



Independent Lifestyle ♦ Assisted Living ♦ Encore Memory Care

February 20, 2020

Dear Members:

Our Valentine's Day Sock-Hop was a fantastic event! Thank you to our Lifestyles departments and volunteers for creating a night to remember for our residents and their families.

Between March 12 and 20, the majority of households will receive a postcard invitation to respond online to the 2020 census. Those who don't answer will then receive the traditional paper form in the mail. If a household still does not respond, the bureau will send a census taker to knock on that door to collect the household's data. Here at The Birches', we will account for everyone residing here at The Birches effective April 1st, so please make sure to not account for your loved one if you have an active address elsewhere.

This year is a voting year! Make sure you are registered at the appropriate address for voting before registration or absentee ballot deadlines (if applicable). For voting information, please visit <https://www.rockthevote.org/voting-information/election-dates-deadlines/illinois/>

Our first Birches' Chili Cook-Off is next Friday February 28th at 2 p.m. Stop by to taste and submit your vote on your favorite Traditional, Spicy, and/or Vegetarian chili all prepared by participating team members and family members.

The dining team is cooking up a Cajun cuisine in honor of Mardi Gras! Feel free to celebrate with us on Tuesday February 25th during our dinner hours. If you have a party greater than 3, please call ahead to our front desk so we can reserve a table for you and your guests.

In recognition of National Dietician Day, on Monday March 9th at 2 p.m. our visiting dietician from Roche Dieticians, Kelly Katzman, will be here to talk to our residents about Heart Healthy options and ways to navigate and choose healthy options when ordering from our menu. As a member benefit, she is also available to our residents for individual consult during her visits here at The Birches. If you are interested in this service, please let Chef Danny or our Director of Nursing, Tina, know.

Congratulations to Amber Wright, our Lifestyle Director in Encore, for becoming our first certified Dementia LIVE coach and trainer here at The Birches.

I am happy to introduce a new spiritual resource available to our members here at The Birches. Individual chaplain services are available, at a low visitation cost, with Rev. Carlene from New Day Pastoral Counseling Services. If you are interested in this personal support, just let me know. Chaplain Ed from St. Thomas Hospice and Notre Dame Parish will continue their weekly sessions as scheduled.

Special Thank You to Detective Robak from the Clarendon Hills' Police Department for coming today to talk to our residents about Senior Scams. This was a resident requested presenter. If you'd like any other experts to present here, please let us know!

It has been a tough winter this year! As a reminder, if you are sick or not feeling well, please do not visit our community until you are symptom free for 48 hours.

Thank you for your confidence in our community. We love what we do, and we're privileged to have your support! If there are any suggestions, comments, or improvements you'd like to see, please reach out to me anytime. I am happy to be back in the saddle!

A handwritten signature in black ink, appearing to read "Sander". The signature is fluid and cursive, with a large initial "S" that loops back.

Jacqueline Sander, executive director
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