

J.E. Journal

APRIL 2022

At A Glance



Air Fryer Twice Baked Potatoes



Hello Spring!

Managed by



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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!



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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

Birthdays/Anniversaries

Resident Birthdays:

- Genora T. 4-2
- Elvis W. 4-4
- Ray A. 4-6
- Twyla K. 4-9 “99”
- John H. 4-22

Staff Work Anniversaries:

- Lisa H. Housekeeping-
4 Years

Welcome New Staff:

- Susan W. Business Office
Manager
- Kayleigh K. Director of
Nursing

Welcome New Residents

- Randy K.
- Don M.
- David W.
- Mary G.



A Note from the Administrator

Melanie Daniels

We are proud to announce we have a new Director of Nursing beginning April 4th. Kayleigh Kemper R.N. is excited to start her new career at John Evans. Please join us in welcoming Kayleigh to the team. She looks forward to meeting everyone and getting to know all our residents.

We also would like to announce our new Business Office Manager, Susan Wiley. Susan has been with us almost a month and is excited to learn the ropes and get to know everyone.

Please help give a warm welcome to our newest employees!

Easter Egg Hunt

Beth Squires

After a 2 year hiatus we are thrilled to report we can have our annual Easter Egg Hunt. As long as there are no changes in current guidelines we plan to hold the hunt April 16th @ 10:00 a.m. All activities will be held outdoors. This includes the hunt, opening of eggs and claiming prizes. Dress appropriately for cool weather. In the even of rain we will have to reschedule at a later date.

Reminders

- Bank statements are to be brought to the front desk every month!
- The country Store is open on Friday mornings at 10:00 a.m. It is located on the 2nd floor in the Activity Room.
- Dr. Shuttle is Wednesdays 9-11 only. This is a drop off shuttle only. You must sign up in the schedule book on the table by the dining room. Also be advised Beth does not remain with you at appointments.



LIFESTYLE

Supportive Living Week 2022

Supportive Living Week 2022 begins April 25th and runs through April 29th!

We will be walking across Illinois this week so be sure to track your miles each day. If you sign up to participate Beth will give you a pedometer or use your smart phone if you have one.

Each day this week we will have something that promotes healthy living, whether it be physical, emotional, spiritual, environmental, vocational, intellectual or social. We will cover all 7 dimensions of wellness. Please be sure to check out your calendar for all the events scheduled this week. Let's get up and get out and start working towards maintaining a more healthy living lifestyle!



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.



WORD SEARCH



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|-------------|--------|----------|----------|
| 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

