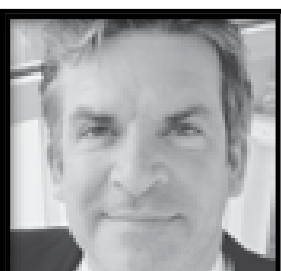


ADVENTURES IN GLENVIEW

Glenview horror movies



DENNY HEBSON
Contributing Columnist
Glenview resident

I remember reading the Glenview village newsletter several years ago. It included a small feature called Backyard Nature. This particular edition focused on the possum and claimed that “possums can grow to the size of a small car.” Obviously, the writer intended to say “a small cat,” but I

couldn't help imagining a giant, razor-toothed rodent leaping at me from the bushes as I took out the garbage that night.

It had all the makings of a Glenview Horror Movie. So I thought I'd think of a few more:

The Birds' Droppings

Joggers and power walkers are terrorized by the massive amounts of goose poop on the paths in Gallery Park. Starring Geese Witherspoon and Ryan Gosling. Rated Ew. Viewers with sensitive stomachs or new shoes are strongly cautioned.

Jurassic Parking Lot

On a quest for jumbo-

sized boxes of Tide laundry detergent, a young couple discovers a wild and untamed world known as the Costco parking lot.

Desperately searching for a space, the unfortunate pair is last seen surrounded by three giant Chevy Suburbans. Don't miss the terrifying sequel: Jurassic Parking Lot 2 — The Trip to Trader Joe's.

The Waukegan Dead

A hearty band of travelers, heading south from Northbrook, must make their way through a gruesome phalanx of architectural monstrosities. The infamous scene in which the travelers pass

Please see **HEBSON, 15**

THE WORD ON WELLNESS

Life after diagnosis



CHRIS FALCON
Contributing Columnist

The true origin of Hemingway's six-word novel is unknown. Perhaps it's because the truth has been misconstrued over time, or maybe simply forgotten.

Regardless of what may or may not have happened the day those famous six words — “For sale, baby shoes, never worn” — were or were not scribbled down on a napkin in a bar over a bet, the challenge of telling a complete tale in exactly six utterances was set.

All of us have a story. At times, we flip through the pages of our past and dog ear the moments we don't want to let go of, and other times we skip through entire chapters in search of a new line. The ability we have to rewind and fast forward through the moments of our life is often taken for granted, but for those suffering from memory loss due to Alzheimer's or dementia, the capacity to take control of the narrative is fading quickly.

Emerald Place (1879 Chestnut Ave.) is a state-of-the-art, 80-bed Anthem Memory Care community.

Although new to Glenview, the stigmas they face are old.

“When people think of assisted living, or long-term care, they think of low engagement,” said Executive Director Michael Zywicki. “Just because many of our residents have lived more life than they have left does not mean they have stopped growing.”

Anthem Memory Care is pioneering a new way of viewing long-term care. It's a philosophy that focuses on how much life is left, rather than how much is lost, and the driving force of that culture is growth.

“We strive to challenge our residents,” said Community Relations Director Mary Ann Pappone. “There is this belief that there is no life after diagnosis. This couldn't be further from the truth. You just have to fight for it.”

The \$15-million facility, poised to open its doors in November, is beaming with high-tech machinery and modalities all designed to enrich the lives of the residents, but it's the low-tech side of the equation that they hope will yield the greatest results.

“We have the best technology money can buy,” Zywicki said. “But in the end, we understand that it's the people that will make the difference.”

Anthem Memory Care stresses the importance of human connectivity, and the staff at Emerald Place is ready to connect.

“We have gone to great lengths to bridge the gap between our residents and their families by creating more opportunities for

them to engage,” Pappone said.

From ping pong to hockey, the residents at Emerald Place have full exposure to activities proven to stimulate growth, as well as keep grandkids wanting to come back for a visit.

With a mantra that states community yields engagement, Zywicki and Pappone have reached out to provide local police and fire departments with much needed de-escalation training for situations involving those suffering from memory loss. They have also shared their virtual dementia tour with the public in an attempt to raise awareness and understanding of the dynamics of memory care.

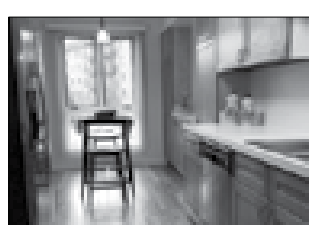
“It is our goal to create a safe place for our residents, and that safety must go beyond these walls,” Zywicki said.

How much does one have to remember to tell a complete story? How many words does it take to summarize what has been and what will be? These are questions we can ponder as we pass by all that would be forgotten, or we can engage and write the tale together.

Falcon Six: Life is love remembered, not forgotten.

Chris Falcon is a certified personal trainer and founder of Reactive Performance Enhancement Center in Glenview. He is dedicated to helping people feel their best through healthy living on all levels. Connect with Chris on Instagram: @officialchrisfalcon

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