



**Freedom Home Care**  
and Medical Staffing

# **THE SHERIDAN** **AT GREEN OAKS** *a Senior Lifestyle community*

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**FOR IMMEDIATE RELEASE**

*~photography and videography available~*

**FREEDOM HOME CARE CELEBRATES MILESTONE BIRTHDAYS!**

**Happy Hour Held at the Sheridan at Green Oaks, Tuesday March 5<sup>th</sup> from 3-5 p.m.**

**Honoring of Residents' Birthdays Including:**

*Two Century-Old Women Who Have Been Best Friends Since Childhood*

*One-Year Anniversary of the Wellness Center Opening*

*Two-Year Anniversary of the Sheridan at Green Oaks Opening*

**LAKE BLUFF, IL (MARCH 5, 2019)** –Freedom Home Care and The Sheridan at Green Oaks are honored to be celebrating milestone birthdays! On March 5<sup>th</sup> from 3-4 p.m., residents and their friends and families are invited to a birthday party happy hour celebration at The Sheridan at Green Oaks, 29330 North Waukegan Road, in Lake Bluff.

Not only is it the one-year anniversary of the opening of the Freedom Home Care Wellness Center, and the two-year anniversary of the opening of The Sheridan at Green Oaks but the party will honor two century-old Sheridan at Green Oaks residents who have been friends since childhood!

**CELEBRATING 101<sup>st</sup> BIRTHAYS**

Centurions, Evelyn Vonic, who turned 101 in February, and Mary Kozina, who will be turning 101 in the upcoming months, have been best friends since age six and grew up in North Chicago, less than a mile away from each other. Since their friendship blossomed, the two have been inseparable and now reside down the hall from one another at The Sheridan at Green Oaks.

“Not only are we here to celebrate their birthdays, but their 95 years of a beautiful friendship,” said Evelyn’s daughter, Judy Kosick. “My mother and Mary are very happy at The Sheridan, and we are thankful they have the opportunity to be together at this establishment, where they can take part in many of the activities they once did together when they were younger.”

The friends eat breakfast together each morning, like they did as young adults. Evelyn and Mary have always had a passion for art, specifically watercolor painting, and now they take art classes together several times a week.

**CELEBRATING 1 YEAR**

Freedom Home Care offers regular services at the Wellness Center at The Sheridan at Green Oaks including: home and wellness speakers, in-home support for activities for daily living, transportation to errands, shopping and appointments, access to caregivers, CNAs and RNs. There will also be complimentary weekly blood pressure screenings on Wednesdays from 1-2 p.m. in the Independent Living Creative Studio, flu shot clinics, healthy wine & cheese events, and more! The Freedom Home Care Wellness Center at The Sheridan Green Oaks will be staffed by Freedom Home Care senior

specialists and will serve The Sheridan at Green Oaks community. It is located on the garden level and is open on Tuesdays from 9 am until 12 pm, Wednesdays from 12 until 4:30 pm, and Thursdays from 9 am until 12 pm.

“We are thrilled to see the positive impact that the Wellness Center has brought to Sheridan residents over the past year,” said Francine Brodsky, Director of Business Development of Freedom Home Care. “We strive to continue to inspire senior residents to prioritize both their physical and mental health and wellness to increase their quality of life.”

For more information on Freedom Home Care Wellness Center at The Sheridan at Green Oaks, contact (847) 604-0102.

### **CELEBRATING 2 YEARS**

Newly opened in 2017, The Sheridan at Green Oaks provides inspired living for seniors. Beautifully appointed Independent Living apartments as well as Assisted Living and Memory Care apartments, programs and customized care plans provide residents a care-free lifestyle which allows them to age in place. Every day offers something to look forward to for residents of The Sheridan at Green Oaks. They enjoy chef-prepared meals with friends in the elegant dining room, playing games in the living rooms, getting creative in the art studio, and finding wellness through on site physical therapy provided by Northwestern Medicine Lake Forest Hospital or exercise in the 24 hour fitness center. Our residents rest easy knowing that professional service staff are available 24 hours a day.

For more information about The Sheridan at Green Oaks, contact (847) 604-0004

### **ABOUT FREEDOM HOME CARE**

Founded in 1996, Freedom Home Care is one of the leading and most respected home care agencies in the North Shore and throughout the Chicago area. With over 20 years of service, and a team of over 1,000 professional and compassionate caregivers, Freedom Home Care provides in-home care options to fit the needs of any client. From full-time live-in care to flexible hourly assistance, Freedom offers services to allow clients the freedom of being at home. Offices are located in Highland Park at 1749 Green Bay Road and in Lake Forest at 289 E. Deerpath Rd. A Park Ridge office is planned for spring 2019. For more information visit [www.freedomhomecare.net](http://www.freedomhomecare.net).

### **ABOUT THE SHERIDAN AT GREEN OAKS**

Our vision at The Sheridan at Green Oaks is to provide a lifestyle which fosters independence, actively engages the mind, invigorates the body and nurtures the spirit while offering our residents and their loved ones peace of mind. This exceptional pet-friendly senior community is conveniently located at 29330 N Waukegan Rd in Lake Bluff. Visit [SHERIDANGREENOAKS.COM](http://SHERIDANGREENOAKS.COM)

### **ABOUT SENIOR LIFESTYLE CORPORATION**

Senior Lifestyle, founded in 1985, is a privately-held, owner-operator and developer of seniors housing communities. With a portfolio of more than 180 communities located throughout 28 states, Senior Lifestyle offers independent living, assisted living, memory care and skilled nursing for the luxury, moderate and affordable segments. Senior Lifestyle has been routinely recognized as a leader in the delivery of innovative programs and hospitality services for all levels of care. For more information, visit [www.seniorlifestyle.com](http://www.seniorlifestyle.com).