

THE QUARTERLY EMBRACE

CONNECTING & CELEBRATING OUR COMMUNITIES

SUMMER 2017

Older Americans Month Peace Memorial Manor

May is Older American's Month and the theme this year was "Age Out Loud". **Peace Memorial Manor** dedicated one week of events to "Senior Senses". The focus was to raise awareness of vital aging issues. The first event, Bring Your Nose Out, tested the resident's sense of smell. Balance Testing involved using their sight, and Skittles were just one of the items used for the Taste Bud testing. For How do you Feel, items were placed in bags for residents to touch. The final event, How's Your Hearing, was a presentation on hearing aids and auditory training, followed by a hearing screening for all the residents in attendance.

Participation was encouraged through a beautiful basket provided by one of the participating vendors that was raffled off at the conclusion of the activities. Residents earned raffle ticket points by attending the events and the more events one attended, the more tickets for the raffle drawing. The items in the basket reflected the five senses that were explored over the week of events.

These events were well received by the residents that attended. They enjoyed the diversity of the activities, what they learned, and how much fun they had while participating. We found Senior Senses Week to be a great success.






Resident participating in "how do you feel?" without looking



Resident participating in "taste bud testing" sense

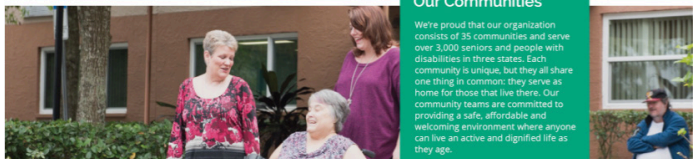


Welcome
How can we help you find what you're searching for today?

 <p>Information for New Residents Are you searching for community information for a family member, loved one or yourself?</p> <p>Start Here ></p>	 <p>Information for Residents Are you searching for events, information, or news at your community?</p> <p>Start Here ></p>	 <p>Information for Employment Opportunities Are you searching for an exciting new opportunity in your career?</p> <p>Start Here ></p>
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Our Communities

We're proud that our organization consists of 33 communities and serve over 3,000 seniors and people with disabilities in three states. Each community is unique, but they all share one thing in common: they serve as home for those that live there. Our community teams are committed to providing a safe, affordable and welcoming environment where anyone can live an active and dignified life as they age.



Website Update

Our OrgStory team has been hard at work over the past 6 months creating an exciting new online presence for Embrace Living Communities and it is almost ready to go live!

By late June, you will be able to access the new site. The site features video conversations and comments by residents, employees and board members. In addition to the overview of Embrace Living Communities as an organization, each housing community has it's own "page" that not only highlights where the community is located and the "basics" of living there, but also offers a glimpse at the housing community "wish lists" and volunteer needs. A little later in the year, potential applicants will be able to access an application online as well! This website is filled with pictures, videos and quotes provided by "real" people. No actors were used in the making of this site! We hope everyone will enjoy what has been created to show the Embrace Living Communities' face to the world!



Embrace Living
Communities

Affordable. Welcoming. **Home.**

1900 Spring Road, Suite 300 } Oak Brook, Illinois 60523
630.766.3570 | www.embraceliving.org

Providing actively aging adults affordable,
welcoming homes in communities that embrace living.



We Need You!

Thank you for taking the time to read the latest edition of YOUR newsletter, The Quarterly Embrace. The Newsletter Committee has really put an effort into making this an easy, enjoyable and educational read for you.

In order to keep this going, we need YOU! The Newsletter Committee will be reaching out to your communities for content. PLEASE share your stories with your Embrace team members. We are all better together, and love learning and sharing our stories and successes together.

Send any content to Dave Opitz or Cindy Westfall.



Orchard Place of Sarasota

Global Wellness Day

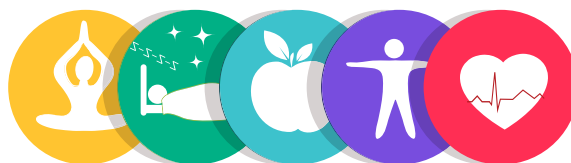
Did you know: Sunday June 11, 2017 is Global Wellness Day?

Global Wellness Day provides an amazing opportunity to be able to focus on our physical and spiritual wellness. It is strongly encouraged that you immerse yourself in your spiritual wellness this day! Find your way to your faith center, to nature, to wherever you feel happiest! Recharge and rejuvenate!

On Monday June 12, 2017 bring your energized spirit to work with you as we continue the celebration with "Embrace Living Communities Wellness at Work Day."

Details to follow in the June Wellness Blast.

WELLNESS DAY JUNE 11, 2017



RECIPE SUBMITTED BY KATIE TESSMER (GREENCASTLE OF NORTH AURORA):

"I love this recipe and my young kids do, too. I've used both syrup and honey in the same batch. I've decreased the oats so it sticks together better and it breaks into chunks. It's tasty when you are craving something sweet but don't want to consume candy."

Recipe



5-Ingredient Granola Bars

Healthy, no bake granola bars with just 5 ingredients & a sweet, crunchy texture. Peanut butter & honey

complement each other perfectly in this ideal portable breakfast or snack.

Prep: 10 mins, Cook: 5 mins, Total: 15 mins

1 heaping cup packed (~220 g) dates, pitted (deglet nour or medjool)

1/4 cup (84 g) maple syrup, agave nectar, or honey if not vegan

1/4 cup (64 g) creamy salted natural peanut butter or almond butter

1 cup (112 g) roasted unsalted almonds*, loosely chopped
1 1/2 cups (135 g) rolled oats (gluten free for GF eaters)

Optional additions: chocolate chips, dried fruit, nuts, banana chips, vanilla, etc.

1. Process dates in a food processor until small bits remain (about 1 minute). It should form a "dough" like consistency. (Mine rolled into a ball.)
2. Optional step: Toast your oats (and almonds if raw) in a 350 degree F (176 C) oven for 10-15 minutes or until slightly golden brown. Otherwise, leave them raw - I prefer the toasted flavor.
3. Place oats, almonds and dates in a large mixing bowl - set aside.
4. Warm honey and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.
5. Once thoroughly mixed, transfer to an 8x8-inch baking dish or other small pan lined with plastic wrap or parchment paper so they lift out easily. (A loaf pan might work, but will yield thicker bars.)
6. Press down firmly until uniformly flattened - I use something flat, like a drinking glass, to press down and really pack the bars, which helps them hold together better.
7. Cover with parchment or plastic wrap, and let firm up in fridge or freezer for 15-20 minutes.
8. Remove bars from pan and chop into 10 even bars (or 9 squares). Store in an airtight container for up to a few days or in freezer for extra fresh.

Community Events

Representative Bill Foster Visit

Friday May 12, 2017 Martin Avenue Apartments hosted Representative Bill Foster for a community visit. A Naperville resident and neighbor, Representative Foster desired to visit another senior housing community after his successful visit to Greencastle of North Aurora on September 2, 2016.

Representative Foster spoke with Martin Avenue residents, reminisced on the area and its changes, and heard Embrace Living leaders and Martin Avenue Board Members on the challenges in senior housing, the growing need and opportunities going forward.

HUD Visit

Thursday May 11, 2017 Greencastle of Morgan Park in conjunction with Leading Age Illinois hosted HUD Branch Chief Gail Burks for a HUD update and briefing.

Ms. Burks provided information on the recent HUD Administration changes, HUD initiatives and updates on the Management Occupancy Review (MOR) process.

Embrace employees were joined by Leading Age Illinois employees and several other LeadingAge Illinois member organization representatives.



Representative Foster Visit



Representative Foster Visit



HUD Visit with Gail Burks



Rockford Communities Volunteers

SERVICE PROJECT

Residents and employees from Greencastle of Bayonet Point, Greencastle of North Aurora, Greencastle of Palatine and the Rockford Communities are participating in the "Ugly Quilts" project being done in conjunction with the United Church of Christ (UCC) General Synod Meeting in Baltimore, MD. "Ugly Quilts" is a term that is used to describe sleeping bags that are being distributed to homeless persons in Baltimore. Donations of materials and stuffing were provided by many Embrace Living Community residents and employees. The quilts are made by volunteers with all donated and recycled materials. A total of 8 sleeping bags will be sent to Baltimore. The finishing touch to each bag is a special prayer that is signed by the volunteers and tucked inside each bag. A big "Thank You" to all who donated and volunteered to make the sleeping bags. Look for more exciting news about this project in our next newsletter

Please pay attention to upcoming newsletters as we will be doing more volunteer projects throughout the year.

Employee Spotlight

Jackie Krestel, Assistant Manager, Immanuel Residences

On December 10, 2016, I graduated from Trinity Christian College in Palos Heights, IL. I majored in Psychology and received a Bachelor of Science with Highest Honors.

I was in Trinity's Adult & Graduate Studies program, which is an accelerated degree completion program. Having previously earned an Associate's degree, it took a total of 21 months to complete my undergrad. Although I only physically had to be in class one night per week, accelerated coursework is no walk in the park. Each class I took had the same requirements as a traditional 15-week course, but we needed to complete the work in a shortened span of just 6 weeks. It was a crazy amount of work, and we didn't get breaks that traditional students get. We worked through winter, spring, and summer breaks. It was constant and very intense.

It would have been difficult enough having started the program with my full-time job, new home, and daughter Emily, who was 11 months old at the time. Apparently, we felt that wasn't ambitious enough. Our second daughter, Claire, arrived in May of 2016. I was absent from school for one week to have the baby before I had to be back in the classroom.

I wanted to be present for the children while I was in school, so that meant that I tried to not do schoolwork until after the girls went to bed for the evening. There were a lot of late nights of reading, writing, and studying. (And then, when I finally went to bed, it'd be time for the baby to wake up and eat.)

I wanted to complete my degree to open up more opportunities for myself professionally. Equally, I wanted to be a good role model for my children, to show them that education opens doors, opens minds, and is extremely worthwhile – especially for women. I hope they will look to this example if they every question their ability to do hard things.



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Living our mission
since 1895 to become
what we are today.