

The Evergreen Journal

MAY 2022

At A Glance



Air Fryer Sweet and Spicy Meatballs



Will April Showers Bring May Flowers?

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From the Desk of the CEO

Rod Burkett

We all strive for approval in some form or fashion. As young children, we sense that we need to seek approval from our parents even before we have learned to walk and talk. We next learn that we need approval from our teachers as we have our academic performance graded and as we experience test after test.

As we grow and become more social beings, we often feel the need to fit in, so we strive for approval from our peers. As we enter the working world and build careers, many learn that our success can be directly related to securing the approval of various stakeholders, often those with organizational power.

However, when does the need for approval from others become ‘all encompassing’ and dysfunctional in our lives? Many years ago, famed business consultant and author, Peter Drucker, provided us with this insight, “We are here on earth to make a positive difference, not to prove how smart or right we are.”

The need for external approval kills our individual creativity and our freedom. Aristotle said, “Criticism is something you can easily avoid by saying nothing, doing nothing, and being nothing.” While it’s easier said than done, a simple recipe for overcoming an unhealthy need for the approval of others is to quiet your mind, and simply listen to your own heart and flow with the energy that comes from within. Your guidance for your decision making will then be a balance of what you learn from others, and from your own self-confidence, and not from an unhealthy reliance on the opinion of others.

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IN THE NEWS

All About May

Rick Banas

- In May of 1875, Ben Franklin announced his invention of what we now call Bifocals. His eyesight became worse as he aged. He became both near-sighted and far-sighted. Tired of switching glasses, he devised a way to fit both types of lenses into one frame, with a lens for distance at the top and a lens for seeing close-up at the bottom. He called them “double-spectacles.”
- American folk hero “Wild Bill” Hickok was born on May 27, 1837, in Troy Grove, Illinois. The small town in LaSalle County, Illinois, is located about 20 miles northwest of Heritage Woods of Ottawa. Hickok was shot and killed during a poker game in a saloon in Deadwood, South Dakota. It is said he was holding what became known as the “dead man’s hand” – a pair of black aces and a pair of eights.
- In May of 1875, the first Kentucky Derby horserace took place at Churchill Downs in front of a crowd of 10,000 spectators.
- Clara Barton founded the American Red Cross on May 21, 1881.
- Construction began on the first modern skyscraper in May 1984. The 10-story Home Insurance Company building is located at Adams and LaSalle in Chicago. The building was supported by a revolutionary steel frame.
- The first National Hospital Day was celebrated on May 12, 1921, in honor of the birth of Florence Nightingale.
- On May 19, 1930, African American playwright Lorraine Hansberry was born in Chicago. She is best known for her play “A Raisin in the Sun,” which was the first stage production written by a black woman to appear on Broadway.
- Cheerios began hitting store shelves on May 1, 1941. Originally, the cereal went by the name CheeriOats.
- May is National Stroke Awareness Month. The American Stroke Association reminds us that acting F.A.S.T. can mean the difference between recovery or disability, life or death.

F = Face Drooping

A = Arm Weakness

S = Speech Difficulty

T = Time to call 911.

Other symptoms can include numbness, confusion, trouble seeing, trouble walking, and a severe headache.



WELLNESS

Will April Showers Bring May Flowers?

Meghann Giarraputo MSN, RN

Will the April showers (or the occasional sprinkle of snow for some of us) bring May flowers this year? Given the vast benefits of spending time outdoors, it would be valuable for us to step outside to check it out!

According to the Centers for Disease Control and Prevention (CDC), spending time outdoors can improve overall health and wellness; specifically, time spent in nature can promote and improve our mental health while reducing stress. Additionally, time outdoors typically lends an opportunity to engage in increased physical activity. Moreover, the Institute on Aging (IOA) shares short spans of direct sunlight exposure can help us to meet our daily requirements of Vitamin D. Vitamin D helps our bodies to absorb calcium which impacts our bone health.

So, regardless of where the “May Flowers” are (and, of course, in consideration of weather conditions and safety), will you bring a buddy and join me in spending a few minutes each day to engage in nature right outside your door? Talk with a member of your Community Leadership Team today about upcoming opportunities where you can experience the beautiful outdoors while reaping the countless benefits.

**As a friendly reminder, for resident health & wellbeing reasons, along with emergency preparedness and response reasons, we encourage residents to sign out and back in at the front desk of the Community when leaving the indoors at the Community.*



Recipe Corner

Air Fryer Sweet & Spicy Meatballs

- 2/3 c. quick-cooking oats
- 1/2 c. crushed Ritz crackers
- 2 lg. eggs lightly beaten
- 5 oz evaporated milk
- 1 Tbs. minced onion
- 1 tsp. Garlic powder
- 1 tsp. cumin
- 1 tsp. honey
- 2 lbs. lean ground beef
- Salt/pepper

Sauce

- 1/3 c. brown sugar
- 1/3 c. honey
- 1/3 c. orange marmalade
- 2 Tbs. cornstarch
- 2 Tbs. Soy Sauce
- 1-2 Tbs. hot sauce
- 1 Tbs. Worcestershire sauce

Directions

1. Preheat Air Fryer to 380. In a large bowl, combine the first 10 ingredients and then add the beef. Mix thoroughly. Shape into 1-1/2 in. balls.
2. In batches, arrange meatballs in a single layer on greased tray in the basket. Cook until lightly browned & cook through. 12-15 min. In a saucepan, combine sauce ingredients. Serve with meatballs.



LIFESTYLE

New Staff Members:

- Katie Followell-Cook
- Courtney Kramer-Dietary Aide
- Shive Taghdiri-QMA

This month's Journal is about anticipating May after reflecting on the memories of April. The momentum continues into Spring!

Pleasure is found first
in anticipation, later in
memory.
Gustave Flaubert



Residents and Family,

Its May already and I am so hopeful all those April showers deliver and we have tons of May flowers. We have so many great things happening in our community this upcoming month, starting with our Mother's Day Brunch, we will celebrate National Nurses Week, as well as some fun trips, great entertainment and lord willing lots of sunny afternoons on the porch. Our community is open again so join us for a meal with your loved ones or happy hour if you can make it all work. Thanks for being part of the Evergreen Village at Bloomington family and if there is anything we can do for you, never hesitate to ask. Wishing each of you blue skies and green lights.

-Yours in Service

Anticipating Spring . . .

Anticipating Sprouts!

The Garden Club met for their annual kick-off to plan the gardens. With Spring fever, the residents began planting flowers and vegetables from seeds to start in the portable greenhouse. We didn't anticipate how fast the seeds would sprout! Is it possible the

seeds are

more excited about spring than we are?





LIFESTYLE

Anticipating Spring

Indian Ceremony to Welcome Spring

Spring was welcomed at EV through a traditional American Indian Ceremony led by “Mama Tee”. The ceremony included history, prayers, and blessings upon each individual in the circle. Another resident with Indian lineage, shared her experiences and appreciation for the observance with gratitude for remembering the Indian



Horoscope

Aquarius (1/20-2/18)

A month of transformation, and taking on new personal highs

Pisces (2/19-3/20)

Whilst money is easy to give, your time could do more.

Aries (3/21-4/19)

You will be inspired by new and amazing passions this month.

Taurus (4/20-5/20)

Your creative talents are set free as your ability to turn ideas into words, pictures or both intensifies.

Gemini (5/21-6/20)

You can remodel your life into something more comfortable yet challenging.

Cancer (6/21-7/22)

Your mind is a formidable tool this month

Leo (7/23-8/22)

Choose a job that you love to do and the money will follow

Virgo (8/23-9/22)

Your month to shine! Your charisma draws in your family and friends.

Libra (9/23-10/21)

You have so much confidence and energy this month that you’ll impress those you meet

Scorpio (10/22-11/21)

You will be both inspiring and irresistible this month.

Sagittarius (11/22-12/21)

Aim as high as you can in love, work, and education and you will succeed.

Capricorn (12/22-1/19)

What you’ve wanted and worked towards for years falls into place.



Sudoku Puzzle

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



ANSWERS

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

A Child's Anticipation

The children in the community hunted over 3000 Easter eggs with great anticipation! Easter Bunnies, a duck and even a dog disguised as a bunny, added excitement to the hunt! The Poetry Club added fun to the event by writing a poem for the children from the Easter Bunny's perspective.



Easter Blessings

A Good Friday Service was well attended, as together we focused on *Christ the Lamb*. The grass baskets flourished in 10 days and every dining room table had a basket with hand painted chicks, eggs and candy eggs.



Everything is better with chocolate!



Cooking classes have drawn those who love to cook

and those who just love to eat!



**And those
who LOVE
to clean
up!**



Anticipating May!

- * In honor of Mother's Day, we will treat mothers to a classy "**Breakfast at Tiffany's**" on Wednesday, May 4th.
Reserve a seat by responding to message from ED, Josh, in Caremerge or with Receptionist Abby.
- * Chef Rich will grill steaks for dinner on Friday, May 6th.
- * Residents may sign up for the Senior Expo held at Switchyard Park in Bloomington on May 11.
- * The Garden Club will make a trip to Lowes to purchase herbs and select starts on May 17.
- * New "guest chefs" will be leading cooking in May and new music opportunities have been added to the calendar: sing-a-long, Nightingales Choir and pianist.
- * The month wraps up with and some harmless legal betting on race cars (hot wheels) to celebrate the Indy 500! Never too old to play!



brunch,