

Gull Creek Gazette

APRIL 2022

At A Glance



Air Fryer Twice Baked Potatoes



Hello Spring!

Managed by



4882 N. Convent Street
Bourbonnais, IL 60914
815-935-1992
www.gardant.com



From the Desk of the CEO

Rod Burkett

Just when I felt my newsletter column this month would not revolve around COVID, I ended up testing COVID positive a few weeks ago. I started having some flu-like symptoms, and I ended up having a positive test on the second day after Illinois lifted the mask mandate. My symptoms seemed to resemble a bad case of the flu for 2-3 days, and then my symptoms diminished each day thereafter, with a full recovery around day 10.

I had been fully vaccinated with the Moderna vaccine, including the booster. From everything I have read and researched, since I have had an apparent break-thru Omicron case, I should have now developed a fairly high level of antibodies that should provide me with significant protection for the near future. Having said that, I still will be at the front of the line if/when the CDC recommends a 4th vaccine dose for the 65+ population.

Even though I spent the last 2 years adhering to all protective protocols and best practices, I'm not really surprised that I ended up with an Omicron case, since it is so contagious, and since I spent a few days in a part of the country that was experiencing a "high-level" of transmission. I am definitely grateful that I didn't end up positive until after I had been fully vaccinated and 'boostered', and I am further thankful I didn't progress beyond moderate symptoms.

My mindset now is switching to "new beginnings".....we are beginning to see that we are in the management phase of the pandemic. While COVID will still need to be monitored and responded to as a serious infectious respiratory disease, it should not create lockdowns and consume our focus like it did 2 years ago. We are also witnessing the return of chirping birds, more daylight, warmer temperatures, and green sprouts emerging from the ground as new beginnings.

Happy Spring everyone....enjoy it as a new beginning!



IN THE NEWS

All About April

Rick Banas

April 29 is National Zipper Day in honor of the day in 1851 when Elias Howe applied for a patent for the Continuous Clothing Closure, now known as the zipper.

On April 21, 1878, President Rutherford B. Hayes and First Lady Lucy Hayes began the tradition of holding an annual Easter Egg Roll on the White House Lawn on Easter Monday.

On April 8, 1879, milk was sold in glass bottles for the first time in the United States. Up until then, milk was sold in bulk, with sellers dispensing milk into jugs, pails or other containers supplied by customers.

On April 24, 1908, Mr. and Mrs. Jacob Murdock, along with their three children, a mechanic and a friend became the first people to travel across the United States in an automobile. They drove their Packard from Los Angeles to New York City, a distance of nearly 3,700 miles. It took them 32 days, five hours, and 25 minutes.

Twinkies hit the market on April 6, 1930. They were invented by a baker in Schiller Park, Illinois. The first Twinkies had a banana filling.

Ray Kroc opened the first franchised McDonalds on April 15, 1955 in Des Plaines, Illinois. The architectural design featured a red and white tiled building with Golden Arches. First day sales totaled \$366.12.

A year later, on April 25, 1956, Elvis Presley had his first number #1 hit on the Billboard Pop Singles Chart with "Heartbreak Hotel." The song included a guitar solo by Chet Atkins.

Legislation was signed into law on April 1, 1970 that banned cigarette advertising on television and radio in the United States. Just a few decades earlier, especially during the 1930s and 1940s, cigarettes were touted as being good for you. Pitchmen included doctors, dentists and stars of movies and sports.

April reportedly is the best time of the year to look up to the sky to view meteor showers.

April is Parkinson's Disease Awareness Month. Parkinson's Disease is a degenerative disorder of the brain. Symptoms generally develop slowly over years. The cause is largely unknown. A cure has yet to be discovered. Treatment options vary and can include medication and surgery. For more information, you can visit the Parkinson Foundation's website at www.parkinson.org or call 1-800-4PD-INFO 1-800-473-4636.



WELLNESS

The Health Benefits of Spring Cleaning

Deborah Denham RN, MSN, CPPS, CPHRM

Many people are familiar with the ritual of spring cleaning. My grandmother used to wash all the walls every spring. I always thought this was a waste of time as, in my youth, the walls did not appear dirty. As an adult, I now see the accumulation of a life well lived on the walls when I do my spring cleaning.

Many of you take advantage of the cleaning services offered in your community. What a joy to have help now. You deserve it! There is still some spring cleaning that you can participate in that offers many benefits.

A good decluttering always helps wellbeing. Pick an area a day or week to focus on. Maybe it is a dresser. Empty out each drawer and clean it then refold the items you need and wear and put them back in. If anything is ripped or stained, it might be the time to let it go. If you have the opportunity and need, resale shops like Goodwill have wonderful pre-loved clothes that you can use to replace those that have served you well.

The bathroom is always a good spot for a spring freshen up. Throw or give away the items you keep around because it was a generous gift, but you hate the smell and will never use it. (That is a hard one, your granddaughter meant well when she gave you the salted caramel smelling lotion, but it does not translate well from an ice cream Sunday to hand lotion.) Replace worn out toothbrushes, hairbrushes, and broken soap dishes. If you are able, put a spring colored or printed hand towel out.

I remember sitting at the breakfast table on wall washing day with my grandparents. The windows were open, and the birds were singing their little hearts out. My grandmother hushed us and put her hand to her ear and pointed outside indicating we should listen. We did and then my grandmother said that the birds were calling my grandfather. We listened and looked at her for clarity. She then translated for us, “cheap, cheap, cheap”. Oh, my goodness, what a great laugh we had. I still think of the laughter when I hear robins calling out in the spring.

Spring cleaning produces endorphins which reduce stress levels, improves your ability to sleep, and boosts your overall mood. Welcome spring with a refreshed living space and a fresh outlook.

Recipe Corner

Air Fryer Twice Baked Potato

- 3 Lg. Russet Potatoes scrubbed clean
- 1 tbsp. extra-virgin olive oil
- Salt & pepper
- 1/4 c. (1/2 stick) butter, softened
- 1/4 c. milk
- 1/4 c. sour cream
- 1 c. shredded cheddar, divided
- 2 green onions, thinly sliced, plus more for garnish



Directions

1. Pat potatoes dry, Poke potatoes with a fork all over, rub with oil and sprinkle with salt. Place potatoes in basket of air fryer and cook on 400° for 40 minutes
2. Cutting lengthwise, cut a thin later off the top of ea. potato. Scoop insides out leaving a 1/2” border. Place insides in a bowl
3. In the bowl, add butter, milk and sour cream and smash until butter is melted in and mostly smooth. Add 1/2 cup of cheese and green onion. Season with salt and pepper
4. Fill potatoes with mixture and place in basket of air fryer. Top with remaining 1/2 cup of cheese. Cook at 400° until cheese is melted



LIFESTYLE

Happy Birthday

Geri B.—14th
Marguerite W.—24th
Joanann S.—27th
Connie M.—28th
Lillian G.—28



Leadership Team

Administrator

Vicki Maroulis

Director of Nursing

Terri Dukes

Marketing Director

Carolynn Foxwell

Dining Director

Kim Hinman

Memory Care Director

Heidi Litton

Maintenance Director

Jay McCaulley

Business Office Manager

Brandon Metro

Resident Services Coordinator

Megan Richmond

Welcome Brandon—New Business Office Manager



We would like to welcome Brandon Metro to our community as our Business Office Manager. We hope everyone will take the time

when visiting the community to introduce yourself or send him warm welcome wishes by giving him a call. We are excited to have him join our community.

Upcoming Council Meetings

Resident Council will take place on

Tuesday, April 26th at 2pm

Family Council—will take place on

Thursday, April 28th at 4pm



These council meeting give you an opportunity to hear about community updates, ask questions and offer suggestions.

Employee of the Month

Sherrell B. was named our most recent Employee of the Month. She is one of our talented Certified Medicine Technicians at Gull Creek. Although she typically works overnight all her hard work does not go unnoticed. Sherrell is dependable, professional, and compassionate. Since she primarily works overnight, she does a great job at communicating resident updates efficiently. She truly knows the residents, their personalities and care needs. We are lucky to have her on our team and she is surely an asset! Keep it up, we appreciate you!!





LIFESTYLE

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On Thursday, April 14th at 3:15pm we will have an “Egg-Cellent” spring social in our Sun Room for the community to enjoy. Light appetizers, sweets and a themed beverage will be served! At the social we will have some festive games to keep everyone engaged and entertained! The residents will certainly enjoy mixing and mingling. Spring time is always a great season to host mixers and take advantage of some warmer weather!

Easter Lunch

On Sunday, April 17th we will host an Easter meal during the lunch offering. Of course it will feature ham, potato salad and other traditional Easter goodies. We are already hungry thinking about the spread of delicious cuisine.



SPIRITUAL OFFERINGS

We are excited to offer a few new spiritual offerings in our community. The 1st Thursday of every month the Community Church at Ocean Pines will be leading a service and the 3rd Thursday of every month St. John Neuman Church will also be in to lead a service and offer communion. Additionally, a volunteer will be coming in the 1st and 3rd Tuesday of every month at 1:30pm to lead a Bible Study. We will continue to expand our spiritual offerings in our community, and if you have suggestions as to what you would like to see added to our calendar please talk to Megan.

Horoscope

Aquarius (1/20-2/18)

Have great health prospects this month.

Pisces (2/19-3/20)

Love is in the air! Everything you do reflects on love.

Aries (3/21-4/19)

All will be well with a little care and attention.

Taurus (4/20-5/20)

Some challenges may come because of the change of weather.

Gemini (5/21-6/20)

Make some positive changes in all aspects of your life

Cancer (6/21-7/22)

Great things will manifest if you work hard and have determination.

Leo (7/23-8/22)

This month you will make new friends that influence your life positively

Virgo (8/23-9/22)

Enjoy this month filled with positive energies and blessings.

Libra (9/23-10/21)

Family relationships will be great this month.

Scorpio (10/22-11/21)

Have patience. Do not hurry to make things work.

Sagittarius (11/22-12/21)

Stay true to your beliefs and values. Live an honest life.

Capricorn (12/22-1/19)

Support your loved ones in all meaningful things they do.



LIFESTYLE

MARCH MADNESS FUN

We hosted a March Madness themed lunch that everyone thoroughly enjoyed. The dining room was decorated with a March Madness scene! The lunch offered included walking tacos, mini pizzas, pigs in a blanket, corn nuggets, mozzarella sticks, cookies and Oreo parfaits. Perhaps the best part of the meal was when the resident all had an opportunity to “take their shot” at the mini basketball hoop that was moved throughout the Dining Room.





WORD SEARCH



- | | | | |
|-------------|--------|----------|----------|
| April | fog | puddle | stem |
| baseball | garden | rainbow | storm |
| bird | grow | raincoat | sunshine |
| bloom | hatch | rainy | thaw |
| butterfly | insect | roots | tulip |
| caterpillar | kite | season | umbrella |
| chick | leaf | seed | violet |
| cloud | lilac | shovel | warm |
| daffodil | March | shower | water |
| dig | May | soil | weed |
| earth | nest | spring | wind |
| egg | picnic | sprout | worm |
| flower | plant | | |





ANSWERS

