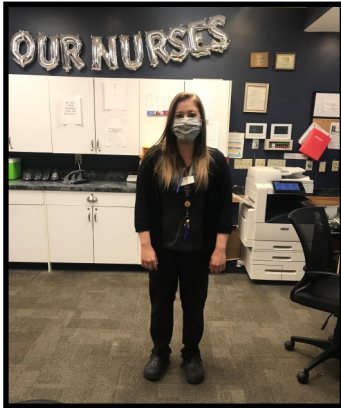


# Bowman Business

JULY 2020

## At A Glance



Spotlight on Our Nursing Staff



Importance of Face Masks/Coverings

Managed by



4882 N. Convent Street  
Bourbonnais, IL 60914  
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## From the Desk of the CEO

Rod Burkett

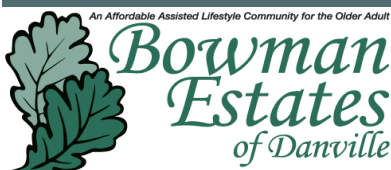
I'm looking over the small inventory of face masks I have collected over the past few months and am contemplating which one to wear today as I leave my house. One is easier to breath in, one just has a better look and one has strong enough elastic straps that it makes my ears stick out... which is not my best look. In this new COVID-era, face masks have evolved into being a widely used clothing accessory, or at least they should be.

I just don't get the idea that some people have asserted in portraying that the utilization of face masks is some form of political statement or a sign of weakness or fear mongering. The use of face masks prior to the existence of a widely used COVID vaccine is simply based on the findings of medical research and science. There is voluminous evidence that the use of masks significantly reduces the risk of coronavirus spread, especially in instances when physical distancing is not fully guaranteed.

The act of wearing a face mask when in public is simply stating that I care about you as my neighbor, my co-worker, employees of businesses that I may encounter and the overall community. It further shows my commitment that I don't want to do anything that would unduly jeopardize the health and well-being of others. I can't wait to put on a mask only when I start to show symptoms because evidence has again demonstrated that a person can transmit the disease to others days before they show any symptoms.

For at least a couple of decades, virtually everyone has accepted the science-based findings on the dangers of exposure to secondhand cigarette smoke, and thus, our governmental officials and society as a whole demanded laws and human behaviors that protect us from unwanted exposure to cigarette smoke. For the short term, I see the use of masks in the same mode. I don't want to directly increase someone's risk for catching a potentially fatal disease based on my actions, and I would expect the same consideration from others.

My motivation for wearing a mask is not because it's mandated by local, state or federal law/regulation. I wear them because of my membership in the human race... the universe continues to connect me to both friends and strangers, and I don't want to be knowingly reckless with these connections. I think I will wear the one that is more breathable, and I will leave my ears in their natural position.



An Affordable Assisted Lifestyle Community for the Older Adult

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# IN THE NEWS

## Shining a Spotlight on Nursing

Rick Banas and Megan Altmeyer

Gardant is so proud of the nurses who serve in the nearly 60 assisted living and memory care communities we manage. We appreciate all of their tireless hours and their care and concern for residents. We especially appreciate their bravery and continued dedication to the mission of caregiving during this scary time in our world and to their leadership and compassionate support of their co-workers.

We begin our salute to nurses by shining a spotlight on the more than 200 Registered Nurses and Licensed Practical Nurses who work as Nursing Supervisors and Staff Nurses in our Gardant-managed communities.



## About the Month of July

Rick Banas

The first public reading of the Declaration of Independence took place on July 8, 1776, before an assembled crowd in Philadelphia. The declaration had been adopted by the Second Continental Congress on July 4 at the Pennsylvania State House in Philly.

Fifty years later, on July 4, 1826, Stephen Collins Foster was born. Despite having no music tutoring, Foster became known as the Father of American Music. He is credited with writing more than 200 songs, including “Oh, Susanna,” “Camptown Races,” “Swanee River,” “Beautiful Dreamer,” and “Jeanie with the Light Brown Hair.”

On July 1, 1862, President Abraham Lincoln signed the first federal income tax bill, and the Internal Revenue Service was established by an Act of Congress. Income taxes were 3% on incomes of \$600 to \$10,000 and 5% on incomes of more than \$10,000.

The 14th Amendment to the U.S. Constitution was ratified on July 9, 1868. The amendment defined U.S. citizenship; prohibited individual states from abridging the rights of any citizen without due process and equal protection; and barred individuals involved in insurrection or rebellion against the U.S. from holding public office.

One July 7, 1906, Satchel Paige was born. At the age of 42, he became the first African-American pitcher to pitch in the American League when he was signed by Bill Veeck to play for the Cleveland Indians. Later that year, he became the first African-American pitcher to pitch in the World Series. He pitched for the Indians again in 1949 and then spent three seasons with the St. Louis Browns, earning two All-Star Game selections. He resurfaced in the majors in 1965 for a one-game stint with the Kansas City Athletics, pitching three shutout innings. According to Paige, “age is a question of mind over matter. If you don’t mind, it doesn’t matter.”

On July 2, 1964, President Lyndon Johnson signed the Civil Rights Act.



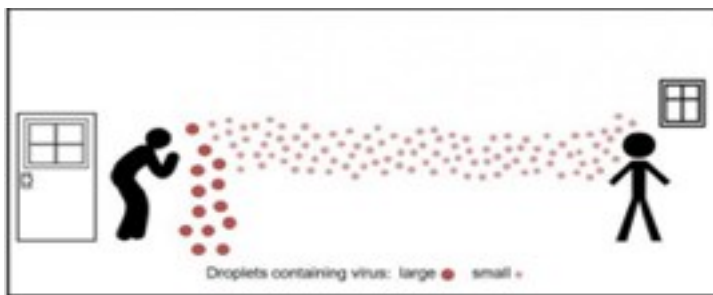
# WELLNESS

## Importance of Face Masks or Coverings

Deborah Denham, RN, MSN

The CDC recommends a mask or face covering for people to reduce the spread of COVID-19.

During a normal conversation, we expel moistened air into the space in front of us. The moisture “droplets” can contain the COVID-19 virus. This droplet cloud disperses up to 6 feet in front of you and can stay suspended **up to 3 hours** in the air.



### ***“But I Don’t Have COVID-19!”***

You really don’t know for sure. The CDC estimates over 45% of the people that are positive for the COVID virus are asymptomatic or pre-symptomatic. Meaning, they have the virus and have no symptoms of being ill or have the virus but not developed symptoms yet. Even if you test negative, you could have come into contact with the virus after the test. Research indicates you could take 3-4 days after coming in contact with the virus before you would even test positive.

***This isn’t the first time in history that people spread illness unknowingly. Have you heard of Typhoid Mary?***

Mary Mallon was asymptomatic and spread typhoid fever to people unknowingly as a cook in the early 1900s. She is believed to have infected 53 people, three of whom died, with typhoid fever, and she was the first person in the United States identified as an asymptomatic carrier of the disease.

## Recipe Corner

### Microwave Baked Potato

#### Ingredients:

- 1 ea. Russet baking potato
- 1 tbsp. oil
- 2 tbsp. bacon bits
- 2 tsp. chives
- 1/4 cup cheddar cheese
- 3 tbs. sour cream

#### Directions:

1. Wash the potato off and poke with a fork. Microwave for about 3 minutes or until the potato is tender and flakey when cut open.
2. Cut the potato in half and top with the cheddar cheese, chives and bacon bits. If you would like, pop it back in the microwave to warm it up a little. Then, top with sour cream and enjoy.





# WELLNESS & LIFESTYLE

## Horoscope

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

You may act impulsively, but you are finding your own unique self-expression

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

Giving and receiving love and affection may be difficult. Focus on self-love.

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

You may need to work harder to have things how you want them

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

Have patience, and you'll be rewarded

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

Inner balance and focus prevent you from becoming distracted

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

Time to revisit your goals for the year

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

Face adversity head on to strengthen your character

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

Be flexible and have an open mind to adapt to changing conditions

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

You're eager to show your affection. Be prepared to give/get compliments!

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

You may feel on edge with rapid changes happening. Be open-minded.

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

Balance your pleasure-seeking tendencies with a cautious, responsible attitude

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

Express your personality and get to know new people

## How To Properly Wear a Mask

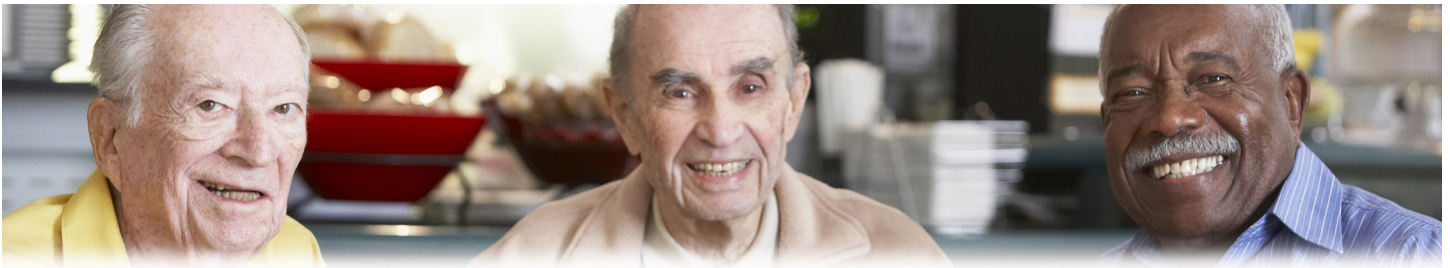
Deborah Denham, RN, MSN

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily

Masks need to be worn over the nose and mouth. When you are not speaking you are still expelling droplets of moisture from your airway into the air around you.

We all see variations of mask wearing. The mask should be secure enough that you do not have to adjust it because it keeps falling down. You should try to not touch the mask very often. It should not be so tight that it causes sores behind your ears and on your cheeks. There are a variety of remedies for ill-fitting masks on the internet.





# LIFESTYLE

## A Note from the Business Office Manager

Kim Dunbar

To all Resident,

We would just like to remind you all that you need to make sure that your July Bank statements are turned in when you are making your rent payments for the month of August and if you do not have your statements prior then just please let us know. Thank you and please feel free to call or come and visit with any questions or concerns you may have.

Sincerely,

Kim Dunbar  
Business Office Manager



## Reminders

Please remind all families to put a name and apt# on all things being dropped off. Also for all smokers you are only allowed to go out at your designated smoke time and area that you were designated to.

## Birthdays/Anniversaries

### Resident Birthdays:

- Tim B. (7/2)
- Michael W. (7/2)
- Pete F. (7/5)
- Kathleen K. (7/7)
- Martha P. (7/10)
- Thelma H. (7/13)
- Richard F. (7/15)
- Trudy C. (7/19)
- Doris I. (7/20)
- Kathy C. (7/25)





# LIFESTYLE

## C.N.A Appreciation

Ashlee Tinder

We want to take this time and thank all of our C.N.A's for all the hard work and dedication in this difficult time. They have had extra duties as we are all going through the COVID-19 pandemic. And making sure that our residents are all taking care of. Here is a few pictures from our little





# WORD SEARCH

## Types of Dog

M	O	H	O	U	N	D	T	D	R	G	D	U	L	CHIHUAHUA
C	D	I	F	L	E	O	I	E	E	O	H	M	D	BULLDOG
H	B	R	L	F	G	B	I	E	L	D	E	A	A	TERRIER
I	L	E	E	E	I	R	U	U	G	L	U	M	L	COLLIE
H	D	X	H	H	R	T	O	R	A	L	L	O	M	SHEPHERD
U	A	R	S	E	P	T	S	H	E	U	A	B	A	BOXER
A	C	I	T	X	H	E	E	A	B	B	R	C	T	HOUND
H	H	C	T	A	E	H	H	R	M	R	O	F	I	BEAGLE
U	S	E	O	T	R	I	C	S	A	L	N	B	A	CORGI
A	H	D	H	R	R	H	D	H	L	I	E	E	N	DALMATIAN
A	U	U	E	R	G	R	D	I	R	E	X	O	B	SETTER
U	N	L	C	S	H	I	E	S	I	E	O	D	M	MASTIFF
A	D	N	N	I	E	A	S	E	T	T	E	R	A	DACHSHUND
H	B	E	D	B	T	H	A	T	E	I	L	T	P	