



FALL/WINTER 2018

Harvest View News

Happy Anniversary to Us! – A Decade of Dedication

From the Executive Director

In 2008, our community celebrated a very special milestone. Ten years ago, we first opened our doors, founded on the promise of excellent, compassionate care for every person we encounter at Harvest View. Since then, we have been blessed to meet and care for thousands of individuals and families who have become part of our community, and our family at Harvest View. We cherish every person and family member we've had the pleasure of serving – Your family is OUR family!

Over the past 10+ years, our community has continued to thrive and grow. We've added new services and amenities to better meet the changing needs of our community members. We've improved our grounds and buildings and brought added comfort and conveniences to the people who live here and who visit us. Harvest View has a renewed commitment to live our promise every day for the next 10 years and beyond.

We are kicking off our anniversary with a year full of celebrations! We celebrate all who have supported us, our residents, families, staff, volunteers and our community. Look for updates on events planned as we move forward in our anniversary year.

Cheers to our celebration of Ten Years of service and to celebrating our future of many more!!



In honor of our special anniversary celebration, we have created a new logo. For this year's milestone. Look for it as we continue the celebration.



100 Harvest View Lane
Herscher, Illinois 60941

Hello from the front desk:

We have another new face to welcome to the front reception area – Lyn Duchene is filling in for times that I am unable to be here. If she is here when you stop in please make her feel welcome and introduce yourself. Fall is my favorite time of the year, I will try not to bore you with my love for it! Warm days and cool nights are just the beginning and yes I know that winter is close behind it.

We have many new faces at Harvest View, so please make everyone feel welcome. We are known for our friendly staff and outgoing fun residents!

Jane

From Dietary:

We are excited to announce we will be getting a new coffee station! We also wanted to share that the garden is well and thriving from its last harvest!

Kalee



From Activities -

Happy Fall

As the leaves are changing and the crops are down we here at harvest view have lots of fun activities and outings planned. We will be going on bus trips to dinners, Car shows, listen to live Band , Water exercise, Plays, Shopping , along with our daily activities we offer in the building such as cards, trivia, dominoes, poetry, Bingo, Reading program, Book program, Spa Day, Church Service, Art Projects and much more. We pride ourselves on ensuring that all our residents are taking advantage of all the wonderful amendments we offer to enrich their lives. If you would like to do or add anything to the activity calendar please feel free to call Kelly at 1-815-426-2000 EXT 1014 and I will be glad to do so.

Kelly

Updates

We are always striving to update our amenities, services and enrich the lives of our residents.

This newsletter includes a few recent updates. These are:

Grocery Shopping: Please see our Operations Manager and Activity Directors information regarding shopping for our residents. Please let Kelly know if you have any questions.

Eversound Program: We are excited to announce that Harvest View is the only senior living community in our region to offer this program to our residents! Eversound is a wireless headphone system that helps everyone hear clearly during any group program – including movies, music, outing, presentations, services and more! Read more on the enclosed flier. Please ask us about this amazing new program!

Halloween: Trick or Treaters will be visiting us on Halloween. Our residents are invited to hand out candy. Families are asked to provide their loved ones with candy to pass.

Upcoming Fundraising Events to benefit the residents:

We will be hosting several fundraisers to benefit the residents, and to help implement items they have requested. One of these is to renovate the back-pond area to make the area safe for fishing. We would like to implement a level fishing area and railing to assist with their wishes. Another of these is an electric automatic door to assist with ease of entrance in the back of the facility. We will inform you of these events as they are scheduled.

- **Upcoming Celebrations – Celebrating Residents, Families, Staff, Volunteers and Community!**
- **11-10-18 Veteran’s Appreciation Open House 1-3pm –** We celebrate our veterans this day before Veteran’s Day! All of our veterans and their families are invited to join us in the lobby. Share your military memorabilia and a favorite story with others, as we honor the brave residents who sacrificed for our country and our freedom.
- **11-16-18 2pm to 3pm – Thank you party-** Join us for refreshments and entertainment as we celebrate YOU! We want to show you our appreciation for your being part of our Harvest View Family! Stop in and you could win one of our door prizes too!
- **12-12-18 Resident Christmas Party!** 5 to 7 pm
- **12-20-18 – 6 to 7 pm Cookies, Milk and Storytime with Santa!**
- **1-7 to 1-11-19 – Employee Appreciation Week –** The fun lasts all week as we celebrate our staff!
- **1-27-19 6pm – Candlelight Service –** honoring our loved ones
- **2-22-19 5 to 7pm – “Diamond Gala” –** A Night to Sparkle – Resident Dinner/Dance
- **3-20-19 – General Public Community Paint Night–** 6pm
- **4-5-19 – Volunteers Luncheon-** celebrating our amazing volunteers!
- **May 2019- tba Mother’s Day luncheon –** celebrating our Moms!
- **6-14-19 Father’s Day Celebration-** celebrating our Dads! 11 am to 1pm
- **7-13-19 11 am to 1 pm – Family Picnic-** celebrating our Families!
- **8-20-19 – Anniversary Bingo! –** Celebrating our Community – and they are invited to play!
- **10-24-19 – 1st Annual Juried Art Exhibition “The Harvest View”** Celebrating our legacy

Guide to Prepare for Winter from Brad Patten:

The winter season presents many challenges for seniors, who are statistically more prone to hypothermia, driving accidents due to severe conditions, home fires, and injuries resulting from falls. While many families look forward to upcoming holidays and the beauty of winter, concerns for a senior loved one's well-being can cause undue stress. The key to enjoying a safe and healthy winter is being prepared for many of the common issues.

If you live in the warmer climates of the country, you may not experience the same winter challenges as seniors in the cooler northern climates. But if you or a senior loved one lives in these cooler regions of the country - here are some tips to help you prepare for the upcoming winter season.

Hypothermia

Hypothermia is a serious condition when the body temperature drops below 96 degrees. Common symptoms include shivering, numbness, slow breathing and heartbeat, stiffness, drowsiness, and weakness.

What can you do?

Avoid, or limit your time, outdoors. If you must go outside, bundle up with multiple layers of loose-fitting clothing, a hat, scarf and gloves. When inside, set the thermostat to a comfortable level (suggested 65-70 degrees) and consume warm meals and drinks. If you believe you, or someone else, may have hypothermia, seek immediate medical attention

Falls

Falls can have severe consequences for seniors and slippery stairs and sidewalks can present great hazards.

What can you do?

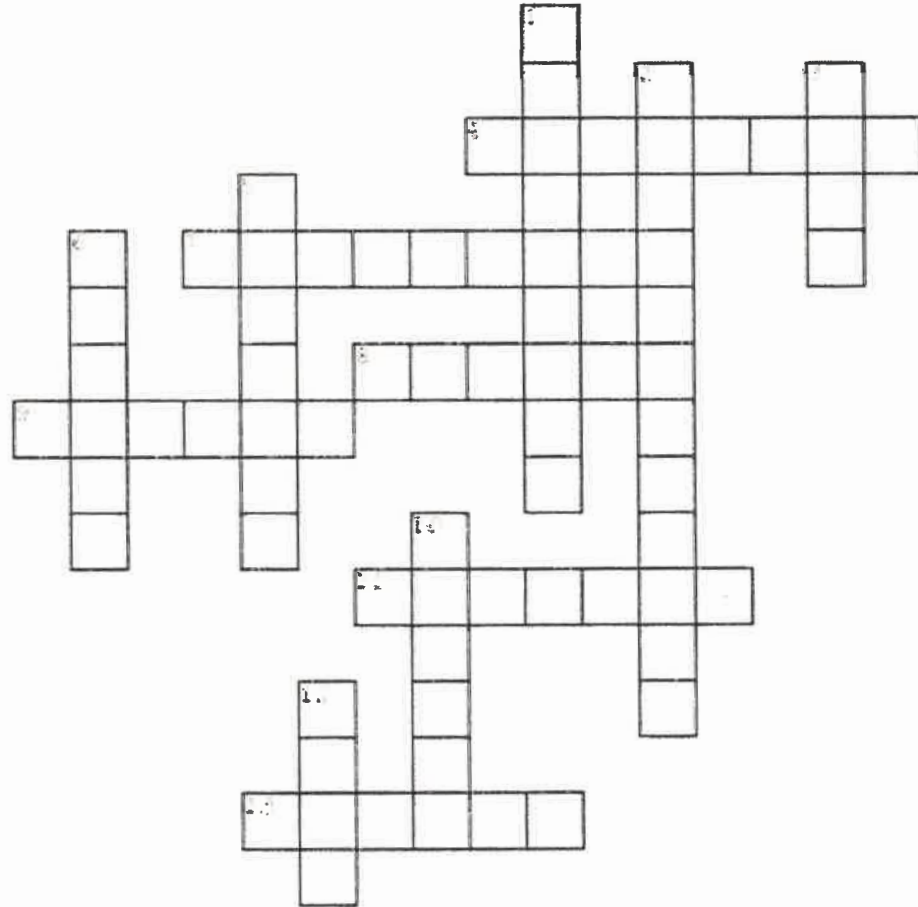
Wear proper, skid-resistant footwear and avoid icy areas or snowy sidewalks if possible. Recruit the assistance of a friend or loved one to help you safely navigate uncertain terrain if you must venture out. If you use a cane or walker, attachments and accessories, such as ice picks, are available.

Brad





Fall Crossword



Across

- 4. Jewish Holiday, Rosh _____
- 7. Scary Holiday
- 8. Fall from oak trees
- 9. Change colors
- 11. For carving and pie
- 13. Color

Down

- 1. Used to frighten birds
- 2. Feast Holiday
- 3. Tool to clean the grass of leaves
- 5. Marks the end of the growing season
- 6. Squirrel
- 10. Another name for Fall
- 12. Grows on stalks

Eversound: High-Quality Audio for Every Resident



Eversound Helps Every Resident Enjoy Better Clarity

Eversound is a wireless headphone system that **helps everyone hear clearly during any group program** -- including movies, music, presentations, outings or any other activity that involves audio. Inability to hear or to focus can be a significant impediment to getting the full benefit of engagements or activities, and Eversound creates a simple way to overcome these common issues.

- Personalized volume
- Decreased background noise
- Lightweight and comfortable
- Available at any group program!



"If I have this help, then I can be a part of what's going on. If I don't, I can't hear anything, I'm out of it."

- Marion, Resident at Kendal at Ithaca

300+

senior communities use Eversound

28%

improvement in engagement with Eversound according to research

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www.eversoundHQ.com
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Eversound is dedicated to solving the problem of social isolation among older adults.