

# June Virtual Events

*Lutheran Home has a June calendar filled with interesting, entertaining and informative virtual presentations. See the front side of this postcard for dates and times.*

*Regularly scheduled presentations:*

## **Prehab Event**

**3rd Wednesday of the month | 10:00 a.m.**

**4th Wednesday of the month | 5:00 p.m.**

Are you having an elective surgery? Attending a Prehab presentation is a great opportunity to learn about what to expect during your rehabilitation stay at MyRehab on the Lutheran Home campus and to get your name on the advanced reservation list.



RSVP to Brian Reynolds at (847) 368-7462 to register and receive Zoom login information.



## LUTHERAN HOME

INSPIRING THE BEST SINCE 1892.

800 West Oakton Street | Arlington Heights, IL 60004

*Lutheran Home is a Lutheran Life Community —*

*Empowering vibrant, grace-filled living across all generations.*





## JUNE 2020

*Be sure to mark your calendar for any or all of these virtual presentations.  
Call (847) 368-7462 to sign-up and receive Zoom login information.*

### **Signs of Hope – A Journey of Faith**

**Fridays, June 5 and June 26 | 10:00 a.m.**

Pastor Matt Smucker, Chaplain at Lutheran Home, will lead a dialogue reflecting on stories, scriptures, and songs rooted in Christian faith. Join us and find encouragement and strength for your journey through this time of trial. Seeking the wisdom of God, this presentation will review elements of faith as tools of inspiration and hope to overcome our struggles and fears.

### **Managing Your Emotional Health While Sheltering in Place**

**Monday, June 8 | 10:00 a.m.**

It's normal to experience uncertain feelings while living with change in your daily routine. In this interactive presentation, we'll talk about maintaining a more positive outlook and ways to boost your mood.

### **N is for Neuropathy**

**Friday, June 12 | 11:00 a.m.**

Dr. Daniel Cacioppo will tell us all about neuropathy and the newest treatments available as part of The A to Zs of Health and Wellness.

### **How to Be a Friend to Someone with a Serious Illness**

**Thursday, June 18 | 10:00 a.m.**

Sometimes fewer words say more. Learn what you can do and say to help someone through a serious illness.

### **When Clutter Controls**

**Monday, June 22 | 10:00 a.m.**

Being in control of our stuff and the clutter that surrounds us leads to a more simplified and joyful life. Come learn how you can control your clutter and not have your clutter control you.

**zoom**