

# Be *Inspired*

## NORTH SHORE PLACE

I am happy to announce the return of Heart of Caring award which takes the place of our monthly employee award beginning this quarter. We will have an employee recognized each quarter. As for our previous monthly employee award, Jaime Ariles of our maintenance department was our final recipient which ended in November of this past year.

This Heart of Caring recognition, which Senior Life Style implemented more than 20 years ago, is to honor extraordinary connections made between our team members and residents/families.

A description of the program is located next to the Heart of Caring ballot box by the elevators. Nomination cards are located next to the box and in the 2nd floor lobby area. If you feel compelled to acknowledge someone you feel exemplifies our HEART core value: Hospitality, Excellence, Appreciation, Respect and Teamwork, please make your nomination as specific as possible. Every quarter one team member will be chosen among all the nominees. Our first award winner is listed on page 2. Each quarterly winner will then have their photo and bio posted as well as submitted to the corporate office. At the end of the year, they will be eligible to win the prestigious National Heart of Caring award. If that should happen, North Shore Place will host a tremendous party in their honor! If you know a NSP team member with HEART, please recognize them!



Executive Director Nancy McCaffrey

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North Shore Place is excited to announce our 1st quarter winner of the Heart of Caring award-Dawn Green.

**A little background about Dawn:**

Dawn has been energetically working with seniors for over 25 years. She actually worked for the same company for 18 years and has recently joined the Senior Lifestyle team through our employee referral program. Dawn's family is also part of the healthcare community. Her mother Elaine is a retired nurse. Dawn began her career in Northlake, IL working for Catholic Charities. Besides holding an activity director's certificate, she also has certificates in dementia



Dawn Green

Dawn's spirituality and her commitment to God first is how she chooses to inspire others and lead her life. When faced with challenges, she always asks herself, "What Would Jesus do?"

**What her peers are saying:**

Dawn is very loud, has an infectious personality, a wide smile and a big heart. When she laughs, the whole room can hear her laugh.

Dawn is a very quick learner who does the job right the first time. And she goes way above for her floor on a daily basis. "She's the best. Blue Side had her first!" "We should clone her!"

**What her residents and family members of residents are saying:** "She always makes all residents feel special—that they have something important to say."

"Residents are engaged when Dawn bakes."

"It was Dawn's first day back after a vacation and a cooking activity was on the schedule.

Dawn said to the group, "I missed all of you".

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...All heads turned towards Dawn with huge smiles. I paused for a minute to appreciate something incredibly sweet and beautiful—when Dawn laughed the residents laughed, when Dawn smiles the residents smile. Her commitment to the residents is of pure heart".

**What our executive director says:**

Dawn was embracing our embrace program before she even had her Senior Lifestyle training so I know it's a part of her. That is the epitome of the Heart of Caring nomination—she's part of my team that has the desire herself to find a way to puts the resident's experience first. She is a person I can completely depend on.

**What Dawn says:**

"It is my passion to advocate and bring life enrichment to this population. I am honored to have been assisting seniors living with Alzheimer's disease (and other forms of dementia) for the past 25 years."



Our "Antiques Roadshow" is coming to North Shore Place February 11th at 1:30 PM in our Theater



Join us for a series of different activities taking place on Wednesday, February 20 for National Pet Lovers' Day!

### SOME FEATURED EVENTS OF THE MONTH

Feb 3 - Daily Chronicle & Good News  
 Feb 3 - Local Store Outings  
 Feb 5 - Men's Club: North Shore Senior Center Outing  
 Feb 5 - Black History Month: Art Alive Presentation with Debra Levie  
 Feb 6 - Live Performance: Jacquelyn Miller  
 Feb 7 - Queen Elizabeth Discussion with the Northbrook Library  
 Feb 8 - AL Happy Hour Entertainment: Vince "The Music Man"  
 Feb 10 - Local Store Outings  
 Feb 11 - Antiques Roadshow  
 Feb 13 - Antiques Roadshow Part II  
 Feb 13 - Outing: (\$) Million Dollar Quartet at the Lincolnshire Marriott  
 Feb 13 - Wine Down Wednesday  
 Feb 17 - Sunday Brunch (\$-Additional cost for Brunch)  
 Feb 17 - Local Store Outings  
 Feb 17 - Pianist Annie K. featuring Classical and Operatic Music  
 Feb 19 - Happy Monthly Resident Birthday Party!  
 Feb 20 - National Pet Lovers' Day  
 Feb 20 - Live Performance--Soundz of Time  
 Feb 24 - Local Store Outings  
 Feb 26 - Jim Kendros Music Appreciation  
 Feb 27 - New Resident Tea with Executive Director Nancy  
 Feb 27 - Live Performance  
 Feb 27 - Wine Down Wednesday  
 Feb 28 - "Not the Chef" Demo

# Dining Special Events for the Month of February:

**Please see our concierge to make reservations. There are additional costs for non-residents.**

**Thursday, February 14th 2019 – 6:00 pm**

**Formal Dinner Attire Required**  
**\$49.95 per person**

**First Course**  
Lobster Bisque

**Second Course**  
Caprice Salad: Fresh Mozzarella,  
Campari tomatoes, baby arugula, fresh basil,  
balsamic reduction

**Third Course**  
Surf & Turf

**Grilled Filet Mignon & Maine Lobster**  
Grilled filet mignon served with sauce béarnaise  
& Broiled Lobster with drawn butter, Yukon Gold  
whipped potatoes, & asparagus carrot bundles  
OR

**Rack of Lamb & Seared Diver Scallops**  
Fine herbs and Dijon Crusted Lamb with port  
reduction sauce with seared diver scallops with  
champagne Hollandaise sauce saffron Risotto &  
asparagus carrot bundles

**Finale**  
Dessert Trio  
Chocolate Covered Strawberry, Tiramisu,  
Bouche' of Berries

Please see the Concierge to make reservations  
for this special day.

***The Third Sunday of the  
month (2/17) features  
our Sunday Brunch  
from 11:30 AM-1:30 PM  
(\$30 per non-resident).***



**DOUG WEINSTEIN**  
SAGELY SPOTLIGHT

[Sagely Spotlight] Doug Weinstein from Senior Lifestyle  
January 30, 2019

This Sagely Spotlight honors the great work of Doug Weinstein, Resident Programs Director at Senior Lifestyle. There is always great insight in discovering more about what drives everyday superheroes caring for our older adults.

How did you discover your passion to work with elders?

Throughout my life, I've always had a passion for helping people. I was approached by a colleague of my wife who asked me;

"How would you like to have the most fun you've ever had in a job?" She then paid for the certification course of activity directors. That was more than 5 years ago.

Can you tell us about an emotional/important time in your career with your elders?

Previously, I was nominated and awarded a "local hero for Seniors" award in 2013. A local librarian saw me bringing seniors in for a discussion and saw how energetic I was and that I was trying to make a difference in their lives. I try and bring that spark with me every day in what I do even when people aren't looking!

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What do you love about working in the senior living industry?

I love working with the talented/game-changers in my field. I've worked with so many talented nurses, CNAs and activity people who want to make a difference daily. I'm a team player so when people work hard, it fuels my passion.

What is your life philosophy and/or a quote that's meaningful to you?

If you find something you love, try your best to do that every day...then repeat!

What are some of your hobbies and/or things you love to do?

I am part of a unique situation. I am an identical male triplet and I have a close relationship with all my brothers (I have an older one too), but I truly love my family (which also includes my two doggies). I enjoy spending time with everyone when I can. I'm happiest when I am part of the crowd and when everyone is involved.

Want to nominate your community's superhero?

Sagely provides technology tools to communities like North Shore Place that allow care professionals to gain a deeper understanding of who their residents are, and how to best engage them on their journey to well-being.

Nominate your community's Superhero today by submitting your story to [contact@gosagely.com](mailto:contact@gosagely.com). We honor individuals that exude a positive spirit and are passionate about serving elders.



# **Residents' free verse poetry:**

## **Winter Wonderland**

**(created 1/28/19 in our Theater)**

**Is it time for a good  
cup of soup?  
Or is it time to sing  
with a group?**

**"Let it Snow", "Let  
it Snow",  
We will all sing, before we  
go.**

**What now? We can,  
make a snowman.  
Wouldn't it be great  
to ice skate?**

**I'd rather drink the glogg in a ruck  
to bring me luck.**

**Or I might have a hot toddy  
to warm my body.**

**Now if we use our  
noggin to not  
toboggan,**

**How would we get up the hill? It's  
a question for later...  
could we take an elevator?**

**Or can we have a  
snowball fight,  
tonight?**

**Tonight, we'd have  
much more snow,  
and the temperatures  
will be far below.**