

Bowman Business

JANUARY 2021

At A Glance



COVID vaccination information



Enjoy a funny quarantine word search

Managed by



4882 N. Convent Street
Bourbonnais, IL 60914
815-935-1992
www.gardant.com



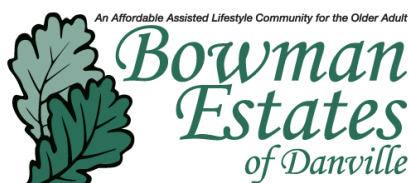
From the Desk of the CEO

Rod Burkett

In 1999, a former colleague, Blair Minton, invited me to join him in the development of an assisted living management company, which eventually became Gardant Management Solutions. Blair and I had previously worked together in the healthcare management field in the early 1980's, and we kept in touch as our careers led us to work for different companies.

In mid-December it was shocking and saddening to hear that Blair had passed away after two hospital stays battling COVID.....he had just had his 69th birthday in the hospital. While he had moved on from our company 9 years ago to further develop other business ventures, he has left his mark on what we do forever. His foresight in starting this company has had a positive impact on countless numbers of lives, and we can honor his legacy by continuing to provide the love, compassion and dignity that is the backbone of what our dedicated staff does every day!

We formed the company with a mission of increasing accessibility and affordability in the assisted living sector. We further deepen our commitment to this mission in Blair's honor. The cruelty of the corona-virus continues to add pain. Let's do all we can to protect and comfort each other. Our thoughts and prayers are with Blair's family.



An Affordable Assisted Lifestyle Community for the Older Adult

1968 N. Bowman Ave, Danville, IL 61832

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IN THE NEWS

Odds and Ends

Rick Banas

A story posted recently on the U.S. News & World Report website cited research indicating that feeling upbeat and cheerful can help protect your memory. The story noted that the research study adds to the growing body of evidence that links having a positive attitude to healthier aging.

On Jan. 11, 1964, the U.S. Surgeon issued the first official government report declaring that cigarettes may be hazardous to your health. Just a few decades earlier, in the 1930s and 1940s, smoking was the norm in the United States. A majority of physicians smoked, and ads for cigarettes were featured in newspapers, magazines and on the pages of the New England Journal of Medicine and the Journal of the American Medical Association. One popular ad claimed: “More Doctors Smoke Camels Than Any Other Cigarette.” Another claimed that their brand of cigarette “clears up irritation of the nose and throat.” Another “Take Your Doctor’s Advice, Smoke a Fresh Cigarette.” And yet another advised: “to stay slim, reach for a Lucky Strike instead of a sweet.”

January is National Glaucoma Awareness Month. Glaucoma is a group of eye diseases that cause damage to the optic nerve located in the back of the eye, causing the loss of peripheral (side) vision and blindness. Adults 60 years of age and older are among those most at risk.

The only way to detect glaucoma is through a comprehensive dilated eye exam; there are no symptoms in the early stages. It can happen in one or both eyes.

While there is no cure, early treatment can often stop the damage. Prescription eye drops are the most common form of treatment.

Once every three months, Medicare sends a Medicare Summary Notice to individuals on Original (also known as Traditional) Medicare who have received services, equipment or supplies covered by Medicare Part A or Part B in the previous 3-month period. Individuals who have not received any services, equipment, or supplies will not be sent a Medicare Summary Notice.

It is important that you check the Medicare Summary Notice to verify that it accurately reflects any services, equipment or supplies that you received. If you see any unauthorized charges or any charges that you do not recognize - for instance, an unauthorized charge for a surgery or for the purchase of a wheelchair or scooter, call 1-800-MEDICARE (1-800-633-4227). Your call will help identify fraud and identity theft and will help ensure that you receive all of the Medicare benefits you are entitled to on a timely basis.

If you have a Medicare Advantage Plan rather than Original Medicare, you will receive statements from the plan you are in rather than a Medicare Summary Notice. Be sure to check the statements that are sent to you and contact the Plan you are in to report any unauthorized charges.



WELLNESS

COVID-19 Vaccination

Deborah Denham RN, MSN, CPPS, CPHRM

The Pfizer COVID-19 vaccination is available under the Emergency Use Authorization (EUA), while the Moderna vaccination will be available under an EUA soon. The residents in long term care facilities will be first in line along with healthcare workers to get the vaccination. This is a long line, so our turn may not come for many weeks. We will let the residents and families know when we have confirmation of a clinic date.

The CDC had entered the Pharmacy Partnership Program with CVS and Walgreens to provide the vaccination and do clinics. CVS and Walgreens will let your Administrator know when their clinic dates are assigned. The Administrators have been working already on registering for the vaccination for the community. They have received information on how the clinics will be operated.

The COVID-19 vaccination is not mandatory, and no one will force you to take it.

Right now, all the infection control measures we follow will not change after you get the vaccination until more of the public receives it. So, you will still need to wear a mask and the staff will need to wear PPE as required.

The vaccination will be given in 2 doses about 3-4 weeks apart. Your immunity to the COVID-19 virus should begin to develop around the second week you get the first shot, and you should have full immunity about a week after the second shot. Both shots will be provided here at the community.

Side effects are the same as other vaccinations. You might experience soreness or redness at the injection site, fatigue, muscle or joint pain, headache and chills and fever. These side effects are noted to be less in people over 55 years old. The symptoms may be more pronounced after the second dose.

The COVID-19 vaccines from Pfizer and Moderna cannot give you the COVID-19 virus. It will not change your DNA. These vaccines are about 94-95% effective. (The 2019-2020 flu shot was about 45% effective.)

We care very much about the health and safety of the residents we serve and are very excited the COVID-19 vaccination will be available soon to help begin to end this pandemic.

Recipe Corner

No-Bake Brownies

Ingredients:

- 1 generous cup graham cracker crumbs (8-10 whole crackers)
- 1/2 cup finely chopped roasted hazelnuts
- 1/4 cup cocoa powder
- 1/2 tsp kosher salt
- 3/4 cup sweetened condensed milk
- 4 oz bittersweet chocolate, melted

Directions:

1. Line an 8-inch square baking dish with two crossed strips of parchment or wax paper, letting the long ends hang over the sides of the dish. Grease lightly with butter or baking spray.
2. In a large bowl, mix together the crackers, hazelnuts, cocoa, and salt. Pour in the milk. Pour in the melted chocolate and stir firmly to thoroughly combine, then scrape the mixture into the prepared pan. Cover with a piece of plastic wrap and press firmly into the pan.
3. Chill for at least 1 hour, until firm enough to cut. Lift the parchment paper to remove the brownies from the pan. Cut the brownies into small squares. They will be fudgy but quite firm. Store leftover brownies in an airtight container in the fridge for up to 5 days.

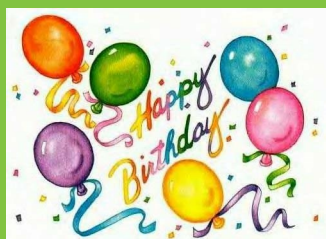


LIFESTYLE

Birthdays

Resident Birthdays:

- Ron C. (1/2)
- Billy T. (1/6)
- Patricia C. (1/7)
- Joan D. (1/15)
- Shirley P. (1/16)
- Nellie S. (1/17)
- James J. (1/31)



Welcome Our New Residents

Judy B.
Loyal B.
Phyllis M.
Shirley S.
Pam B.
Alan M.

A Note from the Administrator

Angela Rodgers

Wow! It's definitely hard to believe that it's 2021 already. The past year has been full of hurdles and

uncertainties. We have weathered the storm and came out on the other side.

We at Bowman Estates

have been diligently working behind the scenes to continually make progress in the areas of

socialization and continue to offer exceptional care for our residents.

For the past 2 weeks we have been 100% negative in our mass testing.

We also have very exciting news!!!!

Our first COVID-19 vaccination clinic scheduled for January 19th from 9AM -1PM and we have taken

measures that will ensure residents will be socially distanced and assisted during the clinic. This a great

opportunity for our residents and staff to be vaccinated in the effort to stay safe and well for the future.

We are educating our residents in regards of what to expect if they are vaccinated, such as fever,

soreness of vaccination site etc. We are encouraging all residents and staff to take advantage of this

great opportunity. As always we will continue to follow all state and local guidelines for the safety and

wellbeing of our residents. If there are any questions or concerns, please don't hesitate to contact us.

Reminders

- Please remember that if you are going out to bundle up it is Winter and flu season.
- Also if you are a smoker no smoking in your apartments.



LIFESTYLE

Event You Don't Want to Miss!

Date: 1/19/2021 Time: 9:00am-1:00pm
Location: Main Dining Room

Details: Please let nursing know if you would like to receive the COVID-19 Vaccine. If you have any questions about it and need further understanding please reach out to Shannon or Tracy.



Horoscope

Aquarius (1/20-2/18)

You may see a rise in tension and face some challenges

Pisces (2/19-3/20)

Feeling confident, you'll make steady progress in your endeavors

Aries (3/21-4/19)

Your year is likely to begin on a positive note

Taurus (4/20-5/20)

You will grow in terms of knowledge and personality

Gemini (5/21-6/20)

Look forward to a reduction of obstacles that have been in your way for a long time

Cancer (6/21-7/22)

Your year may start sluggish, but hard work and efforts are known to pay off

Leo (7/23-8/22)

Conviction in your decisions will be very strong

Virgo (8/23-9/22)

You will have a renewed interest in life. Take advantage of opportunities

Libra (9/23-10/21)

You'll find stability and success in your personal life

Scorpio (10/22-11/21)

You're feeling ready to tackle that New Year's resolution head on

Sagittarius (11/22-12/21)

Expect a number of surprises

Capricorn (12/22-1/19)

Introspect your actions and make necessary adjustments



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 KLAOTDTPYADESKOATUAPLHCBBC
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 YXC IUOWWL UQXNUWS EKEBRLABZ

flatten curve	toilet paper	paper towels	quarantine
distancing	canned food	respirator	yoga pants
face mask	homeschool	sanitizer	hospital
facetime	pajamas	stay home	six feet
online	bleach	purell	alcohol
clorox	inside	gloves	lysol
zoom	covid	virus	