The Buzz at Churchview

MAY 2023

At A Glance

Enjoy Microwave Banana Pudding!

Mother's Day is Sunday May 14th!

Managed by

GARDANT MANAGEMENT SOLUTIONS

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From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

Twenty-four years ago, Rod Burkett cofounded Gardant Management Solutions with a former business colleague, Blair Minton. Their goal was to increase accessibility and affordability in the assisted living sector, and they had a simple, straightforward business plan. Rod Burkett transitioned from CEO to Board Chairman, turning over the reins of day-to-day management to successors within the leadership team.

The succession strategy is an emerging shared leadership scenario in which Gardant's current Chief Operating Officer, Julie Simpkins, and current Chief Financial Officer, Greg Echols, are collaborating to shift-up into a shared Co-Presidency role. "I envision that this action will provide our company and our hundreds of employees with continuity and forward momentum, along with a new energy they will bring to this movement," states Rod.

Julie Simpkins expands her role as Co-President & Chief Operating Officer. Julie oversees all business development, engagement, and professional leadership development. A lifelong learner, she continually seeks out trends and insights. A true achiever, she works with purpose to help clients achieve their goals and thrives when helping others become more productive.

Greg Echols joins Julie Simpkins as Co-President & Chief Financial Officer at Gardant. Greg brings more than 30 years of experience in accounting, financial management, real estate development, and the senior housing and care sector. Strategic and analytical, Greg provides a fresh set of eyes to enhance financial and accounting processes for the company and will lead our efforts to continue positioning Gardant for financial stability and success.

IN THE NEWS

ABOUT THE MONTH OF MAY

Rick Banas

The American Red Cross was founded by Clara Barton in May 1881.

Celebrating Mothers:
Anna Jarvis is credited as organizing one of the first Mother's Day observances. It was a service of worship and celebration in honor of Anna's mother and took place at the Andrews Methodist Episcopal Church in Grafton, West Virginia. The church now serves as the International Mother's Day Shrine. While Anna initially led the movement to establish Mother's Day as a national holiday, she later campaigned to have Mother's Day rescinded because of how commercial the observance had become.

The Lincoln Memorial in Washington, D.C., was dedicated on May 30, 1922.

On May 20, 1926, Thomas Edison claimed people in the U.S. preferred silent movies over talkies.

Playwright Lorraine Hansberry was born on May 19, 1930 in Chicago. She is best known for "A Raisin in the Sun," a play about prejudice in the city. She is the first African-American female to have a play performed on Broadway.

In May of 1940, women flocked to the stores as nylon stockings made their grand debut for sale to the general public. Nylon is a man-made fiber that was said to have the strength of steel and the sheerness of cobwebs. Four million pairs were sold in the U.S. in the first four days.

The Gateway Arch is St. Louis was dedicated in May 1968. Did you know that it is as wide as it is tall and that the unique tram system that takes people to the top of the arch was designed by a person with no formal engineering training.

We celebrate National Nurses Week this year from May 6 through May 12 in honor of all of the dedicated Registered and Licensed Practical Nurses.

May is Arthritis Awareness Month, Older Americans Month, and National High Blood Pressure Awareness Month.

May 24 is National Senior Health and Fitness Day.

WELLNESS

Spreading Awareness About Parkinson's

Chrisi Karcz VP Clinical Operations

According to the American Parkinson's Disease Association, an estimated 1 million people in the United States, suffer from Parkinson's disease and more than 10 million people worldwide. What is Parkinson's Disease (PD)? PD is a movement disorder that affects one's ability to complete activities of daily living. A chronic and progressive disease with worsening symptoms including tremors, stiffness or rigidity of the muscles, and slowness of movement. Additionally many suffer from sleep problems, constipation, anxiety, depression, and fatigue.

Most people are diagnosed over the age of 50. The cause of Parkinson's is unknown. It is thought to be caused by an interaction between genetic and environmental factors. Currently there is no cure for Parkinson's. A combination of medications and other modalities, including Physical Therapy, Occupational Therapy and Speech Therapy, can be a crucial part of the treatment plan. An exercise program including fitness training, strength training, stretching and gait and balance training proper exercise program can help improve a person with PDs quality of life. For more information including Local resources, Support Groups, and Online Events, check out the American Parkinson's Disease Association website https://www.apdaparkinson.org/resources-support/

Recipe Corner
Microwave Banana Pudding

- 6-1/2 Tbs. butter, plus extra for greasing
- 2 ripe bananas
- 1/2 cup sugar
- 1/2 cup flour
- 2 tsp. ground cinnamon
- 2 eggs
- 2 Tbs. milk
- Toffee sauce, and ice cream to serve if you like

Directions

1. Put the butter in a baking dish and microwave on high for 30 sec—1 min. until melted.
2. Add 1 1/2 bananas, mash into the melted butter and then add the sugar, flour, cinnamon, eggs, and milk. Mix together well.
3. Slice the remaining banana over the top, then return to the microwave and cook on high for 8 min. until cooked through and risen. Serve warm, dusted with icing sugar, or drizzle of toffee sauce and ice cream.

LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:
- Robert U. (5/3)
- David S. (5/5)
- Kathrine C. (5/7)
-Gregory W. (5/24)
-Stanley H. (5/31)

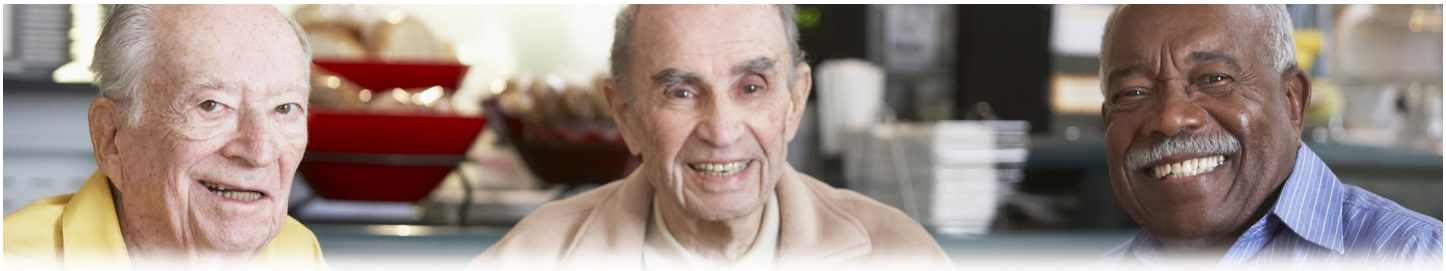
Staff Work Anniversaries:
- Georgia J. (18 Years on staff)
-Latasha M.(12 Years on staff)

Changes to Activities this in May

Garden Club on Tuesdays at 1:00pm

Bingo at 5:00pm on Sundays

Wii Games at 12:00pm on Wednesdays



LIFESTYLE

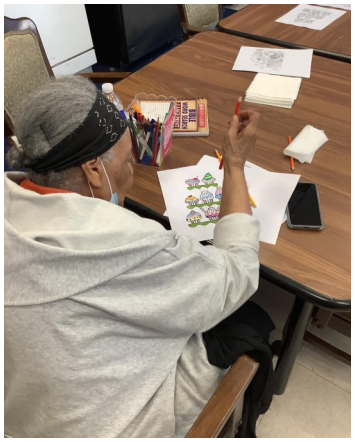
Upcoming Events: You don't want to miss

Date: May 5th Time:1:00-3:00pm
Location: Dining Room
Details: Cinco De Mayo Celebration

Date: May 9th Time:10:00-11:00am
Location: Front Lobby
Details: Big Bingo

Date: May12th Time:1:00-2:30pm
Location: Dining Room
Details: Mother's Day Brunch and Presentation

Date: May 26th Time:11:00-1:00pm
Location: Patio
Details: Memorial Day Spill and Grill



Horoscope

Aquarius (1/20-2/18)
You will overcome the problems in you may face.
Pisces (2/19-3/20)
Family and relationships will be wonderful.
Aries (3/21-4/19)
Maintain cordial relationships with friends and family.
Taurus (4/20-5/20)
This month will be dominated by relationships and their progress with the help of Jupiter.
Gemini (5/21-6/20)
Focus on realistic opportunities to make progress in life.
Cancer (6/21-7/22)
Love and family life are full of happiness this month.
Leo (7/23-8/22)
Time to start on new projects this month!
Virgo (8/23-9/22)
This month shows us mixed fortunes for Virgo people.
Libra (9/23-10/21)
Health and family life are fabulous this month.
Scorpio (10/22-11/21)
Travel and finances will see an uptrend.
Sagittarius (11/22-12/21)
Blessings of Mars will be available for your actions.
Capricorn (12/22-1/19)
Spending quality time with friends and family will be beneficial.

SUDOKU PUZZLE

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

ANSWERS

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