

# August at Village Green

## President's Message

Yikes, it's been hot out! We had our common area air conditioner replaced just in time!

The building has been nice, cool, and comfortable.

Our last board meeting was very well attended and I thank all of you for coming. Going forward, to help me stay on point, I'm asking anyone that has a question for the board to submit it in writing to me before the meeting. The meeting agenda is posted days ahead of the meeting, giving everyone time to formulate their questions or comments and present them to me.

Hopefully, we will be able to resume our Resident/Owners meetings where we can really get good discussions going. I do miss those meetings, and getting a chance to share info and learn what is on my neighbor's minds. And SEE everyone again and meet new residents and have Birthday Parties etc. like the 'good old days'. And I can stop nagging about putting masks on and covering your nose.

We are smart people in this community and we WILL get through this! SAFELY

Sue Holliman, *Village Green President*

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## Suggestions for FREE & Interesting On-Line Activities

**Google Earth National Park Tours:** visit national parks across the country virtually. Which ones have you been to, what have you seen?

**Audible:** listen to free audio books.

**Pen Pal Program:** contact another provider and start a pen pal program with home-bound participants to stay connected.

**Memory Well:** make a free interactive digital timeline to help promote connection between family members through videos, pictures, audio, letters, and notes.

**Happy:** a free app that provides emotional support 24/7. Recommended by the American Heart Association, Mental Health America and others.

**Journey Meditation:** a meditation app offering free services for the rest of the year.

**United Nations Volunteers:** online volunteering with the United Nations allows organizations and volunteers to connect from anywhere in the world on any device.

**Translators Without Borders:** for those who are fluent in more than one language, you can volunteer to translate information.

**LibriVox:** read and record chapters of books in the public domain and make them available for free on the internet.

**EDX:** over 2500 **FREE** online courses from 140 institutions. [www.edx.org](http://www.edx.org)

**If you would like to be set up in the library and have some assistance contact Rob**

# AUGUST 2020















What's Happen

Sunday	Monday	Tuesday	Wednesday
<b>Resident's Birthdays</b> Fredine Schick 5th Don Holliman 9th Karleen Gengler 11th Alma Sidlin 13th Mary Welacha 13th Susan Holliman 15th	<b>Resident's Birthdays</b> Ruthann Trudeau 15th Wendy Prosser 15th Fred Carr 17th Harry Kroeger 26th Helen Messer 27th	<b>Employee's Birthdays</b> Don Holliman 9th Susan Holliman 15th Maria Gil 18th	ALL ACTIVITIES TIME. IF WE CAN HOLD ONE. MASK
2	3	4 10:15 Aldi's grocery 10:30 Tai Chi 3:00 Rosary Main Dining Room	5 10:00 Board 1:30 Wii Jeopardy 3:00 In Shape
9	10  1:30 Trivial Pursuit We will all play together as one big team using a video spinner.	11 10:30 Tai Chi 3:00 Rosary Main Dining Room	12  1:30 Wii Bowling 3:00 In Shape
16	17	18 10:15 Aldi's grocery 10:30 Tai Chi 3:00 Rosary Main Dining Room	19  1:30 Wii Wheel 3:00 In Shape
23	24  1:30 BINGO! w/ Prizes	25 10:30 Tai Chi	26  1:30 Wii Bowling
30	31	3:00 Rosary Main Dining Room	3:00 In Shape



# Evening at Village Green of East Dundee

Wednesday	Thursday	Friday	Saturday
<p>ACTIVITIES ARE LIMITED TO TEN RESIDENTS AT A TIME. IF WE HAVE ADDITIONAL RESIDENTS, WE WILL HAVE A SECOND ACTIVITY AFTER THE FIRST ACTIVITY. SEATING AND DISTANT SEATING ARE REQUIRED.</p>			<p>1 1:00 Writers Group</p>
<p>Meeting  Jeopardy!  In Home</p>	<p>6 10:00 Jewel / Walgreens  10:30 Seated Yoga </p>	<p>7 9:00 Beauty Shop 1:30 Life of the Monarch Butterfly. Video in the Social Room  3:00 In Shape w/ In Home </p>	<p>8 1:00 Writers Group</p>
<p> Bowling  In Home</p>	<p>13 10:00 Jewel / Walgreens  10:30 Seated Yoga </p>	<p>14 9:00 Beauty Shop  3:00 In Shape w/ In Home </p>	<p>15 1:00 Writers Group</p>
<p> Wheel of Fortune  In Home</p>	<p>20 10:00 Jewel / Walgreens  10:30 Seated Yoga </p>	<p>21 9:00 Beauty Shop  1:30 Hummingbirds Video in the Social Room  3:00 In Shape w/ In Home</p>	<p>22 1:00 Writers Group</p>
<p> Bowling  In Home</p>	<p>27 10:00 Jewel / Walgreens  10:30 Seated Yoga </p>	<p>28 9:00 Beauty Shop  1:30 Trivial Pursuit  3:00 In Shape w/ In Home</p>	<p>29 1:00 Writers Group</p>





## Monarch Waystation, On It's Way!

Katie Meyer joined us for a butterfly garden walk and talk in July. That day we found 4 Monarch caterpillars in our garden. Katie loaned us a habitat tank to raise our caterpillars in a protected environment. Betty Mathis and Jeanie Sklena have been maintaining the Monarch caterpillar habitat. As you are reading this newsletter they are already forming their chrysalis...check it out in our Social Room. Keep an eye on them because in about two weeks these little guys will be flying all the way to Mexico. We will announce to you our release date when we will let them fly away to their new homes. The pictures you see here are from our caterpillar habitat at Village Green.



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# September at Village Green

## President's Message

Do you feel Fall in the air? I was outside the morning after it rained and brown leaves were on the ground. Please don't tell me the trees are beginning to turn already. I'm not ready for this and I'll bet you aren't either.

On another note, I want to remind everyone that if you are in the hospital please let us know, or have your family inform us. Since the residents here are caring neighbors and want to know how you are, let the front desk know if you want any visitors, phone calls, or if you want any information shared or not. If you do not wish to share, it is perfectly fine, just let us know and we will respect your wishes.



One more note, we have a suggestion box! Please feel free to take advantage of it. You will find it just out side Christian's office, the same box you put your checks into.

Okay, one more note, please make every effort to vote this year.

Sue Holliman, *Village Green President*



## Announcements



**Fox River Valley Libraries**

Dundee Library • Randall Oaks Library

### This Month at the Dundee Library

Head next door to the Dundee Library for some informational and/or fun adult programs! If you have any questions or would like to register for a program, please call their friendly Information Desk at (847) 428-3661, press 3 or visit their website at [www.frvpld.info](http://www.frvpld.info).

- Understanding and Responding to Dementia Related Behavior, Thurs., Sept. 3, 7 to 8:30 p.m. *Zoom*
- Starbucks Coffee Dupes, Sat., Sept. 12, 12 to 1 p.m. *Zoom*
- Decorate your own at home: Ceramic Llama, Thurs., Sept. 17, 7 to 8 p.m. *Zoom*



**Doctor Oommen's New Hours** at Village Green are now on Fridays at 11:00 AM and no longer on Wednesdays.

# SEPTEMBER 2020



Sunday	Monday	Tuesday	Wednesday
<b>Resident's Birthdays</b> Phyllis Billeck 3rd Helene Cramm 12th 	<b>Employee's Birthdays</b> Luz Vargas 23rd 	1 <div> ALL ACTIVITIES POSTED ARE ON A "TO BE DETERMINED" BASIS.   PLEASE CHECK OUR WHAT'S HAPPENING FLYERS FOR UP-TO-DATE ACTIVITIES. </div>	2 
6	7 <b>LABOR DAY</b>	8	9 <b>10:00 Board Meeting</b> <i>(to be determined)</i>
13	14	15 <b>10:15 Aldi's Grocery</b>	16
20	21	22 <b>10:15 Aldi's Grocery</b>  <b>10:30 Tai Chi</b>  3:00 Rosary <i>Main Dining Room</i>	23  <b>1:30 Wii Wheel of Fortune</b>  3:00 In Shape <i>(to be determined)</i>
27	28	29 <b>10:15 Aldi's Grocery</b>  <b>10:30 Tai Chi</b>  3:00 Rosary <i>Main Dining Room</i>	30  <b>1:30 Wii Bowling</b>  3:00 In Shape <i>(to be determined)</i>





# Village Green of East Dundee

Wednesday	Thursday	Friday	Saturday
	3 10:00 Jewel / Walgreens	4	5
Meeting (ined)	10 10:00 Jewel / Walgreens	11	12
	17 10:00 Jewel / Walgreens	18	19
 el of Fortune w/ In Home (ined)	24 10:00 Jewel / Walgreens  10:30 Seated Yoga 	25 9:00 Beauty Shop 3:00 In Shape w/ In Home  (to be determined) 7:00 Movie Night Main Dining Room	26  1:00 Writers Group
 ing w/ In Home (ined)	1    OCTOBER 10:00 Jewel / Walgreens  10:30 Seated Yoga	2 9:00 Beauty Shop 3:00 In Shape w/ In Home  7:00 Movie Night Main Dining Room	3  1:00 Writers Group

What time is it?



Perhaps is the most frequent, if not the most important question of all time.

Time? Ten calendars from worthy causes for the year 2021, have come so far.

However, by far, the most shocking thing, possibly, that has happened at Village Green in the six years I have lived here was the arrival of the April calendar: *What's Happening at Village Green of East Dundee* Blank! Almost, save the anticipated birthdays being noted. The Virus came to call us to new awareness.

"What's Important Now?" Several years ago, Lou Holtz, famed coach at Notre Dame, papered the locker-room with signs that read: "WIN !" Of course the players thought they knew what it meant. Put on the uniform, pads and helmet. Go out there for the scrimmage and perhaps get your socks knocked off. The coach had another idea in his mind: "Fellows, WIN is an acronym! It stands for *WHAT'S IMPORTANT NOW !* If you do that the score on the playing field will take care of itself."

Maybe we should get a stack of post-a-notes and paper the hallways with: WIN ! – a thousand times over? To remind ourselves of what is important each day, each hour, each minute, each heartbeat?

For now, the sunrise is coming in my window, each day later, but more beautiful than before. Today ----a sweep of pinks, rose, and horsetail clouds against robins egg blue. Birds are pulling open the curtain for today.


What is important now? I'll tell you later, if I have time. And listen for what you have to say.

Happy Birthday Everyday !


WIN !

-MB






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