

Be *Inspired*

PRAIRIE GREEN AT FAY'S POINT | a Senior Lifestyle community | BLUE ISLAND, IL 60406 | 708-489-1503

THIS MONTH'S *silver star*

FRANCISE LOWE

Francise Lowe was born and raised in Milestone, Miss., by her aunt, who was an active civil rights activist.



There she attended Milestone Elementary, Tchule High school and Malcolm-X College. She married Jordan Malone for 10 years, and together, they had two sons and four daughters. As a homemaker, Mrs. Malone made sure her family was always taken care of, by preparing hot meals daily, making sure homework was neatly done and taking family vacations to Illinois and Wisconsin. She conquered this challenge until her husband passed. Francise then moved to Illinois to build a better life for herself and her family. She established a great career at Newman Associates for over 22 years, working as a Direct Care Staff for adults with disabilities. This was the perfect job because Francise had patience, compassion and love for her clients. It was a blessing to be a part of their life; helping others made her want to live. She looked forward to working with them each day.

During her spare time, she grew her own foods before urban gardening was popular, and she made her own preserves. She sewed the church robes and uniforms for the children. She enjoys music, singing solos and as a group with her family for a variety of church events. They would often have rehearsal until it turned into actual church services, which she appreciated so much. Francise became a certified evangelist and a Sunday school teacher for New Life Church of God in Christ.

Words of wisdom by Frances Malone, "Do not let anything bother you in this life, take things easy, because in the end, it will all workout for your good."

Prairie Green would like to thank Francise Malone for being our Fall Silver Star.

WE'RE LOOKING FORWARD TO

senior "be inspired" retreat

This month, Senior Lifestyle Communities as a whole will be celebrating active aging week titled Be Inspired. October is here, and we're ready to launch our senior retreat.

To kick off this celebration, Oct. 5-11, Prairie Green at Fay's Point will be showing off our golden years through various activities. I challenge you to enhance your quality of life by keeping socially active and by participating in this retreat.

Breast Cancer awareness month is here. We'll continue to educate and celebrate our journey with breast cancer survivors. Throughout the month, we will wear pink to support the cause and have a Pink Social.

Let's turn over new leaves this fall. Join us for more eating and drinking of hot cocoa, cider, pumpkin pie, candy corn and many more during our Social Hours on Fridays.

Hope to see you there!



TRAIN YOUR BRAIN *search for words colleges and universities*

E	L	A	Y	M	C	L	E	M	S	O	N	Auburn
N	R	U	B	U	A	D	D	N	D	L	O	Bryn Mawr
D	D	B	G	D	C	F	W	S	E	E	T	Clemson
F	F	L	R	F	O	O	D	N	K	H	R	Cornell
S	T	U	T	Y	R	P	O	D	U	I	E	DePaul
R	E	A	U	B	N	T	U	F	D	G	D	Duke
E	M	P	L	S	E	M	U	R	F	H	A	Harvard
G	P	E	A	C	L	S	A	F	D	D	M	Lehigh
T	L	D	N	D	L	V	G	W	T	U	E	Notre Dame
U	E	I	E	G	R	I	C	E	R	S	E	Princeton
R	R	S	T	A	N	F	O	R	D	C	H	Purdue
P	S	G	H	V	A	S	S	A	R	V	C	Rice

BE INSPIRED

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

LOCATIONS

- 2ND FLOOR CLUB LOUNGE — CL2
- 3RD FLOOR CLUB LOUNGE — CL3
- 4TH FLOOR CLUB LOUNGE — CL4
- ARTS & CRAFTS STUDIO — AC
- BACK PATIO — PAT
- COMPUTER LAB/LIBRARY — COMP
- DINING ROOM — DR
- FITNESS CENTER — Gym
- LOBBY — LB
- MULTIPURPOSE ROOM — MP
- PRIVATE DINING ROOM — PDR
- YOUR APARTMENT — Home

BIRTHDAYS THIS MONTH

- 1ST —Karissa Brooks (Employee)
- 2ND —Susie Martin
- 2ND —Franciszek Stekala
- 3RD —Mildred West
- 5TH —Pam Laubenthal
- 5TH —Ardelia Chavers (Employee)
- 9TH —Jennifer Price (Employee)
- 12TH —Diana Richard
- 13TH —Florence Barnes
- 18TH —Kelly Cardenas (Employee)
- 21ST —Erma Whirl
- 27TH —Maurice Haul
- 30TH —Joyce Applewhite



OFFICE HOURS

DAILY
9 a.m.-5 p.m.

www.SeniorLifestyle.com
Activities are subject to change

TRANSPORTATION SCHEDULE

MONDAY, WEDNESDAY & FRIDAY
No Transportation At This Time Due To Covid-19



<p>TRANSPORTATION SCHEDULE</p> <p>MONDAY, WEDNESDAY & FRIDAY No Transportation At This Time Due To Covid-19</p>			<ul style="list-style-type: none"> ● NATIONAL RESIDENTS RIGHTS MONTH MP 1 9:30 ● Poetry Workshop MP 10:30 ● Technology & Phone Savvy Workshop COMP 11:00 ● Online Religious Songs MP 2:15 ● Fall Bingo Hall MP 3:45 ● One-On-One Friends Zone Home 	<ul style="list-style-type: none"> 10:00 ● Fitness in Motion MP 2 10:15 ● Technology & Phone Savvy Workshop COMP 10:30 ● Reminiscence Corner MP 11:00 ● Online Religious Songs MP 2:00 ● Social with a Twist MP 3:30 ● The Daily Chronicle MP 	<ul style="list-style-type: none"> 11:30 ● Word Search Challenge MP 3 1:00 ● Cards AC 2:00 ● Walking Club PAT 2:30 ● Weekend Puzzle Challenge AC 6:30 ● Saturday Night Classic MP 	
<ul style="list-style-type: none"> 10:00 ● Church Service MP 4 10:30 ● Prayer Circle MP 11:30 ● Word Search Challenge MP 1:00 ● Cards AC 2:00 ● Walking Club PAT 2:30 ● Pool Club CL4 5:30 ● Movie Matinee Home 	<ul style="list-style-type: none"> ● ACTIVE AGING WEEK "BE INSPIRED" MP 5 ● WEAR BLUE DAY MP 10:00 ● Welcome Be Inspired Retreat MP 10:15 ● Coffee & Krispy Kreme Donuts Social MP 10:30 ● All Week Scavenger Hunt MP 12:00 ● Vertical Inspiration MP 2:00 ● Movie Social: Group of 10 MP 4:00 ● Inspirational Discussions MP 4:00 ● Phone Workshop COMP 	<ul style="list-style-type: none"> ● ACTIVE AGING WEEK "BE INSPIRED" MP 6 ● WEAR YOUR FAVORITE COLOR TODAY MP 9:30 ● Physical Fitness MP 10:00 ● What's That Smell? Guess the Spice? MP 10:30 ● Spa Treatment Social MP 12:15 ● Special Guest Speaker Virtual Inspiration MP 1:30 ● The Arts of Meditation & Relaxation MP 2:00 ● Spa Treatment Social MP 4:30 ● The Mannequin Challenge MP 	<ul style="list-style-type: none"> ● ACTIVE AGING WEEK "BE INSPIRED" MP 7 9:00 ● Dress to Impress Fashion Show LB 10:00 ● Walk This Way... Exercise MP 11:30 ● Resident Special Guest Speaker MP 1:15 ● Photo Images What You See Is What You Get MP 2:00 ● Photo Collage AC 4:00 ● You Matter to Me Day MP 4:30 ● Phones & Gadgets Workshop COMP 	<ul style="list-style-type: none"> ● ACTIVE AGING WEEK "BE INSPIRED" MP 8 ● WEAR A NATURE COLORED T-SHIRT PAT 10:30 ● Technology & Phone Savvy Workshop COMP 11:05 ● Religious Services MP 11:30 ● Guest Speaker Virtual Inspiration MP 1:00 ● Nature Trail PAT 1:45 ● Singalong with Mia Group of 10 PAT 2:30 ● Be Inspired "Big Bingo" MP 3:00 ● Paint & Sip with Breanna AC 	<ul style="list-style-type: none"> ● ACTIVE AGING WEEK "BE INSPIRED" MP 9 ● WEAR HAT/CAP TODAY LB 10:00 ● Fall Physical Fitness MP 10:15 ● Technology & Phone Savvy Workshop COMP 10:30 ● Memory Tray Challenge MP 11:05 ● Religious Services MP 11:30 ● Guest Speaker Virtual Inspiration MP 2:00 ● Island Happy Hour MP 3:30 ● Bowling Club COMP 4:00 ● Retreat Take Away MP 	<ul style="list-style-type: none"> ● ACTIVE AGING WEEK "BE INSPIRED" MP 10 ● NATIONAL HANDBAG DAY DONATE A BAG MP 11:30 ● Word Search Challenge MP 1:00 ● Meditation Challenge Home 1:30 ● Retreat Take Away MP 2:00 ● Walking Club PAT 2:30 ● Weekend Puzzle Challenge AC 6:30 ● Saturday Night Classic MP
<ul style="list-style-type: none"> ● ACTIVE AGING WEEK "BE INSPIRED" MP 11 10:00 ● Church Service MP 11:30 ● Word Search Challenge MP 2:00 ● Walking Club PAT 2:30 ● Pool Club CL4 5:30 ● Movie Matinee Home 	<p style="text-align: center;">COLUMBUS DAY 12</p> <ul style="list-style-type: none"> 10:00 ● Pokeno MP 10:30 ● Line Dance Chair Exercise MP 11:05 ● Religious Services MP 12:00 ● Shoppers Express COMP 2:00 ● Movie Social: Group of 10 MP 3:45 ● One-On-One Friends Zone Home 4:00 ● Phone Workshop COMP 	<ul style="list-style-type: none"> 9:30 ● Physical Fitness MP 13 10:30 ● Shell & Bre Beauty Workshop MP 11:05 ● Religious Services MP 12:00 ● Shoppers Express COMP 1:30 ● Documentary Club MP 3:30 ● Bowling Club COMP 	<ul style="list-style-type: none"> 9:30 ● Dollar Tree MP 14 11:05 ● Religious Services MP 2:00 ● Fay's Point Memorial Services MP 3:45 ● One-On-One Friends Zone Home 4:00 ● Charades MP 4:30 ● Phones & Gadgets Workshop COMP 	<ul style="list-style-type: none"> 9:30 ● Poetry Workshop MP 15 10:30 ● Technology & Phone Savvy Workshop COMP 11:00 ● Online Religious Songs MP 1:30 ● Birthday Celebration MP 1:30 ● Resident Council Meeting: Group of 10 MP 2:15 ● Fall Bingo Hall MP 3:45 ● One-On-One Friends Zone Home 	<ul style="list-style-type: none"> ● NATIONAL SPORT DAY MP 16 ● NATIONAL BOSS DAY MP 10:15 ● Technology & Phone Savvy Workshop COMP 10:45 ● Hollywood Trivia MP 11:00 ● Online Religious Songs MP 2:00 ● Social with a Twist MP 2:15 ● Pink Social MP 3:30 ● The Daily Chronicle MP 	<ul style="list-style-type: none"> 11:30 ● Word Search Challenge MP 17 1:00 ● Black Poetry Day MP 1:00 ● Cards AC 2:00 ● Walking Club PAT 2:30 ● Weekend Puzzle Challenge AC 6:30 ● Saturday Night Classic MP
<ul style="list-style-type: none"> 10:00 ● Church Service MP 18 10:30 ● Prayer Circle MP 11:30 ● Word Search Challenge MP 1:00 ● Cards AC 2:00 ● Walking Club PAT 2:30 ● Pool Club CL4 5:30 ● Movie Matinee Home 	<ul style="list-style-type: none"> 10:00 ● Pokeno MP 19 11:00 ● Online Religious Songs MP 12:00 ● Shoppers Express COMP 2:00 ● Movie Social: Group of 10 MP 3:45 ● One-On-One Friends Zone Home 4:00 ● Phone Workshop COMP 	<ul style="list-style-type: none"> 9:30 ● Physical Fitness MP 20 10:30 ● Spa Treatment Social MP 11:00 ● Online Religious Songs MP 12:00 ● Shoppers Express COMP 1:30 ● Documentary Club MP 2:00 ● Spa Treatment Social MP 	<ul style="list-style-type: none"> 10:30 ● Food 4 Less LB 21 11:00 ● Online Religious Songs MP 1:30 ● Resident Council Meeting: Group of 10 MP 2:00 ● Men Cave Club CL3 3:45 ● One-On-One Friends Zone Home 4:30 ● Phones & Gadgets Workshop COMP 	<ul style="list-style-type: none"> 10:00 ● Warm Up Fitness MP 22 10:30 ● Technology & Phone Savvy Workshop COMP 11:05 ● Religious Services MP 2:15 ● Fall Bingo Hall MP 3:45 ● One-On-One Friends Zone Home 	<ul style="list-style-type: none"> 10:00 ● Warm Up Fitness MP 23 10:15 ● Technology & Phone Savvy Workshop COMP 11:05 ● Religious Services MP 2:15 ● Happy Hour Around the World MP 3:30 ● Bowling Club COMP 	<ul style="list-style-type: none"> 11:30 ● Word Search Challenge MP 24 2:00 ● Walking Club PAT 2:30 ● Weekend Puzzle Challenge AC 6:30 ● Saturday Night Classic MP
<ul style="list-style-type: none"> 10:00 ● Church Service MP 25 11:30 ● Word Search Challenge MP 2:00 ● Walking Club PAT 2:30 ● Pool Club CL4 5:30 ● Movie Matinee Home 	<ul style="list-style-type: none"> 10:00 ● Pokeno MP 26 11:05 ● Religious Services MP 12:00 ● Shoppers Express COMP 1:15 ● Afternoon Warm Up MP 2:00 ● Movie Social: Group of 10 MP 3:45 ● One-On-One Friends Zone Home 4:00 ● Phone Workshop COMP 	<ul style="list-style-type: none"> 9:30 ● Physical Fitness MP 27 10:30 ● Shell & Bre Beauty Workshop MP 11:05 ● Religious Services MP 12:00 ● Shoppers Express COMP 1:30 ● Documentary Club MP 3:00 ● Spelling Bee Jam MP 3:30 ● Bowling Club COMP 	<ul style="list-style-type: none"> 10:30 ● Walmart Express MP 28 11:05 ● Religious Services MP 2:30 ● Women's World: Group of 10 COMP 3:45 ● One-On-One Friends Zone Home 4:00 ● Charades MP 4:30 ● Phones & Gadgets Workshop COMP 	<ul style="list-style-type: none"> 10:05 ● Aerobic Exercise MP 29 10:30 ● Technology & Phone Savvy Workshop COMP 2:15 ● Fall Bingo Hall MP 2:45 ● Hand Me a Handbag COMP 3:45 ● One-On-One Friends Zone Home 	<ul style="list-style-type: none"> 10:00 ● Let's Get Physical Gym 30 10:15 ● Technology & Phone Savvy Workshop COMP 10:30 ● Fall Trivia MP 2:00 ● Fall Festival MP 2:30 ● Candy Corn Social MP 	<p style="text-align: center;">HALLOWEEN 31</p> <ul style="list-style-type: none"> 11:30 ● Word Search Challenge MP 2:00 ● Walking Club PAT 2:30 ● Weekend Puzzle Challenge AC 6:30 ● Saturday Night Classic MP

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

OCTOBER INSPIRES

Somehow, October inspires lots of thinking and reflecting. You can capture those thoughts through the lens of a camera or your own eye lens by taking a walk as the leaves are falling or taking photos of the beauty and the smiles.

We're looking forward to family and friends visits, and the start of the holiday season is fueled with new aspirations.

We would like to recognize in October Monday, Oct. 19, 2020 through Sunday, Oct 25, 2020 as Healthcare Foodservice Workers Week. Please celebrate with us by thanking our kitchen staff for their hard work. Thank you, Chef William, Dawn, Jaslyn, Dee, Paula, Chris, Raymond, MaryFaire, Kelly, Daisy and Valeria.

We truly appreciate all the love you place into our residents' meals.

We highly encourage all our residents to continue practicing in preventative actions that include frequent hand-washing, wearing a mask at all times when in public areas, covering your mouth when coughing and sneezing and 6ft social distancing to reduce the spread of Covid-19.



RECAP: HOW WE STAYED CONNECTED THIS MONTH

so long, september

This summer was extremely hot, but we survived the heat as we drank fountains of water each day. Ice cream socials were the right cool treat which gave us a smile deep down on the inside. We enjoyed a Labor Day BBQ and movies, Grandparents Day, in-depth conversations about 9/11 and our Oktoberfest beer, cheese and pretzel social.

Next month, let's get your spices ready.



THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

This month's HEART Hero is our very own third-shift CNA AMBERA. She's here with our seniors during the night time hours providing care and sense of security. Ambera has been working at Prairie Green since July 2019. She has worked as a home care aide since 2007. She served in the US Army active duty from 1995-1998. Ambera graduated from South Suburban College in 2002 with an AAS in Criminal Justice. She enjoys making a difference in the lives of our residents every day. Ambera saw a captivating poem during her childhood years that has been a standard for her work ethic ever since. It said, "If a task is once begun, never leave it till it's done; be the labor great or small, do it well or not at all."

Thank you, Ambera, for all you do and for choosing Prairie Green as your career destination. Congratulations on being our Fall HEART Hero!



MANAGEMENT TEAM

- Belinda Howard, *Executive Director*
- Jennifer Price, *Business Office Manager*
- Jennifer Borrero, *Director of Sales & Marketing*
- Kendall Jones, *Director of Plant Operations*
- Marcene Brown, *Health and Wellness Director*
- Shelley-Ann Cummings, *Resident Program Director*
- Breanna Macon, *Resident Program Assistant*
- Charles Williams, *Maintenance Assistant*

TRAIN YOUR BRAIN *solution*

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

SENIOR LIFESTYLE
 your life, your style