

News & Views

Volume 28 Issue 3

March 2010

Illinois State I.D.'s

The Illinois Secretary of State's Mobile Driver Services Facility will be visiting King-Bruwaert House on Tuesday, March 23, from 10:00 a.m. to 2:00 p.m. in the Great Lounge. Representative will offer vision screenings for driver tests, duplicate and/or corrected driver's licenses, new identification cards and vehicle renewal stickers. Anyone over the age of 65 may obtain a FREE state I.D.. Free hearing screenings will be conducted by licensed audiologist Dr. Audrey Freeman of Best Hearing Center in Westmont. A sign-up sheet for the hearing screenings will be available outside the Founder's Room (guest dining room) on Monday, March 22. Staff from the Pleasantview Fire Protection District will also conduct free blood pressure and blood glucose screenings. Any questions? Call Bonnie at Ext 9521.

Switchback Concert

It's time for our annual Irish Music Concert by Switchback. For over two decades, the musical partnership of Brian FitzGerald and Martin McCormack, known as Switchback, has been entertaining audiences around the world with their unique American Roots music blended with Celtic Soul. We have been celebrating St. Patrick's Day with this duo for a number of years. They are definitely a K-B favorite. Please join us on Monday, March 8 at 2:30 p.m. in our Irish Pub (Great Lounge) for a wonderful afternoon of music and camaraderie.

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Administrative Team

Carl Baker
Executive Director

Judy Sanders
Director of Finance

Pat Van Meter
Director of Nursing

Lisa Carroll
Director of Social Services

Juanita Castro
Director of Food Services

Bonnie Kohout
Marketing Director

Emira Kondic
Director of Housekeeping

Mary Meegan
Director of Activities & Volunteers

Julie Milam
Director of Development

Paul Stech
Director of Maintenance

Barbara Schafer
Director of Woods Godair Park, & Fitness Center

Nicole Slightom
Director of Human Resources

Bonnie Warden
Admissions Director

Natalie Zelman
Director of Landscaping & Horticulture Therapy



Happy Birthday!!

Please wish our March birthday celebrants a very happy day!

Jack Kinsella—6th
 Caroline Biggs—9th
 Ed Trainor—9th
 Irene Sierocinski—13th
 Marjorie Hurd—20th
 Marie Nelson—22nd
 Theresa Eisen—29th
 Margaret Jean Phipps—31st

Birthstone - Aquamarine

Aquamarine is probably one of the most popular gemstones, and if you were born in March it's even more special to you. Colors range from pale to vivid blue, and some aquamarines have shades of green thrown in.

The aquamarine is believed to endow the wearer with foresight, courage, and happiness. It is said to increase intelligence and make one youthful. As a healing stone, it is said to be effective as a treatment for anxiety. In the Middle Ages, it was thought that aquamarine would reduce the effect of poisons. A legend says that sailors wore aquamarine gemstones to keep them safe and prevent seasickness.

One of the largest near-flawless aquamarine crystals ever found was the Dom Pedro Aquamarine, found in 1993 in Minas Gerais, Brazil. It weighed 10,395 carats and stood 23 1/4 inches (59 cm) tall. The stone was cut by Bernd Munsteiner to create the sculpture *Waves of the Sea* (right) in 1993.

Craft Studio Happenings

If you haven't been down to our Craft Studio, now is the time to check it out. Visit with our new studio instructor, Jay Baker. Jay is an art major, graduating with a Bachelor of Arts degree from Barat College in Lake Forest, Illinois. He has many great ideas for new projects, including jewelry making and hand sculpting with clay. If there is an art medium you would like to try, let Jay know. Jay has been cleaning and organizing downstairs these past few weeks. He also cleaned out and repaired our slip table with the help of Maintenance so he can pour greenware for ceramics. The studio is open on Monday, Wednesday, and Friday mornings from 9:00—11:00 a.m.. Come down and welcome Jay to K-B!

Daylight Savings

Daylight Savings Time begins at 2:00 a.m. Sunday, March 14. Before going to bed Saturday night, remember to set your clocks ahead (Spring forward) one hour.

Knitting Circle

Join Renee on the Kimball Porch on Tuesday, March 2 at 1:30 p.m. for Knitting Circle. This group is open to seasoned knitters and novices alike. If you don't know how to knit, but would like to learn, contact Renee at Ext. 9555 so she can bring materials for you.

Girl Scout Cookie Sales

Last year, a number of residents asked about getting girl scout cookies from staff members children. Staff are not allowed to solicit residents, even if the residents want the item for sale. So this year, we have arranged for girl scouts from two local troops to come to K-B to sell cookies. They will be in our Main Lobby on Sunday, March 7, from 11:00 a.m. to 3:30 p.m.. Cookies are \$4.00 per box. They have Trefoils (shortbread), Thin Mints, Tagalongs (Peanut Butter and Chocolate), DoSiDos (Peanut Butter Sandwich), Samoas (Coconut Caramel), Lemon Chalet, and Dulce de Leche.

Wednesday Gatherings

Our warm winter gatherings continue this month on Wednesday afternoons. Come as you are for a warm drink, conversation, and fun.

3/03—Swallowing Gold fish

3/10—Hot Cocoa and Cranium Crunches

3/17—Irish Coffee and Blarney

3/24—Tea Time

3/31—International Coffees and Chatter

All begin at 3:00 p.m. in the Great Lounge by the fireside.

PEO Meeting

The local MV Chapter, PEO, will be meeting in the K-B Community Theater on Monday, March 15. They have graciously invited our residents to join them for their program, "Feed the Dream." This program is on the indigenous people of Guatemala. The program will begin at 7:00 p.m.. If interested please join them. (There will not be staff present at this program.)

The Erie Canal

John Lynn returns to K-B with a talk about a historic site many of our residents may be acquainted with. The Erie Canal opened a water route to the American West. John canoed 338 miles from Lake Erie to the Hudson river. He will share the scenery of the river towns and locks along the way. Don't miss this informative slide presentation on Wednesday, March 24 at 10:30 a.m. in the theater.

Scrapbooking

Join Amanda on Saturday, March 27 at 1:00 p.m. in the Great Lounge for basic scrapbooking. Create a special memory page that you can frame for yourself or give to family or a friend. Bring a few related photos that you would like to include on your page. They may be family pictures, scenes from a previous trip, or shots from a recent gathering. We will provide the materials to create your page. You just need to bring the photos!



Artist Presentation

On Friday, March 12, Hadley Pihl and fellow artists will join us for our annual Artists' Presentation. Each artist will begin and finish a painting in one hour, right before your eyes. Hadley explains what everyone is doing while he paints. Fellow artists include Dorothe Earnest, George Muir, and Harriet Harper. Once the paintings are completed, they are raffled off. Everyone waits in eager anticipation to see who wins! Following the raffle drawing, there will be a wine and cheese reception with the artists. The program will begin at 2:00 p.m. in the Great Lounge.

Art Institute Seminar

Tuesday, March 30, marks the first of three programs offered by the Art Institute for their Spring Seminar entitled "The American West". The program begins at 9:45 a.m. in the theater. The program on the 30th will be "Images of the American West", presented by David Stark.



Resident Council

The regularly scheduled meeting of the Resident Council was called to order by President, Lillian LaPalio at 9:10 a.m. on Thursday, February 25, 2010 in the Theater. There were twenty-one residents in attendance.

The minutes of the January Resident Council were reviewed and approved as published in the February News & Views.

Treasurer Josephine Lynch reported no expenditures or additions this past month. The treasury balance remains at \$1,279.15.

Carl Baker, Executive Director, is on vacation.

Carole Pyle, Executive Board, sent a report which was read by Lil. The Annual Legacy and Leaders Dinner will be held on May 13. Hank Messerschmidt and Bob Harbour are being honored. Mike Meagher, Executive Board, is looking into the stage lighting issues in the theater. The endowment is showing steady growth and much improvement.

Carole was sorry to miss the meeting, but she is still down in Florida.

Mary Meegan, Director of Activities, reported on upcoming programs, including: Hinsdale Debutante Tea, Girl Scout Cookie Sales, Switchback concert, Art Presentation, and the Secretary of States Mobile Driving Unit.

Mary also reported for the Safety Committee. March is the beginning of tornado season in our area. In the event of a tornado watch, a "Code Gray" is announced over the Public Address (PA) System. Staff and Residents are to "be aware" that there is a potential for a tornado. If a Tornado Warning is announced for our area, a "Code Black" is announced over the PA. If you are in your room, you are asked to go into your bathroom and close the door. This keeps you away from windows, and provides a place to sit and access to water if thirsty. Residents who are uncomfortable staying in their bathroom may come into an interior hallway with staff. However, we strongly encourage you to stay in the bath-

Resident Council Cont.

room, as it is the safest place for you to be. If you are in a public area, move into interior hallways, away from windows. During a "Code Black" staff spread throughout the building to assist residents to areas of safety. Once an "All Clear" is called, staff will go room to room to notify residents that the warning is over. Three tornado "drills" will be held in March for staff training. We ask that residents also respond appropriately during the alarm. If you have any questions regarding tornado alarms, please contact Mary Meegan at Ext. 9522.

Debbie Daly-Gawenda, Assistant Director of Nursing, reported on the Zostavax, a vaccination for the shingles virus. In the past, K-B has not offered this vaccine due to its high cost and difficult storage requirements. An outside company, Dominick's, will come to K-B and offer the vaccination to all residents. The normal cost is \$215. Resident co-pays will range from approximately \$6 to \$90 depending on individual insurance coverage. The vaccina-

tion will be given in March. If you have had the chicken pox, you are at risk for getting shingles. If you have had shingles in the past, you can get it again. Doctor's are recommending the vaccination for people over the age of 60. The vaccine may not prevent you from getting shingles, but if you do, it should lessen the symptoms. The vaccination has been shown to decrease the frequency of shingles by 51% and decrease the pain associated with shingles by 66%. Shingles rash usually lasts about 30 days, but the pain can last for months, even years. The vaccine is given once. It is not an annual vaccination. If you are interested in getting the zostavax vaccine, contact Pat Van Meter, Director of Nursing, at Ext. 9506. She can discuss is further with you, and review the cost to you based on your insurance.

Debbie was asked about the H1N1 vaccine. Should the residents get that vaccination? Debbie said that the original thoughts were that seniors were not at risk due to lifetime exposure to different strains of the flu. However, it is now

Resident Council Cont.

felt that seniors are not as protected as originally thought. It is now recommended that people over the age of 65 get the H1N1 vaccination. If you are interested in the H1N1 flu vaccine, contact Pat. We are currently in the peak of the seasonal flu season.

Eric Forster, Social Services, reported for Ed Trainor, Health Care Representative. Health Care welcomed new resident Anna Manderscheid on January 29.

Ty Johnson, Woods Liaison, said it was a beautiful, sunny morning, despite the cold. The next Woods Steering Committee meeting is scheduled in March.

Bob Barnes, Godair Park liaison, was not present.

OLD BUSINESS

Lil asked Meghan Schauff if she knew when the new cable television channels would be added? Meghan said she did not, but advised Lil to check with Carl Baker.

Lil reported that a resident spotted a hawk out in front scooping up a squirrel. She told everyone to be careful when outside the building.

Carl Baker had asked residents at the last council meeting to let him know if there was anything they felt K-B needed (new or replacement) so it could be considered in the new budget. Lil said it was brought up that the benches on the terrace are very hard to sit on. It was suggested that outdoor cushions be purchased for the benches. The gliders have cushions, and are much more comfortable to sit on. Mary said she will inform Mr. Baker of this request.

Lil welcomed new resident Jay Jensen to K-B. She asked everyone to help him feel at home.

NEW BUSINESS

Arlene Rehak reported that Pastor Susan Gerow is hoping to start a handbell choir for Sunday Services. If you are interested in participating, contact Susan at Ext. 9539.

The complimentary guest meal was won by Mary Caddy.

The next meeting of the Resident Council will be held on Thursday, March 25, 2010 at 9:00 a.m. in the theater. All residents are welcome and encouraged to attend.



Art Institute Seminar

Mark your calendars for the remaining Art Institute Spring Seminar sessions. On April 6, Paula Wisotzki presents "Georgia O'Keefe: A Feminist's Femininity". "Surveying the View: Photography and the American West" will be presented by Miranda Hofelt on April 13. The programs begin at 9:45 a.m. in theater.

Pompeii DVD

This film explores art and culture around the Bay of Naples before Mount Vesuvius erupted in 79 CE. The bay was then a favorite resort for vacationing Romans. Julius Caesar, emperors, and senators were among those who owned sumptuous villas along its shores. The program begins at 2:00 p.m. in the theater on Sunday, March 14.

Questions about something on your calendar?

Contact Mary Meegan at Ext. 9522

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