

# Bowman Business

AUGUST 2021

## At A Glance



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Managed by



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



## From the Desk of the CEO

Rod Burkett

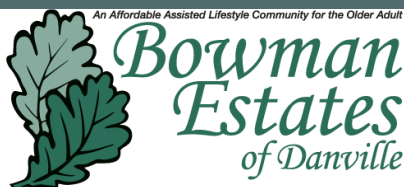
I was recently reading an article by Marshall Goldsmith, a leading author in the field of leadership. He was summarizing a 50-year-old research project, in which a Stanford University psychologist studied children's choices in the areas of immediate gratification vs delayed gratification. In the controlled study, young children were given the choices to eat one marshmallow immediately, versus waiting awhile and getting additional marshmallows. They studied the children as they matured and found a direct correlation in the children who waited as having higher SAT scores, more educational achievement, and lower body mass index.

The implied take-away from the study was simple. Maintaining self-discipline and resisting smaller rewards now in return for larger, more significant ones later, is a good path to take. Many people in today's world that are considered as successful have reached that level by strict delays in overall gratifications... but at what price?

If we deprive ourselves of fun, happiness and enjoyment along our journey, and wait to experience them only when we reach our final goals or destination, will we have a bunch of marshmallows lying around that will never create pleasure and satisfaction? (Okay, if you're not a big fan of marshmallows, replace them with your favorite snack.)

In our lives, we will face the marshmallow test hundreds/thousands of times. Maybe it's best to delay consumption in some instances, but let's have some balance. Let's eat some of them along our journey, or else we and they will become stale!

# Hello August



An Affordable Assisted Lifestyle Community for the Older Adult

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# IN THE NEWS

## The Health Benefits of a Smile

Rick Banas

Here is a simple thing you can do to increase the likelihood of enjoying a longer, healthier, and happier life. It is something you can do anywhere at any time and will cost you nothing. Simply smile.

Research shows that smiling has numerous benefits for you and for others.

Happy people seem to enjoy better health. Smiling can help you feel happier by elevating your mood.

Smiling acts as a natural drug that can help reduce pain. Studies have shown that smiling causes the body to release endorphins and other natural pain killers.

Smiling may help lower blood pressure.

Smiling can boost your immune system by helping it function more effectively.

Smiling can help relieve stress, tension, and anxiety.

Smiling can help you let go of negativity. It can be a natural antidepressant. The next time you are feeling down, try smiling.

Smiling can help prevent us from looking tired and worn-down.

Smiling is contagious. Science has shown smiling can not only elevate your mood, it can improve the mood of others.

So as Tony Bennett notes in the song “Put on a Happy Face,” be sure to “slap on a happy grin and spread sunshine all over the place” for your benefit and the benefit of others.





# WELLNESS

## Can I Fill Your Cup?

Meghann Giarraputo MSN, RN

Water is necessary to not only survive, but also to thrive. Our body depends on water to function. The Centers for Disease Control & Prevention (CDC) notes that water helps our bodies to keep a normal temperature, it lubricates and cushions our joints, it protects our spinal cord and other sensitive tissues, and it helps us get rid of wastes through urination, perspiration, and bowel movements. Moreover, the National Institute on Aging (NIA, 2019) shares that water also helps us absorb nutrients. Our bodies require increased amounts of water at times such as: during the warmer months, when we are more physically active, when we are fighting an infection or running a fever. All in all, hydration affects our bodies both physically and mentally.

In addition to water being found in liquids, including its natural state, water can be found in solids as well. For example, many fruits (ex: watermelon, strawberries, cantaloupe, tomatoes) and vegetables (ex: cucumber, lettuce, celery, zucchini) have high water content.

As we age, our sense of thirst diminishes. It is critical that we help our bodies stay healthy and hydrated through continued intentional efforts. The National Institute on Aging (NIA) (2019) includes the following tips to stay hydrated:

- Don't wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Add liquids throughout the day.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water when you take medicine.
- Have a glass of water before you exercise.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.

What healthy hydration habit(s) will you intentionally commit to today?

## Recipe Corner

### Strawberry Peach Popsicles

#### Ingredients

- 3 cups or 1.5 cups pureed strawberries
- 3 cups or 1.5 cups pureed peaches
- 2 tbsp. honey
- 2/3 cup of yogurt

#### Directions

1. Wash all the produce
2. Slice the strawberries and skin/slice the peaches.
3. Puree the fruit together in a food processor or blender. Add in the honey and yogurt and mix till smooth.
4. Pour mix into molds. You can use ice cube trays or popsicle trays and put your sticks in and freeze overnight.
5. Pop out the popsicles when needed and enjoy.







# LIFESTYLE

## Birthdays/Anniversaries

### Resident Birthdays:

- Phyllis S. (8/6)
- Mary D. (8/7)
- Julie E. (8/8)
- Abdul E. (8/12)
- Idamae L. (8/13)
- Alice C. (8/14)
- Judy B. (8/17)
- Shrley C. (8/22)
- Andrea H. (8/28)

Happy Birthday!

## A Note from the Administrator

Jeremy Riemen

It's hard to believe that another month has come and gone. As most of you know, I started as Administrator at Bowman Estates on July 7<sup>th</sup>. It has been a very busy few weeks but I have enjoyed making connections with the residents and getting to know them on a personal basis. I am excited for the future and very much look forward to getting to know each of you a little more. I can't tell you how much I appreciate the warm welcome that I have received since joining the team.

Did you know that August is National Wellness Month? Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.

There are numerous ways to make those small changes, too.

- Increase your water intake.
- Add more fruits and veggies to your meals.
- Monitor your sleep and make adjustments for better sleep habits
- Join a yoga, walking, or aerobics class.

Learn to meditate.

Reminders:

All visitors to the community are required to wear masks and complete the attestation form at the table in our main lobby. Please help us in keeping our community safe and healthy by following these guidelines.

## Reminders

Please sign up with Ashley @ the front desk for all outings. As we still have limited seating. Also we still **MUST** wear our mask when out and about in the hallway or on your way down to the dining room to eat.



# LIFESTYLE

## Event You Don't Want to Miss!

Date: 8/6/2021

Time: 2pm-3pm

Location: Outside Back Patio

Details: Join us for Root Beer Floats as we celebrate Root Beer Float Day.



August 6th is  
National  
ROOT BEER  
FLOAT DAY  
& we've got  
the scoop

## Horoscope

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

Step back from the situation that is causing difficulty and work out why you are getting those reactions

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

Feeling optimistic, you'll be keen to seize every opportunity

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

Your goal should be to find the right balance in your love life and with your finances

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

You'll work hard to get what you want and prove yourself

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

Key is patience and moderation

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

Energy, initiative, self-confidence and charisma will impress others

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

Facing adversity head-on will strengthen your character

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

Channel your energy into fewer, rather than too many, projects

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

With August comes clarity, quick thinking, clear self-expression

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

Try not to react to provocation

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

You'll get the push you need to make some great progress in life. You'll feel the urge to have more fun.

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

Changeable goals and inconstant moods may be your doom this month



# SUDOKU PUZZLE

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