

SENIOR HOUSING NOTES



Ann, a Terra Vista resident, participates in the Drum Circle music therapy curriculum at the Oakbrook Terrace community.

Drum therapy

Music therapy is recognized as having many benefits for individuals with dementia, such as increasing cognitive and neural functioning, and fostering emotional well-being. The Drum Circle curriculum at Terra Vista of Oakbrook Terrace provides these benefits along with sensory engagement and freedom of expression for residents as part of treating the whole person.

Using songs performed by artists familiar to the residents, the Drum Circle leader claps his hands to the beat of the music and invites residents to clap along. Then he uses drumsticks to express the song's rhythm, which the residents mimic with their own drumsticks. Residents are invited to close their eyes, and focus on hearing and interpreting their own sense of the rhythm using maracas, cymbals and bongo drums. Sometimes residents become so energized by the rhythms they often begin dancing spontaneously to the music.



Residents and local dignitaries celebrate Trulee Evanston's recent grand opening.

Opening celebration

Late last year, Trulee Evanston celebrated its grand opening with a ribbon cutting ceremony coordinated by the Evanston Chamber of Commerce. Dignitaries at the ceremony included Evanston Mayor Daniel Biss and aldermen from the Evanston City Council.

The new independent living, assisted living and memory care community is located near downtown Evanston, and is in close proximity to Northwestern University and the Evanston Davis Street train station. The community features cutting-edge technology conveniences, culinary experiences and refreshing outdoor spaces.

Encouraging new activities

You're never too old to work on self-improvement. That's what residents at Plymouth Place in La Grange Park will be focusing on this year through programming centered around mind, body, spirit and play.

In collaboration with the Wellness, Dining Services and Spiritual Care teams, the Life Enrichment team will offer residents opportunities to try something new. For example, if they enjoy attending music programs maybe they can try an art class. The initiative kicked off in January with two classes about journal making — *Suminagashi: The Art of Mindfully Marbleizing Paper and Accordion-Folded Journal Making*. Throughout the year, the art therapist at Plymouth Place will share journal prompts with residents to help with their journaling.

IHCA recognition

Recently the Illinois Health Care Association (IHCA) Excellence Award program recognized staff for going above and beyond to provide exceptional care to their residents at Alden Village, Alden Village North, Alden of Old Town East, Alden of Old Town West, Alden Trails and Alden Springs.

Each year, IHCA recognizes long-term care facilities and health care workers throughout Illinois for their accomplishments and service within the long-term care industry. Not only does this award program recognize the efforts staff and facilities put in for residents but acknowledges their dedication and courage to put the needs of residents ahead of their own, especially during the COVID-19 pandemic.

Enjoy a meal

With over 40 years of experience in culinary services and 29 years as an executive chef, Executive Chef Elgin Jackson enjoys sharing his passion for cooking with residents at Tamarisk NorthShore in Deerfield. Jackson's goal is to offer residents dining with a variety of choices from comfort food to upscale dining.

Visitors are welcome to experience the dining program themselves by enjoying a meal at the retirement community. Call 847-597-8772 for more information.

Annual dance showcase

In December, Villa St. Benedict's resident dance group "Joy of Dance," performed its annual Winter Showcase in front of a packed house. Themed "Colors," the group showed off their hours of dedicated practice by performing to songs with colors in the title including "Rainbow Connection" and "Orange Colored Sky."

SWEET ON YOU

Valentines share their love stories

Research has shown definitively that a secret to well-being and even longevity is love. And there's no shortage of that vital ingredient at area senior living communities. Love is clearly in the air for these four couples, who have enjoyed each other's friendship, respect, admiration, and caring from one to more than 70 years. These couples look back on their relationships during which they have shared interests, experiences, hobbies, passions — and most of all, love!



David and Ann Jones

They'll be celebrating what he calls their Medicare wedding anniversary in August. "It will be 55 years on Aug. 31," says David Bebb Jones. He and his wife Ann Beran Jones, who met in college, have lived at Oak Terrace senior living community in Downers Grove for 11 years.

Ann and David met at Macalester College in St. Paul, Minnesota, when he was a sophomore, and she was a freshman. Working on the college radio station, Dave was tasked with interviewing freshmen girls wanting to be disc jockeys. "So, I picked one, Ann, and that's that," he recalls. "She was an attractive, winsome, smart girl. Much

smarter than I was, and that remains to be true to this day."

Dave invited Ann to a school dance for their first date on Dec. 5. "I said 'yes' but warned him that I lived off-campus. He didn't realize it was actually 10 miles off-campus, and he'd have to find a way to come and get me whenever we went out," says Ann. She adds that his continued diligence and problem-solving in traveling to get her impressed her over the next three years, and are traits she admires still.

Dave says that he knew, on that very first date, that "Ann was it. After that, I never dated anyone else." Ann continued to date other people, "but kept coming back to Dave. Something in my heart of hearts knew there was something special. I liked his ambition and the fact that he seemed to have a purpose in life. We always had a lot to talk about and share, and our families had similar values and backgrounds. We enjoyed being together," she says. Although Dave had majored in business administration with a specialty in industrial relations, he ultimately changed his plans, attending McCormick Theological

Seminary and becoming a minister. He was the pastor at a couple of Illinois churches before coming to the Presbyterian Church of Western Springs, where he served for 30 years until he retired. Ann was an educator and was consistently involved with the Presbyterian Church as well as with social and racial initiatives.

On their 50th anniversary, Dave and Ann penned what they call their 10 commandments, sharing what has led to their long, happy marriage. The fundamentals, they say, are having common values, the ability to weather adversity, supporting each other's roles at home and beyond, sharing common interests, being open, honest, and prompt to listen and try to understand each other's perspectives and differences, not being materialistic, taking interest in each other's hobbies, sharing values on parenting for their two daughters, agreeing on the importance of generosity including financial, and making family and friends their priorities. "They are sharing their list for their happy marriage with their granddaughter, who will be getting married in April.



Sue Hartly and Leonard Kofkin

"Not in a million years," did Sue Hartly expect to find love again. The former resident of Bloomingdale moved to Friendship Village in Schaumburg three years ago, anticipating a new lifestyle but not a new romance.

Also moving to the senior living community around the same time was Leonard (Len) Kofkin, a former resident of Lake in the Hills. Hartly

was divorced and Kofkin a widower when their paths crossed.

They first met during the weekly Wine Wednesday, a social activity of what Kofkin calls an "amiable group of people." They were drawn to each other as they discovered that they both have a passion for travel. "That was the common denominator," says Kofkin, adding, "Of course, she's very good looking too."

"She's a very nice and charming man with a lot of interests. I felt that something clicked right away," says Hartly.

The couple, who are self-professed hand-holders, have a lot in common in addition to their love of traveling. "We both like learning about politics, history and literature. In addition, I developed an interest in Judaism. I'm Catholic, and Len is Jewish, and we like to compare notes and history," Hartly says. They

are also fascinated by genealogy.

Hartly recruited Kofkin to participate in Laff a Minute, Friendship Village's improv comedy class. "Len was not interested," says Hartly, with Kofkin adding, "Actually, I was kind of horrified. Now though, this is the highlight of the week. We play off each other. It's fun, and we leave feeling good."

Describing what he likes best about Hartly, Kofkin says, "Superficially, she's lovely. She's beautiful arm candy. But she also has so many talents. She's so bright, she's the brightest woman, she's clever and good. When I see her leading a group, I'm excited to see how well she handles herself. She's terrific."

Hartly says she loves Kofkin's "gentle" manner. He's thoughtful and a gentleman. He's interesting and knows so many different things. Plus, he can cook."



Anne and Gordon Faubel

They are not only each other's first love, they are their happily-ever-after love. Anne and Gordon Faubel met 70 years ago at the age of 14 and have been with each other since. The couple has lived since October at Monarch Landing senior living community in Naperville.

They met freshman year in high school, and their first date was a Sadie Hawkins-style dance to which

Anne invited Gordon. They shared their first kiss several weeks later at a birthday party during a game of Spin the Bottle. "Sparks just flew, and the rest is history," says Anne. "From then on, we went to all the parties and dances together. Gordon played basketball, and I went to all the games. We had a great time."

Anne and Gordon attended Knox College and married after their sophomore year. "I was 20 and had to get my parents' written permission," says Gordon. They had their first of three children during their senior year.

"When we graduated, we thought I'd serve two years in the Army and then get out and find a job. I was assigned to Air Defense Artillery, missiles, and radar. It was at the time when the space program was getting started, and it was very interesting," says Gordon. "After a year, we started talking

about me staying in the service, and I did for the next 24 years."

Throughout Gordon's career they lived together in Tehran, Iran, Fairbanks, Alaska, and bases around the U.S. Anne worked in the Army base libraries.

When Gordon retired from the Army, he went into the travel business and for the next 12 years, he and Anne escorted groups on trips around the world. "Our lives have been wonderful. We grew up together, shared so many wonderful experiences. It's been great. It really has," says Gordon. "Our children are so kind and wonderful and have great kids. We now have eight grandchildren and four great-grandchildren. It's been a real thrill."

"We both feel really blessed," says Anne. "I feel like the luckiest woman in the world. We both feel really blessed, and we're still having fun."



Dean and Juanita McKee

They met at a Methodist Church youth group in Fargo, North Dakota, and according to Nita, "it clicked." Seventy-five years later, they're still happily together.

Dean and Juanita (Nita) McKee, residents of GreenFields of Geneva,

started dating in 1949 when Nita had graduated high school and was working, and Dean was a college student. "We started going on outings with the youth group. I remember we went on a hayride, and it was 20 degrees below zero. We did a lot of things together as part of a group, and then we singled each other out," says Nita.

"I thought she was enjoyable and a fun person to be around. She was beautiful too," says Dean.

"He was handsome and very outgoing. He was eager to get acquainted with everybody, and I liked that about him. And I could tell he was very smart," Nita recalls. The couple married in 1951.

Dean's career in agriculture and economics allowed the couple to travel a lot. "We've seen much of Europe, Australia, and

New Zealand. We've sailed in the Caribbean, the North Sea, and on the Mediterranean, and more," he says.

Nita says that while their traveling days are over, "we're completely happy in our home with our friends, and being near our kids and grandkids. It's a win-win situation."

Explaining the happiness and longevity of their marriage, Dean says, "We're quite compatible. We have common interests, and it just works."

Nita adds, "We have had little arguments now and then, but we listened to one another. That's one of the big things. Just listening to what the other person is saying and try to understand why he's saying it."

Dean quips, "Now it's a problem because I'm losing my hearing."