

Be Inspired

PRAIRIE GREEN AT DIXIE CROSSING | a Senior Lifestyle community | CHICAGO HEIGHTS, IL 60411 | 708-754-5700

THIS MONTH'S *silver star*

PERRY

Perry is a true Chicagoan. He enjoyed working at Bakers Shoe Store. He is a graduate of Parker High School and Ashworth University in Lacrosse, Ga., where he studied to be a private investigator. Perry worked as a security guard for years, has experience within many venues, and retired from Midway Airport as a private investigator. He is a natural nature guy. He loves the outdoors and enjoys fishing at Washington Park. He sings in a group called the Table of Content, while remaining good friends with one of his closest friends who sings as a backup singer for Smokey Robinson. They remain friends to this day and are making plans to meet up. Music is good for the soul.

Perry has three children and 11 grandchildren. Perry says a father's job is never done, from giving his opinions to offering advice, he wants to be there for his children when needed. He has always encouraged them to: "Don't quit; you will not succeed if you quit." He often says, "Winners never quit and quitters never win."

He faithfully participates in daily exercises and Friday's Happy Hour. At Dixie, there is always something to do.

Thanks Perry, it was a pleasure speaking with you. You are a great Silver Star that keeps Dixie shining bright.



WE'RE LOOKING FORWARD TO *the great outdoors, father's day, longest dance video and night*

June is in. We are reminded that summer is on its way. The beauty in life is to be outdoors. To embrace the beauty of nature is to be a part of the daily walking, fishing, bird watching, sunbathing in vitamin D, gardening, scavenger hunt, backyard conversations, yoga, and picnics. Jump in on the fun, enjoying nature at Dixie.

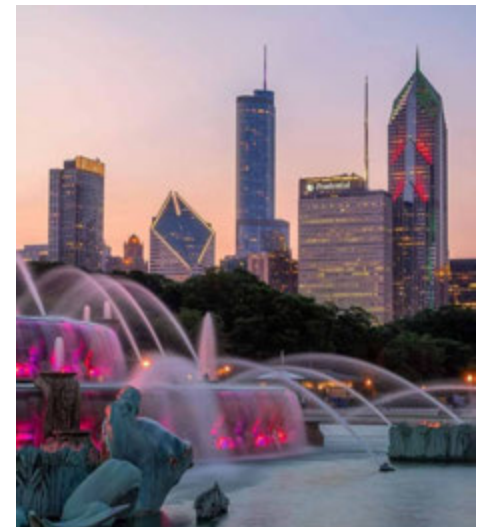
We invite you to honor a strong man in your life who helped to define your strengths. We have strong men at Dixie, and we will celebrate them throughout the month of June featuring: Sports days, barbecue cookout on the patio, pool tournaments, card games, and more.

Hats off to all our Dixie's fathers. Happy Father's Day!

June 21 is the Longest Day. We wear the color purple to place the spotlight on Alzheimer's awareness. The day with the most light is the day we fight. The Longest Day is when the Alzheimer's Association calls on everyone to fight Alzheimer's Disease by raising funds and awareness for care, support, and research. At Dixie, we will be fundraising throughout the month of June. We will create the longest dance video.

We are excited about Party Night at Dixie. We can dress our best and let the music do the rest, as we dance all night long, June 29, 4-7:30 p.m.

Be there!



TRAIN
YOUR
BRAIN
*search for
nations of
europe*

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

- Albania
- Austria
- Belgium
- Bulgaria
- Denmark
- Finland
- France
- Germany
- Hungary
- Iceland
- Ireland
- Italy
- Latvia
- Norway
- Poland
- Portugal
- Scotland
- Spain
- Sweden
- Switzerland

BE INSPIRED

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

LOCATIONS

- ART STUDIO — AS
- CLUB LOUNGE 2ND — CL2
- CLUB LOUNGE 3RD — CL3
- COMPUTER LAB — Lab
- DINING ROOM — DR
- FITNESS CENTER — FC
- GAME LOUNGE — GL
- GAME LOUNGE (KID AREA) — GL
- LIBRARY — LIB
- LOBBY — LOB
- MULTIPURPOSE/MEDIA ROOM — MMR
- PATIO — PT
- WELLNESS CENTER — WC

BIRTHDAYS THIS MONTH

- VICKIE F. — 2nd (Employee)
- PAULINE R. — 8th
- DOROTHY H. — 10th
- DEZARAY E. — 10th (Employee)
- LAURA B. — 14th (Employee)
- NICOLE J. — 17th (Employee)
- JUTAE S. — 17th (Employee)
- ROBERT D. — 24th
- DOROTHY D. — 28th
- GEOVONDA W. — 29th (Employee)
- GOOLICIA C. — 29th (Employee)

ADDITIONAL SERVICES

- OFFICE HOURS
Monday-Friday, 9:30 a.m.-5 p.m.
- GENESIS REHAB
Monday-Friday, 8:30 a.m.-5 p.m.
- BREAKFAST
Daily, 7:30-9 a.m.
- BREAKFAST
LUNCH
Daily, 11:30 a.m.-1 p.m.
- DINNER
Daily, 4:30-6 p.m.

www.SeniorLifestyle.com
Activities are subject to change

TRANSPORTATION SCHEDULE

MONDAY
10 a.m.-12 p.m. sometimes 1-3 p.m.
Weekly Trips To Dollar Tree, Walmart, Aldi, Walgreens, & Food 4 Less Small Plazas

TUESDAY
every other Tuesday at 10 a.m.
Chicago Heights Public Library

TUESDAY
3rd Tuesday of the month
Dry Cleaners

TUESDAY
first Tuesday of the month at 11 a.m.
Bank Run: Bank Of America, Chase, First Mid-West and US

WEDNESDAY
11 a.m.-4 p.m.
Medical

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|---|---|--|--|---|--|---|
| <p>9:30 ● Walk off the Pounds (Resident-Led) PT 5</p> <p>10:00 ● Sunday Service (Resident-Led) MMR</p> <p>1:30 ● Outdoor Walking Club PT</p> <p>3:00 ● Religious Views (Resident-Led) MMR</p> <p>3:30 ● Biblical Word Search Challenge MMR</p> <p>5:30 ● Movie Night CL2</p> | <p>10:00 ● Outdoor Fitness Your Way MMR 6</p> <p>10:15 ● Dollar Tree Store: A.M. Trip LOB</p> <p>1:00 ● Dollar Tree Store: P.M. Trip LOB</p> <p>1:30 ● Cranium Crunches Brain Exercises MMR</p> <p>2:00 ● Dixies Choir Rehearsal MMR</p> <p>2:15 ● Hand Massages CL2</p> <p>2:45 ● Bingo Hall: Resident-Led with Sharon CL2</p> <p>3:00 ● Route 66 Memory Lane MMR</p> <p>5:35 ● Bird Watching PT</p> | <p>10:15 ● Weights & Balance MMR 7</p> <p>10:30 ● Cornhole Toss MMR</p> <p>11:15 ● Picnic Lunch with Terri and Shelley MMR</p> <p>12:15 ● Bingocize Bingo Trip LIB</p> <p>1:00 ● Bible Study LIB</p> <p>1:30 ● Fruit of the Week: Oranges CL2</p> <p>1:30 ● New Resident Mixer Social MMR</p> <p>2:00 ● Nails & Spa CL2</p> <p>2:15 ● Ice Cream Social MMR</p> <p>3:00 ● Bingo Hall CL2</p> <p>3:45 ● Online Shopping/Phones Workshop AS</p> | <p>10:00 ● Machine Fitness FC 1</p> <p>10:00 ● Resident Council Meeting LIB</p> <p>10:15 ● Daily Chronicle Reading MMR</p> <p>1:30 ● Outdoor Walking Club PT</p> <p>2:00 ● Color Me Claudette (Resident-Led) AS</p> <p>2:45 ● Bingo Hall: Resident-Led with Sharon CL2</p> <p>3:00 ● Craft Creations with Teri AS</p> <p>3:00 ● Rosary Service (Resident-Led) CL3</p> | <p>10:00 ● outdoor Gospel Fitness MMR 2</p> <p>10:30 ● Cranium Crunches Brain Twister MMR</p> <p>12:15 ● Bingocize Bingo Trip LIB</p> <p>1:00 ● Nifty Knitters LIB</p> <p>1:00 ● Kite Flying PT</p> <p>1:30 ● Fruit of the Week: Grapes CL2</p> <p>2:00 ● Spa Treatment AS</p> <p>3:00 ● Bingo Hall CL2</p> | <p>9:45 ● Outdoor Cornhole Toss Tournament MMR 3</p> <p>10:40 ● Burn After Writing MMR</p> <p>1:30 ● Cranium Crunches Brain Exercises MMR</p> <p>2:45 ● Bingo Hall: Resident-Led with Sharon CL2</p> <p>3:00 ● Happy Hour MMR</p> <p>5:35 ● Bird Watching PT</p> | <p>9:30 ● Walk off the Pounds (Resident-Led) PT 4</p> <p>10:00 ● Outdoor Line Dancing PT</p> <p>1:00 ● Weekend Classic CL2</p> <p>1:30 ● Outdoor Walking Club PT</p> <p>2:30 ● Broad Games (Resident-Led) CL2</p> <p>2:45 ● Bingo Hall: Resident-Led with Sharon CL2</p> <p>3:30 ● Card Games (Resident-Led) CL3</p> |
| <p>9:30 ● Walk off the Pounds (Resident-Led) PT 12</p> <p>10:00 ● Sunday Service (Resident-Led) MMR</p> <p>1:30 ● Outdoor Walking Club PT</p> <p>3:00 ● Religious Views (Resident-Led) MMR</p> <p>3:00 ● Games Galore CL2</p> <p>3:45 ● Biblical Debate (Resident-Led) MMR</p> <p>5:00 ● Friendship Circle</p> | <p>10:00 ● Machine Fitness FC 13</p> <p>10:00 ● Walmart Express LOB</p> <p>1:00 ● Walmart Express PM Trip LOB</p> <p>1:00 ● Movie & Discussion Social MMR</p> <p>1:30 ● Cranium Crunches Brain Exercises MMR</p> <p>2:00 ● Dixies Choir Rehearsal MMR</p> <p>2:45 ● Bingo Hall: Resident-Led with Sharon CL2</p> <p>5:35 ● Bird Watching PT</p> | <p>FLAG DAY 14</p> <p>10:00 ● Body Warm-Up MMR</p> <p>10:00 ● Outdoor Line Dancing PT</p> <p>10:30 ● Cornhole Toss MMR</p> <p>11:00 ● Chicago Heights Public Library Club LOB</p> <p>12:15 ● Bingocize Bingo Trip LIB</p> <p>1:00 ● Wheelchair & Walker Wash LOB</p> <p>1:00 ● Bible Study LIB</p> <p>2:00 ● Get Crafty with Florine AS</p> <p>2:00 ● Nails & Spa CL2</p> <p>2:00 ● Pool CL3</p> <p>3:00 ● Bingo Hall CL2</p> <p>3:45 ● Online Shopping/Phones Workshop AS</p> | <p>8:00 ● Fishing LOB 15</p> <p>10:00 ● Machine Fitness FC</p> <p>10:15 ● Daily Chronicle Reading MMR</p> <p>1:00 ● Pool Club CL3</p> <p>1:30 ● Outdoor Walking Club PT</p> <p>2:00 ● Color Me Claudette (Resident-Led) AS</p> <p>2:45 ● Bingo Hall: Resident-Led with Sharon CL2</p> <p>3:00 ● Craft Creations with Teri AS</p> <p>3:00 ● Rosary Service (Resident-Led) CL3</p> | <p>9:30 ● Garden Club PT 16</p> <p>10:00 ● Outdoor Chair Zumba PT</p> <p>10:00 ● outdoor Gospel Fitness MMR</p> <p>10:30 ● Cranium Crunches Brain Twister MMR</p> <p>12:15 ● Bingocize Bingo Trip LIB</p> <p>1:00 ● Pool Club CL3</p> <p>1:00 ● Nifty Knitters LIB</p> <p>1:30 ● Fruit of the Week: Blueberries CL2</p> <p>2:00 ● Spa Treatment AS</p> <p>3:00 ● Bingo Hall CL2</p> | <p>10:40 ● Burn After Writing MMR 17</p> <p>1:00 ● Pool Club CL3</p> <p>1:30 ● Cranium Crunches Brain Exercises MMR</p> <p>2:00 ● Juneteenth Discussion MMR</p> <p>2:30 ● June Birthday Celebration MMR</p> <p>2:45 ● Bingo Hall: Resident-Led with Sharon CL2</p> <p>3:00 ● Happy Hour MMR</p> <p>5:35 ● Bird Watching PT</p> | <p>9:30 ● Walk off the Pounds (Resident-Led) PT 18</p> <p>10:00 ● Human Library Chicago Heights Community Committee MMR</p> <p>1:00 ● Weekend Classic CL2</p> <p>1:30 ● Outdoor Walking Club PT</p> <p>2:30 ● Broad Games (Resident-Led) CL2</p> <p>2:45 ● Bingo Hall: Resident-Led with Sharon CL2</p> <p>3:30 ● Card Games (Resident-Led) CL3</p> |
| <p>FATHER'S DAY 19</p> <p>9:30 ● Walk off the Pounds (Resident-Led) PT</p> <p>10:00 ● Sunday Service (Resident-Led) MMR</p> <p>11:00 ● Happy Father's Day Dixie LOB</p> <p>1:30 ● Outdoor Walking Club PT</p> <p>3:00 ● Religious Views (Resident-Led) MMR</p> <p>3:30 ● Biblical Word Search Challenge MMR</p> <p>5:30 ● Movie Night CL2</p> | <p>9:30 ● Settlers Pond LOB 20</p> <p>10:00 ● Machine Fitness FC</p> <p>1:00 ● Pool Club CL3</p> <p>1:30 ● Cranium Crunches Brain Exercises MMR</p> <p>2:00 ● Dixies Choir Rehearsal MMR</p> <p>2:15 ● Hand Massages CL2</p> <p>2:45 ● Bingo Hall: Resident-Led with Sharon CL2</p> <p>5:35 ● Bird Watching PT</p> | <p>SUMMER BEGINS 21</p> <p>9:30 ● Garden Club PT</p> <p>10:15 ● Weights & Balance MMR</p> <p>10:30 ● Cornhole Toss MMR</p> <p>12:15 ● Bingocize Bingo Trip LIB</p> <p>1:00 ● Bible Study LIB</p> <p>1:00 ● Pool Club CL3</p> <p>1:30 ● Fruit of the Week: Strawberries CL2</p> <p>2:00 ● Nails & Spa CL2</p> <p>2:15 ● Ice Cream Social MMR</p> <p>2:30 ● Longest Dance MMR</p> <p>3:00 ● Bingo Hall CL2</p> <p>3:45 ● Online Shopping/Phones Workshop AS</p> | <p>10:00 ● Machine Fitness FC 22</p> <p>10:15 ● Daily Chronicle Reading MMR</p> <p>1:30 ● Outdoor Walking Club PT</p> <p>2:00 ● Color Me Claudette (Resident-Led) AS</p> <p>2:45 ● Bingo Hall: Resident-Led with Sharon CL2</p> <p>3:00 ● Craft Creations with Teri AS</p> <p>3:00 ● Rosary Service (Resident-Led) CL3</p> <p>3:30 ● Jeopardy Social MMR</p> | <p>10:30 ● Cranium Crunches Brain Twister MMR 23</p> <p>12:15 ● Bingocize Bingo Trip LIB</p> <p>1:00 ● Nifty Knitters LIB</p> <p>1:00 ● Outdoor Dice PT</p> <p>2:15 ● all that Jazz CL2</p> <p>3:00 ● Bingo Hall CL2</p> | <p>10:00 ● Outdoor Yoga PT 24</p> <p>10:40 ● Burn After Writing MMR</p> <p>1:30 ● Cranium Crunches Brain Exercises MMR</p> <p>2:45 ● Bingo Hall: Resident-Led with Sharon CL2</p> <p>3:00 ● Happy Hour MMR</p> <p>5:35 ● Bird Watching PT</p> | <p>9:30 ● Walk off the Pounds (Resident-Led) PT 25</p> <p>1:30 ● Outdoor Walking Club PT</p> <p>2:30 ● Broad Games (Resident-Led) CL2</p> <p>2:45 ● Bingo Hall: Resident-Led with Sharon CL2</p> <p>3:00 ● Games Galore CL2</p> <p>3:30 ● Card Games (Resident-Led) CL3</p> <p>5:00 ● Friendship Circle</p> |
| <p>9:30 ● Walk off the Pounds (Resident-Led) PT 26</p> <p>10:00 ● Sunday Service (Resident-Led) MMR</p> <p>1:30 ● Outdoor Walking Club PT</p> <p>3:00 ● Religious Views (Resident-Led) MMR</p> <p>3:00 ● Games Galore CL2</p> <p>3:45 ● Biblical Debate (Resident-Led) MMR</p> <p>5:00 ● Friendship Circle</p> | <p>10:00 ● Machine Fitness FC 27</p> <p>11:00 ● Lunch Bunch Resident Choice LOB</p> <p>1:00 ● Movie & Discussion Social MMR</p> <p>1:15 ● National Sunglasses Day Social MMR</p> <p>1:30 ● Cranium Crunches Brain Exercises MMR</p> <p>2:00 ● Dixies Choir Rehearsal MMR</p> <p>2:45 ● Bingo Hall: Resident-Led with Sharon CL2</p> <p>3:30 ● Support Circle CL3</p> <p>5:35 ● Bird Watching PT</p> | <p>10:00 ● Body Warm-Up MMR 28</p> <p>10:30 ● Cornhole Toss MMR</p> <p>11:00 ● Chicago Heights Public Library Club LOB</p> <p>12:15 ● Bingocize Bingo Trip LIB</p> <p>1:00 ● Bible Study LIB</p> <p>2:00 ● Get Crafty with Florine AS</p> <p>2:00 ● Nails & Spa CL2</p> <p>3:00 ● Bingo Hall CL2</p> <p>3:45 ● Online Shopping/Phones Workshop AS</p> | <p>10:00 ● Machine Fitness FC 29</p> <p>10:15 ● Daily Chronicle Reading MMR</p> <p>1:30 ● Outdoor Walking Club PT</p> <p>2:00 ● Color Me Claudette (Resident-Led) AS</p> <p>2:45 ● Bingo Hall: Resident-Led with Sharon CL2</p> <p>3:00 ● Craft Creations with Teri AS</p> <p>3:00 ● Rosary Service (Resident-Led) CL3</p> <p>4:00 ● Prom 22 DR</p> | <p>10:30 ● Cranium Crunches Brain Twister MMR 30</p> <p>12:15 ● Bingocize Bingo Trip LIB</p> <p>1:00 ● Nifty Knitters LIB</p> <p>1:30 ● National Camera Day: Photo Contest PT</p> <p>2:00 ● Spa Treatment AS</p> <p>3:00 ● Bingo Hall CL2</p> |  | |

RECAP: HOW WE STAYED CONNECTED THIS MONTH

mother's day celebration, may inventions and memorial day

In May, we had a fantastic time as we celebrated all our mothers with flowers, music, food, dancing, and we rekindled some relationships. We celebrated Cinco de Mayo with margaritas. Thanks to pianist Joyce Renee, for making Mother's Day special and enjoyable. Thank you, Terri and all Dixie's residents for always showing up and making our events lively.

Until next time, keep dancing until your sock drops off.



Zora and Joyce Renee, Mother's Day



Mary, Cinco de Mayo



Gayle and Joyce Renee



Eva and Mary

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

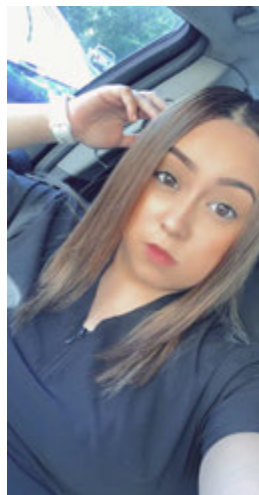
In June, we dedicate the week of the 17-23 to celebrate CNAs around America. At Dixie, we are proud to celebrate one of our own, LAURA ROBLES, a 24-year-old CNA. Laura has worked as a CNA for four years. With great experience, she has continued to serve our residents quality care.

One of her most important aspects about working as a CNA is getting a chance to know the residents. She truly enjoys helping the residents when they need help. Going above and beyond is what it takes to make a difference.

Laura grew up in Steger, Ill.

Her favorite things to do are: Gym, shopping, bowling and eating out.

Laura, you are one of kind at Dixie Crossing. We appreciate all you have done. Continue building bonds and providing great care. Thanks for being our HEART Hero for the month of June.



Laura

IT'S OUR PLEASURE TO SERVE YOU ...
word from your leadership team

THE BEAUTY OF NATURE

This month we are appreciative of all our CNAs. Dixie would not be complete without you. We thank you for the care you have given and your continuous support to all residents.

We are extremely proud of our 22 graduates. Education on all levels is important. Your success in life is well centered around the knowledge that you have gained throughout life. We wish the best.

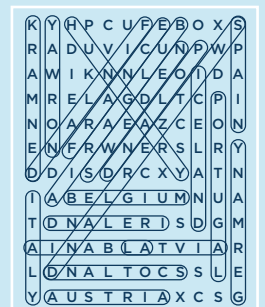
Every chance you get, go and experience the outdoors. I promise it will make you feel great. "Take a moment to get outdoors and appreciate nature. Look deep into nature and then you will understand everything better."

— Albert Einstein

MANAGEMENT TEAM

- Kathy Noojin, *Executive Director*
- Evette Allen, *Business Office Manager*
- Pat Edmond, *Director of Sales & Marketing*
- Geo Carter, *Dining Services Director*
- Kyra Allen, *Director of Nursing Wellness*
- George Monden, *Director of Plant Operations*
- Sarah Parks, *Move in Coordinator*
- Shelley-Ann Cummings, *Resident Program Director*
- Teri Blumenthal, *Resident Program Assistant*
- Allen Fisher, *Maintenance Assistant*

TRAIN YOUR BRAIN solution



SENIOR LIFESTYLE

your life, your style



PET FRIENDLY