

# Bowman Business

JANUARY 2020

## At A Glance



Here's to a happy, healthy New Year!



2019 Shining Star Winner!

Managed by



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## From the Desk of the CEO

Rod Burkett

At Gardant Management Solutions, we require that our leaders and our managers make a commitment to be life-long learners. We ask them to further commit to work at appreciating how we all, as human beings, have our unique set of traits. We ask that no matter how hard it may seem to accomplish, we should appreciate each other's unique set of strengths, weaknesses and differences in thought and temperament. Diversity and uniqueness is to be welcomed, as a variety of skill sets and thought styles can be the recipe for creating the best performing teams.

Valuing and appreciating our differences and uniqueness can be difficult in a fast paced, 'get it done' world, especially if we focus on short-term objectives as compared to building more long-term trust and connections amongst our team members. The recent release of the movie, "Mr. Roger's Neighborhood", starring Tom Hanks, made me realize that honoring our individual uniqueness is an important life lesson, not merely a management technique that we use when building good teamwork. I stumbled across the following quote from Fred Rogers in a news article about the movie:

"If only you could sense how important you are to the lives of those you meet; how important you can be to people you may never even dream of. There is something of yourself that you leave at every meeting with another person.

As human beings, our job in life is to help people realize how rare and valuable each one of us really is, that each of us has something that no one else has—or ever will have—something inside that is unique to all time. It's our job to encourage each other to discover that uniqueness and to provide ways of developing its expression." (Fred Rogers)



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# IN THE NEWS

Message From the President  
JoEllen Bleavins

One of my favorite times of the year comes when Gardant Management Solutions dedicates a special day for celebrating the accomplishments of our communities and honoring their Shining Star Employees.

Every year, we hear amazing stories about men and women who do more than their job – they are living out their passion of assisting others and making a difference in the lives of the residents we serve. The stories of this year's winning Shining Stars moved me to tears as they represented how staff and residents become family. I commend our Shining Stars for their discretionary effort, dedication, loyalty, and the love, compassion and dignity that they show each and every day.

Please join me in congratulating our 2019 Shining Star winners:



1st Place

Estela Rodriguez, CNA  
Heritage Woods of Ottawa



2nd Place

Beth Squires, Resident Services Coordinator  
John Evans Supportive Living



3rd Place:

Karoline Sandstorm, Heritage Woods of Noblesville



2019 Shining Star Nominees





# WELLNESS

## Safety Tips for Walking in Snow & Ice

Recent winter weather has brought the typical snow and cold problems. Your community will remove snow and salt sidewalks to reduce slip and fall hazards as much as possible. However, even after a good salting, walkways may freeze again as the temperatures drop. Please remind friends and family of the hazards associated with slippery streets and sidewalks.

### **Here are some helpful hints to reduce the risk of falling when walking in the winter:**

- Test potentially slick areas by tapping your foot on them.
- Wear boots or overshoes with grip soles and avoid leather or plastic soles.
- When parking or exiting a vehicle, ensure your location is ice/snow free. Take your time when getting in and out to reduce the chance of slipping.
- Don't step on uneven surfaces. Avoid curbs with ice on them.
- Don't carry or swing heavy loads, such as large boxes, cases or purses that may cause you to lose your balance when you are walking.
- When walking, curl your toes under and walk as flat-footed as possible. Take short shuffling steps in very icy areas.
- Don't walk with your hands in your pockets. This reduces the ability to use your arms for balance if you do slip.
- Place your full attention on walking. Digging in your pocketbook or backpack while walking on ice is dangerous.

### **When these helpful hints don't work, and you know you are going to slip, try to reduce your potential injury when falling:**

- Roll with the fall. Try to twist and roll backwards, rather than falling forward.
- Relax as much as possible when you begin to fall.
- Toss the load you are carrying. Protect yourself instead of the objects being carried.

## Recipe Corner

### Microwave Fudge

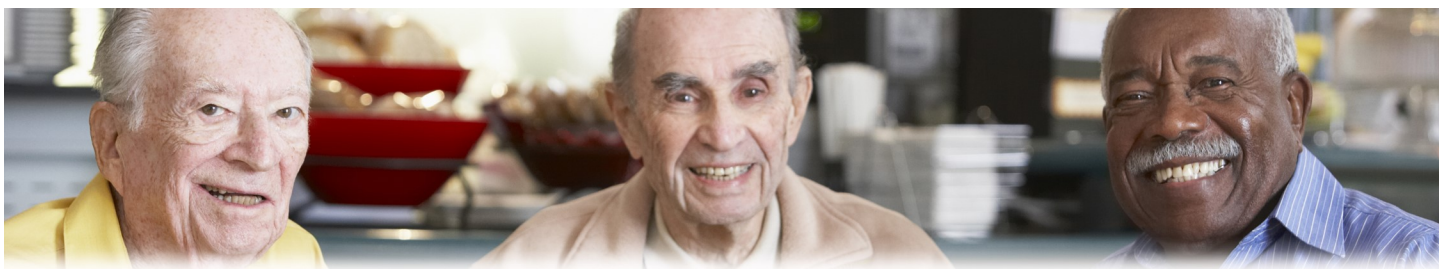
#### Ingredients:

- 3 cups semi-sweet chocolate chips
- 1 (14-oz) can condensed milk
- 4 tbsp butter
- 1 tsp vanilla extract
- 1/4 tsp salt

#### Directions:

1. Gather ingredients.
2. In a microwave-safe bowl, combine chocolate, condensed milk and butter. Microwave at 30 second intervals, stirring after each time. Once the mixture is smooth, add the salt and vanilla and mix well.
3. Pour mixture into a foil-lined pan and refrigerate.





# LIFESTYLE

## Birthdays/Anniversaries

### Resident Birthdays:

- Ron C. (1/02)
- Louise F. (1/8)
- Joan D. (1/15)
- Shirley P. (1/16)
- Nellie S. (1/17)
- Charles P. (1/18)
- Judy L. (1/21)
- Jimmy J. (1/31)

## A Note from the Administrator

Terry LaBounty

I would like to send a New Year greeting to our friends & family and our residents. Thanks for giving us the opportunity to do what we love, and that is take care of our seniors in our community. Thanks for helping us make this a truly enjoyable, successful, and fulfilling years. We hope the New Year brings you good health and much happiness.

Happy  
New Year!

Happy  
Birthday!

## Event You Don't Want To Miss!!

Event Name: Family Trivia Night!

Date: 1/4/2020

Time: 7:00pm-8:00pm

Details: Join us for a light snack and Family Trivia Night we will have lots of fun and laughs!

family  
TRIVIA  
NIGHT

## Reminders

Please remember if you are a smoker there is no smoking in the front of the building and if you go out back you have to be where the butt cans are. NOT RIGHT OUTSIDE THE DOOR!

Let's Celebrate!





# 2019 Holiday Party & Awards



## Horoscope

### Aquarius (1/20-2/18)

You desire to escape. Take a break!!

### Pisces (2/19-3/20)

You are able to do things your own way. Be assertive. Stay grounded.

### Aries (3/21-4/19)

Work with your energy and make a change... but start simple!

### Taurus (4/20-5/20)

Stretch out socially and widen your circle. Fit in the good times.

### Gemini (5/21-6/20)

Keep your ambition in check and don't outstrip your capabilities.

### Cancer (6/21-7/22)

A decision will be made this month

### Leo (7/23-8/22)

You may be going into 2020 in a slump, but vigor will arrive and propel you into the new year.

### Virgo (8/23-9/22)

Appreciate what you have. Set aside the negative thoughts.

### Libra (9/23-10/21)

Collaborate with others and play to your strengths.

### Scorpio (10/22-11/21)

Make sure you are ready for adventure at any moment.

### Sagittarius (11/22-12/21)

Future saving and protection has taken to your attention.

### Capricorn (12/22-1/19)

You have a guiding star. Be open to listening to him/her.





# Christmas Party

## Bowman Estates Christmas Party

Ashlee Tinder

Thank you to Bev Wolfe who played the piano for our Resident Christmas Party and also the great food and Cake made by our very own Dietary Staff. I hope you all enjoyed it. Here are some pictures we Captured during the party!





# SOLAR SYSTEM WORD SEARCH

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

ASTEROID  
COMET  
EARTH  
JUPITER  
MARS  
MERCURY

METEOR  
MOON  
NEPTUNE  
ORBIT  
PLANET  
PLUTO

SATURN  
STAR  
THE SUN  
URANUS  
VENUS





# WORD SEARCH ANSWERS

