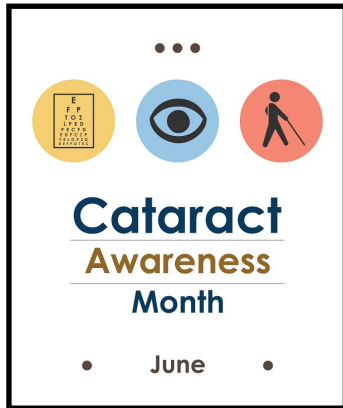


Bowman Business

JUNE 2020

At A Glance



June is Cataract Awareness Month



When and How to Wash Your Hands

Managed by



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From the Desk of the CEO

Rod Burkett

What is the value of a human life... in dollars? As I pen this article in mid-May, our State and Federal governmental leaders are struggling with this morally and ethically challenging question. It's definitely not the first time leaders and government officials have debated this topic. Such analysis of cost vs benefits vs risk has resulted in our society

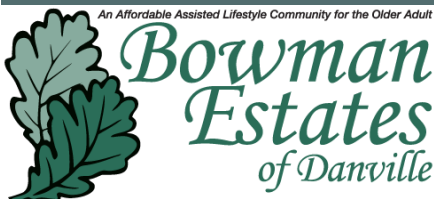
having limits on pollutants that factories can discharge, highway speed limits, mandatory use of vehicle seat belts, bans on indoor smoking in public access buildings, and many other rules of human behavior to protect individual and public health.

Since WWII and the Cold War era, there have been numerous models that would estimate the number of lives lost and the economic impact if weapons of mass destruction were to be utilized. Officials could determine the cost or value of an airplane and its bombs, but how were they to put a price on the lives of the pilots and crew?

Today's epidemiologic models are based on the fact that social distancing is proven to flatten the curve and save lives. In addition, social distancing and other preventative measures will also have a positive effect on the economy. Lessons learned from the 1918 influenza pandemic illustrated that cities that implemented earlier and stricter measures had their economies bounce back faster and higher. It doesn't appear that today's leaders have learned from this history lesson.

I am deeply concerned that in many areas of the country, officials are lifting our collective preventative measures too soon. Both the White House and the CDC developed a list of criteria that would serve as a guide for phasing out such preventative measures. It appears that many States are taking giant leaps away from such life-saving measures with total disregard for the published guidance criteria. I understand the impact to the economy and to many people's financial challenges grows over time, but it is factual that the virus is just as threatening to high risk individuals today as it was on day one of social distancing.

With such an uneven approach, many of us fear that a greater number of lives will be lost, AND the economy will not get the robust re-start that people want to see. CONTINUED on page 2...



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IN THE NEWS

From the Desk of the CEO CONTINUED from page 1
Rod Burkett

Survey data is showing that a majority of Americans are hesitant to immediately jump back on an airplane, shop in a crowded retail store or frequent a sit-down restaurant, even after restrictions are lifted. Unfortunately, we are on a course for having the worst of both worlds if the phase-in criteria is to be ignored. This approach will push our country's most vulnerable, the elderly, the sick and the economically disadvantaged further towards sickness and death, regardless of what their individual appetite is for risk.

It's easy for mathematical models and politicians to equate dollar values to human lives when it is done as a mass of numbers and equations on paper. It is a completely different reality when all those numbers have names and faces and stories and souls. We must remain diligent and persistent in protecting our society's most vulnerable... nothing has changed in that equation!

Cataract Awareness Month

Rick Banas

June is Cataract Awareness Month.

In the United States, cataracts are the leading cause of vision loss. Worldwide, cataracts are the leading cause of blindness.

Cataracts are caused by the breakdown and clumping together of proteins in the lens of your eyes. The clumping together causes your lens to become cloudy, which affects or prevents the passage of light into the eye. Most cataracts develop slowly over a number of years.

The signs and symptoms, according to the Mayo Clinic, include cloudy, blurred or dim vision; increasing difficulty driving and with vision at night; sensitivity to light and glare; needing a bright light for reading and other activities; seeing "halos" around lights; frequent changes in eye glasses or contact lens prescriptions; fading or yellowing of colors; and double vision in a single eye.

The treatment is a surgical procedure in which the lens that has become milky is replaced with a clear intraocular lens. The surgical procedure involves a very small incision in the cornea. Generally, it is done on an outpatient basis. It has become one of the most common surgeries in the United States, says the National Eye Institute.

Most cataracts are age-related, the Eye Institute reports. They happen because of normal changes in your eyes as you age. In fact, the Eye Institute says, more than one-half of all Americans age 80 or older either have cataracts or have had cataract surgery to get rid of cataracts.

Other risk factors for cataracts include diabetes, high blood pressure, smoking, drinking too much alcohol, spending too much time in the sun without sunglasses, taking steroids, or eye surgery or serious eye injury.

According to the Eye Institute, you can get a cataract in one eye or both eyes, but cataracts cannot spread from one eye to your other eye.

An eye doctor can check for cataracts with a dilated eye exam.



WELLNESS

It's In Your Hands!

Meghann Giarraputo

To contain the spread of COVID-19 and other infectious diseases, it is crucial that you clean your hands appropriately and at key times with water and soap or alcohol-based hand rub.

Did you know that an estimated 80 percent of infectious diseases are transmitted by touch? (Centers for Disease Control & Prevention, CDC) When we wash our hands at key moments, we drastically reduce our risk of becoming ill from an infectious organism.

When Should I Wash My Hands? According to the CDC, you should wash your hands regularly, but especially at these key moments:

1. Before, during and after preparing food
2. Before eating food
3. Before and after caring for someone at home who is sick with vomiting or diarrhea
4. Before and after treating a cut or wound
5. After using the toilet
6. After blowing your nose, coughing or sneezing
7. After touching an animal, animal feed or animal waste
8. After handling pet food or pet treats
9. After touching garbage
10. After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
11. Before touching your eyes, nose, or mouth...because that's how germs enter our bodies.

How Should I Wash My Hands? The CDC shares that in order to effectively wash your hands, the following steps should be followed:

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Recipe Corner

Fresh Strawberry Dessert

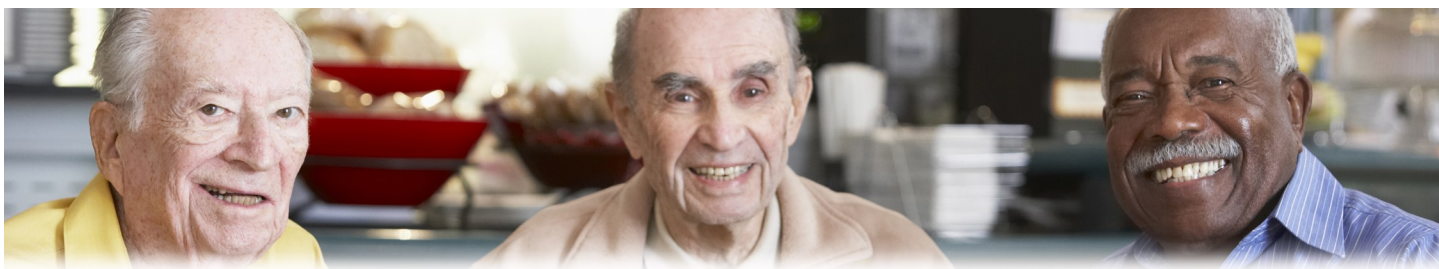
Ingredients:

- 1 quart of strawberries
- 3 tbsp. sugar
- 1 tub cool whip
- 1- 10 inch angel food cake

Directions:

1. Rinse the strawberries.
2. Slice the strawberries in a bowl and sprinkle the sugar on top. Set in the refrigerator for about 2 hours.
3. Cut the angel food cake into triangles and lay it on it's side. Spoon strawberries over it and dollop whipped cream on top of it and serve.





LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- Laura C.(6/3)
- JoAnne V. (6/19)
- William A.(6/24)
- Sheryl C.(6/27)



A Note from the Administrator

Terry LaBounty

We know that during these times of uncertainty, things can be challenging for our staff, the family of the residents, but most importantly our residents.

We want you to know that we take pride with putting our residents' wellbeing above everything. Please know that the protocols established at our community, are being implemented for a reason, and that reason is to protect our residents' and staffs' wellbeing.

As time progresses, and the state loosens up the set restrictions, please know that our protocols will be set in place a little longer. We ask for patience and will inform families, as soon as we get word from our corporate office, of when we can allow visitors into our community.

Until then, please know that we are taking every avenue, to ensure you are able to communicate with your loved ones. We have been utilizing Microsoft Teams, Facebook and Zoom as options of communication, as well as posting pictures on our Facebook page.

If you would like to schedule an online visit with your family member or loved one, please feel free giving our community a call and ask for Brittany our Marketing Director or Ashlee or Activity Coordinator by calling 217-431-4200.

Donations

Ashlee Tinder

Thank you to everyone that has donated things to keep our residents as busy as possible. And to everyone that has donated masks to us we really appreciate you.

Reminders

Just a reminder that if family is dropping anything off to have them put your name and apt number on all bags to ensure that it is getting to you.

If you are out of your apt at anytime for whatever reason you must wear a mask.



WELLNESS & LIFESTYLE

It's In Your Hands! CONTINUED from page 3
Meghann Giarraputo

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Hands down, hand hygiene is one of the most critical steps that we can take to improve our health and avoid getting sick.

Healthy regards!

"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of a difference you want to make."

-Jane Goodall



Horoscope

Aquarius (1/20-2/18)

The harder you work, the more rewarding this time will be.

Pisces (2/19-3/20)

Take the time to work on long-term goals. Progress may be slow, but you can rely on great patience.

Aries (3/21-4/19)

Rebuild and get back to work

Taurus (4/20-5/20)

Express yourself in new ways. Aim to be more open-minded to change.

Gemini (5/21-6/20)

You're feeling relaxed, loving and affectionate this month.

Cancer (6/21-7/22)

Make a fresh start with renewed energy and initiative

Leo (7/23-8/22)

Watch that your passion doesn't turn into aggression

Virgo (8/23-9/22)

Exciting news and stimulating conversations await you

Libra (9/23-10/21)

Listen carefully. Think of others. Compromise.

Scorpio (10/22-11/21)

Your daily routine may take a detour in new and exciting directions

Sagittarius (11/22-12/21)

Giving and receiving love and affection may be challenging, but take a deep breath. Take time for you.

Capricorn (12/22-1/19)

Find your 'why' in life. It's time to self-reflect on all you have done and plan to do in life.



LIFESTYLE

Bowman Estates Shining Star

Brittany Cain

Our Shining Star of the Week



According to Stacie, the medical profession has been a part of her life, for as long as she can remember. Growing up, her father was a med. technician in the Marine Corps and Navy and her mother was a nurse at the local VA. Stacie stated that when she was younger, she wanted to be just like her mother and help people.

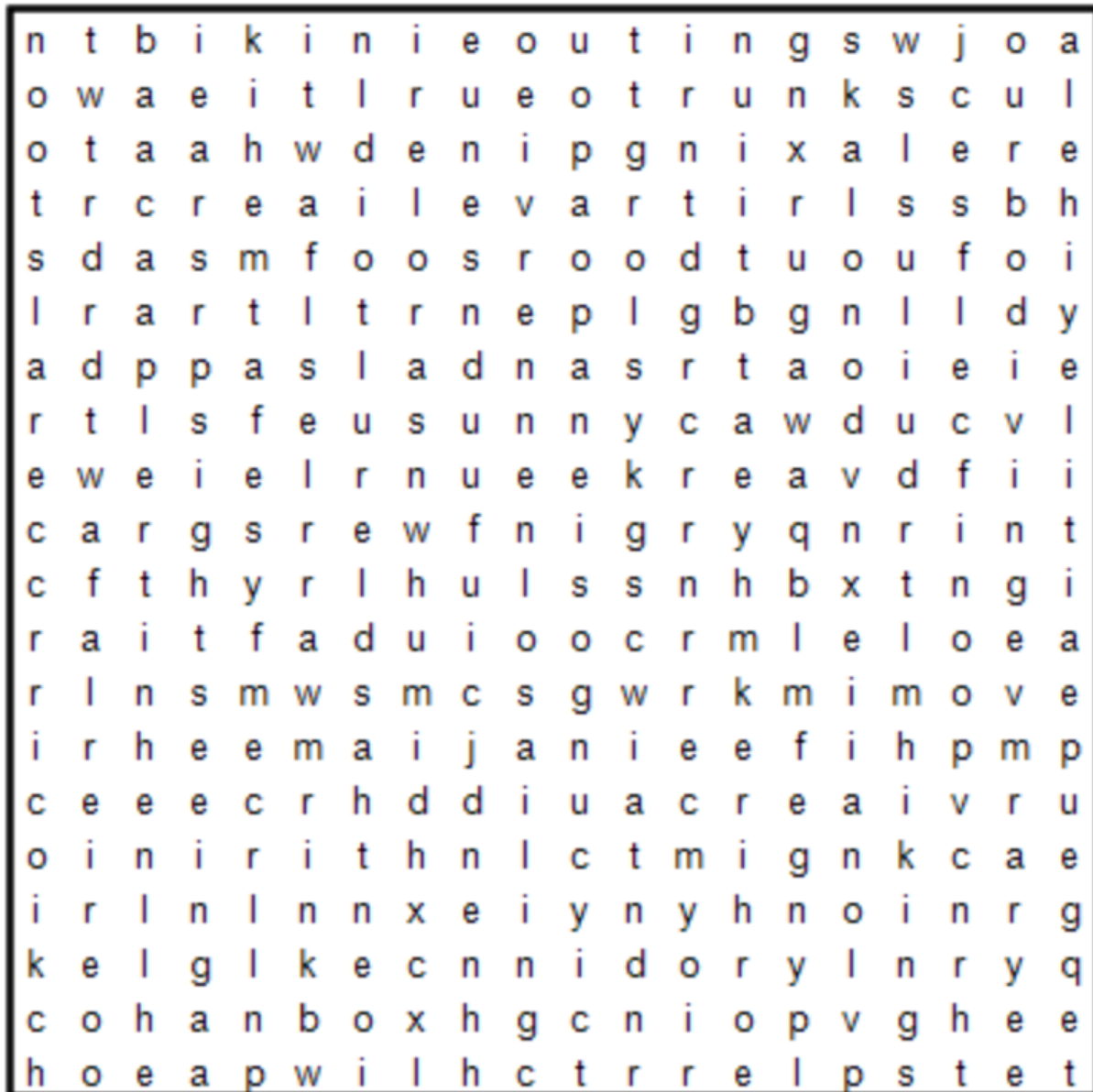
Stacie earned her CNA license in 1989. After living in Danville her whole life, she decided to move to Ohio to start her career, but ended up coming back to hometown of Danville, to help support her mother with caring for her father.

Stacie has been a part of the Bowman Estates family for 4 years. Stacie states that she loves taking care of people and getting to know her residents. Which, anyone who knows Stacie, can attest to. "Stacie is a ray of sunshine to our residents and really takes the time to know each resident. Stacie exemplifies compassion towards others and is not only someone that our residents admire but is someone that is a respected role model to her peers," states Brittany Cain, the Marketing Director of Bowman Estates.

If someone is considering becoming a CNA, Stacie states that being a CNA is one of the most rewarding careers a person can have. "You learn something new every day and learn from your residents. The job can be tough at times, but making my residents smile, is so rewarding and the residents really do become a part of my family."



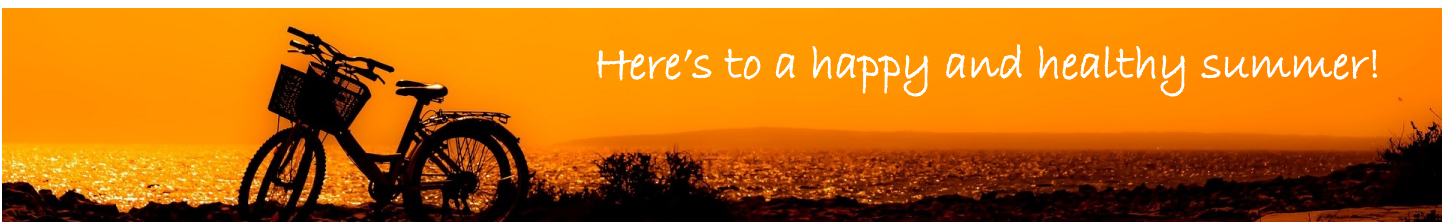
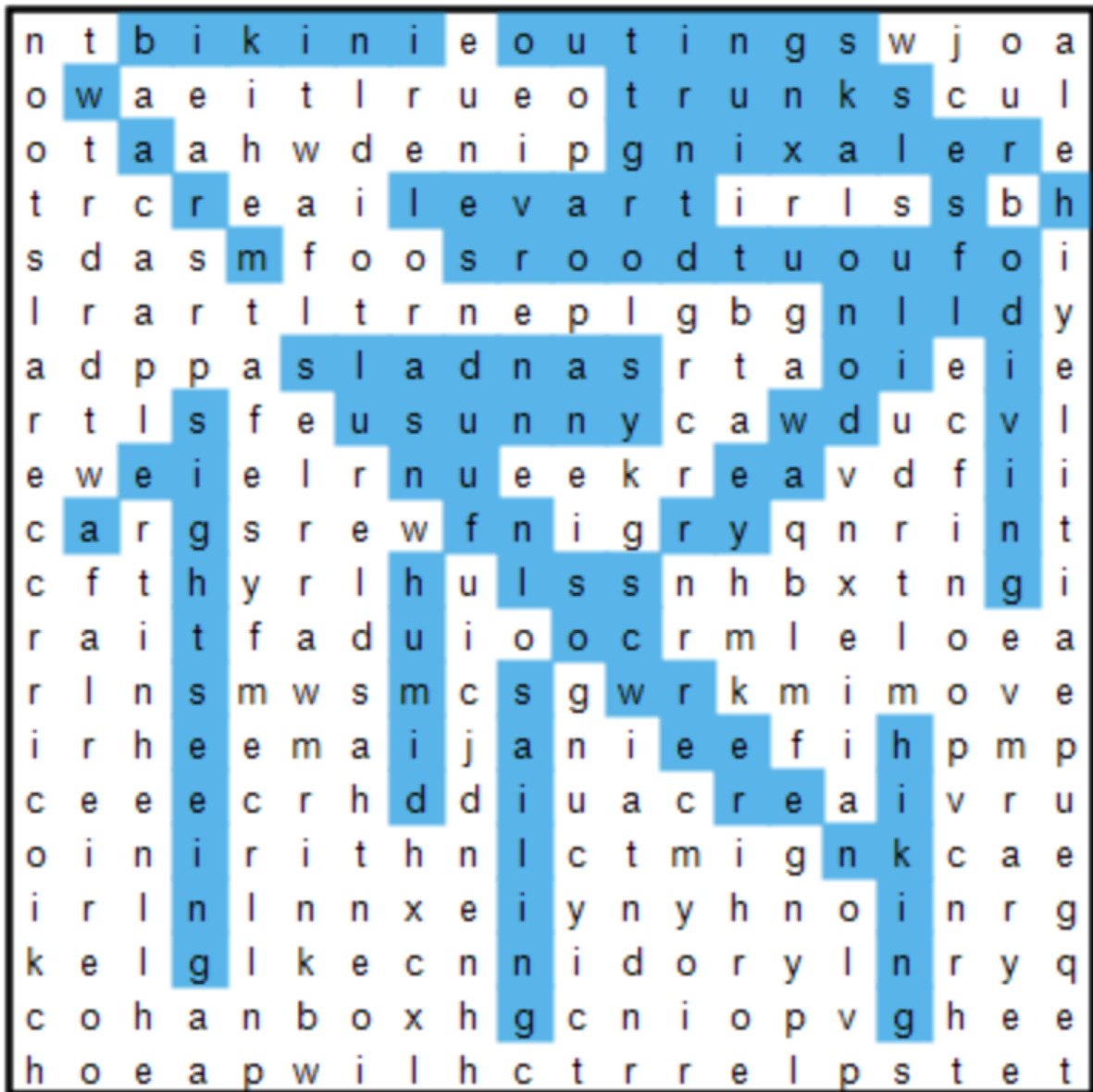
WORD SEARCH



Bikini	Diving	Flowers	Hiking	Holiday	Humid	Outdoors
Outings	Relaxing	Sailing	Sandals	Sea	Sightseeing	Sun
Sunflower	Sunny	Sunscreen	Travel	Trunks	Warm	



WORD SEARCH ANSWERS



Here's to a happy and healthy summer!