

PRIMETIME

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SALUTES VETERANS



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SENIOR HOUSING NOTES

Centennial veteran

Bernie Nash has achieved a lot in his long life. The resident of Smith Crossing in Orland Park — who turns 100 on Nov. 7 — served in the U.S. Navy during World War II, then later served in the Naval Reserves from 1949 until 1989 when he retired as a rear admiral.

While in the reserves, Nash acted as deputy commissioner for the Office on Aging for the U.S. Department of Health, Education and Welfare (now Health and Human Services). He also served as executive director of the American Association of Retired People (AARP) from 1976 to 1982.

Last year, Nash was honored with the President's Volunteer Service Lifetime Achievement Award — the highest honor a civilian can receive for volunteer service — for founding the Foster Grandparent Program. Since the program's inception in 1965, seniors have volunteered more than 30 million hours helping children in school.

Honoring veterans

Veterans and their service to our nation are recognized year-round at Terra Vista's all-inclusive memory care assisted living community in Oakbrook Terrace. A dedicated Veterans Wall on each floor of the building honors those who served via pictures of both residents and staff members in uniform.

This year, there will be a special event staged in the InnerWalk Courtyard to celebrate Veterans Day. Residents will be treated to patriotic music and refreshments while veterans are honored via a special photo opportunity. Colorful picture frames decorated by residents will feature the American flag; red, white, and blue stars; and a big Thank You.

Veterans exhibit

This year for Veterans Day, GreenFields of Geneva will

celebrate its veterans through a new permanent exhibit.

Professional photographer David Barnes will take pictures of each veteran living in the community, including his dad, Harry, who is a veteran. The Life Enrichment department of GreenFields will compile a brief bio of each veteran to accompany the photo.

Barnes, whose parents live at GreenFields, was inspired by a news story about a project named Portraits of Honor that features photographs of hundreds of World War II veterans.

"Posting veterans' photos along the hallways will remind residents of the selfless work these vets have done for our country. If nothing else, it will give them a little more insight into their neighbors' histories and perhaps make dinner conversations a little more rich," says Barnes. "We don't want to lose those histories just because time has passed and memories are fading."

Memory arts cafe

Recently, Caledonia Senior Living & Memory Care in North Riverside launched its monthly Memory Arts Cafe program led by Gary Glazner, founder of the Alzheimer's Poetry Project. Each monthly event includes an artist leading participants through interactive exercises using the method of call and response to recite poems and songs with those dealing with Alzheimer's.

These memory cafés emphasize simple poetry techniques and how they can be combined with dance, exercise, music, storytelling and visual art to facilitate a new and positive way of communicating with people in all stages of dementia. Upcoming sessions will be held at 10:30 a.m. and 2 p.m. Nov. 22 and Dec. 27. For more information, call 708-447-5092 or visit caledoniaseniorliving.org.

Fall fun

Residents at Villa St. Benedict



Above: Bernie Nash is a World War II U.S. Navy veteran who turns 100 on Nov. 7. Below, left to right: Terra Vista is honoring its veteran residents with a special photo opportunity. Caledonia Senior Living & Memory care recently launched its Memory Arts Cafe program.



in Lisle kept busy this fall with activities as part of National Assisted Living Week in September. The week kicked off with a tropical vibe as the band Callaloo performed a steel drum concert. Residents walked around

to see cars of yesteryear during the 2nd Annual Vintage Car Show, complete with live entertainment and ice cream.

Other activities during the week included a performance by M&M Dance Group, a game day

and a fall fashion show. The week concluded with the 9th Annual Alzheimer's Walk. Residents created inspirational signs that were posted along the route. Funds raised went to the Alzheimer's Association.