

WELCOME TO the new Spa at Montereau!

 $oldsymbol{\mathsf{A}}$ s summer winds down, the Spa at Montereau is celebrating new beginnings after embarking on an exciting partnership with PS Salon & Spa. They have invested time and resources into elevating your salon experience with top-notch professionals and services to have you looking and feeling your best.

The Spa celebrated a grand reopening and ribbon cutting in early July, and the gift shop reopened on July 28 with a variety of clothing, gifts, and self-care items from which to choose. The Spa pros are enjoying the opportunity to gett to know you and establish connections. They offer all the services you've come to expect from the Spa at Montereau, including hair, nails, facials, and lashes. The Spa team expects to have massage and reflexology services available this fall.



There are a variety of payment options to choose from, including credit card, personal check, your Montereau resident account, or our new Celebration Account. The Celebration Account allows you to earn rewards each time you visit the Spa. It also provides a way for you or your loved ones to add funds at any time for use toward Spa services. Perhaps your children want to treat you for your birthday or show how much they appreciate you on Mother's or Father's Day by adding funds to the account. You'll also earn rewards to use toward the cost of Spa services.

You can find all the information you need about the Spa, its services, Celebration Accounts, appointment booking and more

on the Montereau ConnectedLiving app. Simply select the "Community Resources" tile in the app, then choose the category for "The Spa at Montereau."

If you have not yet visited the new Spa, feel free to stop by, say "Hello," and meet the pros. District Leader Bev Karr and Spa Coordinator Emily Wideman will be happy to answer your questions. The Spa is open Monday through Saturday from 9:00 a.m. until 4:00 p.m. You can book an appointment by calling the Spa at 918-491-5251 or in person.

INTRODUCING YOUR SPA TEAM



Bev **District Leader**



Emily Spa Coordinator



Antiniece Nail Technician



Angela **Hair & Nails**



Nail Technician



Meriah **Stylist & Barber**



Sherry Hairstylist



Yessenia **Aesthetician**



Stephani **Regional Leader**

THIS IS NOT YOUR PRACTICE LIFE! with

Alicia Tippett, VP Human Resources

have been told that many of you know me as the "tall girl," but something you may not know about me is that running is one of my interests.

My running story began in 2016, not from a lifelong passion, but a workplace challenge. Our team sought healthier habits and decided on a 5k (3.1 miles) – a fairly modest distance, but a challenge for all of us. We trained together for about a month and crossing the finish line was the culmination of shared effort,

goal setting, and felt like a huge accomplishment! I did not realize then that it was not just a one-time thing, but the start of a bigger journey for me and several others.

The team then set our sights on a 10k. Though our group's numbers thinned, the fire had been lit. Following that was a half marathon. Crossing that 13.1-mile mark was epic, a mix of pain and possibility. Further conversations led four of us to commit to a full marathon – 26.2 miles. The team had approximately 6 months to train for a race in Fort Worth, but three of us were marathon rookies. The camaraderie during those miles was incredible. We trained together, shared tips, and worked through challenges. It was a bond that carried everyone across the finish line and continues to connect us to this day.

Soon after, I saw the phrase, "This Is Not Your Practice Life!" on a magazine cover. I thought it was one of the most profound things I had ever read, and what a way to live – to know that you've got one shot to live life to the fullest. That statement became a mantra for me, igniting the dream of conquering an endurance race in all 50 states. My message is this: even if running is not your thing, find what is. Seek experiences that challenge you. Try a new skill, find a new hobby, or explore an unfamiliar place. This is your opportunity. Seize it!



OCTOBER 6-11

Join us for a full week of wellness activities!

Senior Showdown, Wellness Fair, Concert, Healthy Living Lecture, Walk to End Alzheimer's... and more!

MARK YOUR CALENDAR

Signup deadline for Senior Showdown: Friday, Sept. 12 (Signups open Tuesday, Sept. 2 - IL Concierge.)











THIS IS YOUR LIFE

with Jim Choike

Jim Choike is a man who exudes positivity, for whom family is everything and math is poetry. His smile goes all the way to his eyes, and you can hear it when he talks.

Jim was born and raised in Detroit. East Poletown to be exact, alluding to his Polish heritage. "I had a wonderful childhood," he says, recalling plenty of friends and baseball games played in parking lots. His large family and its traditions left him with memories for a lifetime. Jim was close to his grandmother, who he declares was a "really good cook." The thought of her conjures recollections of homemade sausages, pierogi, horseradish, and his favorite dish. "She made a soup that I loved and have not had since she passed." It's called czernina. While Jim didn't speak Polish, he did know a few sentimental words that he used with his Grandmother. Today, Jim's younger sister still lives in Detroit.

He was a good student and says he was "busy" as a boy. Jim played football and hockey in the streets with his friends. He even won a local Woolworth's yo-yo competition. Ask him about the secret to winning a face-off against his best friend with the "Loop the Loop" trick. At school, he played baseball, ran track, and made the varsity basketball team. "My dream was that I wanted to be an NBA player," he reveals. He measured his height regularly, hoping to top 6'6". As fate would have it, Jim only reached 5'11.5". It didn't keep him from enjoying the game into adulthood though, in various recreational leagues. He kept up with running, too, enjoying the great workout in a short period of time. Jim enjoys watching professional sports, always rooting for Detroit's teams. During high school, he worked on the weekends at his father's filling station for a time, then later at a book bindery. When he was 15 and a sophomore at the all-boys Catholic De La Salle high school, he met a young girl named Marilyn. "She was so pretty," he grins. He saw her often after football games at sock hops where they got to know each other. Their first date was an outdoor dance with a live band in the summer just before Jim's senior year.

Jim graduated high school in 1960 and attended the University of Detroit, which allowed him to continue living at home and dating Marilyn. He earned his bachelor's degree in mathematics in 1964. By 1966 he had earned a master's from Purdue University. He

and Marilyn married that year. "What made my life so wonderful was my wife," Jim beams. "She was an amazing person." With Marilyn teaching high school history in Detroit, Jim went to Wayne State University, graduating with his doctorate in 1970. That year was pivotal for the young couple. They started a family that includes three children: George, Joanna, and Catherine and now two grandsons. It was also the year they headed south to Oklahoma.

Jim accepted a position as an Assistant Professor of Mathematics at Oklahoma State University where he taught for 45 years, retiring in 2015. During his tenure at OSU, Jim served as a consultant and won the Noble Foundation award for Technology Enhanced Learning. This earned him the nickname "Noble Professor" from his colleagues. Jim served on the national AP Calculus Committee charged with reviewing and updating the test to keep it current. His research in mathematics has led to well over a dozen papers published in peerreviewed journals. He even served as faculty advisor to an OSU team of math majors who won a national award for the best paper in applied mathematics.

Even with all the professional accomplishments, Jim's family is what gave him purpose. Along with regular trips home to visit family in Detroit, the family traveled all over the country together. This was thanks, largely, to Jim's consulting work and conducting workshops in the summers. The work took them to various places, including Alaska, for two weeks at a time. In their own travel, they visited Australia, Korea, Germany, Switzerland, and more. Marilyn always brought home a keepsake. "Wherever we traveled," Jim smiles, "she would collect pinecones and bring them home in the suitcase." He still keeps a large collection of them in his apartment.

In 2010, Marilyn was diagnosed with Parkinson's. They came to Montereau in 2017 and quickly made friends. Marilyn has been gone about five years now and Jim finds that putting his memories of her down in writing helps. "They're vignettes that begged to be written," he says with urgency. He's had them printed and bound into a book. In his spare time, Jim enjoys reading. "I read everything," he says. He's currently working his way through a biography of the Greek mathematician, Constantin Carathéodory. "He's my mathematical grandfather," Jim declares, explaining that Carathéodory was the PhD advisor to his own PhD advisor. Jim has a pleasant sense of humor and is a witty conversationalist. "I'm a teaser," he says of himself. When it comes right down to it, he says he's grateful. "I've had a wonderful life. I wouldn't change anything."

Team Member Appreciation Fund

Now Accepting Contributions



Please take time now to consider your 2025 contribution.

The Team Member Appreciation Fund is an expression of our gratitude for their dedication, care, and service.



Funds will be distributed as a gift to Team Members at the annual Merry Mingle event on Wednesday, December 17.



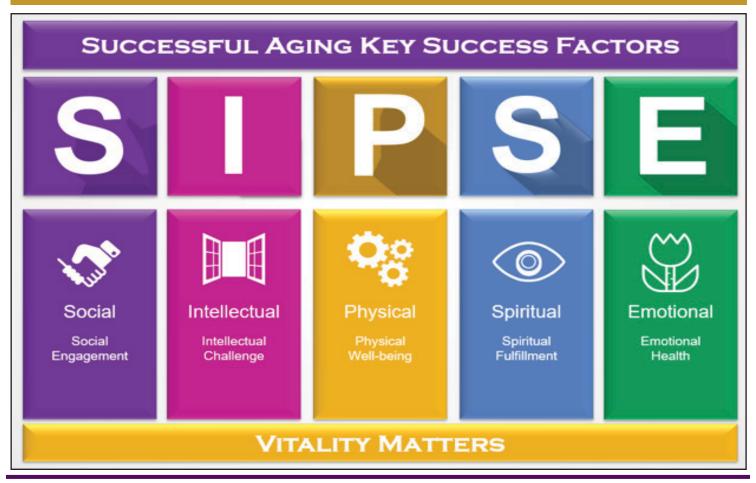
Please contact a TMAF Committee member for more information.

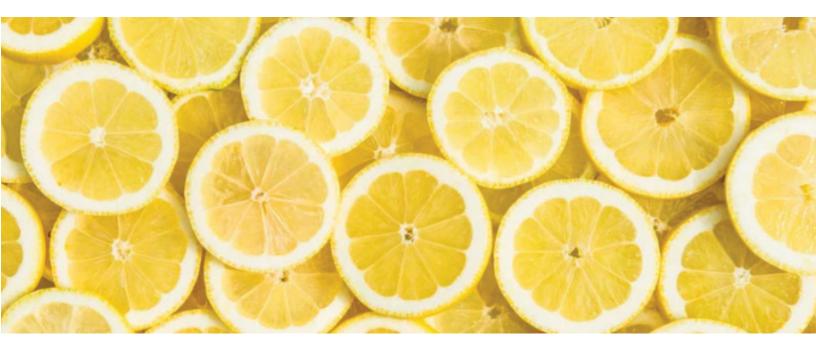
Everett Stallcop 918-493-2621 Charlie Payne 815-979-7036

Rick Skinner 918-551-6851

Billie Field 918-749-8811







DINING

IMPORTANT: Please note RSVP requirements and cost information listed in the description of each event. All Dining Event reservations or cancellations must be made at least THREE business days in advance. You may RSVP or cancel a reservation by speaking to someone at the Host Stand in person, by calling 918-491-5212 or by email: events@montereau.net.



ACTION STATION

Thursdays: 4:30p-7:00p - Café Mondial

Aug 7: Pasta, Aug 14: Stir Fry, Aug 21: Fajitas, Aug 28: Burritos. Our chefs prepare a delicious meal, fresh to order. A cost of \$14 will be applied to your monthly dining allowance. No RSVP required.

SIPSE CATEGORY: Social



MOCKTAIL CLASS

Friday Aug 15: 2:00p-3:00p - Cafe Mondial

Katy Council hosts a class to teach you how to make delicious mocktails at home. Learn how to make alcohol-free drinks that include Sangria, a Mango Mimosa, and an Orchard Swizzle. Attendees will receive recipe cards to take home. **Cost is \$10**, applied to your dining allowance. **RSVP required.**

SIPSE CATEGORY: Intellectual



CHEF'S TABLE

Wednesday, Aug 20: 5:00p-6:30p - Rue 6800

Our culinary team offers a delicious, gourmet meal. Menu: Crab Cake w/Remoulade, Charred Octopus w/Lemon & Olive Oil, Bouillabaisse w/Garlic Aioli, Peach Galette. Cost is \$35, applied to your monthly dining allowance. Wine or cocktail selections may be ordered as desired and will be charged separately. RSVP required.

SIPSE CATEGORY: Social

LET'S EAT LOCAL & LE CINEMA

IMPORTANT: Let's Eat Local events require an RSVP. Your RSVP or cancellation must be made at least THREE business days in advance. Late cancellation will result in a \$10 fee + event cost charged to your account. Exceptions will be made for emergencies and illness. You may RSVP on the ConnectedLiving app, Reservation Sheet, or call Lifestyle and Wellness at 918-491-5245. Cancellations may be made through the app or Reservation Line.



LET'S EAT LOCAL 4:30p – Trip (RSVP required)

Tuesday, Aug 5: The Bistro \$\$ (Casual Upscale American & French Fare)

Tuesday, Aug 12: Villa Ravenna \$\$\$ (Italian Fare)
Tuesday, Aug 19: The French Hen \$\$\$ (French Fare)

Tuesday, Aug 26: Napa Flats Wood-Fired Kitchen \$\$ (California/Italian Fare)

SIPSE CATEGORY: Social



LE CINEMA DOCUMENTARY & TV SERIES (No RSVP Required)

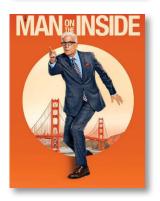
Monday, Aug 4 - 3:00p: TV Series: The Chosen (Series Finale)

Thursdays 7:00p: Documentary Series: The West - Aug 7: Ep. 1-The People, Aug 14: Ep. 2-Empire Upon the Trails, Aug 21: Ep. 3-The Speck of the Future,

Aug 28: Ep. 4-Death Runs Riot Fridays 2:00p: TV Series: Outlander

Fridays 3:00p: HBO Series: The Gilded Age

SIPSE CATEGORY: Social/Intellectual



LE CINEMA MOVIES (No RSVP Required)

Wednesdays 7:00p: Aug 6: Zero to Hero (TV-14) Based on the true story of So Wa Wai, Hong Kong's first Paralympic athlete to win gold. Even if you start with a disadvantage, you can still be the first across the finish line. **Aug 20: Man on the Inside** (TV-14) Charles is a retired widower who gets a new lease on life when he answers an ad from a private investigator, becoming a mole in a secret investigation at an upscale senior living community. Episodes 1-4. **Aug 27: Man on the Inside** (TV-14) Charles is a retired widower who gets a new lease on life when he answers an ad from a private investigator, becoming a mole in a secret investigation at an upscale senior living community. Episodes 5-8.

SIPSE CATEGORY: Social/Intellectual/Emotional



LE CINEMA MOVIES (No RSVP Required)

Saturdays 2:00p: Aug 16: My First Love (TV-14) A widow reconnects with her high school sweetheart at their class reunion, but he's involved with a much younger woman. **Aug 23: The Magic of Ordinary Days** (TV-PG) Set during WWII, an educated young woman who becomes pregnant out of wedlock is pressured by her father into an arranged marriage with a lonely farmer. **Aug 30: Wild Oats** (PG-13) Eva receives a life insurance check for \$5 million instead of the expected \$50,000. She and her best friend use the money to experience an adventure of a lifetime.

SIPSE CATEGORY: Social/Intellectual/Emotional

HIGHLIGHT EVENTS

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RIVER CITY PLAYERS & LUNCH AT DEL RANCHO

Friday, Aug 1: 10:00a-4:45p - TRIP

In their 32nd season, River City Players present "Platinum Rock" to showcase Rock-n-Roll's top artists through the years. When we arrive in Tahlequah, we'll eat lunch at Del Rancho before the show. Cost of ticket is \$12, applied to your monthly service fee statement. Please bring a form of payment for lunch. RSVP

SIPSE CATEGORY: Social



BRIDGE LESSONS WITH RANDY STAINER

Sundays, Aug 3, 10, & 17: 2:00p-3:30p - Studio de Monet

Whether you're new to the game of Bridge or just want to brush up on your skills, join Randy Stainer for tips and tricks to have you playing your best game. This is the last three weeks of a five-week series of lessons. No RSVP required.

SIPSE CATEGORY: Intellectual



ADVANCED SPANISH

Mondays, Aug 4 & 11: 11:00a-12:00p - Studio de Monet Monday, Aug 25 - 11:00a-12:00p - Board Room

Go beyond the basics of conversational Spanish. Join Montereau resident Dr. Malcolm Stewart to advance your knowledge of the language. No RSVP required.

SIPSE CATEGORY: Intellectual



WALKING GROUP

Tuesdays: 8:30a-9:00a - Concierge Desk

Start the day off right and get your feet moving! Join your Montereau neighbors for cardio and conversation as you walk the Ring Road. Research shows walking and talking boosts circulation to the body and brain. Meet at the Independent Living Concierge Desk. Walk indoors during inclement weather. No RSVP required.

SIPSE CATEGORY: Physical (Mild Difficulty)



TULSA CITY COUNTY LIBRARY BOOKMOBILE

Tuesday, Aug 5: 10:00a-11:00a -Main Entrance Drive

The Tulsa City County Library's Bookmobile returns to Montereau on the first Tuesday of each month. Come check out a book, DVD, audiobook and music CDs. You can even request specific materials. No library card? No worries! They can set you up with one. No RSVP required.

SIPSE CATEGORY: Intellectual



CLASSIC CINEMA: SHALL WE DANCE? (2004)

Tuesday, Aug 5: 7:00p-8:45p - Le Cinema

A bored, overworked estate lawyer secretly signs up for ballroom dancing lessons. His new hobby turns out to be too hard to keep from his wife who suspects something more serious is going on. Starring Richard Gere and Susan Sarandon. **No RSVP required.**

SIPSE CATEGORY: Social



CONVERSATIONAL SPANISH

Wednesdays in Aug: 11:00a-12:00p - Studio de Monet

Learn Spanish with Montereau's own Dr. Malcolm Stewart. You'll have fun and socialize while learning practical, conversational Spanish you can use anywhere. **No RSVP required.**

SIPSE CATEGORY: Intellectual



TECH TABLE WITH BLAKE BOLIN

Thursdays in Aug: 10:00a-11:00a - Board Room

Thursdays in Aug - EXCEPT Aug 28: 2:00p-3:00p - Board Room

Tech Concierge Blake Bolin hosts two, one-hour sessions each Thursday in August to answer questions about any Sentrics product including the ConnectedLiving app, Engage TV, phone, internet, and emergency pendants and pull cords. **No RSVP required.**

SIPSE CATEGORY: Intellectual



SIPSE SPIRIT DAY: NATIONAL PICKLEBALL DAY

Friday, Aug 8: ALL DAY

Celebrate the growing popularity of Pickleball! Show us your best Pickleball spirit

and attire. No RSVP required.

SIPSE CATEGORY: Physical



PICKLEBALL AT TOPSEED

Friday, Aug 8: 8:45a-11:15a - TRIP

Celebrate National Pickleball Day at TOPSEED. Learn the fundamentals from a professional and play a few rounds. Open to all skill levels. Racquets provided. Minimum four residents required for trip. Cost is \$20, applied to your monthly service fee statement. RSVP, or cancellation, required by 12:00p on Monday, Aug 4.

SIPSE CATEGORY: Physical (Moderate-Maximum Difficulty)



DINNER & A MOVIE: THE FAREWELL

Wednesday, Aug 13: 5:00p-8:00p - Coterie Theater

A Chinese family discovers their grandmother has a short while left to live. They decide to keep her in the dark, scheduling a family wedding before she dies.

Menu: Cream Cheese Rangoon, Hong Shao Rou (Braised Pork Belly), Steamed Jasmine Rice, Stir-Fried Vegetables, Sweet Raspberry Cheesecake Mooncake. Cost is \$20, applied to your monthly dining allowance. RSVP required.

SIPSE CATEGORY: Emotional

HIGHLIGHT EVENTS

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FIRST AMERICANS MUSEUM & LUNCH AT PASEO GRILL

Thursday, Aug 14: 9:00a-4:00p - TRIP

Tour the WINIKO exhibit examining exquisite, cultural materials made by hand with love to reveal the creative diversity of the tribes in Oklahoma. Later, we will have lunch at Paseo Grill. Please bring a form of payment for \$12.50 museum admission as well as lunch and gift shop purchases. RSVP required.

SIPSE CATEGORY: Emotional



ALZHEIMER'S ASSN. PRESENTATION: "ADVANCING THE SCIENCE"

Thursday, Aug 14: 1:00p-3:00p - Coterie Theater

Dr. Laura Garrett, a certified Dementia Practitioner and Asst. Professor of Psychology, shares insights about the latest advances in Alzheimer's and Dementia research. There will be time for questions. **No RSVP required.**

SIPSE CATEGORY: Intellectual



FIT & FABULOUS: DIVERSITY THROUGH DIET

Friday, Aug 15: 11:30a-1:00p - Grand Riviera Lounge

Eating a diverse diet has many benefits for your health and well-being by providing adequate nutrients and powerful antioxidants. Menu: Kale Cranberry Pilaf, Broccoli Leek Soup, Walnut Rosemary-Crusted Salmon with Ginger Green Beans and Cauliflower Mash, Strawberry Quinoa Pudding. **Cost is \$20, applied to your monthly dining allowance. RSVP required.**

SIPSE CATEGORY: Intellectual



THE OLYMPIANS: AN EPIC MUSE-ICAL

Sunday, Aug 17: 1:00p-3:00p - TRIP

The Broken Arrow Community Playhouse presents this riotous show about the power of changing the narrative as Greek goddesses look for a heroine. **Cost is \$18**, applied to your monthly service fee account. **RSVP** required.

SIPSE CATEGORY: Social



FIT BITES: PEACHES

Wednesday, Aug 20: 2:00p-2:30p - Grand Riviera Lounge

Peaches are not just delicious. They're nutritious, too! Sample a Peach Spinach Salad, Peach and Plum Cobblers, and a Peach Ginger Fresca. **No Cost. RSVP required.**

SIPSE CATEGORY: Intellectual



SUMMER LUAU

Friday, Aug 22: 7:30p-9:00p - Rotunda & Veranda

Celebrate the end of summer with our annual Luau! Enjoy fire performers and a menu that will take your taste buds to the tropics. Menu: Chicken Pineapple Skewers, Spam Masubi, Hawaiian Macaroni Salad, Hawaiian Beans, Fluffy Fruit Dip & Fruit, Coconut Macaroons, Mini Pineapple Upside Down Cakes. First drink is complimentary. Cost is \$20, applied to your dining allowance. RSVP required.

SIPSE CATEGORY: Social



DIY CRAFT: KEYCHAINS

Monday, Aug 25: 10:00a-12:00p - Studio de Monet

Join Jesse in making a key chain with your own creative spin, from braiding to beading. We'll provide the supplies. You bring the imagination. No cost. RSVP required.

SIPSE CATEGORY: Social



CORNHOLE TOURNAMENT

Wednesday, Aug 27: 3:00p-4:00p - Coterie Theater

Participants play in teams of 2 in this bracket-style competition. Winners advance to the next round until 1 team remains. You'll be matched with a partner. Everyone is invited to watch. No cost. Please RSVP ONLY if you plan to play.

SIPSE CATEGORY: Physical (Mild Difficulty)



AMERICAN BANJO MUSEUM & LUNCH AT TOBY KEITH'S I LOVE THIS BAR & GRILL

Thursday, Aug 28: 9:15a-3:30p - TRIP

Explore the museum that honors the history, spirit, and future of the banjo. See the collection of more than 400 instruments, recordings, video, printed music and more. Then enjoy lunch at Toby Keith's I Love This Bar & Grill. Please bring a form of payment for \$5 museum admission and lunch. RSVP required.

SIPSE CATEGORY: Intellectual



AMISH CHEESE HOUSE & LUNCH AT COUNTRY COTTAGE

Friday, Aug 29: 9:00a-2:45p - TRIP

Discover all kinds of delicious homemade treats and handmade kitchen gadgets, toys and other treasures as you explore the Amish Cheese House and Nettie Ann's Bakery. Then, enjoy lunch at the Country Cottage Restaurant. Please bring a form of payment for lunch and purchases. RSVP required.

SIPSE CATEGORY: Social



TU FOOTBALL: TULSA VS ABILENE CHRISTIAN

Saturday, Aug 30: 6:00p-10:30p - TRIP

Are you ready for some football? The Golden Hurricane open their season against the Wildcats of Abilene Christian University. Wear your blue and gold and cheer them on to a win! A pre-purchased ticket is required but does not guarantee transportation. Bus seating requires an RSVP on a first-come, first-served basis.

SIPSE CATEGORY: Social

HEALTH CENTER HAPPENINGS with Kim Calabrese



July was bursting with summer fun! We celebrated Independence Day with a fun and festive 4th of July party in the Abbey. We enjoyed watermelon on the patio and refreshing root beer floats. Residents also enjoyed a scenic drive and discovered a charming new ice cream shop, Swirl 66. Over in the Chateau, residents

explored the world through Rendever virtual reality goggles—visiting far-off countries and enjoying immersive experiences without leaving their seats!

We've got plenty of engaging, fun activities planned for August, too! We will take a special trip to the Will Rogers Museum. In the Villa, we will welcome our good friend and special guest, Cindy, who will lead a cooking group titled "A Farmer's Field Lunch." Cindy will share cherished memories of her mom packing the kids up in the car and taking them to the field for lunch with her dad and grandfather. Mini bologna sandwiches & chips will be served in a small paper boat. We love to reminisce and know the meaning behind our special events.

We're also planning a scenic drive to Tulsa's beautiful and historic Swan Lake which just saw major improvements including the return of the lake's idyllic fountain. We will engage our minds with Smartboard Brain Games in the Villa, and get together for a movie in the Coterie Theater. This month's feature film is "Because of Winn-Dixie," accompanied by beloved movie snacks. Everyone is welcome!





A MESSAGE from Tracie Nail- Health Center Administrator

August is the last full month of Summer. How did we get here so fast? There are not a lot of national observances this month, but as I prepare to send my son back to school, I thought I would share some fun facts about how school days have changed over the years. Like, why does school start in August now instead of September? School didn't used to start back up until after the Labor Day holiday. Of course, my high school did not have air conditioning like schools do these days. Could you imagine having kids attend school now without air conditioning?? Oh! The horror!

Did you know that school attendance was not mandatory until 1852? Massachusetts was the first state to pass a mandatory educational law. In 1875 the U.S. Congress passed a constitutional amendment to mandate FREE public schools. Prior to that, parents had to pay to send their kids to public school.

In the early 20th century, child labor laws went into effect which allowed more children to attend school instead of working in coal mines or factories. Since then, there have been myriad other changes to the public school system in hopes of improving education delivery across all socioeconomic groups. Those changes include free or low-cost lunch and breakfast programs, anti-segregation laws, laws requiring equal access to the same education, the No Child Left Behind program, and the introduction and emphasis of STEM subjects (science, technology, engineering, and math).

But, to answer my own question... school now starts in August for multiple reasons. This allows teachers more instructional time before statewide assessment tests in the spring. Beginning classes in August also allows students to complete the first semester before the December holiday break.

THIS IS YOUR LIFE

with Kathy Phelan



As the saying goes, "You can take the girl out of the city, but you can't take the city out of the girl." Kathy Phelan is a Chicago girl, through and through with a feisty spirit and a quick smile.

She spent the first 43 years of her life in the windy city. "It'll always be home," Kathy says. She grew up the youngest of four children, with a single mother who worked two jobs. As a mother herself, she is grateful for the sacrifices her mother made and the values she instilled. Kathy's two older sisters helped raise her and her brother. "My older sister and I used to get into more fights," Kathy laughs. "But we ended up being real close." She loved growing up in Chicago and reminisces about afternoons spent playing baseball in the streets where manhole covers served as bases. She says she was pretty independent as a young girl who had plenty of friends. She graduated from Saint Clare de Montefalco all-girls Catholic high school in 1963.

After school, Kathy took an office job at Western Electric where she met her future husband, Mike Phelan. Their first date was at the drive-in theater, though Kathy is hard pressed now to recall the film they saw. They married in 1966 on a bitterly cold Chicago day. She remembers with a shock, "It was 22 degrees below zero that day! We couldn't even take the flowers outside!" The young couple bought their first home, a newly-built place, for just \$15,000. "I loved brand new houses," Kathy says. When she and Mike started their family, she transitioned to being a homemaker. She's very proud of her five children: Mary Ellen, Dawn, Jim, Katie, and Megan. She also has eight grandchildren who call her "Memire," an homage to her French-Canadian lineage. Life with a young family was busy. "We were going in five different directions," Kathy explains. "We would pass each other. 'I'm going to soccer field two, you're going to field one." Quiet moments were few and far between, and she cherished them. "I loved when we were in the car and it was just me and one child and we would talk."

When her son Jim wanted to take up golf, they joined a country club. Kathy found her own place there, making friends and picking up tennis. She was even team captain for a couple of years. She chuckles,

remembering, "We weren't good. We weren't bad. We just wanted to socialize!" She was also an avid bowler, an interest that started when she was 18. The family enjoyed playing board games together, and Kathy enjoyed baking. She was known for her date nut bread, baked in a can, just as instructed by her aunt's recipe that predated World War II. "One year, I baked more than 100 of them and gave them as gifts," she says. Kathy and Mike were devout Catholics and she loved being involved in her church. Today, she appreciates being able to attend Mass here at Montereau.

In the late 1980s, Mike's work took them to Texas. It wasn't an easy transition for the Chicago girl, but today she still keeps in touch with close friends she made there. When the family went back to visit Chi-town on occasion, Kathy says, "The first thing we did was get off the plane and go to Portillos, the hot dog place." She insists it's the best place to get her fix for a proper Chicago dog. Mike's professional success allowed them to travel the world, thanks to incentives from his company. From Hawaii and Bermuda to Australia and Europe, they globe trotted for years. Kathy's favorite place was Ireland. "They're the nicest people in the world," she insists. Along with board games, Kathy enjoys card games and says she and Mike would pass the time on the plane during their travels by playing Gin Rummy. She laughs, "I think the last count was, I owed him \$2,342." Mercifully, he never tried to collect.

Kathy says she enjoys reading and loves to shop. She practically had QVC on speed dial back in the day. Christmas is her favorite time of year. She says it makes her happy and she can't wait to decorate. "If it doesn't move, it gets decorated!" She says Mike was always supportive of her. "He never said 'No' to anything I asked," she says proudly. But they were a house divided, which is likely not uncommon in a place like Chicago. Kathy is a White Sox fan to the core. Mike rooted for the Cubs.

Mike passed away in 2014, not long before they would have celebrated their 50th anniversary. Kathy misses him dearly, of course, but says, "My kids have done so well taking care of me." Two of her daughters live in the Tulsa area and she is thankful to have them near. She came to Montereau in 2023. She enjoys taking part in some of the activities and is particularly fond of Bingo. "I love to have a good time, and I enjoy laughing," she says. "I always try to find the humor in things." What better way to approach life?

JULY in the Health Center





HEALTH CENTER HIGHLIGHT EVENTS

- LUNCH: SCHLOTZKY'S Monday, Aug 4 10:45a, OUTING
- MUSIC & MEDITATION Wednesdays in August 7:30a, WARREN CHAPEL
- BRAIN GAMES & ROOT BEER FLOATS Wednesday, Aug 6 -2:00p, FR. QTR.
- SCENIC DRIVE: SWAN LAKE Thursday, Aug 7 2:00p, OUTING
- LUNCH: CHICKEN SALAD CHICK Monday, Aug 11 10:45a, OUTING
- GAME OF THE DAY: CONNECT 4 Tuesday, Aug 12 2:00p, FRENCH QUARTER
- HC PIZZA PARTY Tuesday, Aug 12 5:00p, FRENCH QUARTER
- SIP & PAINT Wednesday, Aug 13 2:00p, FRENCH QUARTER
- ALZHEIMER'S ASSN. PRESENTATION: ADVANCING THE SCIENCE
 - Thursday, Aug 14 1:00p, COTERIE THEATER
- LUNCH: RED LOBSTER Monday, Aug 18 10:45a, OUTING
- BRAIN GAMES & POPSICLES Tuesday, Aug 19 3:00p, FRENCH QUARTER
- MUSIC & TRIVIA Wednesday, Aug 20 11:15a, VILLA DINING ROOM
- WILL ROGERS MUSEUM Wednesday, Aug 20 1:45p, OUTING
- GRILL & CHILL LUNCHEON Thursday, Aug 21 11:30a, GRL
- COOKING W/CINDY: FARMER'S FIELD LUNCH Thursday, Aug 21
 - 2:00p, FRENCH QUARTER
- RENDEVER VIRTUAL REALITY Thursday, Aug 21 3:00p, ABBEY
- LUNCH: BRAUM'S Monday, Aug 25 10:45a, OUTING
- RENDEVER VIRTUAL REALITY Tuesday, Aug 26 2:00p, FRENCH QUARTER
- WOODLAND HILLS MALL Wednesday, Aug 27 1:45p, OUTING
- MOVIE & SNACKS: BECAUSE OF WINN DIXIE Thursday, Aug 28
 - 1:30p, COTERIE THEATER





LEAVE A FIVE STAR REVIEW

Scan the QR Code above with your smartphone camera. Then click on the link that comes up on your screen to leave a 5-star Google review for Montereau.

17 Aug

HAPPY AUGUST BIRTHDAYS

Mary Everett 1 Aug 2 Aug **Bob Geweniger** Donna Allison 4 Aug 5 Aug Lynda Frank 5 Aug Joe O'Toole 6 Aug Regina Carter 6 Aug Margaret Ridley 7 Aug Judy Grove 7 Aug Lenora Lav 8 Aug Vicki Aneshansley **Bob Jones** 8 Aug Cindy Bagwell 10 Aug Barbara Meyer 10 Aug 10 Aug **Marvin Rodgers** 11 Aug Sandy Crouch 11 Aug Darleen Ryan 11 Aug Diane Villines 13 Aug Connie Wertz 14 Aug Pat Gideon 14 Aug Ken Snoke **Dolores Kiel** 15 Aug

16 Aug Mary Ann Meckfessel
16 Aug Terri MacDonald
16 Aug Myra Monroe
16 Aug Shirley Scott



21 Aug Claudette Bolin Peggy Jordan 21 Aug 21 Aug Lloyd Zelewski 22 Aug **Rob Denzinger** 22 Aug Kathleen Hannigan Anne McCune 22 Aug 22 Aug Joe Peery 22 Aug Erma Spann 25 Aug Joan Coleman Max Vowel 26 Aug **Kaye Klintworth** 27 Aug 28 Aug David Archibald 28 Aug Jean Paulsen 28 Aug Julius Stevak 29 Aug Alfred Humphrey 29 Aug Jagat Sharma 30 Aug Diane Colson 30 Aug Dixie Frank 30 Aug Paula Waugh Dan Pickett 31 Aug

Ed Nonweiler