J.E. Journal

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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Bourbonnais, IL 60914
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www.gardant.com
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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.

John M. Evans
Supportive Living Community
An Affordable Assisted Lifestyle Community for the Older Adult

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EQUAL OPPORTUNITY EMPLOYER

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:
- Anna O. 5-13
- Sandy R. 5-13

Staff Work Anniversaries:
- Melanie D. 16 Years
- Brendan B. 7 Years
- Diana O. 4 Years

Welcome New Staff:
- Jessie J. CNA
- Marissa L. CNA

A Note from the Executive Director

Melanie Daniels

Things to Remember:
1. Bank statement due each month.
2. Rent is due the 1st and considered late after the 5th.
3. There are some residents that get their social security on the 3rd or 4th Wednesday. We are aware of this.
4. Late fees are $3.00 a day for each day rent is late.
5. If you no longer want to receive internet or cable after the promotion period has ended you must notify the front office.
6. Sign up for all outings at the front desk. Please make sure to sign up for doctor appointments a couple days before so Beth can plan her scheduled routes.
7. Do not set garbage in the hallways. Call 6600 for a pick up.
8. Country Store has moved and is located on the 2nd floor living room.
9. Spring has sprung… get out and walk or even just sit out on the many benches in front of the building!

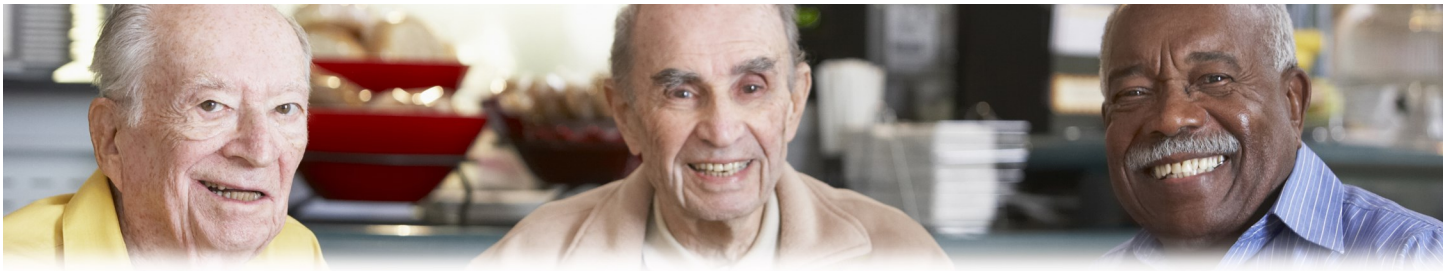
Community Partner in the News

Beth Squires

Once again we owe a big thank you to "You Are Loved." They were able to donate Easter bags to us and all the other senior centers in the area. This group amazes me with the volunteers they have to make this happen. They are able to make gifts for over 500 residents in the local area. That's a lot of work bagging, sorting and delivering!

Reminders and Events coming up

We are excited to start gardening. New garden boxes have been purchased and put together. Thank you to our teams members who were able to get those all set up. Resident Becky R. has taken on the project of planting strawberries. Make sure you thank Becky for her hard work on this project. Let's Get Growing!



LIFESTYLE

Upcoming Events:

Date: Friday May 12th Time: 2:00
Location: Dining Room
Details: Mother's Day Social. We will serve strawberry shortcake for all our Mother's. Due to limited seating and possibly a COVID situation please limit your guest to one. We will need you to RSVP if you are having a guest. Every effort will be made to having seating for you in the main dining room if you RSVP. Remember this is not a guarantee.

Date: Friday May 15th & 19th Time: 10:00 & 1:30
Location: Patio
Details: Garden Planting: On Monday May 15th we will have an outing to go pick out our vegetables for our garden. On May 19th we will plant our garden, weather permitting. This garden is for our residents to enjoy and not solely up to the staff to care for. We expect the residents to help with planting, watering and weeding. It will take all of us to make this project successful.

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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7				3	2	1		
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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