

Bowman Business

SEPTEMBER 2021

At A Glance



Tomato and Corn Salad Recipe



When and How to Wash Your Hands

Managed by



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From the Desk of the CEO

Rod Burkett



A few weeks ago, while beginning my work day at the office, a fellow employee came to my door and stated that the police were in our back parking lot questioning a man who had evidently weathered last night's storm by hanging out under the bushes and the pavilion near our back door. It turns out that he had been recently plagued with a series of inconsistent housing challenges and was in a transient mode and passing through our town. I was just starting a series of back to back conference calls and didn't give this much thought as I continued my focused morning. To honor his privacy, I won't use his real name, but will call him "Kevin" in this story.

By the time I was able to take a lunch break in the early afternoon, instead of being taken to the local bus station by the police, Kevin was a few hours away from arriving at his new residence, which is one of our assisted living communities. While occupied in my series of meetings, several of our corporate office staff began engaging with Kevin and learning of his life's story, including his recent challenges. He was invited in and further connected with our staff over a meal, utilizing leftovers from a staff training session that we had from the day before. Kevin later commented that he had eaten more that day than he had in the entire past week.

The Marketing Director and Nursing Director from a couple of our nearby assisted living communities were notified, and they stopped by to assist Kevin and our staff with much of the required review process and paperwork that is needed for a move-in to one of our assisted living communities. A favor was called in and the State agency that performs a pre-screening process to certify Medicaid coverage was able to stop by and complete their process within a couple of hours. Given that Kevin was a little younger than 65, there were only 2 age-qualified properties in our portfolio that he was eligible for, and he choose the one a couple hours away in central Illinois. The Administrator at this community joined the planning discussion, and she immediately began collecting furniture and other necessities that Kevin would need for his apartment. One of our training nurses who lived in that general area happened to be facilitating an educational session in our offices that day, and she didn't hesitate in planning a slight detour on her way home that evening in order to give Kevin a ride to his new home.

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IN THE NEWS

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I was able to visit with Kevin later that day before he headed out on his journey. It was a near miracle that all the touch points in such a move-in process were able to be accomplished in less than a day. We received updates over the next few days informing us that Kevin was thriving in his new home and a video was received from Kevin the following week thanking our staff for impacting his life in such a positive way. This story further reinforces my belief that we are all connected to each other here on earth in many wonderful ways. Why did Kevin choose our office building to dodge a storm versus the many other buildings in the area? Was it by chance or due to the connections we all have as human souls?

Words can't express how proud and honored I am to work with and be connected to all the people who impacted and influenced Kevin's life... not only that day but for his entire future. Their actions weren't guided by some formal job description... it was caring people being guided by the connections we all have with our fellow human souls! When will your next opportunity appear to engage in one of these life affirming connections?

Reducing Fall Risk

Rick Banas

The National Council on Aging has designated the third week in September as Fall Prevention Awareness Week. The purpose is to remind us that in many cases falls are preventable.

According to the Centers for Diseases Control and Prevention, falls are the leading cause of injury among adults 65 years of age and older in the United States.

Here are some of the things you can do to decrease the likelihood that you will take a tumble. The tips come from an informational program on fall prevention that was conducted at Heritage Woods of Manteno by a representative of Vitas Healthcare.

- Engage in activities that can increase your range of motion, strength, and balance.
- Make sure your apartment is free of clutter. Avoid area rugs and mats as uneven edges or raised surfaces can be tripping hazards.
- Wear well-fitted clothing. You do not want pants bunching up on the floor or slipping down your hips.
- Make sure your footwear is appropriate, fits properly and are laced up or tied. Low-heeled walking shoes and non-slip socks or slippers are the best. If you wear socks to bed, make sure you put shoes on before walking, as socks can be slippery. Shoes with large, soft soles may increase your risk of falling.
- If you use a cane, walker, or wheelchair, make sure it is properly fitted for your height. Use the device no matter how short the walking distance is. Make sure the wheels are locked when you are getting up or down from a chair or bed.
- Don't be in a hurry. Be careful when you stand up. Take your time when getting up from a chair or bed.
- If you need someone to assist you, ask for help.



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

Tomato & Corn Salad

- 3 tbsp. white wine vinegar
- Salt and pepper to taste
- 1/4 cup extra virgin olive oil
- 6 ears fresh corn
- 2 cups red or orange grape tomatoes, halved
- 2 each green onion (white and green), thinly sliced
- 1/2 cup fresh basil leaves

Directions

1. Wash fresh produce
2. Microwave corn about 4 minutes per ear and cut from the cob once cooled. Set aside in a bowl.
3. Cut tomatoes, green onion (at base) and add to the bowl with the corn.
4. Add the 1/4 cup oil and 3 tbsp. of white wine vinegar.



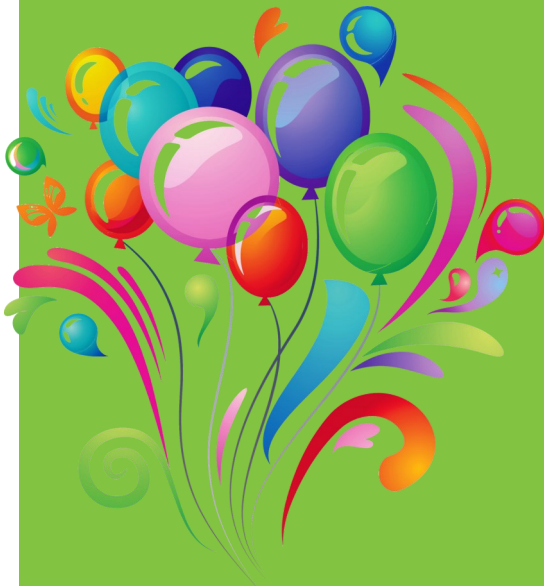


LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- John G. (9/3)
- Jennifer K. (9/11)
- Tom T. (9/19)
- Donna B. (9/20)



A Note from the Administrator

Jeremy Reiman

Hello again everyone!! I hope everyone has found a good way to beat the heat. Just as quickly as it seemed that we were going to get by with a mild summer, August came along and reminded us of what a true Midwest Summer feels like. With September quickly approaching, I personally am looking forward to some cooler temperatures, watching the leaves change, and the many fall festivals in the surrounding area. I am very much looking forward to being able to participate in some of the outdoor fall themed activities that we will have at Bowman Estates.

Did you know that September is known as National Courtesy Month as well as National Piano month? One of my favorite things about walking in the front doors at Bowman Estates is when one of our residents is showing off their talents on the piano located in our dining room. It always creates a warm and welcoming environment. For National Courtesy Month, I am challenging all of our residents and staff members to remember the old saying about others not remembering exactly what you said or did but they will always remember how you made them feel!!

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 Please Please sign up for any outings that are on the Calendar as we have limited seating.



LIFESTYLE

It's In Your Hands! CONTINUED from page 3

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!

Event You Don't Want to Miss!

Date: 9/12/2021 Time: 9:00am-10:30am
 Location: Bowman Estates Main Lobby
 Details: Come down and get your Grandparents Day Donuts and Coffee.



Horoscope

Aquarius (1/20-2/18)

Time for hard work and responsibility

Pisces (2/19-3/20)

Your relationships will see growth, honesty and stability as well as passion and excitement

Aries (3/21-4/19)

Opportunities for recognition are possible this month

Taurus (4/20-5/20)

You may feel pressured or burdened. Hang in there.

Gemini (5/21-6/20)

Plan to work harder to have the things just the way you want them

Cancer (6/21-7/22)

A hectic pace can lead to nervous irritability

Leo (7/23-8/22)

You might feel weighed down, but face your challenges head-on

Virgo (8/23-9/22)

Draw the line and make a fresh start

Libra (9/23-10/21)

Great achievements come from patience, determination and a strong sense of duty

Scorpio (10/22-11/21)

Use your initiative and make real progress

Sagittarius (11/22-12/21)

Authority figures may test you, forcing you to prove yourself

Capricorn (12/22-1/19)

Inner calm and balance adds harmony to your relationships



SUDOKU PUZZLE

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