

# Be *Inspired*

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

## THIS MONTH'S *silver star*

### FLORENCE MESSERER

Florence was born in Newark, N.J., and speaks with a hint of a New York accent. She was close to her mom and credits her for her passion of dance and theater most of her life. Florence was a talented dancer, a social and political activist, improv comedy star and actress. She's also a loyal animal lover, organizer and leader. Florence has lived at The Breakers for eight years now. She loves being active on the Residents Association Board and being the chairperson for the New Residents Committee. She is always concerned about others and helping new residents feel part of the Breakers Community.

Florence spent the majority of her career working for colleges in New York, setting up continuing education courses for adults and seniors. One of her lifelong passions has been helping the elderly stay active and positive about living life to the fullest at any age! Florence is most proud of having created "The Harbour Lights Players," a talented theater group of seniors who performed many famous plays.

Florence is an especially warm, social individual and is famous for welcoming new residents at her very own "Happy Table." She encourages her friends and neighbors to practice living with an upbeat, positive, winning attitude and doesn't like to surround herself with negativity.

Florence has a positive energy and zest for life. She has had two wonderful children, two grandchildren and now also three great-grandchildren; and she absolutely loves when they visit! Florence still loves keeping busy and spreading her love around and believes she's not ready to retire. As she chuckles, "I still love what I do and am not ready to retire. This month I will turn 96 years young! Hopefully, when I reach the age of 100, then I'll slow down and actually retire."



JOIN US THIS MONTH FOR

## *ignite your passion*

Life is short. If there were ever a moment to follow your passion and do something that matters to you, that moment is now.

The Programming theme for the month is "Ignite Your Passion." We have been asking residents and staff to share their passions in life with us over the past month and now we would like to encourage everyone to take action and follow that passion.

Whether your passion may be food, animals, exercise, art or volunteering ... we hope you will join us this month for some exciting programs and trips to do things that make you feel good!



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

It used to be that September signaled the end of summer. We were left with only our vacation memories to comfort us as we watched the days shorten and the temperatures cool, a sure indication of what was ahead. But, no more! Let's make September about ourselves and finding what we really enjoy doing. "Ignite Your Passion" reminds us that life is full of wonderful things all around us, we just need to recognize what things are most important to us. What is your passion? Perhaps you like to sing in the shower? Now is the time to bring your voice to the chorus or our Open Mic Night. You've been thinking about trying an exercise class? Dig out those sneakers and go! Try a new food or make healthier choices this month, which might make you feel better. Meet some new friends, join a club or volunteer your time. Do whatever makes you feel good!

I hope you all have a wonderful start to the fall season and enjoy the time to reflect on what your passions are in life. The construction on the building is winding down and should be complete soon. I am looking forward to continue helping our community be wonderful!

### TRAIN YOUR BRAIN *sudoku solution on back*

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



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

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

BIRTHDAYS THIS MONTH

- LAURINIA FORD — 2nd
- DOROTHY KENIS — 2nd
- CAROL LOEFFLER — 2nd
- FLORENCE MESSERER — 4th
- NINA CHINN — 5th
- MILLIE RASKE — 6th
- CHARLENE GODWIN — 7th
- MARILYN BROWN — 11th
- MARVIN SHIMP — 11th
- NESSIM CICUREL — 12th
- ALBERT WEINER — 13th
- JESSE PERMAN — 14th
- JUDITH TRITZ — 18th
- SKIP ALLMAN — 19th
- CHRIS OCHROMOWICZ — 22nd
- SANDRA KNIPP — 23rd
- BERNARD TANENBAUM — 24th
- MARGARET TORREANO — 24th
- ROSEANN CASCIO — 24th
- DOROTHY LANZER — 25th
- TAMO KURAMOTO — 25th
- DELORES RITTENBERG — 28th

www.SeniorLifestyle.com  
Activities are subject to change



TRANSPORTATION SCHEDULE

MONDAY & 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

TUESDAY  
8:45 a.m.-3 p.m.  
Target/Old Orchard/Walmart/Hospital Runs

WEDNESDAY  
10 a.m.-5 p.m.  
Special Outside Trips

SATURDAY  
10 a.m.-3:30 p.m.  
Century Movie Theater in Evanston/Walmart

<p>9:30 ● Catholic Mass with Loyola Clergy   MTR 3</p> <p>10:30 ● Moody Bible Community Worship Service   SR</p> <p>12:00 ● Menu Chat   SR</p> <p>1:00 ● Breakers Bingo   CF</p> <p>1:00 ● Matinee Movie   VR</p> <p>1:30 ● Coffee and Cookie Social   LR</p> <p>2:00 ● Evening Prayer with All Saints' Episcopal Church   MTR</p> <p>7:00 ● Movie   VR</p>	<p><b>LABOR DAY 4</b></p> <p>9:15 ● Gentle Yoga Class with Ine   FC</p> <p>10:00 ● Blood Pressure Checks   GR</p> <p>10:15 ● Walking Club   LR</p> <p>10:30 ● Judeo-Christian Studies Group   MR</p> <p>11:00 ● Classic Movie Monday   VR</p> <p>12:00 ● Spiro100 Fitness Class: Level 3   FC</p> <p>1:00 ● Open Bridge Games   GR</p> <p>1:00 ● Veterans Group   CF</p> <p>2:00 ● Classic Movie Monday   VR</p> <p>7:00 ● Game Night   GR</p>	<p>9:15 ● Balance and Weights Class   FC 5</p> <p>10:00 ● New Resident Meeting   CF</p> <p>10:15 ● Water Fitness with Christine</p> <p>10:15 ● Trip to Target</p> <p>11:00 ● Breakers Resident Chorus   SR</p> <p>12:30 ● Cardio Class with Chris   FC</p> <p>1:00 ● Trip to Lincolnwood Mall</p> <p>2:30 ● Catholic Rosary   MTR</p> <p>7:00 ● Breakers Bingo   CF</p> <p>7:00 ● Bonfire with S'mores</p>	<p>9:15 ● Aerobics Class with Jessica   FC 6</p> <p>9:15 ● Trip to the Original Pancake House</p> <p>10:00 ● Mat Class   FC</p> <p>11:00 ● Movie   VR</p> <p>12:15 ● Trip to the American Writers Museum</p> <p>12:30 ● Exercise Class with Genesis Rehab   FC</p> <p>1:00 ● Play Apples to Apples   GR</p> <p>2:00 ● Rummikub   GR</p> <p>7:00 ● Bible Study   MTR</p>	<p>9:15 ● Core Strength and More   FC 7</p> <p>10:00 ● Computer Class with Buddy   GR</p> <p>10:15 ● Water Aerobics with Jessica</p> <p>10:15 ● Walking Club   LR</p> <p>11:00 ● Improvisation with Teri McEvoy   SR</p> <p>1:00 ● Music in Cinema   VR</p> <p>1:00 ● News Currents with Jessica   VR</p> <p>2:00 ● Trivia Tea Time   2L</p> <p>3:00 ● Bereavement Group   2L</p> <p>3:30 ● Happy Hour   LR</p> <p>7:00 ● Music in Cinema   VR</p> <p>7:00 ● Art Alive Presentation: Chagall   SR</p>	<p>9:15 ● Exercise with Paul Radzki   FC 8</p> <p>10:00 ● Blood Pressure Checks   GR</p> <p>10:30 ● Writing Class with Paul McComas   SR</p> <p>1:00 ● Matinee Movie   VR</p> <p>1:00 ● Trip to Trader Joe's</p> <p>1:00 ● Clean Up the Park Volunteer Project</p> <p>7:15 ● Sabbath Service   SR</p> <p>8:15 ● Movie   VR</p>	<p>9:15 ● Tai Chi with Lin Shook   FC 2</p> <p>10:15 ● Trip to Century Movie Theatre in Evanston</p> <p>11:00 ● Singalong with Margaret   LR</p> <p>1:00 ● Matinee Movie   VR</p> <p>1:30 ● Scrabble Players Group   GR</p> <p>1:30 ● Coffee and Cookie Social   LR</p> <p>7:00 ● Performance by Eleanor Warrington   SR</p> <p>8:15 ● Movie   VR</p>
<p>9:30 ● Catholic Mass with Loyola Clergy   MTR 10</p> <p>10:30 ● Moody Bible Community Worship Service   SR</p> <p>12:00 ● Menu Chat   SR</p> <p>1:00 ● Breakers Bingo   CF</p> <p>1:00 ● Matinee Movie   VR</p> <p>1:30 ● Coffee and Cookie Social   LR</p> <p>2:00 ● Evening Prayer with All Saints' Episcopal Church   MTR</p> <p>7:00 ● Travelogue with Joe Cunniff   VR</p> <p>8:15 ● Movie   VR</p>	<p><b>PATRIOT DAY 11</b></p> <p>9:15 ● Gentle Yoga Class with Ine   FC</p> <p>10:00 ● Blood Pressure Checks   GR</p> <p>10:15 ● Walking Club   LR</p> <p>10:30 ● Judeo-Christian Studies Group   MR</p> <p>11:00 ● News and Views Current Events   SR</p> <p>1:00 ● Open Bridge Games   GR</p> <p>1:00 ● Presentation by Dignity Memorial for Veterans   SR</p> <p>2:30 ● Watch Battery Repairs &amp; Sales   CF</p> <p>7:00 ● Classical Music Lecture with Jim Kendros   SR</p>	<p>9:15 ● Balance and Weights Class   FC 12</p> <p>10:15 ● Water Fitness with Christine</p> <p>10:15 ● Trip to Old Orchard Mall</p> <p>11:00 ● Monthly Community Meeting   SR</p> <p>12:30 ● Cardio Class with Chris   FC</p> <p>1:00 ● Presentation by Dignity Memorial for All   SR</p> <p>1:00 ● New Life for Old Bags Project   CR</p> <p>1:00 ● Hearing Aid Checks   CF</p> <p>2:30 ● Catholic Rosary   MTR</p> <p>3:00 ● Catholic Mass   MTR</p> <p>7:00 ● Breakers Bingo   CF</p>	<p>9:15 ● Aerobics Class with Jessica   FC 13</p> <p>9:15 ● Trip to Art Institute of Chicago</p> <p>10:00 ● Mat Class   FC</p> <p>10:30 ● Line Dancing with Freda Terry   FC</p> <p>11:00 ● Movie   VR</p> <p>12:30 ● Exercise Class with Genesis Rehab   FC</p> <p>1:00 ● Brain Health University   GR</p> <p>2:00 ● Rummikub   GR</p> <p>7:00 ● Bible Study   MTR</p> <p>7:00 ● Presentation on Chicago Statues: Giant in the Park   SR</p>	<p>9:15 ● Core Strength and More   FC 14</p> <p>10:15 ● Water Aerobics with Jessica</p> <p>10:15 ● Walking Club   LR</p> <p>11:00 ● Improvisation with Teri McEvoy   SR</p> <p>11:00 ● Trip to Arlington Park</p> <p>1:00 ● Music in Cinema   VR</p> <p>2:00 ● Trivia Tea Time   2L</p> <p>3:00 ● Bereavement Group   2L</p> <p>3:30 ● Happy Hour   LR</p> <p>7:00 ● Music in Cinema   VR</p> <p>7:00 ● Open Mic Night   SR</p>	<p>9:15 ● Exercise with Paul Radzki   FC 15</p> <p>10:00 ● Blood Pressure Checks   GR</p> <p>11:00 ● Reader's Theatre with Christine   SR</p> <p>1:00 ● Brain Health University   GR</p> <p>1:00 ● Matinee Movie   VR</p> <p>1:00 ● Trip to DSW Shoes, Marshalls &amp; Michaels Crafts</p> <p>1:00 ● Presentation on Memoir Writing by Beth Finke   SR</p> <p>7:15 ● Sabbath Service   SR</p> <p>8:15 ● Movie   VR</p>	<p>9:15 ● Tai Chi with Lin Shook   FC 16</p> <p>10:15 ● Trip to Century Movie Theatre in Evanston</p> <p>11:00 ● Singalong with Margaret   LR</p> <p>1:00 ● Matinee Movie   VR</p> <p>1:30 ● Scrabble Players Group   GR</p> <p>1:30 ● Coffee and Cookie Social   LR</p> <p>8:15 ● Movie   VR</p>
<p>9:30 ● Catholic Mass with Loyola Clergy   MTR 17</p> <p>10:30 ● Moody Bible Community Worship Service   SR</p> <p>12:00 ● Menu Chat   SR</p> <p>1:00 ● Breakers Bingo   CF</p> <p>1:00 ● Matinee Movie   VR</p> <p>1:30 ● Coffee and Cookie Social   LR</p> <p>2:00 ● Evening Prayer with All Saints' Episcopal Church   MTR</p> <p>7:00 ● Movie   VR</p> <p>7:00 ● Performance by John Muhlenfeld   SR</p>	<p><b>18</b></p> <p>9:15 ● Gentle Yoga Class with Ine   FC</p> <p>10:00 ● Blood Pressure Checks   GR</p> <p>10:15 ● Walking Club   LR</p> <p>10:30 ● Judeo-Christian Studies Group   MR</p> <p>11:00 ● Classic Movie Monday   VR</p> <p>12:00 ● Spiro100 Fitness Class: Level 3   FC</p> <p>1:00 ● Open Bridge Games   GR</p> <p>1:00 ● Veterans Group   CF</p> <p>1:30 ● Memorial Service   SR</p> <p>2:00 ● Classic Movie Monday   VR</p> <p>7:00 ● Game Night   GR</p>	<p>9:15 ● Balance and Weights Class   FC 19</p> <p>10:00 ● New Resident Meeting   CF</p> <p>10:00 ● Weiss Communication Station   LR</p> <p>10:15 ● Water Fitness with Christine</p> <p>10:15 ● Trip to Target</p> <p>11:00 ● Breakers Resident Chorus   SR</p> <p>12:30 ● Cardio Class with Chris   FC</p> <p>1:00 ● Trip to Lincolnwood Mall</p> <p>2:30 ● Catholic Rosary   MTR</p> <p>2:30 ● LGBT &amp; Friends Group Social   MR</p> <p>7:00 ● Breakers Bingo   CF</p>	<p><b>ROSH HASHANAH BEGINS AT SUNDOWN 20</b></p> <p>9:15 ● Aerobics Class with Jessica   FC</p> <p>10:00 ● Mat Class   FC</p> <p>10:45 ● Trip to Shedd Aquarium</p> <p>11:00 ● Movie   VR</p> <p>12:30 ● Exercise Class with Genesis Rehab   FC</p> <p>1:00 ● Play Apples to Apples   GR</p> <p>2:00 ● Rummikub   GR</p> <p>7:00 ● Bible Study   MTR</p> <p>7:00 ● Rosh Hashanah Service   SR</p>	<p>9:15 ● Core Strength and More   FC 21</p> <p>10:00 ● Computer Class with Buddy   GR</p> <p>10:00 ● Rosh Hashanah Service   SR</p> <p>10:15 ● Water Aerobics with Jessica</p> <p>10:15 ● Walking Club   LR</p> <p>11:00 ● Improvisation with Teri McEvoy   SR</p> <p>1:00 ● Music in Cinema   VR</p> <p>1:00 ● News Currents with Jessica   VR</p> <p>2:00 ● Trivia Tea Time   2L</p> <p>3:00 ● Bereavement Group   2L</p> <p>3:30 ● Happy Hour   LR</p> <p>7:00 ● Music in Cinema   VR</p>	<p><b>FALL BEGINS 22</b></p> <p>9:15 ● Exercise with Paul Radzki   FC</p> <p>10:00 ● Blood Pressure Checks   GR</p> <p>11:00 ● Breakers Book Club   CR</p> <p>1:00 ● Matinee Movie   VR</p> <p>1:00 ● Trip to Trader Joe's</p> <p>7:15 ● Sabbath Service   SR</p> <p>8:15 ● Movie   VR</p>	<p>9:30 ● Trip to Naper Settlement Powwow 23</p> <p>1:00 ● Matinee Movie   VR</p> <p>1:30 ● Scrabble Players Group   GR</p> <p>1:30 ● Coffee and Cookie Social   LR</p> <p>7:00 ● Performance by Dan Sullivan</p> <p>8:15 ● Movie   VR</p>
<p>9:30 ● Catholic Mass with Loyola Clergy   MTR 24</p> <p>10:30 ● Moody Bible Community Worship Service   SR</p> <p>12:00 ● Menu Chat   SR</p> <p>1:00 ● Breakers Bingo   CF</p> <p>1:00 ● Matinee Movie   VR</p> <p>1:30 ● Coffee and Cookie Social   LR</p> <p>2:00 ● Evening Prayer with All Saints' Episcopal Church   MTR</p> <p>7:00 ● Travelogue with Joe Cunniff   VR</p> <p>8:15 ● Movie   VR</p>	<p><b>25</b></p> <p>9:15 ● Gentle Yoga Class with Ine   FC</p> <p>10:00 ● Blood Pressure Checks   GR</p> <p>10:15 ● Walking Club   LR</p> <p>10:30 ● Judeo-Christian Studies Group   MR</p> <p>11:00 ● Classic Movie Monday   VR</p> <p>12:00 ● Spiro100 Fitness Class: Level 3   FC</p> <p>1:00 ● Open Bridge Games   GR</p> <p>1:00 ● Classical Music Lecture with Jim Kendros   SR</p> <p>2:00 ● Classic Movie Monday   VR</p> <p>7:00 ● Residents' Association Meeting   SR</p>	<p>9:15 ● Balance and Weights Class   FC 26</p> <p>10:00 ● New Resident Meeting   CF</p> <p>10:15 ● Water Fitness with Christine</p> <p>10:15 ● Trip to Walmart</p> <p>11:00 ● Dining Room Dish   SR</p> <p>12:30 ● Cardio Class with Chris   FC</p> <p>1:00 ● New Life for Old Bags Project   CR</p> <p>2:00 ● Birthday Party   SR</p> <p>2:30 ● Catholic Rosary   MTR</p> <p>3:00 ● Catholic Mass   MTR</p> <p>7:00 ● Breakers Bingo   CF</p>	<p>9:00 ● Trip to Harley-Davidson Museum 27</p> <p>9:15 ● Aerobics Class with Jessica   FC</p> <p>10:00 ● Mat Class   FC</p> <p>10:30 ● Line Dancing with Freda Terry   FC</p> <p>11:00 ● Movie   VR</p> <p>12:30 ● Exercise Class with Genesis Rehab   FC</p> <p>1:00 ● Brain Health University   GR</p> <p>2:00 ● Rummikub   GR</p> <p>7:00 ● Bible Study   MTR</p> <p>7:00 ● Performance by CSO: Chen Quartet   SR</p>	<p>9:15 ● Core Strength and More   FC 28</p> <p>10:15 ● Water Aerobics with Jessica</p> <p>10:15 ● Walking Club   LR</p> <p>1:00 ● Music in Cinema   VR</p> <p>2:00 ● Trivia Tea Time   2L</p> <p>3:00 ● Bereavement Group   2L</p> <p>3:30 ● Happy Hour   LR</p> <p>7:00 ● Music in Cinema   VR</p>	<p><b>YOM KIPPUR BEGINS AT SUNDOWN 29</b></p> <p>9:15 ● Exercise with Paul Radzki   FC</p> <p>10:00 ● Blood Pressure Checks   GR</p> <p>11:00 ● News Currents with Jessica   VR</p> <p>1:00 ● Matinee Movie   VR</p> <p>6:00 ● Yom Kippur Service   SR</p> <p>7:15 ● Sabbath Service   SR</p> <p>8:15 ● Movie   VR</p>	<p>10:00 ● Yom Kippur Service   SR 30</p> <p>1:00 ● Matinee Movie   VR</p> <p>1:30 ● Scrabble Players Group   GR</p> <p>1:30 ● Coffee and Cookie Social   LR</p> <p>1:30 ● Trip to Alphawood Gallery</p> <p>5:00 ● Yom Kippur Service   SR</p> <p>6:00 ● Trip to Auditorium Theatre: Kathleen Battle</p> <p>8:15 ● Movie   VR</p>



## EVENT RECAP

# total solar eclipse party

Last month we were able to witness a wonderful thing ... a total solar eclipse! Solar eclipses are fairly common — there are typically two solar eclipses per year occurring somewhere on Earth. Most people will witness at least one partial solar eclipse in their lifetimes; however, most folks who aren't avid amateur astronomers will not witness one of the true splendors of nature — a total solar eclipse.

Although we weren't in the path of totality to experience the total eclipse entirely, we celebrated with moon pies and sun chips to munch on while we waited for and watched the event. Residents and staff were in awe of the beauty of seeing the moon covering the sun through our special eclipse glasses. Although it was a bit cloudy, most were able to see the eclipse, and we experienced a drop in temperature and some darkness around 1:19 p.m.!



## THIS MONTH'S chart hero

CARING, HONESTY, APPRECIATION,  
RESPECT, TEAMWORK

### REBECCA IDOWU

Rebecca has worked at The Breakers for five months now, and you have probably seen her face all over! She works as a server in the Dining Room, as well as Concierge and Security.

Rebecca was born and raised here in Chicago, and her parents are from Nigeria. She currently lives nearby with her mom and sister and is going to school full-time taking online classes. She is expected to get her bachelor's degree by the end of 2018 in Healthcare Management.

In her free time, Rebecca is usually studying and doing homework, but aside from that she enjoys hanging out with her sister, MoMo, (who also works here as a Dining Room server!) and pampering herself when she can. She likes art and drawing as well as listening to music.

Rebecca's favorite thing about working at The Breakers is talking with the residents and learning something new every day. She loves that there is always something interesting going on and never a dull moment! Something you might not know is that she has been afraid of dogs her entire life until she started working here, and now she has gotten over that fear and really enjoys seeing the Breakers' dogs around!



## MANAGEMENT TEAM

Ted O'Brien, *Executive Director*

Kim Witt, *Associate Executive Director*

Jessica Natale, *Director of  
Resident Programs*

Lin Miller, *Director of Resident Services*

Donna Pennekamp, *Business  
Office Manager*

Kristin Milton, *Director of Sales  
& Marketing*

Adam Muransky, *Dining  
Services Director*

Lauren Waithe, *Dining Room Manager*

James Vitson, *Director of  
Plant Operations*

Liz Villalovos, *Housekeeping Supervisor*

TRAIN  
YOUR  
BRAIN  
*solution*

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