

# Albany Care

Newsletter August 2010

## Albany Care's Family & Friends Night: Psych-Social Services

Albany Care recently held our annual *Family and Friends Night* with over 100 family and friends in attendance. This event was the second in a series of open houses highlighting the services provided to our residents. The focus for this event was our *Psych-Social services*.

Family and friends joined their loved ones in a variety of different presentations and educational groups, giving our guests an opportunity to learn about our rehabilitation services. As they walked in, guests were greeted by their loved ones living at Albany. They also enjoyed the melodious sounds of a professional pianist who happens to currently be working on his own mental health rehabilitation at Albany Care. Guests were given a sample of Psych-Social groups to choose from, showcasing just a few of the dozens of therapeutic groups available to our residents.

The night wasn't all just educational. Residents and guests enjoyed an appetizer buffet as they mingled and talked with each other and staff members. A photographer was walking about taking family photos which will be processed and sent to their homes.






The evening ended with the Albany Care "Jam Session" featuring group members with two solo sing acts, one of which was an original song written by the resident a week prior to the event. A variety of prizes were raffled off as the evening came to an end. As family and friends were leaving, several

voiced their pleasure of this facility's commitment to their loved one's comfort and safety, as well as their rehabilitation.

Albany Care's upcoming Family and Friends Nights will be highlighting our Nursing and Activity Departments.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p>9:00 a.m. Sunday School 2:00 p.m. Cash Bingo 4:00 p.m. Beading w/ Louise (7<sup>th</sup> floor)</p>	<p><b>2</b></p> <p>10:30 a.m. Lincoln Park Conservatory 11:00 a.m. Haircuts</p>	<p><b>3</b></p> <p>10:30 a.m. Millennium Park </p>	<p><b>4</b></p> <p>10:30 a.m. Cultural Center</p>	<p><b>5</b></p> <p><b>Big Trust Fund</b> 6<sup>th</sup>, 7<sup>th</sup>, 2<sup>nd</sup> starting at 10:30 a.m. 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> starting at 2:00 p.m. *Times are subject to chance</p>	<p><b>6</b></p> <p>1:30 p.m. China Buffet</p>	<p><b>7</b></p> <p>2:00 p.m. Arts &amp; Crafts w/ Louise (7<sup>th</sup> floor) 3:00 p.m. Workout w/ Louise (7<sup>th</sup> floor) 7:00 p.m. Saturday Night Dance</p>
<p><b>8</b></p> <p>9:00 a.m. Sunday School 2:00 p.m. Cash Bingo 4:00 p.m. Beading w/ Louise (7<sup>th</sup> floor)</p>	<p><b>9</b></p> <p>10:30 a.m. Garfield Park Conservatory 3:00 p.m. Ice Cream Social (Ice Cream Bars)</p>	<p><b>10</b></p> <p>10:30 a.m. Friendship Park Conservatory</p>	<p><b>11</b></p> <p>1:30 p.m. McDonald's 3:00 p.m. Candy Bingo</p>	<p><b>12</b></p> <p>10:30 a.m. Walmart 3:00 p.m. Prize Bingo</p>	<p><b>13</b></p> <p><b>Activity Outing of the Month</b> 10:30 a.m. Skokie Water Park</p>	<p><b>14</b></p> <p>2:00 p.m. Arts &amp; Crafts w/ Louise (7<sup>th</sup> floor) 3:00 p.m. Workout w/ Louise (7<sup>th</sup> floor) 7:00 p.m. Saturday Night Dance</p>
<p><b>15</b></p> <p>9:00 a.m. Sunday School 2:00 p.m. Cash Bingo 4:00 p.m. Beading w/ Louise (7<sup>th</sup> floor)</p>	<p><b>16</b></p> <p>10:30 a.m. Lincoln Park Zoo 3:00 p.m. Candy Bingo</p>	<p><b>17</b></p> <p>10:30 a.m. Morning Walk on the Lake at Buckingham Fountain</p>	<p><b>18</b></p> <p>11:00 Barbara's Boutique 1:30 p.m. Burger King 2:00 p.m. Resident Council Agenda</p>	<p><b>19</b></p> <p>10:30 a.m. Target 3:00 p.m. Ice Cream Social</p>	<p><b>20</b></p> <p>10:30 a.m. Dollar Tree</p>	<p><b>21</b></p> <p>2:00 p.m. Arts &amp; Crafts w/ Louise (7<sup>th</sup> floor) 3:00 p.m. Workout w/ Louise (7<sup>th</sup> floor) 7:00 p.m. Saturday Night Dance</p>
<p><b>22</b></p> <p>9:00 a.m. Sunday School 3:00 p.m. Cash Bingo 4:00 p.m. Beading w/ Louise (7<sup>th</sup> floor)</p>	<p><b>23</b></p> <p>10:30 a.m. The Chicago History Museum</p>	<p><b>24</b></p> <p>10:30 a.m. Cosley Zoo</p>	<p><b>25</b></p> <p>1:00 p.m. KPCC  2:00 p.m. Resident Council Meeting</p>	<p><b>26</b></p> <p> <b>Happy Birthday!</b> 3:00 Monthly Birthday Party</p>	<p><b>27</b></p> <p>3:00 Pool Games Residents vs. Staff</p>	<p><b>28</b></p> <p>2:00 p.m. Arts &amp; Crafts w/ Louise (7<sup>th</sup> floor) 3:00 p.m. Workout w/ Louise (7<sup>th</sup> floor) 7:00 p.m. Saturday Night Dance</p>
<p><b>29</b></p> <p>9:00 a.m. Sunday School 2:00 p.m. Cash Bingo 4:00 p.m. Beading w/ Louise (7<sup>th</sup> floor)</p>	<p><b>30</b></p> <p>2:00 p.m. Volleyball Game Residents vs. Staff (in Grey Park) </p>	<p><b>31</b></p> <p>3:00 p.m. Ping Pong Games Residents vs. Staff </p>				

# OUTING TO NAVY PIER

On the beautiful evening of July 7th, the residents of Albany Care enjoyed an outing to Navy Pier. The highlight of the event was our ride aboard the popular 150-foot Ferris Wheel, which offered a magnificent view of the Chicago skyline and Navy Pier itself. Watching the waves roll in off of Lake Michigan from high above was breathtaking as well.



## A HAPPY JULY 4TH!

Patriotic Bingo, 4th of July trivia, and blueberry pie were just part of the excitement during Albany Care's 4th of July Celebration. The temperatures outside may have been on the hot side, but residents stayed cool in our very own Café 901. We had lots of prizes awarded during our trivia game, which featured some very impressive knowledge of American History by our residents. It was a wonderful way to celebrate the 4th of July!

# White Sox Game



On Tuesday, July 27th, the Activity Department hosted their Big Outing of The Month to a White Sox baseball game at U.S. Cellular Field. The White Sox took on the Seattle Mariners and defeated them in a whopping 11-0 victory. Thirty-six residents were treated to a thrilling game where the homeruns just kept on coming. Of course, for each homerun, there was a spectacular display of fireworks. Even with the recent hot weather, this evening was very pleasant with a gentle breeze coming off of Lake Michigan.

## Upcoming Big Events

**August 13th**

*Big Outing of the Month (Skokie Water Park)*

10:30 a.m.

**August 27th**

Pool Tournament (Residents vs. Staff)

3:00 p.m.

**August 30th**

Volleyball Game (Residents vs. Staff) in Grey Park

2:00 p.m.

**August 31st**

Ping Pong Tournament (Residents vs. Staff)

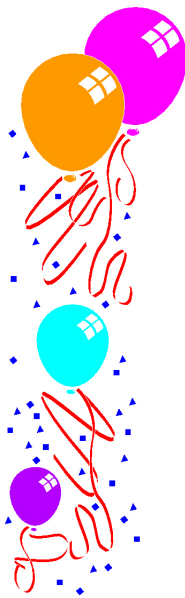
3:00 p.m.



901 Maple Avenue  
Evanston, Illinois 60202

# Happy Birthday

John W.	8/1	Joseph H.	8/16
Aaron S.	8/2	Jacinto G.	8/16
Joel D.	8/2	David G.	8/17
Annie K.	8/3	Keith D.	8/18
Carole V.	8/3	Jenevieve M.	8/19
Jason M.	8/5	Edwina R.	8/19
Ernest M.	8/5	John P.	8/20
Scott D.	8/6	Linda T.	8/20
Joseph S.	8/9	Enrique M.	8/21
Aurelius H.	8/9	Mitra O.	8/21
Jane M.	8/11	Doniayetta J.	8/22
Vito G.	8/11	Trudine H.	8/22
Paul A.	8/11	Diane H.	8/24
Mark G.	8/11	Anna F.	8/24
Barbara T.	8/13	Hal K.	8/27
Carol O.	8/14	Michael F.	8/30
Samuel L.	8/16	John K.	8/31
James C.	8/16	Robert K.	8/31



## Facts About August

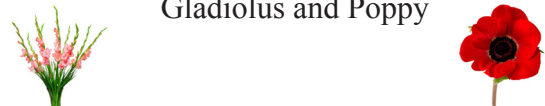
### August Birthstones:

Peridot, Sardonyx and Sapphire



### August Flowers of the month:

Gladiolus and Poppy



### August Zodiac Sign:

Leo: July 23rd – August 22nd

Virgo: August 23rd – September 22nd

### August 1st:

International Friendship Day

### August 11th:

Ramadan Begins