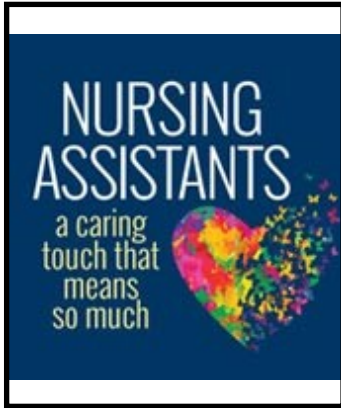


Bowman Business

JUNE 2019

At A Glance



National Nursing Assistants Week



Spring Has Sprung!

Managed by



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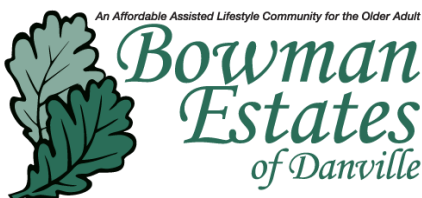


From the Desk of the CEO

Rod Burkett

Wishing everyone a Happy Father's Day 2019! I didn't realize it 20 years ago when we developed our first assisted living community, that my father would live much of his last year of life at that property. Although he's been gone for 17 years, I distinctly remember the peace of mind and comfort level provided to me and my family due to his residency at our first AL community, Heritage Woods of Flora. He received excellent care from caring, engaging staff, and he truly enjoyed the opportunity to socialize with other residents on his 'good' days. He lived a fairly simple life...he got up every day and did his best to provide for his family. He treated everyone around him with courtesy and respect, and he seemed to gain a little bit of wisdom each and every day. He taught me the importance of honesty, integrity and a strong work ethic. I am honored to follow in his footsteps.

I also had the opportunity to have a close relationship with my father-in-law for the past 20 years. Unfortunately, he battled an illness this spring, and passed away in May. Approximately 10 years ago, when he began to experience some health challenges, we bought the house next to us and my in-laws moved in next door. We followed that 5 years later with a move to a larger house and having my in-laws under the same roof after he experienced some more health challenges. Recently, we were looking at the potential of a move to assisted living. However, he didn't recover enough in the hospital to have that opportunity. I will always cherish the time we had together, living next to each other and in the same house. While I did see him as a father figure, he was also a mentor and a true friend. He showed me the importance of family connections and that we should enjoy both the small things and big things that life has to offer. On Father's Day weekend, as was his wish, we will scatter his ashes in one of his favorite places... I hope to honor both of these men in my life by passing on what they shared of themselves.



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IN THE NEWS

A Message from the President

JoEllen Bleavins

With warmer weather finally here, now is the perfect time to get out and get moving. If sunnier days and warmer temperatures aren't enough to motivate you, think about how regular physical activity can make you feel better, give you more energy and put you on the road to a healthier lifestyle. The best part: exercise can benefit all of us – regardless of age and physical ability.

A variety of activities that help residents maintain active lifestyles are offered at the communities Gardant manages. From chair tai chi and yoga to Wii bowling, walking clubs, dance performances and more, residents can choose activities that best fit their interests.

If you need more convincing on the benefits of exercise, Mayo Clinic put together this list of ways exercise can help you live a healthier, happier life.

1. Exercise controls weight. Being active can prevent weight gain or help maintain weight loss. Any amount of activity is better than none at all. Small activities, such as taking the stairs, walking the halls and participating in chair aerobics, can make a difference.
2. Exercise combats health conditions and diseases. It can improve cognitive function and lower the risk of death. Regular exercise also helps prevent or manage a wide range of health problems and concerns, including stroke, high blood pressure, type 2 diabetes, depression, arthritis and falls.
3. Exercise improves mood. Physical activity stimulates brain chemicals that may leave you feeling happier and more relaxed.
4. Exercise boosts energy.
5. Exercise promotes better sleep. Regular activity can help you fall asleep faster, get better sleep and deepen your sleep.
6. Exercise can be fun and is a great opportunity to socialize with friends and family – or meet new people.

Source: Mayo Clinic

Celebrations in the Month of June

Rick Banas

There is a lot to celebrate in June. Of course, we celebrate Flag Day and Father's Day. On June 6, we remember D-Day—the day in 1944 when Allied forces launched the largest amphibious attack in world history, with 156,000 men from the U.S., Great Britain and Canada storming the beaches of Normandy. June 13-June 19, 2019 marks the 42nd annual celebration of National Nursing Assistants Week. We salute all of the nursing assistants at our Gardant-managed communities and thank them for all they do each and every day to provide residents with the Love, Compassion and Dignity they deserve.



WELLNESS

Age Related Memory Loss

Stephen Harris

Forgetfulness can be a normal part of aging. As people get older, changes occur in all parts of the body, including the brain. As a result, some people may notice that it takes longer to learn new things; they don't remember information as well as they did, or they lose things like their glasses. These are usually signs of mild forgetfulness, not serious memory problems.

Some older adults also find that they don't do as well as younger people on complex memory or learning tests. Scientists have found, though, that given enough time, healthy older people can do as well as younger people on these tests. In fact, as they age, healthy adults usually improve in areas of mental ability, such as vocabulary.

Keeping Your Memory Sharp

People with some forgetfulness can use a variety of techniques that may help them stay healthy and maintain their memory and mental skills. Here are some tips:

Plan tasks, make "to do" lists and use memory aids, like notes and calendars. Some people find they remember things better if they mentally connect them to other meaningful things, such as a familiar name, song, or TV show. Develop hobbies and stay involved in activities that can help both the mind and body.

Engage in physical activity and exercise. Several studies have associated exercise, such as walking, with better brain function. Although, more research is needed to say for sure whether exercise can help to maintain brain function or prevent or delay symptoms of Alzheimer's.

Limit alcohol use. Although some studies suggest that moderate alcohol use has health benefits, heavy or binge drinking can cause memory loss and permanent brain damage over time.

Find activities, like exercise or a hobby, to relieve feelings of stress, anxiety or depression. If these feelings last for a long time, talk with your doctor.

For more information about staying cognitively healthy, please talk with your nurse or therapist or visit the National Institute on Aging website: <https://www.nia.nih.gov/health/publication/forgetfulness>

Recipe Corner

Microwave "Roasted" Garlic

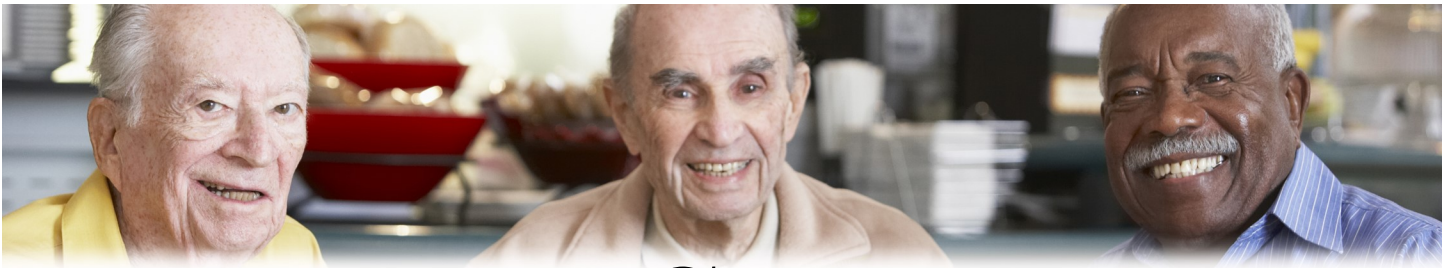
- 1 head of garlic
- 1 tbsp. olive oil
- Salt and pepper
- 3 tbsp. water

Directions

1. Cut the top off the head of garlic to expose the cloves. Place the garlic in a microwave-safe bowl and drizzle with olive oil and sprinkle with salt and pepper. Place the water in the bottom of the bowl and cover.
2. Microwave at 50% power for 3 minutes. Check the garlic. If it isn't soft, microwave for 3 more minutes. Continue to do so until the garlic is soft enough for a fork to easily slide through it.

You can use this to make a garlic spread or just use it in recipes. If you have an oven, you could quickly roast at 450 until it gets color. This is a quick substitute if you don't have an oven.





LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- Mary Jo P. (6/3)
- William A. (6/24)



A Note from the Administrator

Terry LaBounty

As we get older, our bodies and minds go through numerous changes that are often undesirable, but that doesn't mean we can't continue to live a satisfying and independent life for years to come. These five tips will serve to remind you how to maintain your independence while ensuring that your aging process is both healthy and comfortable. 1. Eat a healthy & balanced diet 2. Exercise regularly 3. Take care of your mental and emotional health 4. Find a good doctor and stick with them 5. Get a Code Alert button that you enable in the event of a fall or emergency. These 5 factors will help you maintain your independence in any community or in life itself and always try to maintain a positive attitude towards others & yourself.

eat healthy
live healthy
be healthy

Event You Don't Want To Miss!!

Event Name: Bowman Estates Annual Family picnic

Date: 6/22/2019

Time: 11:00a.m-1:00p.m

Details: Come join us for our annual family picnic we will have great food and Entertainment by: Hoosier Daddy.



Reminders

For all smokers please refrain from smoking out in the front. And also if you are smoking out back please remember to be at least 15 feet for the door.



WHAT'S HAPPENING

Spring Has Sprung!

Residents and staff are taking Spring at the communities seriously by planting flowers, creating flowering crafts or just by enjoying the warm weather outside!



Horoscope

Aquarius (1/20-2/18)

Focus on home, nesting and comfort. Nurture yourself.

Pisces (2/19-3/20)

Be honest with yourself. Start a new, self-nurturing discipline.

Aries (3/21-4/19)

Clarity and perception are sharp

Taurus (4/20-5/20)

Embrace new currents. There is no going back. Challenge yourself.

Gemini (5/21-6/20)

Step out of responsibility mode a little and stand in your joy.

Cancer (6/21-7/22)

This is a good time to connect and network. Promote yourself!

Leo (7/23-8/22)

Make your emphasis on purification, health and service to others.

Virgo (8/23-9/22)

Practice the art of conscious intention and let go of some control issues.

Libra (9/23-10/21)

This is a time for self-reflection. Search for answers to your deepest questions. Stay inspired.

Scorpio (10/22-11/21)

Balance fun and inspiration. Give new paths and opportunities a chance.

Sagittarius (11/22-12/21)

Feelings may stir, but clarity and wisdom will prevail.

Capricorn (12/22-1/19)

Ease up on yourself. You are not responsible for the happiness of those around you.



Mother's Day Tea

Bowman Estates annual Mother's Day Tea Party

Ashlee Tinder

Thank You all who came out and joined us for our Mother's Day Tea Party, We enjoyed all the different tea's and also entertainment from Bev Wolfe. She is very talented on the piano! We hope everyone else enjoyed it as much as we did.





WORD SEARCH

Human Bones

T	C	M	S	E	T	U	M	X	Y	C	C	O	C
P	A	A	T	E	T	T	S	T	E	R	N	U	M
B	I	T	R	A	P	E	Z	I	U	M	T	M	C
L	S	T	I	B	I	A	A	A	U	S	E	F	L
L	C	L	U	P	I	T	T	U	A	R	M	H	A
H	A	M	A	T	E	U	A	S	L	A	P	U	V
V	P	T	N	X	M	P	U	R	C	D	O	M	I
F	U	L	E	R	A	E	A	U	M	I	R	E	C
I	L	S	L	T	L	R	P	T	E	U	A	R	L
B	A	U	E	L	P	L	S	A	I	S	L	U	E
U	E	L	A	H	I	R	U	M	E	F	I	S	T
L	L	M	S	L	A	A	R	S	U	L	A	T	R
A	U	D	V	U	M	U	L	N	A	A	L	S	E
L	A	S	R	A	T	A	T	E	M	A	N	T	U

TIBIA
 MALLEUS
 CLAVICLE
 STAPES
 ULNA
 TRAPEZIUM
 COCCYX
 FEMUR
 HAMATE
 TALUS
 RADIUS
 METATARSAL
 TEMPORAL
 HUMERUS
 SCAPULA
 PATELLA
 STERNUM
 FIBULA

Play this puzzle online at : <http://thewordsearch.com/puzzle/48/>