

# Gull Creek Gazette

MARCH 2022

## At A Glance



Microwave Cinnamon Apples are the Best!



March is National Nutrition Month!

Managed by



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## From the Desk of the CEO

Rod Burkett

I keep thinking my next column will not reference anything about the COVID pandemic, but maybe next month, as I believe I finally have some positive news to share regarding our journey to put the impact of this corona-virus in our rear view mirror. In addition to seeing a significant decline in February of the spread of the omicron variant, I want to share the following data that was provided on a recent conference call coordinated by the American Health Care Association/ National Center for Assisted Living, the largest long term care trade association in our country.

- A 65-year-old fully vaccinated woman who contracts COVID has a 1 in 872 chance of passing from the disease. A 65-year-old vaccinated man has a 1 in 434 chance.
- A 75-year-old fully vaccinated woman who contracts COVID has a 1 in 264 chance of passing, and a 75-year-old vaccinated man has a 1 in 134 chance.
- In the 2019 flu season, a 65-year-old had a 1 in 138 chance to die if they contracted the flu.
- Considering these measurements, for the 65+ fully vaccinated population, COVID can be seen as a lower risk than the seasonal flu.

Not only is this data another significant testimony to the high efficacy of the COVID vaccines, but it can also serve as a roadmap to the lifting of pandemic related restrictions and assist in our society's return to normalcy. As this information is further analyzed by medical scientists and governmental officials, it will hopefully illustrate that as long as the senior population and medically high-risk population maintain high levels of vaccination, and as long as no variant evolves outside of the efficacy of the vaccine, then the severe lockdowns witnessed in 2020 will never be needed again. Let's all pray and put 'good vibes' into the universe that such a scenario truly happens!



# IN THE NEWS

## All About March

Rick Banas

Harvard University, the oldest institution of higher learning in the United States, is named after the Rev. John Harvard on March 13, 1639.

On March 23, 1775, Patrick Henry proclaimed “Give Me Liberty or Give Me Death” during a speech in Richmond, Virginia.

On March 3, 1855, the U.S. Congress saw fit to authorize \$30,000 to study the use of camels for military purposes.

On March 1, 1872, Yellowstone became the first national park in the United States. Located mostly in Wyoming, the park sits atop a volcanic hot spot. Gushing geysers and hot springs are among the park’s features.

On March 10, 1880, the Salvation Army was founded in the United States. Annually, the Salvation Army assists about 30 million Americans.

What is commonly referred to as the “Spanish” flu reached the United States on March 11, 1918 as 107 soldiers at Fort Riley in Kansas became sick. An estimated one-quarter of the U.S. population became ill from the virus, which claimed the lives of 500,000 in our country and more than 22 million worldwide. Because no vaccines or medicines were available to treat the flu, efforts to control the virus were limited to isolation, quarantine, good personal hygiene, use of disinfectants, limitations on public gatherings, and wearing of masks. In Chicago and many other cities in the United States, movie houses, theatres and night schools were closed.

On March 3, 1931, the *Star Spangled Banner* became our National Anthem.

In March 1950, Silly Putty is introduced to the general public.

On March 1, 1961, President John F. Kennedy established the Peace Corp., an organization intended to send young adults from the U.S. to developing countries to assist with health care, education, and other basic human needs.

On March 8, 1983, President Ronald Reagan called out the USSR as the “Evil Empire.”

The week of March 6 through 12, 2022 is designated as Glaucoma Awareness Week. Glaucoma is the leading cause of preventable blindness, especially among adults 60 years of age and older. Many forms of glaucoma have no warning signs. You might not notice anything until the disease is at advanced stage. The good news is that glaucoma can be detected with regular eye exam, and prompt diagnosis and treatment can prevent needless impairment to your vision.



# WELLNESS

## Making Every Bite Count

Meghann Giarraputo MSN, RN

Did you know that March is designated as National Nutrition Month by the Academy of Nutrition and Dietetics? This campaign aims to equip others with the education needed to make informed food choices while promoting the development of healthy eating and physical activity habits. The Academy of Nutrition and Dietetics is committed to sharing knowledge regarding the importance of healthy eating for all ages. An easy way to enhance healthy eating is to ensure that you are intentionally selecting foods from all of the food groups including: vegetables, fruits, grains, dairy and protein. It is important that you consult your healthcare provider and/or a registered dietitian nutritionist if you have any special dietary needs; these healthcare professionals can assist you with developing a customized eating plan individualized for you. The Academy of Nutrition and Dietetics recommends the following tips to maximize the formation of healthy habits:

1. Make half your plate fruits and vegetables.
2. Make at least half your grains whole.
3. Switch to fat-free or low-fat milk, yogurt, and cheese.
4. Limit sodium, saturated fat and added sugar.
5. Stay well-hydrated.
6. Enjoy your food but be mindful of portion sizes.

To learn more about healthy eating, you can visit [www.eatright.org](http://www.eatright.org) for additional helpful information. Other great resources, including education on identifying your food group targets through the MyPlate Program, can be found at the United States Department of Agriculture website at [www.myplate.gov](http://www.myplate.gov).

*Please note that this information is not intended to replace the need for every person to have a one on one conversation with a qualified healthcare professional prior to making significant changes to a nutritional plan.*

## Recipe Corner

### Microwave Cinnamon Apples

- 1 ea. Granny Smith Apple
- 1 tsp. Brown Sugar
- 1/4 teaspoon Cinnamon
- 1/4 tsp. Corn Starch
- 1 Tbs. Water



### Directions

1. Peel the apple and core it. Medium dice the apple and place it in a microwave safe bowl and sprinkle with brown sugar, cinnamon, cornstarch, and water
2. Stir the ingredients together.
3. Cover the microwavable bowl with plastic wrap and microwave for 2 minutes.
4. Check the apples for desired doneness with a fork. If you like your apples firm, 2 minutes is fine. But, if you like them tender, put them back in for another 2 minutes and then test the apples again. You can garnish with raisins and serve warm.



# LIFESTYLE

## Happy Birthday

- Helen M.—1st
- Miriam F.—8th
- Dottie W.—9th
- Jim S.—13th
- Lois V.—16th
- Bette C.—23rd
- Joyce R.—30th



## 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

### Resident Services Coordinator

Megan Richmond

## **A Note from the Community**



We would like to welcome Heidi Litton to our community as our Memory Care Director. Heidi is a Licensed Nurse Practitioner and has been in Healthcare for over 17 years. We are excited to have her join our team and already know what a positive impact she will have at Gull Creek. When you are visiting the community feel free to introduce yourself or send her some warm welcome wishes by giving her a call.

## **Upcoming Council Meetings**

**Resident Council** will take place on Tuesday, March 22nd at 2pm

**Family Council**—will take place on Thursday, March 24th at 4pm



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

## **Employee of the Month**

Regina Moore was named our most recent Employee of the Month. She is one of our amazing Certified Medicine Technician at Gull Creek. Although she typically works overnight all her hard work does not go unnoticed. She will pick up shifts when needed and pitch in to take care of any tasks. She will do anything that of asked of her and will offer to help her fellow team members however she can. Her compassion to the residents and professionalism as a team member is appreciated. We are lucky to have her on our team and she is surely an asset!





# LIFESTYLE

## National Nutrition Month!

March is National Nutrition Month. It is a month focused on making informed food choices and developing healthful eating and physical activity habits. During meals the dining team does a great job of offering a well-balanced meal. There is also fruit readily available for the residents to enjoy when they need a snack during the day! Start March off right by making some healthy choices!



## St. Patrick's Day



Gull Creek is going Green on St. Patrick's Day! At 11am we will lead a program called *All about St. Patrick's Day* and host a St. Patrick's Day social in the Sun Room that afternoon at 3:15pm. Make sure

you wear your green that day! Additionally, Dining will be serving a green themed meal at lunch and dinner will feature traditional Irish cuisine! This will be a festive and fun day for the entire community to enjoy!

## Outdoor Time

With the warm weather fast approaching we are anxious to spend more time outdoors enjoying the beautiful weather and community ground. Shortly you will see our raised plant beds full of vivacious flowers and see our walking club taking laps around the community grounds. Who doesn't enjoy getting some nice fresh air on a beautiful Spring Day!



## Horoscope

### Aquarius (1/20-2/18)

Interact with new people and expand your social circle.

### Pisces (2/19-3/20)

Your finances will be in good shape because of the discipline you have mastered.

### Aries (3/21-4/19)

Always appreciate and support your loved ones .

### Taurus (4/20-5/20)

Remain humble in your interactions with people.

### Gemini (5/21-6/20)

Be diligent with how you spend your money this month.

### Cancer (6/21-7/22)

Your health will be excellent, while your relationships with people need to improve.

### Leo (7/23-8/22)

Don't worry about the things you cannot control.

### Virgo (8/23-9/22)

Your family means a lot to you. This month you will live in harmony.

### Libra (9/23-10/21)

You should be proud of the person you are becoming. Always go for the things you want in life.

### Scorpio (10/22-11/21)

Focus on career, finances, education, and health.

### Sagittarius (11/22-12/21)

Be confident in the decisions you've made in your life.

### Capricorn (12/22-1/19)

Take care of your mind and body in order to be in the best health.



# LIFESTYLE

## Super Bowl Fun

It was fun having everyone vote for who they thought was going to win the Super Bowl! We had the game going on our activity room with snacks for everyone to munch on. Whether you watched the game, the halftime show or the commercials.

We hope you enjoyed it!

## Dining—Themed Meals

We always enjoy theme days and events that take place in our community. During the month of March, Dining Services and Activities are teaming up to offer some themed dining opportunities for the community. First up is Oregon Day on March 8<sup>th</sup> that will feature well-known foods from the state! Up next will be an all-day St. Patrick's extravaganza wherein during lunch we will offer up a green themed food and dinner we will serve traditional Irish cuisine. Rounding out the themed meals will be our March Madness lunch time meal on March 22<sup>nd</sup> that will highlight walking tacos, mini pizzas and other game day finger food items.





# SUDOKU PUZZLE

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





# SUDOKU ANSWERS

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