

Bowman Business

OCTOBER 2021

At A Glance



Statewide Contest Winners



Breast Cancer Awareness Month

Managed by



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From the Desk of the CEO

Rod Burkett

Last year, as the COVID pandemic was unfolding, our country was also witnessing in our city's streets the pent-up responses to decades of racial injustices. As I absorbed the many formal and informal protests from near and far, it dawned on me that our company, Gardant Management Solutions, had not been intentional about developing and nurturing diversity. Whatever diversity we realized, had happened on its own.

Knowing that such status is wrong on so many different levels, we set out to remedy this situation. We created a "Diversity, Equity, and Inclusion" Team, comprised of a broad-based representation of employees from both Gardant and the many assisted living communities that we manage. The creation of the Team was to serve as a catalyst in truly changing the way the company behaved when it comes to diversity and inclusion. This Team has been meeting regularly and has developed the following guiding statements:

Diversity Statement:

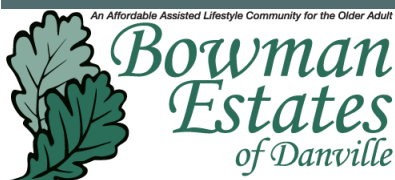
Intentionally co-creating a culture of belonging and equity

Philosophy Statement:

We have consciously created a culture that embodies the power of diversity, equity and inclusion in all practices and relationships. We recognize, in order to move forward, we need input from all, celebrating the differences each person brings.

We are extremely grateful to the uplifting work that this Team is producing, and we look forward to its continued growth and empowerment in making a difference!

Not only is DEI the right thing to do for each of us as human souls and for our society in general, but it also makes the most sense from the business perspective, too. No one has said it any better than one of this country's most respected intellectual thinkers, Albert Einstein: "We must not only tolerate our differences, but welcome them as richness and diversity, which can lead to true intelligence."



An Affordable Assisted Lifestyle Community for the Older Adult

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IN THE NEWS

Gardant Communities Earn Top Honors in Statewide Contest

Heritage Woods of Freeport, Deer Path of Huntley and Heritage Woods of Ottawa earned top honors in the 2021 Testimonial Contest, hosted by the Affordable Assisted Living Coalition.

The focus of the contest is to highlight the important role that the Illinois Supportive Living Program plays in the lives of older adults and adults with physical disabilities. The program provides a wonderful alternative to a nursing home for individuals who need some help to maintain their independence. Individuals of virtually all incomes, including those on Medicaid, can qualify for residency.

Gardant manages more than 40 communities in Illinois that participate in the state's Supportive Living Program.

The winners of the first, second and third place awards in the Testimonial Contest are residents of Gardant-managed communities.

First Place – Terri Dodds, Heritage Woods of Freeport

“I wasn’t in a good place in my life mentally or physically. Having some tragic life situations, I decided it was time for change. My first impression – welcomed and loved. Improved 110% physically, mentally, now more social, many friends that are like family to me. My family is beyond happy, at ease knowing I am loved and safe.”

Second Place – Rebekah Flores, Deer Path of Huntley

“Being fairly new to Deer Path, it was getting involved that changed my outlook of my new living arrangement. Participating in activities has allowed me to build new friendships, practice my leadership skills, and help others to do the same.”

Third Place – Joyce, Heritage Woods of Ottawa

“The folks here are so kind and friendly. When I moved in, I was nervous about meeting new people. My neighbors were excited to introduce themselves and it made me feel very welcome! I should have moved here sooner!”

Heritage Woods of Minooka and Heritage Woods of Ottawa received top honors in the 2021 Affordable Assisted Living Coalition Photo Contest, placing 1st and 2nd respectively.

Gardant Management Solutions is the largest provider of assisted living in Illinois. It operates assisted living, senior living and memory care communities in Chicago and surrounding suburbs, the Metro East area of St. Louis, and other locations in northern, central and southern Illinois.



1st Place



2nd Place



WELLNESS

The ‘C’ Word—Breast Cancer Awareness Month

Meghann Giarraputo

During the month of October, around the world, people pause to show their love and support for the millions of lives that have been affected by breast cancer. According to the Centers for Disease Control & Prevention (CDC), each year in the United States, approximately 255,000 women are diagnosed with breast cancer and about 42,000 women pass away from this devastating disease. According to the American Cancer Society, with exception to skin cancer, breast cancer is the most common cancer noted in American women.

Over our lifetime, there are many factors that can influence our risk for breast cancer. The CDC shares that while we cannot change some factors (ex: age, genes/family history), we can lower our risk by taking care of our health through maintaining a healthy weight, exercising regularly, and limiting alcohol intake.

According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection can be possible through doing monthly breast self-exams and scheduling regular clinical breast exams and mammograms.

While there is no substitute to personally discussing any questions or concerns that you may have with a healthcare provider, there are many resources available if you’re interested in learning more. One resource that is available is through the National Cancer Institute (NCI). Information Specialists at NCI Cancer Information Service (CIS) are available to help answer any cancer-related questions for you whether you are a patient, family member or friend, health care provider, or researcher. If interested, you can visit the website at <https://www.cancer.gov/contact> or call 800-4-CANCER. Some of the resources that are available through NCI’s CIS include information related to: clinical trials, cancer research, cancer treatment centers, cancer prevention and early detection, risk factors, symptoms, diagnosis and treatment, and living with cancer.

For those who are or have been affected by the ‘c’ word and for those who have loved ones affected by this devastating disease, please know that I am holding you especially close in all of my thoughts this month and always.

Recipe Corner

Microwave Salmon

- 4 salmon fillets, about 5oz each
- 2 tsp dill
- 4 tbsp butter or margarine
- Chopped parsley (optional)
- 1/2 fresh-squeezed lemon
- Salt and pepper to taste

Directions

1. Place 2-4 fillets at a time in a microwaveable dish with a lid.
2. Sprinkle salmon with lemon juice, salt and pepper.
3. Top each salmon fillet with a tablespoon of butter.
4. Cover dish and cook in the microwave for 1 minute per salmon fillet, up to 3 minutes.
5. Salmon should be firm and fully cooked—internal temp should be 145 degrees.





LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- Valerie N. (10/9)
- Christine F. (10/21)
- Deborah J. (10/21)
- Shelby C. (10/22)
- Phyllis M. (10/28)



A Note from the Administrator

Jeremy Reiman

Hello everyone. As I look out my office window today, I wonder if everyone is as excited about Fall as I am. I have heard a lot of talk over the last few days from residents who are already feeling Winter coming on. One of my favorites was from a resident who was sitting outside today who said even though it was a little chilly, she was going to enjoy it because she wasn't sure how many more decent days we have left. Let's hope we get an extended fall and a short winter.

As I enter my 3rd month here at Bowman Estates, I realize that in just a short time, I have already been able to make connections that I will never forget. One of my favorite things about my profession is being able to connect with residents, share stories, and make every effort to have the residents feel loved, protected, and respected. I know I have met several families over the last few months but if we have not been able to connect in person just yet please feel free to stop by any time to say hello!

I am looking forward to some of the upcoming Fall events that we have planned. For example, we are planning a Veterans Day celebration, a Halloween Trunk or Treat, and some time around the fire pit roasting marshmallows and hot dogs!! Stay tuned for more details as we navigate COVID protocols which will help us determine how we can have families join us for some of these events.



LIFESTYLE

Event You Don't Want to Miss!

Date: 10/29/2021

Time: 6:00pm-7:30pm

Location: Front Parking Lot

Details: Come join us for our Trunk-or-Treat. We will have trunks open and decorated ready for all kids to come around and trick or treat. Happy Halloween!!



Horoscope

Aquarius (1/20-2/18)

It's time to promote yourself and your goals. You're efficient this month.

Pisces (2/19-3/20)

Positive change, excitement and self-awareness are coming your way

Aries (3/21-4/19)

Take a step back from difficult situations and weigh your options

Taurus (4/20-5/20)

Be prepared for changeable goals and inconsistent moods this month

Gemini (5/21-6/20)

Patience, determination and a strong sense of duty lead to great achievements and progress

Cancer (6/21-7/22)

Trust your intuition for positivity

Leo (7/23-8/22)

A positive attitude will help make a good impression on others

Virgo (8/23-9/22)

Don't be afraid to stand up for the underdog this month

Libra (9/23-10/21)

Channel your aggression into a passion, like sports, crafts or business

Scorpio (10/22-11/21)

It's time to reminisce about the past or even meet up with people from your past

Sagittarius (11/22-12/21)

Charisma makes this a great time for dating or improving relationships

Capricorn (12/22-1/19)

Avoid acting impulsively or taking unnecessary risks



SUDOKU PUZZLE

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