



Norwood
Life Care Foundation

Review

SPRING 2009

A PUBLICATION OF NORWOOD LIFE CARE FOUNDATION, NORWOOD CROSSING AND NORWOOD SENIORS NETWORK

Three Cheer for Volunteers!

Norwood Life Care Foundation will present the 2009 Betty Ohlgren Volunteer Service Award to Maxine Andersen and Grace Henmueller at the annual Volunteer Appreciation Luncheon on Sunday, April 26th. Both ladies have been an integral part of the volunteer program, displaying a steadfast commitment to serving our residents, clients, and the community-at-large.

Maxine and Grace are long-time members of the Norwood Park community who have been volunteering here since the 80's; their hours of volunteer service extend into the thousands. Grace has been married for 53 years

(her husband is also a regular volunteer at Norwood) and has seven children and fifteen grandchildren. Maxine is married and has two children and four grandchildren.

In addition to being regular volunteers at the Thrift Shop, Max and Grace both have been known to help with Norwood Christmas decorations, the annual community picnic and other Norwood activities. NLCF thanks them for not only their hard work and dedication, but also for showing us all the big difference a single person can make in service to others.



Max and Grace working in the Thrift Shop with their well-known trademark smiles!

Issue

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Healthy Choices on the Menu at Norwood Crossing

On Monday, March 2 2009, Norwood Crossing kicked off our new "Healthy Choices" menu selections for the residents' dining enjoyment.

New selections include old favorites and offer many new choices. The new selections address criteria established by the American Dietetic Association and the Anti-Inflammatory Diet. This improves daily intake of calories, nutrients, vitamins and minerals in order to enjoy a healthier, active lifestyle and provide optimal levels of fat, carbohydrates, sodium and cholesterol to support healthy eating.

We are striving to offer a well-rounded variety of healthy foods thereby reducing choices that have higher levels of

additives or lower nutritional values. We are utilizing fresh herbs to provide additional flavor.

In order to easily identify the choices that support these nutritional options, a "Fit" icon is located next to the selections to identify them on all menus.

Most impressively, all this is happening without eliminating or minimizing choices! The "Offered Daily" menu will continue, and the second entrée includes favorites such as barbecued ribs, which are (unfortunately) not included in the healthier parameters.

We hope that all residents sample the new entrees that are being presented, and we look forward to your feedback.

Come See Us Now! New Assisted Living Opening This Summer!

After years of designing, planning and building, at long last the opening of the new Norwood Crossing Assisted Living building is upon us!

Thanks to the team work of the staff, board of directors, architects, interior designers and construction team, completion of the building is coming in exactly on schedule.

The new building features state-of-the-art assisted living accommodations with studio, one and two bedroom apartments available. Each apartment has a private bath and its own kitchenette, and Snapdragons restaurant will provide a high-quality dining experience. The roof-top deck provides panoramic views of the neighborhood and, on a clear day, the down-town skyline is visible just above the tree tops.

Residents will have access to a fully-equipped senior-friendly fitness center, on-site physical and occupational therapy and health and wellness programs and activities that are some of the best in the industry.

One important addition to the services now offered by Norwood Crossing is marked by the opening of the very specialized memory support accommodations on the first floor of the new building.

Access to a secure garden area, country kitchens and large family

rooms gives each memory support unit the feel of home.

We are thrilled to be able to offer such advanced amenities to the seniors who choose to call Norwood Crossing their home and welcome all of you to come see us now!



KEEP CHECKING THE WEBSITE FOR THE EXACT DATE OF THE RIBBON CUTTING CEREMONY AND OTHER GRAND OPENING EVENTS DURING JUNE 2009!

Open House at the Seniors Network

NSN Open House will take place Wednesday, June 3, from 9AM - 7PM. Enjoy refreshments and all day activities to introduce you to the programs and services of Norwood Seniors Network.

- Medication reminders
- Transportation
- Home delivered meals
- Companionship
- Rent-a-daughter
- Social Outings

If you are unable to attend, but would like more information, call 773-577-5370 or visit them on-line at www.norwoodsensiorsnetwork.org.

BITS AND PIECES

Celebrate Syttende Mai

Please join us as we host Ola T. Lanke, Vice President of the Lagting, and his wife Berit on Monday May 18 for a luncheon in honor of Norwegian Constitution Day. The Grieg Ladies will entertain us and a traditional Norwegian menu will be served. This is one way to honor the heritage of our founder, Dr. Niles Quailes.

All residents are invited!

Call Bryan to RSVP 773-577-5387

Do you Yahoo?

Now, every time you search on-line, you can help NLCF Go to www.goodsearch.com and choose Norwood Life Care Foundation where it says "My Charity." The results are powered by Yahoo! So you can be sure you are getting the same quality search results you have come to expect.

Visit our newly redesigned website!

www.norwoodlifecare.org

You can find a calendar of events, pictures of fun-filled Norwood happenings, volunteer opportunities and now debuting:

Save stamps:
DONATE ON-LINE!

The 2007 and 2008 annual report is now available on line. Visit www.norwoodlifecare.org to view a copy, or call 773-577-5387 to receive a hard copy in the mail.

Did You Know...


Every April, the Members of Norwood Life Society come together for the Annual Meeting. They approve changes to the structure and bylaws of the organization, as well as approve the newest members of the board of directors.

Membership is open to all supporters for a one-time-only payment of \$300. Call the foundation office (773-577-5367) or send an email to lcurley@norwoodlifecare.org to receive a membership application.

Norwood Life Care Foundation will hold a Shop & Share fund-raising program on May 18th, 19th, and 20th at all Jewel-Osco Stores.

By shopping at Jewel-Osco on one of those days, 5% of the total purchases, excluding tax, will be donated by Jewel-Osco to the foundation. Norwood Life Care Foundation will use the money to further our missions of Norwood Crossing and Norwood Seniors Network.

Please do your Memorial Day grocery shopping at Jewel-Osco on one of these dates using the identification slip at right. Slips will NOT be available at the stores.



SHOP & SHARE IDENTIFICATION SLIP

AMOUNT OF PURCHASE

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DOLLARS		CENTS										

GROUP: **Norwood Life Care Foundation**
 YOUR SHOP & SHARE DAYS: **May 18, 19, 20, 2009**

SIGNATURE _____

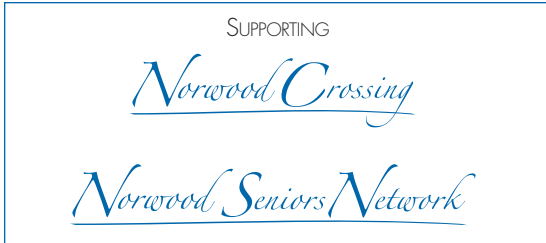
PLEASE SIGN THIS SLIP AND TURN IT IN TO YOUR CHECKER WHEN YOU SHOP.
 PARTICIPANTS CAN MAKE PURCHASES AT ANY JEWEL-OSCO ON THE DATE ABOVE.

IDENTIFICATION SLIPS ARE NOT TO BE DISTRIBUTED IN FRONT OF ANY JEWEL-OSCO.

Jewel-Osco



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Our thanks to the corporate sponsors who helped make our Reshaping Aging™ annual gala such a success!

