

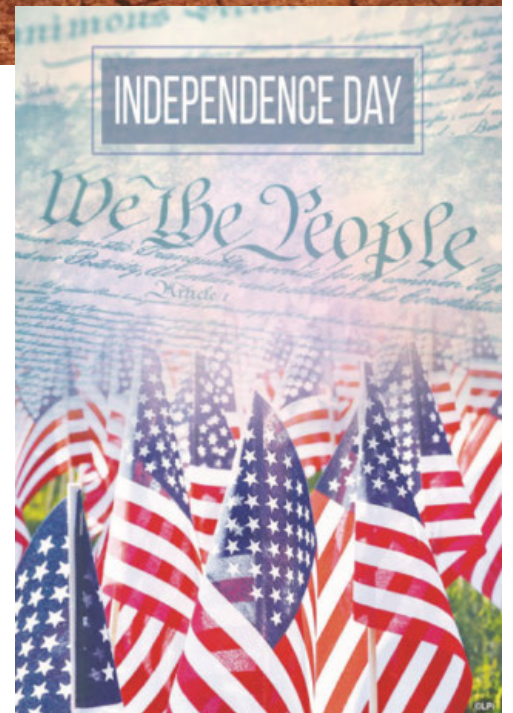
# MAYSLAKE ACORN



**JULY 2024**

## WHAT'S INSIDE

- 2.....Special Events
- 3-5.....Recurring Activities
- 6-7.....At-A-Glance
- 8.....Birthdays
- 9.....Lewis University News
- 10-11.....Wellness Center News
- 12-13.....Social Services News
- 14.....Maintenance News
- 15-16.....Food Services
- 17-19.....Resident Submissions
- 20.....Save the Date



Katie can be reached at  
630-214-1866 or  
[kschneider@mayslake.org](mailto:kschneider@mayslake.org)

## **AFTERNOON MOVIE: CHANTILLY BRIDGE (2023)**

**Tuesday, July 2nd at 1:30pm in Frigo Hall**

In this film, a group of lifelong, steadfast female friends confront old resentments, celebrate new milestones and rediscover their unbreakable bond.

## **AFTERNOON MOVIE: UNDER THE TUSCAN SUN (2003)**

**Tuesday, July 16th at 1:30pm in Frigo Hall**

Based on Frances Mayes' 1996 memoir, the film is about a recently divorced writer who buys a villa in Tuscany on a whim, hoping it will lead to a change in her life.

## **BRUNCH ENTERTAINER: JANE ALLYSON**

**Friday, July 19th at 12pm in the Dining Room**

Jane is a top entertainer in the Chicagoland area with a great voice and a large repertoire. She can't wait to be back at Mayslake!

## **JULY BIRTHDAY PARTY** **Friday, July 26th at 1:30pm in Frigo Hall**

Entertainment by Michael Joseph. We will also enjoy cake, coffee/tea, and a free drawing!

## **BRUNCH ENTERTAINER: BABETTE**

**Friday, July 12th at 12pm in the Dining Room**

Babette Dean will be back to entertain you while you enjoy brunch!

## **ICE CREAM SOCIAL**

**Sunday, July 21st from 1pm to 3pm in Frigo Hall. Doors open at 1pm!**

You scream, I scream, we all scream for ICE CREAM...social! Invite your friends and family and come down to Frigo Hall for a musical performance by Andrew Blendermann, kid's games in the Senior Center, clowns, and of course ICE CREAM! You can purchase your tickets starting Monday, July 1st at the Administration Desk and they can also be purchased at the door on the day of the event. Pricing will be one scoop for \$3, two scoops for \$4, and a banana split for \$5. All items come with unlimited toppings. Cash or check accepted. **Calling all volunteers! We need topping servers, clean up help, ticket sellers/collectors, and more. Please contact Katie! All volunteers will receive a free coupon for two scoops of ice cream.**

## **BARB'S BOUTIQUE**

**Monday, July 29th from 11am to 3pm in Frigo Hall**

Be sure to swing down to say hi to Barb and browse to see what she has in her store. Cash, check, or Zelle accepted.



**PAINTING WITH COLLEEN**

**Monday, July 22nd at 9:30am in Frigo Hall**

We will have step by step instructions by Colleen and you will go home with a project to be proud of! Beginners always welcome!

**ANNUAL TIE-DYE CLASS**

**Monday, August 26th at 9:30am in the Senior Center**

Registration will begin on August 1st. More information in August Acorn.

**SEATED FITNESS**

**Tuesday(s) & Thursday(s) at 10am in Frigo Hall.**

Come down to stretch and strengthen your muscles while getting our blood pumping! All exercises are done from a seated position. **No class July 4th.**

**PANERA FRIDAYS!**

**Friday(s) Mornings in the Senior Center when supplies available.**

Breads, bagels, and occasional muffins, cookies, and other assorted bakery goods from Panera will be available on Fridays. Please bring a plastic bag to take your goodies home in.

**BINGO**

**Every Wednesday in Frigo Hall**

Come play Bingo with the Men's Club on Wednesday(s) in Frigo Hall. Early Bird Bingo begins at 1:30pm with Regular Bingo starting at 2:00pm. Cards are only \$1.00. Cash prizes! Men's Club is providing free coffee and cookies for snacks!

**IMPROVISATION**

**Monday, July 1st & 15th at 1pm in Senior Center**

Join us for this fun class where we play acting games and participate in other activities.

**CHAIR YOGA**

**Wednesday(s) at 10am in Frigo Hall**

Come join Colleen and work on some stretching, strengthen, and meditation exercises.

**FREE PRODUCE DAYS**

**Tuesday, July 9th & 23rd**

In the Mayslake Dining Room on from 2:00pm-2:30pm. Numbers will be given out beginning at 1:00pm. Come down and get some free fruits and vegetables. Please bring your own reusable bag. Sponsored by Peoples' Resource Center.

**MAYSLAKE LIBRARY (Located in the Senior Center)**

Open 9:30am-12:00pm on Monday thru Friday and 1:00pm-3:00pm on Monday, Tuesday, and Thursday. Books, DVDs, computers, and a printer for resident use!



## RESIDENT GROUPS/CLUBS

### **NEW A Taste of Taekwondo - Saturday, July 13, from 10:30 until**

**11:30am** we will begin a five-week exercise program in Taekwondo (July 20, July 27, August 3, August 10) in the **Annex Community Room**. This class is for those who are in (relatively) good physical health. The instructor will teach the basics of Taekwondo, emphasizing balance, the philosophy of Zen, concentration, and coordination. The instructor is a new resident, Thomas Aldworth, a certified third-degree black belt in Taekwondo who has taught this art form for some 20 years. This exercise program requires standing and the ability to sit on the floor for stretching.

**Rosary Group** - Calling all Prayer Warriors! Join us Monday through Friday at 6pm in the chapel to pray the rosary. Join us just one day a week or every day! All are welcome.

**Philosophy Group** - The group gathers **every first Monday of the month from 6:30 until 8:00 PM in the Wings Community Room**. The facilitator is a new resident, Rev. Dr. Thomas Aldworth, an award-winning author, a retired pastor and current adjunct Philosophy Instructor at Moraine Valley Community College. The topic for the July 1st discussion is "What do YOU think happens when you die?" Come, learn, debate, enjoy!

**Garden Club Meeting** - 1st Tuesday of every month in the Wings Community Room at 10am, unless decided otherwise by club.

**Closed AA Meeting** - Tuesday(s) 12noon-1:00pm in the Wings Community Room.

**Grief Group** - 1st & 3rd Fridays at 10am in the Wings Community Room.

**Mayslake Walk Through the Bible Group** - Summer is here! We will be taking our summer break from July 1st to September 10th.

**Mayslake Chorus** - Chorus is taking the summer off. But when we return to rehearsals in early September, we will be looking for NEW MEMBERS who enjoy singing! Join us! More info is coming in the August ACORN.





## RESIDENT GROUPS/CLUBS

**Kast n Krew Social Club** - Our Monday, July 8 meeting (Frigo Hall, 1:30) is the last meeting of our fiscal year, and we will be celebrating with a "WELCOME SUMMER" LUNCHEON featuring fried chicken, potato salad, tossed salad, dessert, beverages, PLUS musical entertainment and raffles! Current & NEW Members are invited to join (or re-join) in August. Dues: \$20, covers a full year of monthly meetings featuring fun activities, fellowship, refreshments, entertainment and more! ALL INVITED! We meet the 2nd Monday of each month at 1:30 in Frigo Hall.

**Creative Writing Group** - We will be meeting on the **2nd and 3rd Wednesday** of the month at 4pm in the Annex Community Room. Can't wait to hear what everyone has to share! New members welcome!

**Secular Franciscans** - Secular Franciscans are ordinary people who commit to lead truly Gospel-inspired and service-inspired lives. Through prayer, we hope through daily transformation to become more Christian in our homes and workplace and in our interaction with others. Our Saint Clare Fraternity of Secular Franciscans meet on **the second Wednesday of each month at 1:30 PM in the Wings Community Room.**

**Men's Club** - Monthly meeting the 3rd Thursday of the month at 6:00pm in the Wings Community Room.

**UPCOMING TRIPS:** Bus Trip to Morton Arboretum for Asian Fest—Saturday August 3rd—\$25 cost includes tours of property and festival—**tickets must be purchased by July 20th.** See Tom Scott (630) 772-3126.

**Hospitality Sunday** - Join us **Sunday, July 28th** for fresh, hot coffee, tea, and delicious pastries at 10:30AM (or immediately after 9:30AM mass) in the Wings Community Room! All are most welcome and encouraged to come and bring a friend!

**Mission Ladies of Mayslake** - Calling all talented ladies to crochet gifts for children and adults to lift their spirits. We will be meeting in the **Senior Center on Fridays at 9am.** We have a super wonderful benefactor who will supply yarn to our group. If you have any ideas for gifts we could make, please let us know.

## ACORN SUBMISSIONS

Just a reminder, all resident and club/group submissions for the August Acorn are due by **July 16th.** All submissions will be reviewed and approved.



## WEEKLY PLANNER

JULY 1ST - JULY 7TH

Monday, 1st

10:30AM

Meditation, p. 11

12PM-3PMMarquette Bank  
Services across  
from the Dining  
Room1PMImprove-isation,  
p. 36PMRosary Group,  
p. 46:30PMPhilosophy for  
Seniors, p. 4

Tuesday, 2nd

10AMSeated Fitness,  
p. 310AMGarden Club  
Meeting, p. 412PM

AA Meeting, p. 4

1:30PMMovie: Chantilly  
Bridge, p. 26PMRosary Group,  
p. 4

Wednesday, 3rd

10AM

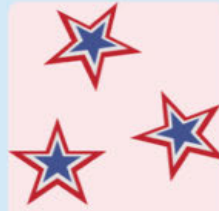
Chair Yoga, p. 4

1:30PM

Bingo, p. 4

6PMRosary Group,  
p. 4

Thursday, 4th



**HAPPY**  
*4th of July*



Friday, 5th

9AMMission Ladies,  
p. 6
9:30AM-12PM  
Marquette Bank  
Services across  
from the Dining  
Room
10AM

Grief Group, p. 5

10AMPanera Bakery  
Goods, p. 41PM-3PMMarquette Bank  
Services in 2nd  
Floor Manor  
Game Room6PMRosary Group,  
p. 4

Saturday, 6th

Sunday, 7th

## WEEKLY PLANNER

JULY 8TH - JULY 14TH

Monday, 8th

10:30AM

Meditation, p. 11

12PM-3PMMarquette Bank  
Services across  
from the Dining  
Room1:30PMKast & Krew,  
p. 56PMRosary Group,  
p. 4

Tuesday, 9th

10AMSeated Fitness,  
p. 312PM

AA Meeting, p. 4

2PMFree Produce  
Day, p. 36PMRosary Group,  
p. 4

Wednesday, 10th

10AM

Chair Yoga, p. 4

1:30PM

Bingo, p. 4

1:30PMSecular  
Franciscans, p. 54PMCreative Writing  
Group, p. 56PMRosary Group,  
p. 4

Thursday, 11th

10AMSeated Fitness,  
p. 312PMBalance Class,  
p. 116PMRosary Group,  
p. 4

Friday, 12th

9AM

Mission Ladies, p. 6

9:30AM-12PM  
Marquette Bank  
Services across  
from the Dining  
Room
10AMPanera Bakery  
Goods, p. 412PMBrunch  
Entertainer:  
Babette, p. 21PM-3PMMarquette Bank  
Services in 2nd  
Floor Manor  
Game Room6PMRosary Group,  
p. 4

Saturday, 13th

10:30AM

Taekwondo, p. 4

Sunday, 14th



## WEEKLY PLANNER

JULY 15TH - JULY 21ST

Friday, 19th

Monday, 15th

10:30AM  
Meditation, p. 11

12PM-3PM  
Marquette Bank  
Services across  
from the Dining  
Room

1PM  
Improve-isation,  
p. 3

6PM  
Rosary Group,  
p. 4

Tuesday, 16th

10AM  
Seated Fitness,  
p. 3

10:30AM  
Social Services  
Workshop, p. 12

12PM  
AA Meeting, p. 4

1:30PM  
Movie: Under the  
Tuscan Sun, p. 2

6PM  
Rosary Group,  
p. 4

Wednesday, 17th

10AM  
Chair Yoga, p. 4

10AM  
Fit & Strong,  
p. 12

1:30PM  
Bingo, p. 4

4PM  
Creative Writing  
Group, p. 5

6PM  
Rosary Group,  
p. 4

Thursday, 18th

10AM  
Seated Fitness,  
p. 3

12PM  
Balance Class,  
p. 11

6PM  
Men's Club  
Social, p. 5

6PM  
Rosary Group,  
p. 4

9AM  
Mission Ladies,  
p. 6

9:30AM-12PM  
Marquette Bank  
Services across  
from the Dining  
Room

10AM  
Fit & Strong, p. 12

10AM  
Grief Group, p. 5

10AM  
Panera Bakery  
Goods, p. 4

12PM  
Brunch  
Entertainer: Jane  
Allyson, p. 2

1PM-3PM  
Marquette Bank  
Services in 2nd  
Floor Manor  
Game Room

6PM  
Rosary Group,  
p. 4

Saturday, 20th

10:30AM  
Taekwondo, p. 4

Sunday, 21st

1PM-3PM  
Ice Cream  
Social, p. 2

## WEEKLY PLANNER

JULY 22ND - JULY 29TH

Friday, 26th

Saturday, 27th

Monday, 22nd

9:30AM  
Painting Class,  
p. 3

10:30AM  
Meditation, p. 11

12PM-3PM  
Marquette Bank  
Services across  
from the Dining  
Room

6PM  
Rosary Group,  
p. 4

Tuesday, 23rd

10AM  
Seated Fitness,  
p. 3

12PM  
AA Meeting, p. 4

2PM  
Free Produce  
Day, p. 3

6PM  
Rosary Group,  
p. 4

Wednesday, 24th

10AM  
Chair Yoga, p. 4

10AM  
Fit & Strong,  
p. 12

1:30PM  
Bingo, p. 4

6PM  
Rosary Group,  
p. 4

Thursday, 25th

10AM  
Seated Fitness,  
p. 3

12PM  
Balance Class,  
p. 11

6PM  
Rosary Group,  
p. 4

9AM  
Mission Ladies,  
p. 6

9:30AM-12PM  
Marquette Bank  
Services across  
from the Dining  
Room

10AM  
Fit & Strong, p. 12

10AM  
Panera Bakery  
Goods, p. 4

1PM-3PM  
Marquette Bank  
Services in 2nd  
Floor Manor  
Game Room

1:30PM  
Birthday Party  
with Michael  
Joseph, p. 2

6PM  
Rosary Group,  
p. 4

10:30AM  
Taekwondo, p. 4

Sunday, 28th

10:30AM  
Hospitality  
Sunday, p. 5

Monday, 29th

11AM-3PM  
Barb's Boutique,  
p. 2





# Birthday Celebration



8

JULY BIRTHDAYS

| Unit | Resident           | Birthday |
|------|--------------------|----------|
| 6413 | Mary Jackson       | 1        |
| 1609 | Harry Leddy        | 1        |
| 2225 | Edna Scuefield     | 1        |
| 6311 | Gioacchino Prato   | 2        |
| 4313 | Marcia Cashmore    | 2        |
| 4305 | Frances Meyers     | 3        |
| 2242 | David Krnac        | 3        |
| 2133 | Karen Pocus        | 3        |
| 1693 | Gloria Wagnecht    | 4        |
| 3103 | Joseph Gilbert     | 5        |
| 3108 | Marianna Lagowska  | 5        |
| 4203 | Tim Shea           | 5        |
| 1677 | Veronica Brodsky   | 6        |
| 6312 | Anna Walsh         | 7        |
| 6407 | Rita Ott-Pinheiro  | 7        |
| 5212 | Karin Meyer        | 8        |
| 5410 | Paul Zubrzycki     | 8        |
| 5201 | Renee Keaton       | 8        |
| 3530 | Sheila Padgen      | 8        |
| 6209 | Ina Murphy         | 11       |
| 4320 | Mary Jacobs        | 11       |
| 6512 | Joan Murphy        | 12       |
| 4331 | Beverly Wright     | 12       |
| 6608 | Marjorie Dauer     | 13       |
| 4222 | Wanda Mack         | 13       |
| 6417 | William Beadleston | 14       |
| 2253 | Thomas Jerling     | 14       |
| 5106 | Alice Peischl      | 15       |
| 5408 | Josephine Gallo    | 15       |

| Unit                            | Resident           | Birthday |
|---------------------------------|--------------------|----------|
| 6319                            | Francesca Didonna  | 15       |
| 3327                            | Kathy Fuentes      | 15       |
| 4402                            | Helen Seegebrecht  | 16       |
| 5510                            | Carol Doria        | 17       |
| 3323                            | Louise Lewandowski | 17       |
| 2165                            | Enrique Vicenteno  | 17       |
| 2102                            | John Segina        | 18       |
| 6612                            | Diane Bourbonnais  | 19       |
| 4109                            | Jo Ann Karnatz     | 19       |
| 4403                            | Marian Hannon      | 20       |
| 2156                            | Ethel Flanders     | 20       |
| 2233                            | Barbara Wiese      | 21       |
| 2144                            | Neil Murphy        | 21       |
| 5507                            | Willa Welch        | 23       |
| 2135                            | Patricia Berrios   | 23       |
| 3513                            | Cheryl Marshall    | 24       |
| 4208                            | Mary Wendell       | 24       |
| 4227                            | Diane Miller       | 24       |
| 6212                            | Dolores Kroeger    | 25       |
| 6307                            | Elaine Callaway    | 25       |
| 3309                            | Geraldine Kosinski | 25       |
| 3121                            | Susan Moore        | 25       |
| 4519                            | Jessica Holzwart   | 25       |
| 4427                            | Loretta Farley     | 25       |
| 2116                            | Mary Sobocan       | 25       |
| 1667                            | James Bristow      | 26       |
| 6301                            | Phyllis Sheehan    | 27       |
| 1607                            | Lorraine Guerino   | 27       |
| 6517                            | George Perkins     | 31       |
| <u>Staff</u>                    |                    |          |
| David Reynoso<br>(Housekeeping) |                    | 27 🌰     |



## LEWIS SPEECH LANGUAGE PATHOLOGY CLINIC

Happy July! We hope you are all having a pleasant summer and enjoying being out and about.

**Did you know that speech-language pathologists play a big role in working with people who have Parkinson's Disease?** Parkinson's Disease, or PD, develops when a chemical in the brain, Dopamine, is not produced in the quantities needed.

Dopamine is responsible for planning and controlling the "background" of our muscle movements so we can move smoothly. A decrease in Dopamine causes the slowness, tremor, balance issues, and rigidity often seen in PD. Early signs of a speech disorder with PD are: softer voice, hoarse and/or tremulous sounding voice, frequent throat clearing, fading of voice at the ends of sentences, and sometimes varying loudness and clarity. Swallowing problems can also develop. Our students are learning about what SLPs can do to help improve speech and swallowing problems in people with PD. **Irene Bucher, Clinic Coordinator, is specialized in a form of therapy called SPEAK OUT!**, which has been shown to be very effective in improving speech and swallowing in people with PD.

If you have been diagnosed with PD and are experiencing any of these symptoms, consider signing up for individual speech therapy sessions. **Our students will return on August 26th.** Therapy sessions will begin that afternoon. We will have a few changes in our program, but our favorite groups of Sign Language and Brain Boosters will stay in our schedule, as well as individual therapy sessions. Stay tuned for a full description of our program in the August Acorn. **Any questions, please call Irene Bucher at (630) 253-2543.** Looking forward to seeing old friends and making new friends in the coming school year!

## LEWIS OCCUPATIONAL THERAPY

**Lewis OTs would be back on August 23, every Friday from 9:00 AM to 3:30 PM**

Research has shown occupational therapy helps reduce stress, anxiety, and depression. Occupational therapy improves mindfulness, cognition, and problem-solving skills and helps one lead a meaningful life to the fullest. We can visit you in your room as well. Fit & strong is a group program that helps keep you fit physically and mentally. Please let Jane Trainor know if you are interested in the Lewis-led OT program.



**To schedule an appointment with the following providers please call the Wellness Center at 630-214-1881.**

**-Pat McCann (Geriatric Nurse Practitioner)** Fridays by appointment 9am-1pm

**-Latoya Robinson (Psychiatric Mental Health Nurse Practitioner)** - Next visit July 17

**-Dr. Mallidi MD** - Next visit July 24

**-Dr. Talbert MD** - Next visit July 9 & 23

**-Dr. Ryan Edwards (Optometrist)** - Next visit July 11

**-Agatha Lewandowska (On-Site Dermatology)** - Next visit July 11

**-Molly Bettencourt (Therapist)** - Next visit July 15 & 29

**-Susan Blecha (LCSW)** - Wednesdays by appointment

**-Kristin Machuta (LCSW)** - Thursdays by appointment

**-Star Lab** - Thursday mornings - call for appointments

**-Dr. Konieczny (Podiatrist)** - Next visit July 23

**-Dr. Coscino (Podiatrist)** - Next visit July 11

**-Kate (Massage Therapist)** - Next visit July 2

**To schedule an appointment with the following providers please call the numbers below:**

**-Dr. Heiman (Audiologist)** - 630-930-1025, Next visit July 16

**-Dr. Joe Lepkowski (Dentist)** - 630-214-1899 - Call for availability

**-Dr. Manney (Chiropractor)** - 630-655-9380, Next visit July 30

**-Purna Saladi (In home Physical Therapist)** - 630-400-8073

**-TRC Lifeline - Cecelia Foley (Personal Emergency Response Systems)** 708-691-9361

**TAKE**  
*care*  
**OF YOURSELF!**  
©LPI



On-Site Dermatology is a full-service dermatology group with the ability to diagnose, treat and prescribe on site. Services include: Full body skin exams, evaluate and diagnose skin ailments, diagnose and treat pre-skin cancers via cryotherapy. Medicare Part B, and various Medicare Advantage and commercial plans accepted. Nurse Practitioner, Agatha Lewandowska, will see patients monthly in the Wellness Center on Thursday afternoons. Call the Wellness Center to schedule an appointment. 630-214-1881

## **MEDITATION**

**Mondays at 10:30am in the  
2nd Floor Manor Game  
Room**

Our Wellness Center nurse Analiza holds a weekly meditation session. Come and see how meditation can benefit you and your health!

## **July 4th Holiday Hours in the Wellness Center:**

**Wednesday, July 3rd -  
9:00am-12:00pm**

**Thursday, July 4 -  
Closed**

**Friday, July 5 - Closed**

## **Mindful Movement**

Join PT Solutions Physical Therapy for a 3-week upper and lower extremity strengthening and balance class ! It will be interactive and fun!

July 11th - Shoulder  
Strengthening

July 18th- Leg Strengthening

July 25th - General Balance

12:00pm-1:00pm in Frigo Hall



## FIT AND STRONG UPDATE:

Great news! Fit and Strong Session 3 will begin **Wednesday July 17<sup>th</sup> at the Buchanan Craft Room.**

The classes will be held on Wednesdays and Fridays from 10am-11am and will consist of 24 classes. The classes will be done in partnership between Lewis University Occupational Therapy students and Social Services. Lewis University students will not be starting until August so Social Services will conduct the Wednesday and Friday classes until the students start their semester. At that point, Lewis University will conduct the Wednesday classes while Social Services conduct the Friday classes. Thank you all who participate and help the program grow at MLV!



## 12 SOCIAL SERVICES NEWS



### COMED VISITORS:

Staff has received several reports that ComEd or IDT Energy employees have been knocking on doors promising lower monthly bills.

**PLEASE IGNORE AND DO NOT PROVIDE THEM ANY PERSONAL INFORMATION.** Scammers are aware that people are trying to find ways to lower the cost of monthly bills. If personnel comes to your apartment stating they can help you reduce the cost of energy, please let them know you are not interested, that you are not available, or you will reach out to their company later. "ComEd will never come to your home or business or call you and demand payment," said Tom Dominguez, a ComEd spokesperson.





## **GROCERY DELIVERY REMINDERS:**

Staff would like to remind residents that when you order grocery delivery, they are often left at the front lobby of your building. We have had instances where groceries were left overnight in the lobby of the building. Oftentimes the food items are perishable or frozen and require being discarded after a period of time of being unrefrigerated. Staff will allow ample time for residents to retrieve their groceries from the lobby but please understand, they cannot be left out overnight. If grocery items are left out in the lobby for a period of time, staff will have to discard the items and will not be responsible for the cost of the groceries. If you are unable to retrieve them, please contact a friend, relative, or caregiver to assist you.



## **SOCIAL SERVICES WORKSHOP**

**Exploring Motivation - July 16, 2024, 10:30 am Annex  
Community Room**

Please join Social Services as we explore the topic of Motivation, learn how motivation may change over time, and discover how to improve your day-to-day life through increased motivation. Call Amber at 630-214-1869 or Carrie at 630-214-1872 to register. A light meal and refreshments will be served.





## **MAGICICADA CICADA**

This year is remarkable because 2 broods of cicadas are emerging simultaneously for the first time in 221 years! Periodical cicadas are in amazing phenomenon known as Magicicada.

This summer we have been invaded by the clumsy cicadas that crash into you and land on your shoulder. Just brush them off gently. The presence of Cicadas will only last 4-6 weeks. We are half way through their lifecycle. This is why you see many dead cicadas on the sidewalks. They do not bite and do not have biting mouth parts or stingers. Many creatures feast on them including birds and squirrels. Keep this in mind when you have the temptation to spray them with any type of chemical.

Extermination of the cicadas should be left to a professional. For more detailed information on Cicadas please visit, [www.mortonarb.org](http://www.mortonarb.org)

## **VILLAS BOARDWALK**

Beginning in July of this summer, we will start the rebuilding of the Villas boardwalk. This will be a full tear down of the existing boardwalk that will be replaced with all new construction. The work is expected to be completed over a period of approximately 12 weeks. The work will be completed in multiple phases only affecting a few apartments at a time.





# JULY|2024



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**1** Tomato  
Orange Chicken  
Egg Roll  
Stir Fry Veggies  
Grilled Cheese

**8** R/S Lentil Soup  
Sloppy Joe  
Curly Fries  
Mixed Veggies  
Chicken Caesar Wrap

Chicken Caesar Wrap

**15** R/S Split Pea  
Salmon  
White Rice  
Broccoli  
Ham Sandwich

Ham Sandwich

**22** R/S Minestrone  
Beef Lasagna  
Italian Veggies  
Garlic Breadstick  
Tuna Fish Sandwich

Tuna Fish Sandwich

**29** Cream of Celery  
Stuffed Pepper  
Cauliflower  
French Bread  
Turkey and Cheese Wrap

Turkey and Cheese Wrap

**2** R/S Vegetable  
Salmon w/Lemon Sauce  
White Rice  
Broccoli  
Turkey and Cheese Wrap

Turkey and Cheese Wrap

**9** Tuscan Bean  
Gnocchi w/ Vodka Sauce  
Side Salad  
Breadstick  
Hot Ham and Cheese

Hot Ham and Cheese

**16** Cream of Chicken  
Lemon Chicken  
Orzo  
Sliced Beets  
Buddha Bowl

Buddha Bowl

**23** R/S Vegetable Soup  
Tortilla Crusted Tilapia  
Wild Rice  
Spinach  
BLT

BLT

**30** Tuscan Bean  
Parmesan Crusted Tilapia  
Roasted Potatoes  
Green Beans  
Mediterranean Bowl

Mediterranean Bowl

**3** R/S Rosamaria  
Bacon Cheeseburger  
Fries  
Coleslaw  
Caesar Salad

Caesar Salad

**10** R/S Cabbage Soup  
Meatloaf  
Mashed Potatoes  
Italian Veggies  
BLT

BLT

**17** Italian Wedding  
Angel Hair Pasta w/Meat  
Sauce  
Side Salad  
Garlic Breadstick  
BBQ Chicken Salad

BBQ Chicken Salad

**24** Chili  
Hot Dog  
Waffle Fries  
Cucumber Salad  
Chicken Caesar Wrap

Chicken Caesar Wrap

**31** Chicken Noodle  
Baked Half Chicken  
Mashed Potatoes  
Peas and Carrots  
Italian Sub Sandwich

Italian Sub Sandwich

**4** Food Service will be closed for Independence Day

**11** R/S Cream of Cauliflower  
Pecan Crusted Tilapia  
Rice Pilaf  
Roasted Veggies  
Greek Salad

Greek Salad

**18** Cream of Mushroom  
Liver and Onions  
Mashed Potatoes  
Sliced Carrots  
Chicken Avocado Salad

Chicken Avocado Salad

**25** R/S Beef Barley  
Italian Beef  
French Fries  
Pasta Salad  
Chef Salad

Chef Salad

**1**

**5** Brunch 9:30am-12:30pm  
Lunch Item: Fried Shrimp Meal

**12** Brunch 9:30am-12:30pm  
Special Item: Pancakes with Blueberry Sauce

Special Item: Pancakes with Blueberry Sauce

**19** Brunch 9:30am-12:30pm  
Special Item: Biscuits and Gravy

Special Item: Biscuits and Gravy

**26** Brunch 9:30am-12:30pm  
Lunch Item: Chicken Tender Meal

Lunch Item: Chicken Tender Meal

**2**

### News

Food Service will be closed on Thursday, July 4<sup>th</sup> for Independence Day.

For any menu questions, suggestions or concerns, please contact Leah Swenson at 630.214.1859





# JULY FOOD SERVICE ORDER FORM

Please note item quantities may be limited.

**APT#** \_\_\_\_\_ **NAME** \_\_\_\_\_

**Grocery Pick Up 9:30AM-11:00AM / Lunch Menu Pick Up 11:15-1:00PM**

| # | GROCERY ITEMS                | Price  | # | MENU LINE ITEMS                 | Price  |
|---|------------------------------|--------|---|---------------------------------|--------|
|   | Orange Juice ½ Gallon        | \$5.00 |   | Tuna or Chicken Salad           | \$6.00 |
|   | Milk 2% ½ Gallon             | \$4.00 |   | Greek Yogurt Cup                | \$1.50 |
|   | Half & Half pint             | \$2.50 |   | Cake/Pie Slice or Parfait       | \$2.50 |
|   | Dozen XL Eggs                | \$4.00 |   | Cut Fruit Tub                   | \$3.50 |
|   | Butter LB Salted or Unsalted | \$6.00 |   | Pudding Tub                     | \$3.00 |
|   | Activia Yogurt 4pk           | \$4.00 |   | Garden Salad                    | \$2.50 |
|   | 6pk V-8 Juice                | \$6.00 |   | Candy Bar                       | \$1.50 |
|   | 6pk Low Sodium V-8 Juice     | \$6.00 |   | Bag of Chips                    | \$1.00 |
|   | Ground Coffee Bag Regular    | \$5.00 |   | Donut                           | \$1.50 |
|   | Ground Coffee Bag Decaf      | \$5.00 |   | Breakfast Muffin                | \$1.50 |
|   | Box of Crackers              | \$4.00 |   | Cookies 3-pack                  | \$1.50 |
|   | 6pk English Muffins          | \$3.50 |   | 2pk Scones or Cranberry Bread   | \$3.50 |
|   | White Bread Loaf             | \$4.00 |   | 20oz Bottle Soda                | \$2.00 |
|   | Wheat Bread Loaf             | \$4.00 |   | 20oz Dasani Bottled Water       | \$2.00 |
|   | Rye Bread Loaf               | \$4.50 |   | 16.9oz Bottled Water (max of 4) | \$ .50 |
|   |                              |        |   | Bottled Juice Apple or Orange   | \$3.00 |
|   | <b>GROCERY PAPER ITEMS</b>   |        |   | Bottled Chocolate Milk          | \$3.00 |
|   | Roll of Toilet Paper         | \$1.00 |   | Smart Water                     | \$2.00 |
|   | Roll of Paper Towels         | \$2.00 |   | Ice Cream Pint                  | \$5.00 |
|   | Box of Facial Tissue         | \$2.00 |   | Ice Cream Bar or Cone           | \$1.50 |
|   |                              |        |   | Spumoni Pint                    | \$5.50 |
|   |                              |        |   | Sherbert                        | \$4.00 |
|   | <b>FROZEN GROCERY ITEMS</b>  |        |   | 12oz Canned Soda                | \$1.00 |
|   | 16oz Frozen Soup             | \$3.00 |   | Vitamin Water                   | \$2.00 |
|   |                              |        |   | Dunkin Donuts Iced Coffee       | \$3.00 |
|   |                              |        |   | Almond Crescent                 | \$2.50 |
|   |                              |        |   | Cinnamon Roll                   | \$1.75 |
|   |                              |        |   |                                 |        |
|   |                              |        |   |                                 |        |
|   |                              |        |   |                                 |        |







## THANK YOU

**From Resident, Tom Scott**

I want to thank Honey Horan, Linda Dlugi, and Mary Ellen Kouba for helping me create and plant the Manor Entry Garden. I also want to thank all those you have donated to the cause.

Your Neighbor, Tom Scott

## A NOTE OF THANKS

**From Mayslake Chorus**

A BIG THANK YOU to everyone who supported us at our Spring Concert! You may have noticed a few of our staff members singing & dancing in our show. Who knew they had so much talent?!? That performance was a tribute to all Mayslake staffers who work hard to keep us safe, happy, healthy, busy & out-of-trouble. Mayslake residents appreciate every staff member! Bless all of you! ❤️



## CONGRADS TO MAYSLAKE EMPLOYEES

**Poem by Mayslake Resident, Judith Budzik**

People working for Mayslake  
Are the best make no mistake  
From Dentist to Dining Room each day  
Seeing that our needs are meet in every way  
Accounting, Wellness Center, and Service Men  
Close to my heart, Social Workers  
Who are always in  
If I missed anyone you are included  
That's a must  
And a special thanks for all  
That is given to us



## A WISE MAN ONCE SAID...

1. Don't call someone more than twice, continuously. If they don't pick up your call, presume they have something more important to attend to.
2. Return money that you have borrowed before the person whom you borrowed from has to ask for it. It shows your integrity and character. Same goes for umbrellas, pens, lunch boxes, or any other borrow items.
3. Never order the most expensive dish on the menu when someone is treating you to a meal.
4. Don't ask awkward questions like "oh so you aren't married yet" or "don't you have kids" or "why didn't you buy a house" or "why don't you buy a car" for God's sake it isn't your business.
5. Open the door for the person coming behind you. It doesn't matter if it is a guy or a girl, senior, or junior. You don't grow small by treating someone well in public.
6. If you take a taxi with a friend and he/she pays now, try paying the next time.
7. Respect different shades of opinions. Remember what's 6 to you will appear 9 to someone facing you. Besides, second opinion is good for an alternative.
8. Never interrupt people when they are talking. Allow them to pour out. As they say, hear them all and filter them all
9. If you tease someone, and they don't enjoy it, STOP it, and never do it again. Some can't take teasing.
10. Say "thank you" when someone has helped you with something.
11. Praise publicly. Criticize privately!
12. There's almost never a reason to comment on someone's weight. Just say "you look fantastic." If they want to talk about losing weight, they will.
13. When someone shows you a photo on their phone, don't swipe left or right. You never know what's next.
14. If a colleague or friend tells you they have a doctors appointment, don't ask what it's for; just say, "I hope you're okay". Don't put them in the uncomfortable position of having to tell you their personal illnesses. If they want you to know, they'll do so without your inquisitiveness.
15. Treat the cleaning staff with the same respect as the CEO. Nobody is impressed at how rude you can treat someone below you, but people will notice if you treat them with respect.
16. If a person is speaking directly to you, staring at your phone is rude.
17. Never give advice until you're asked!
18. When meeting someone after a long time, unless they want to talk about it, don't ask them their age and salary!
19. Mind your business unless something involves you directly – just stay out of it!
20. Remove your sunglasses if you are talking to anyone in the street. It is a sign of respect. Moreso, eye contact is as important as your speech; and
21. Never talk about your riches in the midst of the poor. Similarly, don't talk about your children in the midst of the barren.
22. After reading a good message try to say, "thanks for the message."

**APPRECIATION remains the easiest way of getting what you don't have...  
Much love... DINAH CLAY, WALK THROUGH THE BIBLE GROUP**



# STAR

By Resident, Lori Drish

I'd like to introduce "Star", a German Shepherd too smart to be labeled "just another dog." Star belongs to my granddaughter, Sue, and has been her companion the past 2 years. Star is marked with a star on her neck that is visible and holds true to her name.

Star has been schooled and is trained, has a job, and loves people. The most important part of her life is getting up at 5AM to get ready for a full days work. Sue takes her to the college where she goes for her classes. She brings Star with and hands her over to security to begin her day. The students know and love Star as she interacts with them on a regular basis. She has a schedule to keep as she is being taken by request to sit in class for that period. Star is kept on a strict diet, no snacks to be given, but is loved by all the students and helpful at times.

As her personality is such that my granddaughter has her scheduled for the police academy in the fall as she is needed to fulfill her duty as a service dog. Everyone at the college is sad to see her go. Star has been a great help to troubled students and loved by all. She is our "star" and a wonderful part of our family.



***\*These events are tentative and subject to change.***

**20**

**LOOKING AHEAD...**

**BRUNCH ENTERTAINER:  
NORA DRYSCH**

Friday, August 2nd at 12pm in  
the Dining Room

More information to follow.

**DOG DAYS OF SUMMER WITH  
RAL DONNER JR.**

Friday, August 9th at 2pm in  
Frigo Hall

More information to follow.

**PIZZA & SOCIAL JUSTICE**

Thursday, August 22nd in the  
Wings Community Room

More information to follow.

**AUGUST BIRTHDAY PARTY  
WITH ERIK DONNER**

Friday, August 23rd at 1:30pm in  
Frigo Hall

More information to follow.

**CLARENCE GOODMAN  
PERFORMANCE**

Friday, August 30th at 2:30pm in  
Frigo Hall

More information to follow.

*Save* THE *Date*  
©LPI

**BRUNCH ENTERTAINER: ROSS  
FAILLA**

Friday, September 13th at 12pm  
in the Dining Room

More information to follow.

**OKTOBERFEST PARTY**

Saturday, September 14th in  
Frigo Hall at 4pm

This will be a ticketed event.

Entertainment will be provided by Peter  
O'Prisko & his 4 piece band. More  
information to follow.

**BOOK CLUB: "The Silent  
Patient"**

Tuesday, September 17th at 1pm  
in the Senior Center

Books will be available August 22nd.

**SEPTEMBER BIRTHDAY PARTY  
WITH LISA STARR**

Friday, September 27th at 12pm  
in the Dining Room

PLEASE NOTE TIME & LOCATION  
CHANGE. More information to follow.

**SPREAD THE HEALTH FUN  
WALK & CLASSIC CAR SHOW**

Date & Time TBD

More information to follow.





# LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Teresa Perkins**

[tperkins@lpicommunities.com](mailto:tperkins@lpicommunities.com)

(800) 950-9952 x2611

**ADVERTISE HERE**  
to reach your community



Call 800-950-9952

**Ed the Plumber**  
**Ed the Carpenter**

**630.663.1444**

Best Work

Best Rates

**PARISHIONER DISCOUNT**

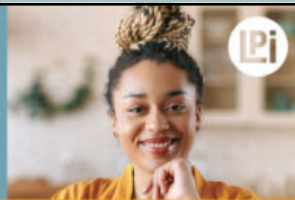
**THRIVE**  
LOCALLY

## WE'RE HIRING!

**AD SALES EXECUTIVES**

BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

## ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



Authorized  
Provider

SafeStreets

**833-287-3502**

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

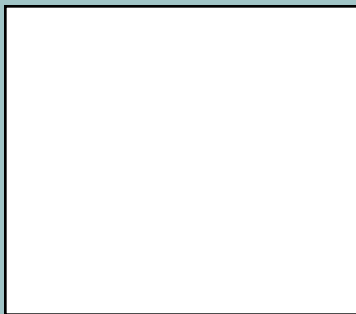
Our Lady of Mayslake Village Chapel, Oak Brook, IL

A 4C 01-1655

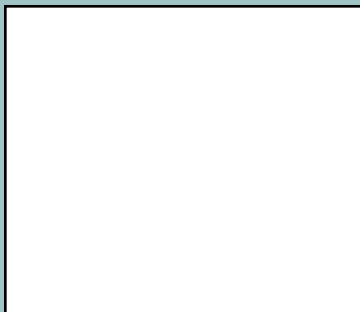


**ARE YOU REACHING  
THE MEMBERS IN YOUR  
COMMUNITY?**

To advertise here  
visit [lpicommunities.com  
/adcreator](http://lpicommunities.com/adcreator)

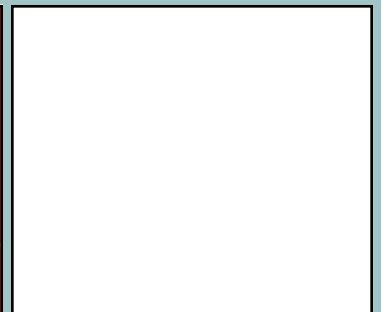



**THRIVE  
LOCALLY**



**FREE**  
AD DESIGN  
with purchase  
of this space

**CALL 800-950-9952**



**WE'RE HIRING!**  
AD SALES EXECUTIVES  
BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

**Place Your Ad Here and  
Support our Community!**

Instantly create and  
purchase an ad with

**AD CREATOR STUDIO**




[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**ADVERTISE HERE**  
to reach your community



**Call 800-950-9952**

**NEVER MISS  
OUR NEWSLETTER!**

**SUBSCRIBE**

Have our newsletter  
emailed to you.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

**SUPPORT OUR ADVERTISERS!**





# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our  
newsletter  
emailed  
to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Our Lady of Mayslake Village Chapel, Oak Brook, IL

C 4C 01-1655



# SUPPORT THE ADVERTISERS that Support our Community!



ARE YOU REACHING  
THE MEMBERS IN YOUR  
COMMUNITY?

To advertise here  
visit [lpicommunities.com  
/adcreator](http://lpicommunities.com/adcreator)

## WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



# THRIVE LOCALLY

SUPPORT OUR  
ADVERTISERS!



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Our Lady of Mayslake Village Chapel, Oak Brook, IL

D 4C 01-1655