

CAMBRIDGE CALLER

MARCH 2023

At A Glance



Enjoy a Cinnamon Roll in a Mug



Learn more about Ending Alzheimer's Movements and Involvement

Managed by



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From the Desk of the CEO

Rod Burkett

Gardant Management Solutions was recently notified by the national firm “Great Place To Work Institute” and its senior care partner, “Activated Insights”, that the portfolio of assisted living communities managed by

Gardant met their standards to be recognized as a ‘Great Place To Work’ in 2023.

Gardant utilizes Activated Insights as the electronic survey tool to request feedback from all of the community level employees on an annual basis. There are approximately 3,000 employees across the Gardant portfolio delivering compassionate care and enriching the lives of 6,000 residents on a daily basis. This highly valued national recognition is due to the dedicated efforts provided by all our staff and from the focus and direction provided by our leadership teams at each of our communities throughout the year, and it is indicative of their dedication to serving residents and committing to ongoing quality improvement.

The Great Place To Work certification process involved surveying employees last fall at our 58 senior living communities and evaluating more than 60 elements of team members’ on the job experiences. These elements included the employee’s level of pride in the organization’s community impact, belief that their work makes a difference, and feeling their work has special meaning. The survey questions delve into the employee’s perceptions on their feeling of respect, camaraderie, fairness, credibility, and pride.

The Great Place To Work survey process is the most widely taken employee engagement survey tool world-wide. Activated Insights, as its senior care affiliate, serves as a global authority on high-trust, high performance workplace cultures. Activated Insights assists its clients to create great workplaces that outpace peers on key business metrics, such as revenue growth, profitability and employee retention. Great Place To Work awardees experience a 20% higher response rate of applicants for open positions than non-awardee companies, and those designated as Great Places To Work have a much higher retention rate in the millennial age co-hort.

I am extremely proud of our portfolio’s recognition in the Great Place To Work program and am even prouder of how this positive work culture impacts the daily lives of our employees and residents.



Cambridge House of O'Fallon

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IN THE NEWS

ABOUT THE MONTH OF MARCH

Rick Banas

In a speech delivered on March 23, 1775, Patrick Henry stated, “I know not what course others may take; but for me, give me liberty or give me death.”

On March 7, 1876, Alexander Graham Bell received a patent for his new invention – the telephone.

Coca-Cola was invented in March 1886. Originally, it was intended to be a patented medicine.



Theodor Geisel, who wrote as Dr. Seuss, was born on March 1, 1904. His book “Cat in the Hat” was rejected 27 times by publishers before it was published by Vanguard Press.



On March 19, 1918, the U.S. Congress approved daylight saving time. This year, Daylight Saving Time begins on March 12. Be sure to set your clocks ahead an hour.

Was it about Time? The first issue of Time magazine appeared on newsstands on March 3, 1923.

On March 29, 1943, the U.S. began rationing meat, cheese, butter, and cooking oils.

Dr. Jonas Salk announced success of a vaccine for polio on March 26, 1953, nearly 60 years after the first documented polio outbreak in the United States.



The Barbie doll made its debut on March 9, 1959.

This year, American Diabetes Awareness Day is March 28. It is a one day wake-up call that focuses on the seriousness of diabetes and the importance of understanding your risks. For more information, go to <https://nationaltoday.com/american-diabetes-alert-day/>

Other notable days in March include National Peanut Butter Lover’s Day (March 1); National Pi Day (March 14); National Artichoke Day (March 16); St. Patrick’s Day (March 17), International Happiness Day (March 20); National Waffle Day (March 25); National Spinach Day (March 26); and National Doctors Day (March 30).



WELLNESS

Alzheimer Awareness

Chrisi Karcz AVP Clinical Operations

During the month of March, The Alzheimer's Impact Movement (AIM) Advocacy Forum will be held in Washington, D.C. It is the nation's premier Alzheimer's disease advocacy event. Volunteer advocates from across the United States will meet with representatives in an effort to advocate, bring awareness and advance policies to improve the lives of all individuals affected by Alzheimer's and all other dementia.

In 2022, more than 700 advocates painted Capital Hill purple to bring awareness and advocate after two years away due to the pandemic. Despite their absence at the hill, the Improving HOPE for Alzheimer's Act, the Promoting Alzheimer's Awareness to Prevent Elder Abuse Act and record increases in federal research funding occurred in 2021.

I am fortunate to have been invited as a Greater Illinois Ambassador to advocate March 19-March 21, 2023, in D.C. This is an opportunity to share our residents and families stories. In the coming months there will be opportunities for all our communities to also advocate. The Longest Day Event will be hosted on June 21, 2023, the day of the summer solstice and longest day of the year. In September, across the country the Walk to End Alzheimer's will be held. Be sure to check out the Alzheimer's Association for your city's date, time and location.

Please let me know if you have any questions or if I can be of support. Working together for a world without Alzheimer's and related dementia. #ENDALZ

Ways to Get Involve

- Urge Congress to fund Alzheimer's Research

Email your members of Congress. <https://p2a.co/Jbx7JXo>

- Volunteer as an Advocate. <https://alzimpact.org/volunteer>
- Walk to End Alzheimer's https://act.alz.org/site/SPageServer/?pagename=walk_homepage

Reference

AIM Advocacy Forum. (2023). Overview. www.alz.org/forum/

Recipe Corner Cinnamon Roll Mug

- 1-1/2 Tbs. Salted Butter Melted (set aside)
- 1/2 cup Flour
- 1/2 tsp. Baking Powder
- 2 Tbs. Sugar
- 2 Tbs. Milk
- 1/2 tsp. Vanilla



Filling

- 1 Tbs. Butter
- 2 Tbs. Brown Sugar
- 1/2 tsp. Cinnamon

Glaze

- 1/3 cup Confectioners' Sugar
- 1 Tbs. Milk

Directions

1. Add the flour, baking powder, sugar, milk, vanilla, and melted butter to a bowl and stir until combined.
2. Once the dough is solid, drop onto a clean and slightly floured surface and flatten the dough into a rectangle.
3. For the filling—in a small bowl melt the butter, brown sugar, and cinnamon for 1 minute and stir well.
4. Pour filling over dough rectangle and then roll us into a cinnamon roll shape.
5. Place roll into a mug sprayed with non-stick spray.
6. Heat roll in microwave for 90 seconds. If the dough appears wet on top it may need to head for a few more seconds.
7. For the glaze—Stir confectioners sugar and milk together in a bowl until smooth.
8. Pour over warm cinnamon roll in the mug or on a plate.



LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- Sandra P. (3/01)
- Leon E. (1/02)
- Arlette P. (3/02)
- Lloyd H. (3/06)
- Claudia J. (3/07)
- Sarah B. (3/14)
- Laura S. (3/16)
- Mary B. (3/23)
- Pat S. (3/23)
- Christy O (3/25)

Welcome New Residents:

- Sarah B.
- Sharon W.
- Ione S.



A Note from the Administrator

Dylan Hagler, Admin.

I want to thank everyone for following our COVID protocols and remaining vigilant with wearing masks and hand washing. Our COVID numbers are remaining steady, but they have not been increasing much, due to following our protocols.

Surprisingly, it is starting to warm up early this year, but please be cautious and wear the appropriate attire when going outside. It is easy enough to take off coats and sweaters as the day warms up if you dress in light layers.

Our corporate office will be providing new dietary training to our staff soon. When I am notified about when that will be taking place, I will give the residents notice. We are very much looking forward to better serving you.

Nurses Notes:

Angel Davis, DON

Nursing Staff recognitions

We would like to congratulate A'Leshiea on a job well done on having the most positive responses on the laundry slips in February.

We would like to Recognize Juanita with Perfect Attendance for the month of February. Thank you for your Outstanding Dedication and Commitment.

EXCITING NEWS:

The long awaited Township Senior Bingo will be starting up again after the long hiatus caused by COVID. The Township Bingo will be on Friday, March 31, 2023, we will leave at 9:15, it starts at 10:00 a.m and plays till 1:00p.m. They will have punch and snacks but no lunch, so order your lunch from our kitchen before you leave so they will hold it for you to pick it up when we return.

Happy Bingo!



LIFESTYLE

Event You Don't Want to Miss!

Our Marketing Team will be holding a St. Paddy's Day Bingo in our dining room on St. Patrick's Day, Friday March 17, 2023 at 2:00 p.m. The public is invited so call a friend and spend the afternoon visiting between games.

We will have refreshments and lots of fun, so save the date!

Celebrate!!!



Residents, Jean and Ray C. celebrated their 73 Wedding Anniversary this past February 4th. They shared cake, punch and pictures with family and friends at a small gathering on the second floor of the Cambridge House of O'Fallon.

We wish them Happy 73rd Anniversary and many more.

Reminder:

Please don't leave trash bags on the carpeting outside your apartment door. If you cannot carry it to the trash closet on your floor please call your CNA to have it removed from your apartment. Thank you.

Horoscope

Aquarius (1/20-2/18)

You will have many openings to choose from to progress in life.

Pisces (2/19-3/20)

Aspects of Saturn are encouraging, and with the help of Mercury, Pisces people can make the right decisions.

Aries (3/21-4/19)

You will have an encouraging month!

Taurus (4/20-5/20)

Look forward to happy times with your partner and family.

Gemini (5/21-6/20)

Health and finances do not pose any problems.

Cancer (6/21-7/22)

Be friendly to everyone you meet.

Leo (7/23-8/22)

A wonderful month for family affairs and marital harmony.

Virgo (8/23-9/22)

Stars will bless you with an enjoyable family environment.

Libra (9/23-10/21)

Enjoy all realms of life to the fullest.

Scorpio (10/22-11/21)

Saturn will bless you with happy family relationships.

Sagittarius (11/22-12/21)

Emotions will play an important factor in love life.

Capricorn (12/22-1/19)

Life is full of choices this month.



WHAT'S HAPPENING

New and Exciting Activities:

In March we will start a few new activities for your enjoyment.

Art Club:

This is a resident run activity as it is on Tuesdays at 10:30 in the activity room. (Mary will most likely be driving at this time.) If you have an interest in drawing, painting, or some other form of art please join the group as they share their experience with each other. Some supplies will be provided by the activity department.

Bingo with Desiree:

We are in luck that our CNA, Desiree is available to call Bingo on Tuesday afternoons in March. So come on down at 2:30p.m. for some bingo fun with Desiree.

Piano with Andrew:

We are very lucky to have found a very talented young man with a big heart, to come in and play our piano on Thursday afternoons following lunch. Andrew is a very accomplished pianist here in O'Fallon. So come down and enjoy the music!

New and Exciting activities:

I will be working on finding more new and exciting activities for us to try. If you have any ideas please don't hesitate to come to me and share them.

P.S. I am thinking of starting a dance troupe. Anyone up for it?

Entertainment:

On March 3rd Sam Brown will be in to help us celebrate our March Birthdays at 2:30 p.m. in the dining room.

The Kindergarten class from Hinchcliffe School will be in the lobby to perform for us on Friday March 10th at 10:00 a.m. Come and enjoy the program.

On Wednesday March 15th the Ukulele Babies will come in to entertain us in the lobby At 1:30 p.m.

And don't forget to join us at 1:00 on Thursdays for Piano with Andrew.

Getting into Shape:

Why should I join in exercise, I'm too old, I'm too far gone, I can't improve.

WRONG!!!

We all know that life is short, but it is worth living it well to the very end. If a little bit of exercise will help you keep what you still have, then why not do it. We're not talking marathons. We're talking stretches to keep the body moving, walking to keep the heart pumping. And Tai Chi to improve breathing.

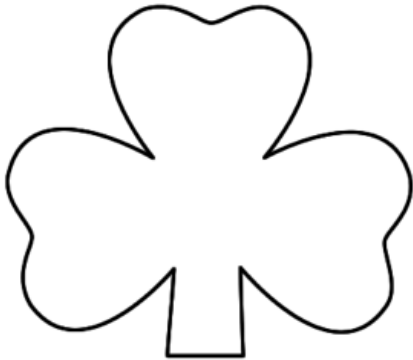
We are not promising miracles, we are inviting you to join us for some fun, friendly, easy exercises to help you to maintain your health and independence.

Join us on Monday, Wednesday and Friday at 10:00 a.m. for Chair Exercise followed at 10:30 for the Morning March. Come up on Monday and Wednesday afternoon at 1:30 to Tai Chi and keep what you have.



SUDOKU

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7	2	9	4			3	1	8
8		1		9	6		4	5
5	9			2		6	3	
3		2	1	5	4	7		9
	5	6	9	7	1	8	2	
	1	3	6	4	8	5		7
	8	7					6	4





ANSWERS

1	4	5	2	8	3	9	7	6
6	3	8	7	1	9	4	5	2
7	2	9	4	6	5	3	1	8
8	7	1	3	9	6	2	4	5
5	9	4	8	2	7	6	3	1
3	6	2	1	5	4	7	8	9
4	5	6	9	7	1	8	2	3
2	1	3	6	4	8	5	9	7
9	8	7	5	3	2	1	6	4

