



Independent Lifestyle ♦ Assisted Living ♦ Encore Memory Care

April 24, 2019

Dear Members:

Happy Spring!

Please join us for our next education event about *Technology in the Home* on May 9th at 7 p.m. Alexa, Siri, and Google- oh my! Katie Schaff Fagan will provide some examples of easy ways to stay connected and use technology in your home. If you got an Amazon Echo for Christmas, but haven't yet pulled it out of the box, this is the talk for you! Please RSVP with our front desk.

Our annual *Moving Matters* campaign begins in May. This community month-long campaign for all members, focuses on moving with purpose, and incorporating ways where we can add more movement to our daily routines to enhance our overall wellbeing. For weekly inspiration, feel free to check in on our Facebook page or our activity tables in our main lobby.

As we focus on moving to better our mind, body, and soul, we will be thinking about those who have to move without shoes on their feet. In our lobby, we will be collecting gently used or new shoes for the *Share Your Soles* foundation. Last year we collected over 100 pairs of shoes and we hope to do so again this year! A little goes a long way.

We are in need of crochet and knit pattern books, soft yarn, and flannel or fleece fabrics. If you have any you'd like to donate, please feel free to drop off at the front desk. We hope to make a craft corner in the Sunporch. We are excited to announce a new Club has been created, *Stitching for Good*, where as a designated volunteer community we can create and donate items for the maternity, pediatric, and cancer unit at AMITA Health Hinsdale Hospital. Whether you crochet, knit, quilt, sew, etc. you are welcomed to help us support the local community with your passion and talents. Please feel free to email me at [jsander@birches.net](mailto:jsander@birches.net) if you are interested.

Spring is here and the Birches' Bees are hard at work! One of our colonies survived the winter. As a celebration, our Honey Raffle will begin starting May 1<sup>st</sup> to May 10<sup>th</sup> for the 2 oz jars we have created from last Fall's harvest. All proceeds from the raffle will go to the Clarendon Hills-Westmont Richmond Education Gardens & Apiary project.

For those who attended, we hope you enjoyed our Easter Sunday Brunch. We are now taking reservations for our annual Mother's Day Brunch in May if you are interested.

Thank you for your confidence in our community. We love what we do, and we're privileged to have your support!

Jacqueline Sander, executive director