

# Be Inspired

LAKE BARRINGTON WOODS | INDEPENDENT LIVING | 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 are also the monster pants for babies. Her other hobbies are bridge and needlepoint.

Frances moved to LBW 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 for 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

So 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	<b>T</b>	<b>H</b>	<b>A</b>	<b>M</b>	<b>E</b>	<b>S</b>
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



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

<p>8:30 ● Church Transportation (Also 10:30 a.m.)   Bus</p> <p>9:15 ● BHA Ensemble   MGR</p> <p>10:00 ● St. Anne's Communion   CM</p> <p>10:30 ● Sunday Sermon   MGR</p> <p>2:00 ● Entertainment: Music with Peter Oprisco   CM</p> <p>3:15 ● Bingo with Lilly   AS</p>	<p>8:15 ● Trip: Walk for Health   FL</p> <p>9:20 ● Trip: Shopping at Jewel &amp; Walgreens, Banks   FL</p> <p>9:30 ● Men's Water Aerobics with Mirka   SP</p> <p>10:30 ● Exercise with Mirka Video   CM</p> <p>11:45 ● Trip: Shopping at Dollar Tree   FL</p> <p>1:00 ● Whammo   CM</p> <p>3:00 ● Wii Bowling   CM</p> <p>7:30 ● Scrabble   CR</p>	<p>9:00 ● Exercise with Genesis   CM</p> <p>9:30 ● Women's Water Aerobics/Bonnie   SP</p> <p>9:45 ● Category Puzzle   MGR</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 ● Pokeno   AS</p> <p>1:30 ● Fireside Chat with Mike   CM</p> <p>2:30 ● Bible Study   CM</p> <p>3:15 ● Dave the Watch Guy   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</p> <p>9:20 ● Trip: Shopping at Walmart   FL</p> <p>9:30 ● Men's Water Aerobics with Mirka   SP</p> <p>9:45 ● Category Puzzle   MGR</p> <p>10:30 ● Exercise with Mirka   CM</p> <p>2:00 ● Life and Music of Tommy Dorsey   MGR</p> <p>2:00 ● Writers Circle in Apt 317</p> <p>3:00 ● Wii Bowling   CM</p> <p>3:30 ● Group Crossword Puzzle   MGR</p> <p>5:00 ● Happy 1/2 Hour for 6 p.m. Dinner   GR</p>	<p>9:30 ● Communion   CM</p> <p>10:30 ● Exercise Fit &amp; Sit with Sue   CM</p> <p>11:00 ● All Resident Meeting   CM</p> <p>1:15 ● LBW Gentlemen's Speakeasy   CL</p> <p>2:00 ● Rosary</p> <p>3:00 ● Horse Racing!   CM</p> <p>3:15 ● Trivial Pursuit   AS</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>9:20 ● Donations Drop Off Till 1:30 p.m.   FL</p> <p>10:00 ● Exercise on Your Feet/Genesis   CM</p> <p>10:30 ● Pinochle Club   CR</p> <p>1:00 ● Bingo   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</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 &amp; Join Us!   MGR</p> <p>1:00 ● Bingo   CM</p> <p>1:00 ● Mah-Jongg   CR</p> <p>3:30 ● Hot Apple Cider Social   CL</p>			
<p>8:30 ● Church Transportation (Also 10:30 a.m.)   Bus</p> <p>9:15 ● BHA Ensemble   MGR</p> <p>10:00 ● St. Anne's Communion   CM</p> <p>10:30 ● Sunday Sermon   MGR</p> <p>10:30 ● St. Mark's Church Service   CM</p> <p>2:00 ● Indian Dance Performance/Gauri Jog Dance School</p> <p>3:15 ● Bingo with Lilly   AS</p>	<p><b>COLUMBUS DAY</b></p> <p>8:15 ● Trip: Walk for Health   FL</p> <p>9:20 ● Trip: Shopping at Jewel &amp; Walgreens, Banks   FL</p> <p>10:30 ● Exercise with Mirka Video   CM</p> <p>1:00 ● Whammo with Scott   CM</p> <p>3:00 ● Wii Bowling   CM</p> <p>7:30 ● Scrabble   CR</p>	<p>9:00 ● Exercise with Genesis   CM</p> <p>9:30 ● Women's Water Aerobics/Bonnie   SP</p> <p>9:45 ● Category Puzzle   MGR</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 ● Pokeno   AS</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</p> <p>9:20 ● Trip: Shopping at Walmart   FL</p> <p>9:30 ● Men's Water Aerobics with Mirka   SP</p> <p>9:45 ● Category Puzzle   MGR</p> <p>10:30 ● Exercise with Mirka   CM</p> <p>12:00 ● Trip: Honeymoon in Vegas at Marriott Theatre   FL</p> <p>1:00 ● Bingo with Scott   CM</p> <p>2:30 ● Cinemas of 1920   MGR</p> <p>3:00 ● Wii Bowling   CM</p> <p>5:00 ● Happy 1/2 Hour for 6 p.m. Dinner   GR</p>	<p>9:30 ● Catholic Mass   CM</p> <p>9:30 ● Communion   CM</p> <p>10:30 ● Exercise Sit &amp; Fit with Sue Video   CM</p> <p>1:00 ● Bacoa Low Vision Group   CM</p> <p>2:00 ● Rosary</p> <p>3:00 ● Wii Bowling   CM</p> <p>3:00 ● Exercise on Your Feet with Genesis   CM</p> <p>3:15 ● Trivial Pursuit   AS</p> <p>7:15 ● Bingo Night with Savannah   CM</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>9:20 ● Trip: Didier Farm   FL</p> <p>10:00 ● Exercise on Your Feet/Genesis   CM</p> <p>10:30 ● Pinochle Club   CR</p> <p>1:00 ● Bingo   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</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 ● Bingo   CM</p> <p>1:00 ● Singalong with Bonnie, Come &amp; Join Us!   MGR</p> <p>1:00 ● Mah-Jongg   CR</p> <p>3:30 ● Hot Apple Cider Social   CL</p>			
<p>8:30 ● Church Transportation (Also 10:30 a.m.)   Bus</p> <p>9:15 ● BHA Ensemble   MGR</p> <p>10:00 ● St. Anne's Communion   CM</p> <p>10:30 ● Sunday Sermon   MGR</p> <p>10:30 ● St. Mark's Church Service   CM</p> <p>2:00 ● Entertainment: Violin with Mihai Vlad   CM</p> <p>3:15 ● Bingo with Lilly   AS</p>	<p>8:15 ● Trip: Walk for Health   FL</p> <p>9:20 ● Trip: Shopping at Jewel &amp; Walgreens, Banks   FL</p> <p>9:30 ● Men's Water Aerobics with Mirka   SP</p> <p>10:30 ● Exercise with Mirka   CM</p> <p>11:45 ● Trip: Shopping at Aldi   FL</p> <p>1:00 ● Whammo   CM</p> <p>3:00 ● Wii Bowling   CM</p> <p>7:30 ● Scrabble   CR</p>	<p>9:00 ● Exercise with Genesis   CM</p> <p>9:30 ● Women's Water Aerobics/Bonnie   SP</p> <p>9:45 ● Category Puzzle   MGR</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 ● Pokeno   AS</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</p> <p>9:20 ● Trip: Shopping at Walmart   FL</p> <p>9:45 ● Category Puzzle   MGR</p> <p>10:30 ● Exercise with Mirka Video   CM</p> <p>1:00 ● Bingo with Scott   CM</p> <p>2:00 ● Writers Circle in Apt 317</p> <p>3:00 ● Wii Bowling   CM</p> <p>5:00 ● Happy 1/2 Hour for 6 p.m. Dinner   GR</p>	<p>9:30 ● Communion   CM</p> <p>10:30 ● Exercise Fit &amp; Sit with Sue   CM</p> <p>11:00 ● Book Club Meeting: "Hillbilly Elegy" by J.D. Vance   AS</p> <p>2:00 ● Rosary</p> <p>2:00 ● Suburban Hearing   GR</p> <p>2:00 ● LBW Ladies Tea   CM</p> <p>3:15 ● Trivial Pursuit   AS</p> <p>5:00 ● Piano Performance by Ed Connelly   CM</p> <p>7:00 ● Wetland Birds Presentation by Brad Semel   CM</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>9:20 ● Trip: Illinois Secretary of State Facility   FL</p> <p>10:00 ● Exercise on Your Feet/Genesis   CM</p> <p>10:30 ● Pinochle Club   CR</p> <p>11:00 ● Trip: Shopping at Tuesday Morning (Back at 12:30)   FL</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</p> <p>10:00 ● Exercise with Mirka Video   CM</p> <p>10:30 ● Poker Club   CR</p> <p>10:30 ● Annual Pumpkin Carving Contest   AS</p> <p>1:00 ● Singalong with Bonnie, Come &amp; Join Us!   MGR</p> <p>1:00 ● Bingo   CM</p> <p>1:00 ● Mah-Jongg   CR</p> <p>3:30 ● Hot Apple Cider Social   CL</p>			
<p>8:30 ● Church Transportation (Also 10:30 a.m.)   Bus</p> <p>9:15 ● BHA Ensemble   MGR</p> <p>10:00 ● St. Anne's Communion   CM</p> <p>10:30 ● Sunday Sermon   MGR</p> <p>10:30 ● St. Mark's Church Service   CM</p> <p>2:00 ● Japanese Dance and Music/Tsukasa Taiko (30min)   CM</p> <p>3:15 ● Bingo with Lilly   AS</p>	<p>8:15 ● Trip: Walk for Health   FL</p> <p>9:20 ● Trip: Shopping at Jewel &amp; Walgreens, Banks   FL</p> <p>9:30 ● Men's Water Aerobics with Mirka   SP</p> <p>10:30 ● Exercise with Mirka   CM</p> <p>11:45 ● Trip: Shopping to Dollar Tree   FL</p> <p>1:00 ● Whammo   CM</p> <p>3:00 ● Wii Bowling   CM</p> <p>7:30 ● Scrabble   CR</p> <p>● Trip: Poetry Night Raue Center, Crystal Lake Free   FL</p>	<p>9:00 ● Exercise with Genesis   CM</p> <p>9:30 ● Women's Water Aerobics/Bonnie   SP</p> <p>9:45 ● Category Puzzle   MGR</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 ● Pokeno   AS</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><b>HALLOWEEN</b></p> <p>9:00 ● Exercise with Genesis   CM</p> <p>9:30 ● Women's Water Aerobics/Bonnie   SP</p> <p>9:45 ● Category Puzzle   MGR</p> <p>10:00 ● Mandala Coloring (Adult Coloring Books)   AS</p> <p>10:15 ● Halloween Parade   CM</p> <p>1:00 ● Mah-Jongg   CR</p> <p>1:00 ● Pokeno   AS</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</p> <p>9:20 ● Trip: Shopping at Walmart   FL</p> <p>9:30 ● Men's Water Aerobics with Mirka   SP</p> <p>9:45 ● Category Puzzle   MGR</p> <p>10:30 ● Exercise with Mirka   CM</p> <p>1:00 ● Bingo with Scott   CM</p> <p>3:00 ● Wii Bowling   CM</p> <p>5:00 ● Happy 1/2 Hour for 6 p.m. Dinner   GR</p>	<p>9:30 ● Communion   CM</p> <p>10:30 ● Exercise Fit &amp; Sit with Sue   CM</p> <p>11:30 ● Residents' Birthday Lunch   MDR</p> <p>1:30 ● Diamonds in the Rough (Women's Club) Pizza &amp; Beer   CL</p> <p>2:00 ● Rosary</p> <p>3:00 ● Wii Bowling   CM</p> <p>3:00 ● Exercise on Your Feet with Genesis   CM</p> <p>3:15 ● Trivial Pursuit   AS</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>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</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 ● Bingo   CM</p> <p>1:00 ● Singalong with Bonnie, Come &amp; Join Us!   MGR</p> <p>1:00 ● Mah-Jongg   CR</p> <p>3:30 ● Hot Apple Cider Social   CL</p>

"Cats seem to go on the principle that it never does any harm to ask for what you want."  
—Joseph Wood Krutch





## 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 and fishing? How about Benny grilling in his "Body by Bacon" apron or Chef 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's 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 that he had siblings who he 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 that we develop here. Finally, with another great event under our belt, it's time to start planning next year's.

Thank you, Mike Ross



## 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

