> <p>3:30 ● Hot Chocolate Social with Peggy & Linda CL</p>
<p>DAYLIGHT SAVING TIME BEGINS 11</p> <p>8:30 ● Church Transportation (Also 10:30 a.m.) Bus</p> <p>9:15 ● Exercise with Mirka Video CM</p> <p>10:00 ● St. Anne's Communion CM</p> <p>10:30 ● St. Mark's Church Service CM</p> <p>2:00 ● Irving Berlin Presentation by John Boda CM</p> <p>3:15 ● Bingo with Lucas AS</p>	<p>8:15 ● Trip: Walk for Health FL 12</p> <p>9:30 ● Trip: Elgin Casino FL</p> <p>9:30 ● Men's Open Swim: No Instructor SP</p> <p>10:30 ● Exercise with Mirka Video CM</p> <p>2:30 ● Wii Bowling CM</p> <p>3:15 ● Labor of Love: Making Sleeping Mats for Homeless AS</p> <p>7:30 ● Scrabble CR</p>	<p>9:00 ● Exercise with Genesis CM 13</p> <p>9:30 ● Women's Water Aerobics/Bonnie SP</p> <p>10:00 ● Exercise on Your Feet with Genesis CM</p> <p>10:00 ● Mandala Coloring (Adult Coloring Books) AS</p> <p>1:00 ● Mah-Jongg CR</p> <p>1:30 ● Fireside Chat with Mike CM</p> <p>2:15 ● All About Riverdance Group MGR</p> <p>2:30 ● Bible Study CM</p> <p>3:00 ● Ginger Rogers Bio MGR</p> <p>3:30 ● Happy 1/2 Hour</p> <p>7:15 ● Poker Club AS</p>	<p>8:15 ● Trip: Walk for Health FL 14</p> <p>9:20 ● Trip: Shopping at Walmart FL</p> <p>9:30 ● Men's Open Swim: No Instructor SP</p> <p>10:30 ● Exercise with Mirka Video CM</p> <p>1:00 ● Bingo with Scott CM</p> <p>2:30 ● Wii Bowling CM</p> <p>2:30 ● Bio of Clark Gable MGR</p> <p>3:15 ● Labor of Love: Making Sleeping Mats for Homeless AS</p> <p>5:00 ● Happy 1/2 Hour for 6 p.m. Dinner CL</p>	<p>9:30 ● Communion CM 15</p> <p>10:30 ● Exercise Fit & Sit with Sue CM</p> <p>11:00 ● Book Club: "The Girl with Seven Names" AS</p> <p>2:00 ● Suburban Hearing GR</p> <p>2:30 ● Wii Bowling CM</p> <p>3:00 ● Exercise on Your Feet with Genesis CM</p> <p>3:15 ● Trivial Pursuit AS</p> <p>5:00 ● Piano Performance by Ed Connelly CM</p>	<p>8:15 ● Trip: Walk for Health FL 16</p> <p>8:30 ● Women's Water Aerobics/Bonnie SP</p> <p>9:00 ● Exercise with Genesis CM</p> <p>9:20 ● Trip: Spring Hill Mall FL</p> <p>10:00 ● Exercise on Your Feet/Genesis CM</p> <p>10:30 ● Pinochle Club CR</p> <p>1:15 ● Bingo with Scott CM</p> <p>1:30 ● Liverpool Rummy CL</p> <p>1:30 ● Travel with Cindy Around the World MGR</p> <p>3:30 ● Happy Half Hour</p>	<p>ST. PATRICK'S DAY 17</p> <p>9:00 ● Volunteer: Making GSH Baby Hats AS</p> <p>10:00 ● Exercise with Mirka Video CM</p> <p>10:30 ● Poker Club CR</p> <p>10:45 ● Wii "Wheel of Fortune" CM</p> <p>1:00 ● Mah-Jongg CR</p> <p>1:00 ● Bingo with Madi CM</p> <p>3:30 ● Hot Chocolate Social with Peggy & Linda CL</p>
<p>8:30 ● Church Transportation (Also 10:30 a.m.) Bus 18</p> <p>9:15 ● Exercise with Mirka Video CM</p> <p>10:00 ● St. Anne's Communion CM</p> <p>10:30 ● St. Mark's Church Service CM</p> <p>2:00 ● Flannery Irish Dancing School Dance Performance CM</p> <p>3:15 ● Bingo with Lucas AS</p>	<p>8:15 ● Trip: Walk for Health FL 19</p> <p>9:20 ● Trip: Shopping at Jewel & Walgreens, Banks FL</p> <p>9:30 ● Men's Water Aerobics with Mirka SP</p> <p>10:30 ● Exercise with Mirka CM</p> <p>1:00 ● Whammo CM</p> <p>2:30 ● Wii Bowling CM</p> <p>3:15 ● Labor of Love: Making Sleeping Mats for Homeless AS</p> <p>7:30 ● Scrabble CR</p>	<p>SPRING BEGINS 20</p> <p>9:00 ● Exercise with Genesis CM</p> <p>9:30 ● Women's Water Aerobics/Bonnie SP</p> <p>10:00 ● Exercise on Your Feet with Genesis CM</p> <p>11:00 ● Music of Andy Williams MGR</p> <p>1:00 ● Mah-Jongg CR</p> <p>1:30 ● Fireside Chat with Mike CM</p> <p>2:00 ● Bio of "Baby Face" Nelson MGR</p> <p>2:30 ● Bible Study CM</p> <p>3:00 ● The Invention of the John Deere Tractor MGR</p> <p>3:30 ● Happy 1/2 Hour</p> <p>7:15 ● Poker Club AS</p>	<p>8:15 ● Trip: Walk for Health FL 21</p> <p>9:20 ● Trip: Shopping at Walmart FL</p> <p>9:30 ● Men's Water Aerobics with Mirka SP</p> <p>10:30 ● Exercise with Mirka CM</p> <p>11:35 ● Trip: Lunch at Red Lobster FL</p> <p>1:00 ● Bingo CM</p> <p>2:30 ● Wii Bowling CM</p> <p>3:15 ● Labor of Love: Making Sleeping Mats for Homeless AS</p> <p>5:00 ● Happy 1/2 Hour for 6 p.m. Dinner CL</p>	<p>9:30 ● Communion CM 22</p> <p>10:30 ● Exercise Fit & Sit with Sue CM</p> <p>11:30 ● Residents' Birthday Lunch MDR</p> <p>2:00 ● LBW Ladies' Tea CM</p> <p>3:15 ● Trivial Pursuit AS</p>	<p>8:15 ● Trip: Walk for Health FL 23</p> <p>8:30 ● Women's Water Aerobics/Bonnie SP</p> <p>9:00 ● Exercise with Genesis CM</p> <p>9:20 ● Trip: Shopping at Dollar Tree FL</p> <p>10:00 ● Exercise on Your Feet/Genesis CM</p> <p>10:30 ● Pinochle Club CR</p> <p>1:00 ● Bingo with Scott CM</p> <p>1:30 ● Liverpool Rummy CL</p> <p>1:30 ● Travel with Cindy Around the World MGR</p> <p>3:30 ● Happy Half Hour</p>	<p>9:00 ● Volunteer: Making GSH Baby Hats AS 24</p> <p>10:00 ● Exercise with Mirka Video CM</p> <p>10:30 ● Poker Club CR</p> <p>10:45 ● Wii "Jeopardy!" CM</p> <p>1:00 ● Singalong with Bonnie, Come & Join Us! MGR</p> <p>1:00 ● Mah-Jongg CR</p> <p>1:00 ● Bingo with Madi CM</p> <p>3:30 ● Hot Chocolate Social with Peggy & Linda CL</p>
<p>PALM SUNDAY 25</p> <p>8:30 ● Church Transportation (Also 10:30 a.m.) Bus</p> <p>9:15 ● Exercise with Mirka Video CM</p> <p>10:00 ● St. Anne's Communion CM</p> <p>10:30 ● St. Mark's Church Service CM</p> <p>2:00 ● Around the World Presentation by Bill Helmuth CM</p> <p>3:15 ● Bingo with Lucas AS</p>	<p>8:15 ● Trip: Walk for Health FL 26</p> <p>9:20 ● Trip: Shopping at Jewel & Walgreens, Banks FL</p> <p>9:30 ● Men's Open Swim: No Instructor SP</p> <p>10:30 ● Exercise with Mirka Video CM</p> <p>1:00 ● Whammo with Scott CM</p> <p>2:30 ● Wii Bowling CM</p> <p>3:15 ● Labor of Love: Making Sleeping Mats for Homeless AS</p> <p>7:30 ● Scrabble CR</p>	<p>9:00 ● Exercise with Genesis CM 27</p> <p>9:30 ● Women's Water Aerobics/Bonnie SP</p> <p>10:00 ● Exercise on Your Feet with Genesis CM</p> <p>10:00 ● Mandala Coloring (Adult Coloring Books) AS</p> <p>1:00 ● Mah-Jongg CR</p> <p>1:30 ● Fireside Chat with Mike CM</p> <p>2:30 ● Bible Study CM</p> <p>3:30 ● Happy 1/2 Hour</p> <p>7:15 ● Poker Club AS</p>	<p>8:15 ● Trip: Walk for Health FL 28</p> <p>9:20 ● Trip: Shopping at Walmart FL</p> <p>9:30 ● Men's Water Aerobics with Mirka SP</p> <p>10:30 ● Exercise with Mirka CM</p> <p>1:00 ● Bingo with Scott CM</p> <p>1:00 ● Craft: Spring Stained Glass AS</p> <p>2:30 ● Wii Bowling CM</p> <p>3:15 ● Labor of Love: Making Sleeping Mats for Homeless AS</p> <p>5:00 ● Happy 1/2 Hour for 6 p.m. Dinner CL</p>	<p>9:30 ● Communion CM 29</p> <p>10:30 ● Exercise Fit & Sit with Sue CM</p> <p>1:30 ● Diamonds in the Rough (Women's Club) Pizza & Beer CL</p> <p>2:30 ● Wii Bowling CM</p> <p>3:00 ● Exercise on Your Feet with Genesis CM</p> <p>3:15 ● Trivial Pursuit AS</p>	<p>GOOD FRIDAY 30 PASSOVER starts at sunset</p> <p>8:15 ● Trip: Walk for Health FL</p> <p>8:30 ● Women's Water Aerobics/Bonnie SP</p> <p>9:00 ● Exercise with Genesis CM</p> <p>10:00 ● Exercise on Your Feet/Genesis CM</p> <p>10:30 ● Pinochle Club CR</p> <p>10:30 ● Trip: Lunch at Olive Garden FL</p> <p>1:00 ● Bingo FL</p> <p>1:30 ● Liverpool Rummy CL</p> <p>3:30 ● Happy Half Hour</p>	<p>9:00 ● Volunteer: Making GSH Baby Hats AS 31</p> <p>10:00 ● Exercise with Mirka Video CM</p> <p>10:30 ● Poker Club CR</p> <p>1:00 ● Mah-Jongg CR</p> <p>1:00 ● Bingo with Madi CM</p> <p>3:30 ● Hot Chocolate Social with Peggy & Linda CL</p>

EVENT RECAP

last month

I hope all of you felt very loved last month, especially after the special chocolate-dipped strawberries made by our own Mike Ross! Valentine's Day is over now, so put your green on and get ready for St. Patrick's Day!



IT'S OUR PLEASURE TO SERVE YOU ... word from your executive director

As we all know, it is that time of the year again for flu season and the like. I would like for everyone to stay healthy and happy. It's the simplest things that make the biggest impact: Always make sure that you are covering your mouth if you are sneezing or coughing. Most importantly, wash your hands frequently. Approximately 80 percent of all infectious illnesses are transmitted by touch. Thank you, everyone, for keeping our Community safe and healthy.

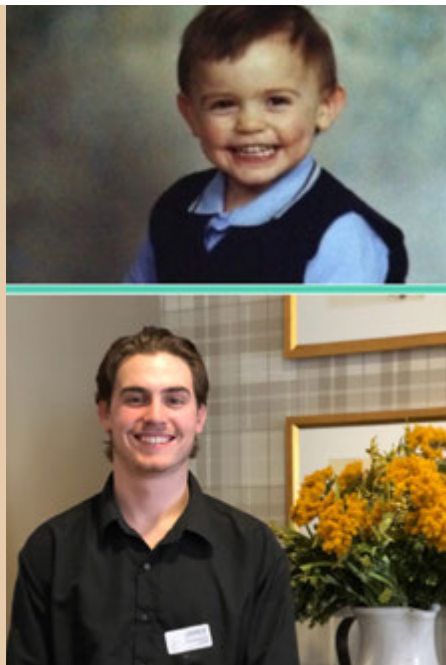


THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

March's HEART Hero is JARED CHASE. Jared was born March 2, 1999, in Rhode Island and moved to Chicago and then the suburbs by time he was 6. Lake Barrington Woods has had the fortune to have Jared working in our Dining Rooms for the last two years as a server and a supervisor. This is Jared's first job and he loves coming to work every day and interacting with the residents. Jared describes himself as kind, spontaneous, adventurous and funny ... and I have to concur because he's all of those things. Jared is also attending Elgin Community College where he is studying business and communication. During Jared's spare time he loves to spend time with friends and family, going hiking, traveling and listening to music. Jared's favorite holiday is Thanksgiving because it brings the whole family together and there's always a lot of laughs involved. Jared also owns three dogs that he just loves to spoil. We're so lucky to have Jared as part of our team here at LBW.

Thank you, Jared, for all you do!



MANAGEMENT TEAM

- Mike Ross, *Executive Director*
- Janice Stender, *Business Office Manager*
- Pam Labuda, *Director of Sales & Marketing*
- Martin Irgang, *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

1	2	3	5	7	8	4	9	6
9	7	5	6	4	1	8	3	2
4	6	8	9	2	3	1	7	5
6	5	2	8	9	7	3	1	4
8	3	4	2	1	5	7	6	9
7	9	1	3	6	4	2	5	8
2	1	9	7	8	6	5	4	3
5	8	7	4	3	9	6	2	1
3	4	6	1	5	2	9	8	7



SENIOR
LIFESTYLE
your life, your style