

Be Inspired

LINCOLNWOOD PLACE | a Senior Lifestyle community | LINCOLNWOOD, IL 60712 | 847-673-7166

THIS MONTH'S silver star

ROCHELLE LEVIN

Rochelle Levin was born in Chicago to Morris and Lena Wallerstein. She was the youngest of four children. She had two sisters and one brother. Rochelle attended Gregory Elementary and Marshall High School. She focused her schooling on business skills, learning shorthand and typing. She was also involved in choir, art, and music but passed on mechanical drawing when she found out it was all males. Rochelle always loved to dance and learned how to jitterbug from her brother when she was 14 and he was going off to the Army. She graduated in the top 5 percent of her high school class.

Rochelle taught dancing at the Fred Astaire Studio. It was at a dance at Temple Emanuel that she met her husband, Leo Levin. He also liked to dance. Leo attended Manly High School and was a basketball player. Rochelle and Leo had a whirlwind romance — they met in March, were engaged in June and married in August.

Together they had two children — Jeff and Laura. With one of each, that was enough. When the children were old enough, Rochelle went back to office work. She worked for a travel agency and went to Hawaii three times in one year. She worked in a construction firm and in real estate, but her longest career was 17 years with the Ambassador West Hotel. The work was hard but the perks were nice.

Rochelle retired from full-time work at 65 and focused on her grandchildren, teaching computers to seniors and doing some part-time work for previous employers. Some of her favorite trips were cruises to Hawaii, Spain, and the Caribbean. When she was 69, Leo died from brain cancer. They had been married for 45 years.

Rochelle came to live at Lincolnwood Place three and a half years ago. She likes to keep busy on her computer while watching TV, loves to dance, and enjoys good music and good friends. She is this month's Silver Star.



JOIN US THIS MONTH FOR

limerick writing contest

A LIMERICK ON HOW TO WRITE A LIMERICK:

A limerick is a poem with
five lines
Lines one, two and five
all rhyme
Lines three and lines
four — ter
Both rhyme but are shorter
Ending's funny — most of
the time.



HERE'S A CLASSIC LIMERICK:

There was an old man from Nantucket
Who kept all his cash in a bucket
But his daughter, named Nan,
Ran away with a man,
And as for the bucket, Nantucket

Get an official contest entry form from our Receptionist or email mfehland@seniorlifestyle.com. Each person who submits a limerick gets a copy of our prized Lincolnwood Place Limerick Book!

TRAIN YOUR BRAIN *sudoku solution on back*

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

BE INSPIRED

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

LOCATIONS

- AUDITORIUM I — A1
- AUDITORIUM II — A2
- CARD ROOM — CR
- COURTYARD — C
- DINING ROOM — DR
- EXAM ROOM — EXR
- FITNESS CENTER — FC
- GAME ROOM — GR
- LIBRARY — L
- LOBBY — LB
- NEAR ELEVATORS ON DESIGNATED FLOOR — EV
- PILATES ROOM — PR
- THE MANOR: ASSISTED LIVING LOBBY ON 2 — TM2
- THE PUB — P
- WELLNESS CENTER — WC

TRANSPORTATION SCHEDULE

- MONDAY, TUESDAY & FRIDAY: 9 A.M.-3:30 P.M.
Medical Transport
- TUESDAY, WEDNESDAY & THURSDAY: 10 A.M.-2 P.M.
Lexus within 1 Mile Free Or \$15/Hr.
- WEDNESDAY: 8:45-9:45 A.M.
General Errands: Banks, Cleaners, Etc.
- WEDNESDAY: 10-11:45 A.M.
Trip To Walmart and Mariano's
- WEDNESDAY & SUNDAY: 12:30-4 P.M.
Scheduled Outings (See Activity Calendar)
- THURSDAY: 8:35-10 A.M.
Jewel-Osco
- THURSDAY: 10:15-11:30 A.M.
Lincolnwood Town Center, Walgreens, Target
- THURSDAY: 12:30-4 P.M.
Scheduled Outing For The Manor—See Activity Schedule
- SUNDAY: 10:15 A.M.-NOON
Mass At Queen Of All Saints

“Springtime is the land awakening.
The March winds are the morning yawn.”
—Lewis Grizzard

9:45 ● Movers & Shakers with Kim PR 3 10:30 ● Bus to Mass at QOAS LB 10:45 ● Catholic Communion Service, QOAS TM2 1:00 ● Movie: See Flyer A1 2:00 ● Outing: Young Steinway, Harp & Violin LB 2:30 ● Bingo A2 7:00 ● Joyce Kossy's Sunday Evening Movie A1	9:30 ● Advanced (Standing) Tai Chi with Francesca PR 4 10:20 ● Seated Tai Chi with Francesca A2 11:15 ● Knit & Crochet Granny Squares Afghans L 11:30 ● Open Art Studio (DIY: supplies provided) A2 2:00 ● News & Views with a twist with Mike A1 3:00 ● Group Blackjack! Come Play 21 A2 7:00 ● Movie: See Flyer A1	MARDI GRAS 5 10:00 ● Yoga with Nichola PR 11:15 ● Brain Aerobics: Lincolnwood Place "Jeopardy!" A2 1:00 ● Paragon Balance Class PR 1:00 ● Poker Club: Bring your nickels and dimes A2 2:00 ● Movie: See Flyer A1 2:15 ● Bingo A2 2:30 ● Mardi Gras Happy Hour P 7:00 ● Sassafras with Carla & Craig: Mardi Gras A1	ASH WEDNESDAY 6 8:45 ● Walking Club to Mall LB 9:30 ● Advanced (Standing) Tai Chi with Francesca PR 10:20 ● Seated Tai Chi with Francesca A2 12:00 ● Lincolnshire Marriott: Million Dollar Quartet LB 1:00 ● Midweek Musical: See flyer A1 2:30 ● Wild Wednesday Wine Happy Hour P 7:00 ● <i>Midweek Musical Part 2 or Repeat: See flyer</i> A1	10:00 ● Get Fit with Custom Home Care PR 7	11:00 ● Poker Club Newcomers Welcome A2	1:00 ● Limerick Writing Class: All Welcome A2	2:00 ● Matinee Movie: See Flyer A1	2:30 ● Howdy Happy Hour: Meet a Friend P	3:00 ● Blackjack (\$2 Buy In) A2	7:00 ● Yan Skladman: Pianist A1	10:00 ● Paragon Fitness PR 8 11:00 ● Short Story & Poetry Read Around LB 12:00 ● Pizza Party One Week Early! A2 1:00 ● Paragon Balance Class PR 1:00 ● Bridge Class Beginners Welcome Call Mike CR 2:00 ● Movie: See Flyer A1 2:15 ● Bingo A2 2:30 ● Fabulous Friday Happy Hour P 7:00 ● Sabbath Service with Sam Schuster A1	● DIY: WILD WEEKEND BRAIN GAMES 9 ● DIY: ART FOR THE BRAIN 9:45 ● Fantastic 45 Min. Fitness Routine with Kim PR 10:30 ● New Meditation Video Class PR 11:00 ● Musical Memories: See Flyer L 1:00 ● Movie Matinee: See Flyer A1 2:30 ● Manor Concert: Marina Ozaki TM2 7:00 ● Randy Walker: Guitar & Vocals A1	
DAYLIGHT SAVING TIME BEGINS 10 9:45 ● Movers & Shakers with Kim PR 10:30 ● Bus to Mass at QOAS LB 10:45 ● Catholic Communion Service, QOAS TM2 1:15 ● N.S. School of Dance Dancers A2 2:00 ● Outing: Irish Band @ Skokie Lib LB 2:30 ● Bingo A2 7:00 ● Joyce Kossy's Sunday Evening Movie A1	9:30 ● Advanced (Standing) Tai Chi with Francesca PR 11 10:20 ● Seated Tai Chi with Francesca A2 11:15 ● Knit & Crochet Granny Squares Afghans L 11:30 ● NEW Acrylic Painting Class A2 2:00 ● News & Views with Berny Ury A1 3:00 ● Group Blackjack! Come Play 21 A2 7:00 ● Resident Association Meeting A1	10:00 ● Yoga with Nichola PR 12 11:15 ● Brain Fitness TED Talks: Listen, Share & Learn A2 1:00 ● Paragon Balance Class PR 1:00 ● Poker Club: Bring your nickels and dimes A2 2:00 ● Movie: See Flyer A1 2:15 ● Bingo A2 2:30 ● Mardi Gras Happy Hour P 7:00 ● Stu Frank: Music A1	8:45 ● Walking Club to Mall LB 13 9:30 ● Advanced (Standing) Tai Chi with Francesca PR 10:20 ● Seated Tai Chi with Francesca A2 11:30 ● Wii Bowling Trip to Autumn Green LB 1:00 ● Senior Sidekicks A2 2:00 ● Midweek Musical: See Flyer A1 2:30 ● Wild Wednesday Wine Happy Hour P 7:00 ● <i>Midweek Musical Part 2 or Repeat: See flyer</i> A1	10:00 ● Get Fit with Custom Home Care PR 14	11:00 ● Poker Club Newcomers Welcome A2	2:00 ● Matinee Movie: See Flyer A1	2:30 ● St. Pat's Singalong & Limerick Party A2	3:00 ● Blackjack (\$2 Buy In) A2	7:00 ● Movie: See Flyer A1	10:00 ● Paragon Fitness PR 15 1:00 ● Paragon Balance Class PR 1:00 ● Open Bridge Come and Play CR 2:00 ● Movie: See Flyer A1 2:15 ● Bingo A2 2:30 ● Fabulous Friday Happy Hour P 7:00 ● Sabbath Service: Rabbi Barry Axler A1	● DIY: WILD WEEKEND BRAIN GAMES 16 ● DIY: ART FOR THE BRAIN 9:45 ● Fantastic 45 Min. Fitness Routine with Kim PR 10:30 ● New Meditation Video Class PR 11:00 ● Musical Memories: See Flyer L 11:00 ● Westminster Christian H.S. Choir A1 1:00 ● Movie Matinee: See Flyer A1 2:30 ● Manor Concert: Jim Sullivan on Piano TM2 7:00 ● Mihai Vlad Violinist A1		
ST. PATRICK'S DAY 17 9:45 ● Movers & Shakers with Kim PR 10:30 ● Bus to Mass at QOAS LB 10:45 ● Catholic Communion Service, QOAS TM2 1:00 ● Movie: See Flyer A1 2:00 ● Outing: Exploring Peru: Song & Dance, SK Lib. LB 2:30 ● Bingo A2 7:00 ● Joyce Kossy's Sunday Evening Movie A1	9:30 ● Advanced (Standing) Tai Chi with Francesca PR 18 10:20 ● Seated Tai Chi with Francesca A2 11:15 ● Knit & Crochet Granny Squares Afghans L 11:30 ● Open Art Studio (DIY: supplies provided) A2 1:00 ● Movie Picking Committee A1 2:00 ● News and Views with Lynn A1 3:00 ● Group Blackjack! Come Play 21 A2 7:00 ● Movie: See Flyer A1	10:00 ● Yoga with Nichola PR 19 11:15 ● Brain Aerobics: Lincolnwood Place "Jeopardy!" A2 1:00 ● Paragon Balance Class PR 1:00 ● Poker Club: Bring your nickels and dimes A2 2:00 ● Movie: See Flyer A1 2:15 ● Bingo A2 2:30 ● Mardi Gras Happy Hour P 3:15 ● Trip Overview & Sign Up for Next Month P 7:00 ● Sam Magdal: Singer Extraordinaire A1	SPRING BEGINS 20 8:45 ● Walking Club to Mall LB 9:30 ● Advanced (Standing) Tai Chi with Francesca PR 10:20 ● Seated Tai Chi with Francesca A2 11:00 ● Men's Discussion Group: Card Room CR 11:00 ● Low Vision Support Group L 12:15 ● Lunch Outing: COSCO Food Court LB 1:00 ● Midweek Musical: See flyer A1 7:00 ● <i>Midweek Musical Part 2 or Repeat: See flyer</i> A1	10:00 ● Get Fit with Custom Home Care PR 21	11:00 ● Poker Club Newcomers Welcome A2	11:00 ● Town Hall & Update Meeting All Welcome A1	1:30 ● Bonnie Bridges Singer Supreme! DR	2:30 ● Howdy Happy Hour: Meet a Friend P	3:00 ● Blackjack (\$2 Buy In) A2	3:00 ● Book Discussion Group CR	7:00 ● Movie: See Flyer A1	10:00 ● Paragon Fitness PR 22 11:00 ● Short Story & Poetry Read Around LB 1:00 ● Paragon Balance Class PR 1:00 ● Bridge Class Beginners Welcome Call Mike CR 1:00 ● Tech Time with Lincolnwood Library Till 4 p.m. L 2:00 ● Movie: See Flyer A1 2:15 ● Bingo A2 2:30 ● Fabulous Friday Happy Hour P 7:00 ● Sabbath Service with Rabbi Axler A1	● DIY: WILD WEEKEND BRAIN GAMES 23 ● DIY: ART FOR THE BRAIN 9:45 ● Fantastic 45 Min. Fitness Routine with Kim PR 10:30 ● New Meditation Video Class PR 11:00 ● Musical Memories: See Flyer L 1:00 ● Movie Matinee: See Flyer A1 2:30 ● Manor Concert: Eleanor Warrington, Songs & Slides TM2 7:00 ● Marina Ozaki: Piano & More A1
9:45 ● Movers & Shakers with Kim PR 24 10:30 ● Bus to Mass at QOAS LB 10:45 ● Catholic Communion Service, QOAS TM2 1:00 ● Movie: See Flyer A1 2:00 ● Outing: 2 Pianos 4 Hands NB Lib LB 2:30 ● Bingo A2 7:00 ● Joyce Kossy's Sunday Evening Movie A1	9:30 ● Advanced (Standing) Tai Chi with Francesca PR 25 10:20 ● Seated Tai Chi with Francesca A2 11:15 ● Knit & Crochet Granny Squares Afghans L 11:30 ● NEW Acrylic Painting Class A2 1:00 ● Food Forum: All Welcome A1 2:00 ● News and Views with Berny Ury A1 3:00 ● Group Blackjack! Come Play 21 A2 7:00 ● Movie: See Flyer A1	10:00 ● Yoga with Nichola PR 26 11:15 ● Brain Fitness TED Talks: Listen, Share & Learn A2 1:00 ● Paragon Balance Class PR 1:00 ● Poker Club: Bring your nickels and dimes A2 2:00 ● Movie: See Flyer A1 2:15 ● Bingo A2 2:30 ● Mardi Gras Happy Hour P 7:00 ● Movie: See Flyer A1	8:45 ● Walking Club to Mall LB 27 9:30 ● Advanced (Standing) Tai Chi with Francesca PR 10:20 ● Seated Tai Chi with Francesca A2 12:00 ● Outing: Rivers Casino, back to LWP by 4 LB 1:00 ● Midweek Musical: See flyer A1 2:30 ● Wild Wednesday Wine Happy Hour P 7:00 ● <i>Midweek Musical Part 2 or Repeat: See flyer</i> A1	10:00 ● Get Fit with Custom Home Care PR 28	11:00 ● Poker Club Newcomers Welcome A2	1:00 ● Singalong with Mike & Arleen A1	2:00 ● Matinee Movie: See Flyer A1	2:30 ● Howdy Happy Hour: Meet a Friend P	3:00 ● Blackjack (\$2 Buy In) A2	7:00 ● Heather Braoudakis: Singer A1	10:00 ● Paragon Fitness PR 29 1:00 ● Paragon Balance Class PR 2:00 ● Movie: See Flyer A1 2:15 ● Bingo A2 2:30 ● Fabulous Friday Happy Hour P	● DIY: WILD WEEKEND BRAIN GAMES 30 ● DIY: ART FOR THE BRAIN 9:45 ● Fantastic 45 Min. Fitness Routine with Kim PR 10:30 ● New Meditation Video Class PR 11:00 ● Musical Memories: See Flyer L 1:00 ● Movie Matinee: See Flyer A1	
9:45 ● Movers & Shakers with Kim PR 31 10:30 ● Bus to Mass at QOAS LB 10:45 ● Catholic Communion Service, QOAS TM2 1:00 ● Movie: See Flyer A1 2:00 ● Outing: Clarinet Quartet, Nb Lib. LB 2:30 ● Bingo A2 7:00 ● Joyce Kossy's Sunday Evening Movie A1													

EVENT RECAP

dinner and dancing with sandi haynes band

We danced the night away with music that made everyone move. It was a real joy to see so many residents join in the fun. Take a look at our Facebook page to enjoy a video from that night. And, the fun has just begun! Stay tuned for more!



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

NEW BEGINNINGS

When I think of spring, I think of new beginnings. As we start the next season, Lincolnwood Place starts the next chapter. We have spent a long time evolving with the renovation project. I can finally say that we are done with most of the project. Only minor details and punch list items remain. As I have promised, we will celebrate! We are planning to have two Celebrations. The first Celebration will be specifically for you, the residents of Lincolnwood Place. The second Celebration will be for invited guests and Executives. Thank you for your patience over the past two years. I look forward to celebrating with you!

Warmly,
Autumn



THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,
APPRECIATION, RESPECT, TEAMWORK

EMBERLANE ISAAC is one of our fabulous CNAs in the Assisted Living Department on the second floor of Lincolnwood Place. As one of our first CNAs, she has really set a high standard. Emberlane is reliable, on time, and is always willing to help. She provides excellent care to our residents.

Emberlane has a military background where she worked as a linguist, which might explain her great organizational skills. She is new to the Chicagoland area and in her free time, you can find her exploring the city, meeting friends and making new memories. She loves hamburgers, ice cream, hiking, traveling, and all kinds of music. She is this month's HEART Hero.



MANAGEMENT TEAM

Autumn Fuesz, *Executive Director*
Mike Fehland, *Director of Resident Programs*
Victor Rios, *Director of Resident Services*
Amy Kraabel, *Director of Sales & Marketing*
Maureen Broom, *Dining Services Director*
Steve Bowers, *Director of Plant Operations*
Iride Martinez, *Health and Wellness Director*
Andrew Burke, *Administrator*
Gary Resis, *Human Resource Director*

TRAIN
YOUR
BRAIN
solution

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



SENIOR
LIFESTYLE
your life, your style

