

Bowman Business

DECEMBER 2020

At A Glance



Merry Christmas! Happy Holidays!



Pumpkin Tiramisu Recipe

Managed by



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From the Desk of the CEO

Rod Burkett

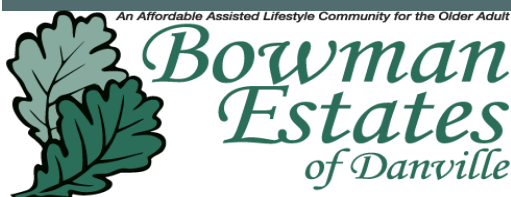
There are five US pharmaceutical companies that have been feverishly working on developing a COVID-19 vaccine since this past Spring. Pfizer, one of these companies, recently announced that it was in the final stages of its required clinical trials, and that its statistical evidence is illustrating that the vaccine is more than 90% effective in preventing the spread of the corona-virus. It has also been announced by governmental sources that the other 4 drug companies appear to be on timetables that are anywhere from 2 weeks to 6 weeks behind that of Pfizer.

This all seems to be encouraging news in the effort to defeat the COVID pandemic, as a safe, effective vaccine is the missing piece of the puzzle in re-establishing some level of normalcy in our lives. However, there is one concerning variable in our quest for normalcy. I have recently read that various surveys of the general population states that only 20-40% of Americans are prepared to participate in a COVID immunization program. Such participation levels would not sufficiently curtail the pandemic. Is there a concern of safety, since the vaccine development has been fast-tracked, or has this decision become politicized as a freedom vs science issue?

For over 80 years, our society has readily accepted the fact that our children must document proof of vaccinations for a whole array of diseases in order to attend school, and that an overwhelming percentage of parents start the series of immunizations for their children in early infancy, as science has proven that such vaccinations provide disease protection within the first few months of life. While there are State laws that mandate such vaccinations for school attendance, most parents are complying, not because of the law, but because it is the right thing to do to provide protection for their loved ones. Why should the COVID vaccination scenario be any different?

It has been reported that in the Pfizer study, over 44,000 volunteer Americans of varying ages and ethnicities have participated in their clinical trials. For a most basic explanation, half of the volunteers received the 2-step immunization and the other half unknowingly received a placebo. Medical scientists then study the group to see who develops immunity and for how long, and who actually gets infected with the disease, while also looking for any unwanted side effects. Pfizer then provides a report of their findings to the federal Food & Drug Administration (FDA) and requests an approval for their vaccine.

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IN THE NEWS

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I'm not a trained epidemiologist, but 44,000 individuals serving as volunteer test cases seems like a statistically valid number to me, and while a small level of risk is inherent in anything we do, the FDA approval process has existed for decades and has overall been trustworthy. I have witnessed how the uncontrolled spread of this disease has damaged our individual and collective health, and how it has negatively impacted our society, our economy, and our human connections. It is time we conquer it through our innovative science and our collective will power!

Just like my parents chose to protect me 64 years ago by having me immunized, I am choosing to be one of the first in line for a COVID vaccination to protect not only myself, but for the benefit of all of those that I connect with. I want to once again hug my grandchildren, invite my neighbors on my porch for a visit, and pay way too much money for front row tickets at a crowded music concert... and all the while know I'm not spreading disease to those around me. We all want to put vitality back in our lives, and we can by having trust in our country's well-established public health system. Through immunizations, we have virtually eradicated smallpox, polio, mumps, measles, rubella, whooping cough, tetanus, and diphtheria... let's add another one to the list!

About the Month of December

Rick Banas

On Dec. 20, 1699, the Czar known as Peter the Great changed the Russian Calendar so Jan. 1 rather than Sept. 1 became the first month of the year.

In December 1732, Benjamin Franklin, operating under the pseudonym Richard Saunders, first published the Poor Richard's Almanack. Each year through 1758, the almanac was filled with weather predictions, humor, poems, proverbs, and astronomical and astrological information. Two of the sayings were "Speak Little; Do Much" and "Lost Time is Never Found Again."

On Dec. 15, 1791, the first ten amendments to the U.S. Constitution, commonly referred to as the Bill of Rights, became effective following ratification by the State of Virginia.

Clara Barton, a nurse and the founder of the American Red Cross, was born on Dec. 25, 1821.

After several years of experimentation, the Wright Brothers – Orville and Wilbur – achieved, for the first time, power-controlled airplane flights. They made four flights near Kitty Hawk, North Carolina, on Dec. 17, 1903, with the longest lasting about a minute.

On Dec. 3, 1962, Edith Sampson was sworn in as the first female African-American judge after being elected an associate judge of the Municipal Court in Chicago. In 1950, she was the first African-American woman to serve as a delegate to the United Nations.

The first successful heart transplant was performed by Dr. Christiaan Barnard in Cape Town, South Africa, on Dec. 3, 1967.



WELLNESS

Finding Your Joy This Holiday Season

Meghann Giarraputo, MSN, RN

As our attention turns to the upcoming holiday season, we are reminded of the many blessings we have in our lives. In addition to all the joy, many of us find peace and comfort in reflecting on our family traditions and our lifetime memories—both of which often accompany being in the physical presence of our family and friends. Due to the devastating impact of the COVID-19 pandemic, many of us recognize that the 2020 Holiday Season will look different this year. Given that cases of COVID-19 continue to climb at alarming and dangerous rates, it is important that we pause and consider how holiday plans can be adjusted to slow the spread of COVID-19. According to the Centers for Disease Control & Prevention (CDC), the epidemic is worsening, and small household gatherings serve as a contributor in the increase in COVID-19 cases.

For the safety and wellbeing of each other, as we continue on this journey together, it is critical that we all do our part in minimizing the spread of infection. The CDC has shared that “celebrating virtually or with members of your own household (who are consistently taking measures to reduce the spread of COVID-19) poses the lowest risk for spread”. While nothing compares to the physical presence of those we love most, it is imperative that we make thoughtful and informed decisions regarding the manner in which we celebrate this year.

During this holiday season, in support of the CDC’s recommendations, we encourage everyone to consider virtual visits with those outside of the household, such as through video, in order to minimize the opportunity for exposure to infectious illnesses such as COVID-19. There are many fun ways that you can celebrate virtually. For example, some family friendly games to consider during a virtual celebration include: Pictionary, Yahtzee, 20 Questions, and Hangman. Other options may be coordinating a virtual holiday recipe swap, facilitating a gratitude bowl, or arranging a remote movie date.

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Recipe Corner

Pumpkin Tiramisu

Ingredients:

- 3/4 cup boiling water
- 1 tbsp instant espresso powder
- 1 tbsp dark rum
- 8oz mascarpone cheese, softened
- 1/2 cup canned pumpkin puree
- 2/3 cup + 2 tbsp powdered sugar
- 1 tsp pumpkin pie spice
- 12 ladyfingers
- 1/2 cup heavy whipping cream

Directions:

1. In a bowl, stir together the water, espresso powder and dark rum.
2. In a different bowl, stir together the mascarpone, pumpkin, 2/3 cup of the powdered sugar, and pumpkin pie spice. Set aside.
3. Next, dunk each lady finger in the espresso mixture, and make one layer with 6 of the ladyfingers in a casserole dish.
4. Spread half of the pumpkin mixture on top.
5. Repeat with the remaining lady fingers and pumpkin filling.
6. Cover and chill at least 4 hours
7. Before serving, whip the heavy cream and the remaining 2 tablespoons of powdered sugar. Spread on top of the tiramisu, and dust with extra pumpkin pie spice



LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- James B. (12/1)
- Dale G. (12/22)
- Beverly P. (12/28)



We want to wish everyone a Merry Christmas & Happy New Year!! From all of us here at Bowman Estates.



A Note from the Administrator

Angela Rodgers

Well, the holidays are upon us, none of us thought that we would still be dealing with the COVID19

Pandemic by now. With Thanksgiving being this week many of you are asking what is happening. We are

Looking forward to the holidays and will be serving Thanksgiving dinner in residents' apartments.

Want to take your loved one home for the holidays? Yes, you can. We will be sending a Thanksgiving

pack with them which will include masks hand sanitizer and tips and tricks for staying safe. Upon return

they will be in quarantine for 14 days to ensure that they are not contagious. We are also offering

window visits currently please contact the front desk for more information and to schedule a time.

We have now passed two weeks of 100% COVID-19 negative testing just in time for the IDPH to go into Tier

3 mitigation. What that means for us is that we must wait for the state to start to decrease in positive

cases. So, let us all do our part to stay safe! Have a wonderful holiday season!



Reminders

Please remember if going out with family for the holiday to grab a to go bag that we made up for you to take along. Lyndi at the front desk has them, also upon return you will be under the 14 day quarantine.



LIFESTYLE

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As we embrace all of necessary steps to ensure the safety and wellness of those in our lives during these incredibly challenging times, let us not lose sight of all of the ways that we can continue to relish our family traditions alongside the connectedness and togetherness of our loved ones. Recently, I had the privilege of speaking with a resident; during conversation, I asked the resident how she was doing, and the resident responded “I find joy in the journey. Every day, I wake up and find joy. It is all around us. The world is different right now, but that is okay; the world will be different again next year too. Our ability to cherish life hasn’t been taken from us by COVID- and that is what matters.”

How are you finding your joy today and throughout these trying times? How can we best support you in protecting your health and finding your joy this holiday season?

2020... YEAR IN PHOTOS!

2020 has proven to be quite different than many years past, but this hasn’t stopped the Gardant-managed communities from engaging our residents in new and creative ways.



Horoscope

Aquarius (1/20-2/18)

Find your unique self-expression

Pisces (2/19-3/20)

Be sensitive to the moods of others to avoid emotional drama

Aries (3/21-4/19)

An inner calm and balance brings harmony to your relationships

Taurus (4/20-5/20)

A positive, responsible attitude will eventually be rewarded

Gemini (5/21-6/20)

Step back from situations to evaluate why you may be getting the reactions you are getting from others

Cancer (6/21-7/22)

Live in an energized state of give and take this month

Leo (7/23-8/22)

Unexpected changes can disrupt your daily routine

Virgo (8/23-9/22)

Relationship tensions may surface, but be patient with others

Libra (9/23-10/21)

Your self-confidence and positive attitude make a good impression

Scorpio (10/22-11/21)

You’ll get the push you need to make some great progress in life

Sagittarius (11/22-12/21)

Be yourself. Draw a line from last year to now and make a fresh start

Capricorn (12/22-1/19)

Great time for self-reflection

'Tis The Season **TELL US WHAT YOU THINK**



In this holiday season, we are reminded of things we are thankful for. Please take a moment to leave us a review. We would love to hear your feedback! What do you love about our community? Has anyone done an exceptional job?



~ Review us on Facebook, Google or Yelp! ~