

the NOVEMBER 2017 newsletter

# Be Inspired

THE BREAKERS AT EDGEWATER BEACH | a Senior Lifestyle community | CHICAGO, IL 60640 | 773-878-5333

## THIS MONTH'S *silver star*

MARVIN SHIMP

Marvin Shimp has been a resident of The Breakers for about three years now.

Marvin was born and raised in Iowa and then went off to the Navy right after high school. He served in the United States Navy from 1951-1955.



Marvin (left) pictured during Navy bootcamp, and with his daughter, Jennifer after the Honor Flight (right)

Once he joined the Navy, he spent two years training to be a weatherman and then became an aerographer on his own. Aerographer's mates are the Navy's meteorological and oceanographic experts, trained in the science of meteorology and physical oceanography. They also learn to use instruments that monitor weather characteristics such as air pressure, temperature, humidity, wind speed and direction. Marvin found this job to be fascinating and always loved studying the weather and being a member of the service.

After he got out of The Navy, he eventually got a job with the National Weather Service through having his experience training and working in the Navy, and he worked there for 34 years until his retirement.

Marvin has been married to his wife, Mary, for 62 years, and they have one daughter, Jennifer. In his free time, he enjoys listening to music, television and books on tape.

Marvin was recently selected to go on the Chicago Honor Flight for a day-trip to Washington, D.C., to be honored along with about 100 other Chicago-area Veterans. This was a very big honor for Marvin and a wonderful day he will never forget. His favorite parts of the whirlwind 10 hours in Washington, D.C., were seeing all of the memorials and hearing the Marine Corps drill team.

Happy Veterans Day to Marvin and all of our Breakers' Veterans who have selflessly served our country in many different ways.

JOIN US THIS MONTH FOR

## clowning around!

Do you love to laugh? Do you think playtime isn't just for the under 10 age group? Come lift your spirits and share laughter with friends while Clowning Around With Karen! Put on a clown nose and release your inner playful child. Learn all the skills needed to clown around: improvisation, juggling, magic, slapstick, music, mime, characterization, partnering, makeup and costuming. Each class begins with a warm-up and theater games followed by exploration of different skills — feel free to drop in and join this fun group.

This group will be led by Karen Hoyer. Karen performs, teaches, and creates work in the genres of mime, clowning, puppetry, masks and movement theater. Karen has been leading the Chicago Senior Clown Troupe at the Chicago



Cultural Center for 10 years! Since 1999 she has also performed in area hospitals as Dr. Dot, currently as the Chicago Supervisor of Healthy Humor and formerly as a part of the Big Apple Circus Clown Care Unit. She also creates and performs a variety of eccentric characters for Vaudeville Chicago in area nursing homes and hospitals to bring joy to those who may be ill and need some laughs or a smile.

Come check out this unique group if you're up for having some fun, improvising and learning some nifty tricks of clowns! The group will meet Nov. 7 and Nov. 21 at 1 p.m. in the Showroom and will surely be a great time!

TRAIN YOUR  
BRAIN  
*sudoku solution  
on back*

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



BE INSPIRED

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

LOCATIONS

- CONFERENCE ROOM  
THIRD FLOOR — CF
- CRAFT ROOM THIRD FLOOR — CR
- DINING ROOM — DR
- FITNESS CENTER THIRD  
FLOOR — FC
- GAME ROOM SECOND FLOOR — GR
- LIBRARY SECOND FLOOR — LIB
- LIVING ROOM FIRST FLOOR — LR
- MARINE ROOM 34TH FLOOR — MR
- MEDITATION ROOM  
SECOND FLOOR — MTR
- SECOND FLOOR LOBBY — 2L
- SHOW ROOM THIRD FLOOR — SR
- VIDEO ROOM SECOND FLOOR — VR

TRANSPORTATION  
SCHEDULE

- MONDAY  
8:45 a.m.-3 p.m.  
*Neighborhood Shopping  
and Hospital Runs*
- TUESDAY  
8:45 a.m.-3 p.m.  
*Target/Old Orchard/  
Walmart/Hospital Runs*
- WEDNESDAY  
10 a.m.-5 p.m.  
*Special Outside Trips*
- THURSDAY  
8:45 a.m.-3 p.m.  
*Neighborhood Shopping  
and Hospital Runs*
- FRIDAY  
8:45 a.m.-3 p.m.  
*Neighborhood Shopping, Hospital  
Runs, Trader Joe's/Mariano's/  
DSW Shoes/Marshalls*
- SATURDAY  
10 a.m.-3:30 p.m.  
*Century Movie Theater in  
Evanston/Walmart*

ALL PROGRAMS LISTED  
ARE SUBJECT TO CHANGE.  
PLEASE REFER TO THE  
BREAKERS BUZZ (WEEKLY  
CALENDAR) FOR UPDATES.

www.SeniorLifestyle.com  
Activities are subject to change

BIRTHDAYS THIS MONTH

- |                       |                          |                           |
|-----------------------|--------------------------|---------------------------|
| ETHEL MINOR — 9th     | PHYLLIS BERGMAN — 15th   | MARIA GENSON — 25th       |
| DORIS KINDERS — 11th  | ROBERT CODY — 17th       | CAROL SHOGREN — 25th      |
| ANN WHELAN — 11th     | GERALD LEPPEK — 21st     | INGE RUSSELL — 25th       |
| OTIS BELL — 12th      | TADASU TAMURA — 21st     | HELEN STOKLOSA — 25th     |
| ROBERT HOFFMAN — 12th | IRA KEESHIN — 22nd       | ALICE SEGAL — 26th        |
| LYN BERNSTEIN — 12th  | HERMAN ENDERLE — 22nd    | CHRISTINE MARSHALL — 29th |
| KATIE MAROE — 12th    | MARY JANE GILMORE — 24th | NANCY FOERSTER — 30th     |

**DAYLIGHT SAVING ENDS 5**

- 9:30 ● Catholic Mass with Loyola Clergy | MTR
- 10:30 ● Moody Bible Community Worship Service | SR
- 12:00 ● Menu Chat | SR
- 1:00 ● Breakers Bingo | CF
- 1:00 ● Matinee Movie | VR
- 1:30 ● Coffee and Cookie Social | LR
- 2:00 ● Evening Prayer with All Saints' Episcopal Church | MTR
- 7:00 ● Movie | VR

**9:15 ● Gentle Yoga Class with Ine | FC 6**

- 10:00 ● Blood Pressure Checks | GR
- 10:30 ● Judeo-Christian Studies Group | MR
- 11:00 ● Classic Movie Monday | VR
- 12:00 ● Spiro100 Fitness Class: Level 3 | FC
- 1:00 ● Open Bridge Games | GR
- 1:00 ● Veterans' Group | CF
- 2:00 ● Classic Movie Monday | VR
- 7:00 ● Game Night | GR

**ELECTION DAY 7**

- 9:15 ● Balance and Weights Class | FC
- 10:00 ● New Resident Meeting | CF
- 10:15 ● Water Fitness with Christine
- 10:15 ● Trip to Target
- 11:00 ● Breakers' Resident Chorus | SR
- 12:30 ● Cardio Class with Chris | FC
- 1:00 ● Trip to Lincolnwood Mall
- 1:00 ● Clowning Around with Karen! | SR
- 2:30 ● Catholic Rosary | MTR
- 7:00 ● Breakers' Bingo | CF

**9:00 ● Trip to Cantigny Park 8**

- 9:15 ● Aerobics Class with Jessica | FC
- 10:00 ● Mat Class | FC
- 10:30 ● Line Dancing with Freda Terry | FC
- 11:00 ● Movie | VR
- 12:30 ● Exercise Class with Genesis Rehab | FC
- 1:00 ● Brain Health University | GR
- 2:00 ● Rummikub | GR
- 3:00 ● Wine Club | MR
- 7:00 ● Bible Study | MTR
- 7:00 ● Performance by Mark and Anne Burnell | SR

**9:15 ● Core Strength and More | FC 9**

- 10:15 ● Water Aerobics with Jessica
- 11:00 ● Improvisation with Teri McEvoy | SR
- 1:00 ● Music in Cinema | VR
- 2:00 ● Trivia Tea Time | 2L
- 3:00 ● Bereavement Group | 2L
- 3:30 ● Happy Hour | LR
- 3:45 ● Performance by Breakers Resident Chorus | SR
- 7:00 ● Music in Cinema | VR

**9:15 ● Exercise with Paul Radzki | FC 10**

- 10:00 ● Blood Pressure Checks | GR
- 10:30 ● Writing Class with Paul McComas | SR
- 1:00 ● Matinee Movie | VR
- 1:00 ● Trip to Trader Joe's
- 1:00 ● Trip to Misericordia
- 1:00 ● Musical Partners Lecture Series by Stephen Kleiman | SR
- 7:15 ● Sabbath Service | SR
- 8:15 ● Movie | VR

**VETERANS DAY 11**

- 10:00 ● Trip to Walmart
- 11:00 ● Singalong with Margaret | LR
- 11:30 ● Veterans Luncheon | DR
- 1:00 ● Matinee Movie | VR
- 1:30 ● Scrabble Players Group | GR
- 1:30 ● Coffee and Cookie Social | LR
- 1:30 ● Veterans Day Celebration | SR
- 7:00 ● Performance by Tempest Winds | SR
- 8:15 ● Movie | VR

**9:30 ● Catholic Mass with Loyola Clergy | MTR 12**

- 10:30 ● Moody Bible Community Worship Service | SR
- 12:00 ● Menu Chat | SR
- 1:00 ● Breakers Bingo | CF
- 1:00 ● Matinee Movie | VR
- 1:30 ● Coffee and Cookie Social | LR
- 2:00 ● Evening Prayer with All Saints' Episcopal Church | MTR
- 7:00 ● Travelogue with Joe Cunniff | VR
- 8:15 ● Movie | VR

**9:15 ● Gentle Yoga Class with Ine | FC 13**

- 10:00 ● Blood Pressure Checks | GR
- 10:30 ● Judeo-Christian Studies Group | MR
- 10:30 ● Ballroom Dance Lessons | FC
- 11:00 ● Classic Movie Monday | VR
- 12:00 ● Spiro100 Fitness Class: Level 3 | FC
- 1:00 ● Open Bridge Games | GR
- 1:00 ● Chicken Soup for the Soul | LR
- 2:00 ● Classic Movie Monday | VR
- 7:00 ● Classical Music Lecture with Jim Kendros | SR

**9:15 ● Balance and Weights Class | FC 14**

- 10:00 ● New Resident Meeting | CF
- 10:15 ● Water Fitness with Christine
- 10:15 ● Trip to Golf Mill Mall
- 11:00 ● Monthly Community Meeting | SR
- 12:30 ● Cardio Class with Chris | FC
- 1:00 ● Presentation by Swedish Dr. | SR
- 1:00 ● New Life for Old Bags Project | CR
- 1:00 ● Hearing Aid Checks | CF
- 2:30 ● Catholic Rosary | MTR
- 3:00 ● Catholic Mass | MTR
- 7:00 ● Breakers' Bingo | CF

**9:15 ● Aerobics Class with Jessica | FC 15**

- 10:00 ● Mat Class | FC
- 10:30 ● Trip to Museum of Broadcast Communications
- 11:00 ● Movie | VR
- 12:30 ● Exercise Class with Genesis Rehab | FC
- 1:00 ● Play Apples to Apples | GR
- 2:00 ● Rummikub | GR
- 7:00 ● Bible Study | MTR
- 7:00 ● Performance by Stand Up Comedian Ken Sevara | SR

**9:15 ● Core Strength and More | FC 16**

- 10:00 ● Computer Class with Buddy | GR
- 10:15 ● Water Aerobics with Jessica
- 11:00 ● Improvisation with Teri McEvoy | SR
- 1:00 ● Presentation by Kris Sadur on Medicare | SR
- 1:00 ● Music in Cinema | VR
- 1:00 ● News Currents with Jessica | VR
- 2:00 ● Trivia Tea Time | 2L
- 3:00 ● Bereavement Group | 2L
- 3:30 ● Happy Hour | LR
- 7:00 ● Music in Cinema | VR

**9:15 ● Exercise with Paul Radzki | FC 17**

- 10:00 ● Blood Pressure Checks | GR
- 11:00 ● Reader's Theatre with Christine | SR
- 1:00 ● Brain Health University | GR
- 1:00 ● Matinee Movie | VR
- 1:00 ● Trip to DSW Shoes, Marshalls & Michaels Crafts
- 1:00 ● Musical Partners Lecture Series by Stephen Kleiman | SR
- 7:15 ● Sabbath Service | SR
- 8:15 ● Movie | VR

**9:15 ● Tai Chi with Lin Shook | FC 18**

- 10:15 ● Trip to Century Movie Theatre in Evanston
- 11:00 ● Singalong with Margaret | LR
- 1:00 ● Matinee Movie | VR
- 1:30 ● Scrabble Players Group | GR
- 1:30 ● Coffee and Cookie Social | LR
- 7:00 ● Mihai Vlad | SR
- 8:15 ● Movie | VR

**9:30 ● Catholic Mass with Loyola Clergy | MTR 19**

- 10:30 ● Moody Bible Community Worship Service | SR
- 12:00 ● Menu Chat | SR
- 1:00 ● Breakers Bingo | CF
- 1:00 ● Matinee Movie | VR
- 1:30 ● Coffee and Cookie Social | LR
- 2:00 ● Evening Prayer with All Saints' Episcopal Church | MTR
- 7:00 ● Movie | VR
- 7:00 ● Video Presentation by Steven Frenzel | VR

**9:15 ● Gentle Yoga Class with Ine | FC 20**

- 10:00 ● Blood Pressure Checks | GR
- 10:00 ● Watch and Battery Repairs and Sales | CF
- 10:30 ● Judeo-Christian Studies Group | MR
- 11:00 ● Classic Movie Monday | VR
- 1:00 ● Shop with Roslyn's Gift Shop | 2L
- 1:00 ● Veterans' Group | CF
- 1:00 ● Open Bridge Games | GR
- 1:30 ● Memorial Service | SR
- 7:00 ● Game Night | GR

**9:15 ● Balance and Weights Class | FC 21**

- 10:00 ● New Resident Meeting | CF
- 10:00 ● Weiss Communication Station | LR
- 10:15 ● Water Fitness with Christine
- 10:15 ● Trip to Target
- 11:00 ● Breakers' Resident Chorus | SR
- 12:30 ● Cardio Class with Chris | FC
- 1:00 ● Trip to Lincolnwood Mall
- 1:00 ● Clowning Around with Karen! | SR
- 2:30 ● Catholic Rosary | MTR
- 4:00 ● Trip to Blue Man Group
- 7:00 ● Breakers' Bingo | CF

**9:15 ● Aerobics Class with Jessica | FC 22**

- 10:00 ● Mat Class | FC
- 10:30 ● Line Dancing with Freda Terry | FC
- 10:45 ● Trip to Horseshoe Casino
- 11:00 ● Movie | VR
- 12:30 ● Exercise Class with Genesis Rehab | FC
- 1:00 ● Brain Health University | GR
- 2:00 ● Rummikub | GR
- 7:00 ● Bible Study | MTR

**THANKSGIVING 23**

- 10:00 ● Thanksgiving Word Games | LR
- 11:00 ● Thanksgiving Holiday Brunch Buffet | DR
- 4:00 ● Holiday Movie | VR
- 6:00 ● Scrabble Games | GR
- 7:00 ● Holiday Movie | VR

**9:15 ● Exercise with Paul Radzki | FC 24**

- 10:00 ● Blood Pressure Checks | GR
- 11:00 ● Breakers Book Club | CR
- 1:00 ● Matinee Movie | VR
- 1:00 ● Musical Partners Lecture Series by Stephen Kleiman | SR
- 2:00 ● Pressed Flower Gift Sale with Donna Lou | LR
- 7:15 ● Sabbath Service | SR
- 8:15 ● Movie | VR

**1:00 ● Matinee Movie | VR 25**

- 1:30 ● Scrabble Players Group | GR
- 1:30 ● Coffee and Cookie Social | LR
- 7:00 ● Art History Presentation by Debra Levie | SR
- 8:15 ● Movie | VR

**9:30 ● Catholic Mass with Loyola Clergy | MTR 26**

- 10:30 ● Moody Bible Community Worship Service | SR
- 12:00 ● Menu Chat | SR
- 1:00 ● Breakers Bingo | CF
- 1:00 ● Matinee Movie | VR
- 1:30 ● Coffee and Cookie Social | LR
- 2:00 ● Evening Prayer with All Saints' Episcopal Church | MTR
- 7:00 ● Travelogue with Joe Cunniff | VR
- 8:15 ● Movie | VR

**9:15 ● Gentle Yoga Class with Ine | FC 27**

- 10:00 ● Blood Pressure Checks | GR
- 10:30 ● Judeo-Christian Studies Group | MR
- 10:30 ● Ballroom Dance Lessons | FC
- 11:00 ● Classic Movie Monday | VR
- 12:00 ● Spiro100 Fitness Class: Level 3 | FC
- 1:00 ● Open Bridge Games | GR
- 1:00 ● Classical Music Lecture with Jim Kendros | SR
- 2:00 ● Classic Movie Monday | VR
- 7:00 ● Residents' Association Meeting | SR

**9:15 ● Balance and Weights Class | FC 28**

- 10:00 ● New Resident Meeting | CF
- 10:15 ● Water Fitness with Christine
- 10:15 ● Trip to Walmart
- 11:00 ● Dining Room Dish | SR
- 11:00 ● Presentation by Dr. Castelino | SR
- 12:30 ● Cardio Class with Chris | FC
- 1:00 ● New Life for Old Bags Project | CR
- 2:00 ● Birthday Party | SR
- 2:30 ● Catholic Rosary | MTR
- 3:00 ● Catholic Mass | MTR
- 7:00 ● Breakers' Bingo | CF

**9:15 ● Aerobics Class with Jessica | FC 29**

- 10:00 ● Mat Class | FC
- 11:00 ● Movie | VR
- 11:00 ● Trip to Marriott Theatre to See "Newsies"
- 12:30 ● Exercise Class with Genesis Rehab | FC
- 1:00 ● Play Apples to Apples | GR
- 2:00 ● Rummikub | GR
- 7:00 ● Bible Study | MTR
- 7:00 ● Presentation by Historian Leslie Goddard | SR

**9:15 ● Core Strength and More | FC 30**

- 10:15 ● Water Aerobics with Jessica
- 11:00 ● News and Views Current Events | SR
- 1:00 ● Music in Cinema | VR
- 1:00 ● Comedy Hour Open Mic | SR
- 2:00 ● Trivia Tea Time | 2L
- 3:00 ● Bereavement Group | 2L
- 3:30 ● Happy Hour | LR
- 7:00 ● Music in Cinema | VR
- 7:00 ● Performance by the Spoon Man | SR





## EVENT RECAP

# pumpkin party with genesis rehab

Last month we had a fun fall-themed party hosted by our friends at Genesis Rehab! They brought plenty of pumpkins for everyone to paint and decorate as well as other crafts, and had delicious caramel apples and other tasty Halloween treats for all to enjoy!

Genesis Rehab is located on our 1st floor all the way at the end of the hallway past the beauty shop and doctors offices. Please stop in to see them to say hello whenever you are down that way in the building, and know they are a wonderful option should you ever need physical therapy, occupational therapy or speech therapy in the future!



## THIS MONTH'S *heart hero*

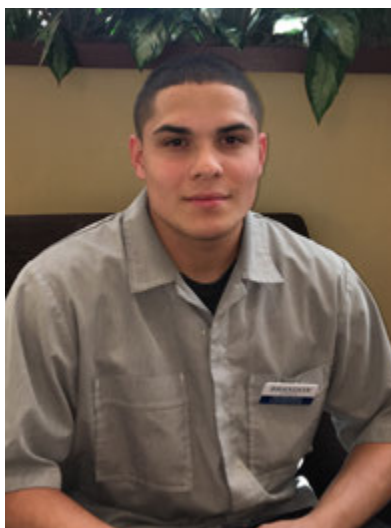
HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

BRANDON REYES

Brandon was born and raised in Chicago and has lived here his whole life; he currently resides nearby in Albany Park. He is an employee in our wonderful Housekeeping department, and you will mostly see him on the 1st and 2nd floors keeping the common areas clean!

In his free time, Brandon enjoys learning about technology, computers and business. He also loves all Chicago sports, has played baseball most of his life and is a big Cubs fan! He enjoys exercising, living a healthy lifestyle and riding his bike when it is nice out. He rides his bike in to work almost every day! He is a huge animal lover and has two dogs of his own.

Brandon's favorite things about working at The Breakers are being able to help people and being a part of a fun team of coworkers who support each other.



IT'S OUR PLEASURE TO SERVE YOU ...

*word from your executive director*

Hard to believe that it is already November 2017! November is definitely the month that tells us autumn is nearly over and winter is around the corner. November has many positive memories for me and my family. My wife (Stephanie) and I were married on Nov. 11, 2001. Nov. 11 is also Veterans Day (originally Armistice Day). It allows us to have a day to honor all the men and women who have served our country honorably. It's also the time to break out the parkas and sweaters. The days become shorter and the nights become longer. As a small child, I found comfort when we would cozy up to a fire as a family and talk about everything and anything.

I would like to thank all of our veterans and let you all know how much you are appreciated for your service. I would also like to wish everyone a wonderful Thanksgiving and hope it is full of love and fond memories.

Best,

*Ted O'Brien, EXECUTIVE DIRECTOR*

## MANAGEMENT TEAM

Ted O'Brien, *Executive Director*

Kim Witt, *Associate Executive Director*

Jessica Natale, *Director of Resident Programs*

Lin Loos, *Director of Resident Services*

Donna Pennekamp, *Business Office Manager*

Kristin Milton, *Director of Sales & Marketing*

Adam Muransky, *Dining Services Director*

Lauren Montgomery, *Dining Room Manager*

James Vitson, *Director of Plant Operations*

Liz Villalovos, *Housekeeping Supervisor*

TRAIN  
YOUR  
BRAIN  
*solution*

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

SENIOR LIFESTYLE  
FAMILY-OWNED COMMUNITIES

