

# The Lacey Creek Courier

JUNE 2022

## At A Glance



Microwave Fruit Crisp for Spring!



Benefits of Playing Games

Managed by



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



## From the Desk of the CEO

Rod Burkett

The assisted living communities in the Gardant Management Solutions portfolio are committed to continuous quality improvement. There are several formal activities that monitors the provision of care and looks for ways to improve systems and processes. Two-thirds of our 58 portfolio-wide properties have been awarded ‘Bronze’ status in the prestigious National Center on Assisted Living sponsored Malcolm Baldrige Quality Awards, and many of our communities also participate in local Chamber of Commerce sponsored consumer ratings.

In addition to these established quality focused programs, a new program has entered our senior living sector. On May 10, 2022, U.S. News & World Report published their inaugural edition of Best Senior Living, which expands the U.S. News rankings, ratings and data offerings. The new designations of Best Independent Living, Best Assisted Living, Best Memory Care and Best Continuing Care Retirement Communities (CCRC) build upon more than three decades of guiding families to the best health care decisions at every stage of life.

“Families have limited information when comparing providers of independent living, assisted living, memory care or continuing care,” said Ben Harder, managing editor and chief of health analysis at U.S. News. “The Best Senior Living ratings help to fill this informational gap with comprehensive and transparent data to help older consumers and their families identify high-quality senior living communities that meet their needs and preferences.”

U.S. News and its survey provider collected data on more than 3,000 communities throughout the continental U.S. and Hawaii, representing more than 80 senior living operators. From that data set, U.S. News analysts identified 1,272 communities that excel in independent living, assisted living and/or memory care. Gardant Management Solutions is proud to announce that 21 of its managed communities received this “Best” rating, which is a testament to the dedicated staff and the compassionate care they provide.



4200 Lacey Rd, Downers Grove IL 60515

(630) 964-7720 | laceycreek-slf.com





# IN THE NEWS

## All About June

Rick Banas

On June 25, 1630, the Governor of Massachusetts, John Winthrop, introduced the fork to American dining. The fork was then known as the “spilt spoon” and initially was deemed “sacrilegious” as fingers were considered by clergy as the only thing worthy of touching God’s food.

In June 1847, a ship captain by the name of Hanson Gregory is credited with creating the “modern donut.” He took the cover off of the ship’s tin pepper box and used it to cut a hole in the dough before frying it. National Donut Day is the first Friday in June.

In June 1872, Susan B. Anthony was arrested and fined for voting in a presidential election. More than 45 years later, on June 4, 1919, the 19<sup>th</sup> Amendment to the U.S. Constitution was passed by Congress, guaranteeing women the right to vote.

In June 1893, the Ferris Wheel was introduced at the Chicago Columbian Exposition. Created by George Washington Gale Ferris Jr., the “Chicago Wheel” rose 264 feet into the air and featured 36 gondolas, each capable of holding up to 60 people.

Superman made his debut in *Action Comics* in June 1938. He is generally considered the first comic book Super Hero and was said to hail from a distant planet that was “destroyed by old age.” The town of Metropolis, a small town along the Ohio River in southern Illinois, is considered the adopted hometown of the “Man of Steel” and is home to a 200-foot Superman statue and the Superman Museum.

June is Cataract Awareness Month. Cataracts are a common eye condition that most commonly affects individuals 40 years of age and older. While they are the leading cause of blindness in the U.S., they are treatable with a simple surgical procedure.

June also is National Accordion Awareness, National Iced Tea, National Fresh Fruit and Vegetables, Dairy, Great Outdoors, and Fight the Filthy Fly Month.

June 14 is National Flag Day. It commemorates the day in 1777 when the design of our first national flag was approved.

June 16 is National Nursing Assistant’s Day.

Fathers Day this year is on June 19.

June 23 is Let It Go Day, a perfect opportunity to shed your worries and concerns.



# WELLNESS

## Gaming for All

Deborah Denham RN, MSN, CPPS, CPHRM

Why do we love board games? Because they are fun!!

Quality of life is related to social interactions and promote a sense of well-being. Being present with others helps prevent isolation and loneliness. Talking and interacting with others during a game helps people to get to know each other better and deepens friendships.

I remember when I was young, 16 yrs. old, and was working in dietary. I had to bring the lunch food to the nun's residential wing at the hospital. That was always scary, Catholic nuns can inspire awe in a group. The nuns were playing a card game when I came into the unit and one of the women stood up, very upset and threw her cards on the table and exclaimed "You cheated!" I was horrified. This was very atypical behavior for this group of people. The other ladies at the table started giving the disgruntled woman a hard time, laughing, and calling her a sore loser. This seemed like it would be the end of all things civilized. Reflecting on this interaction, they were having a good time, all of them, even the dissatisfied one.

Play is exercise for the brain and helps keep the mind sharp. A British Medical Journal study noted the risk of dementia was 15 % lower in board game players than in non-players. Other studies reflect the decrease in cognitive decline when seniors played games.

Full disclosure, there are side effects. Playing board games reduces stress and creates more happiness. Playing a game triggers endorphin release, (the feel-good hormone) and helps with conscious and unconscious mind functions leaving a person feeling cheerful, compassionate, and ultimately content.

Countless games can be modified for seniors with physical or cognitive limitations. There are playing cards with large numbers and video game controls for people with limited hand movement.

I encourage you to sign up to play a board or card game. Remember to laugh, talk and enjoy those side effects from playing a game that will leave you with a smile on your face.

## Recipe Corner

### Microwave Fruit Crisp



- 2 Cups of frozen sliced peaches
- 1 Cup frozen strawberries
- 1 Cup frozen blueberries
- 4 Tbs. Caramel Topping
- Ice cream or granola for toppings

### Directions

1. Combine all items and mix
2. Pour into four 8 oz. containers
3. Microwave on high for 1-2 minutes or until the fruit is tender.
4. Top with Ice cream or granola



# LIFESTYLE

HAPPY  
*Birthday!*

Bobbi 6/8  
Judy M. 6/9  
Doris 6/15  
Edna 6/16  
Marty 6/19  
David S. 6/20  
Tony 6/22  
Robert R. 6/29  
Marge R. 6/29  
Catherine 6/30  
Jo 6/30

*Welcome!*

Welcome New Residents!

Jane  
Joseph B.  
Clara  
Marilyn S.  
Marcia  
Joyce  
Karen H.  
Joan  
Arnold  
Janet F.  
James C.  
Harriet  
Sarah

## Mobile DMV Event

June 14th, 10am-2pm  
Gathering Place

The DMV will be here to issue, renew or correct state ID cards, do organ donor registration, and renew/correct driver's licenses (driver's license renewal only if you're under 75). Due to enhanced security requirements, REAL ID compliant licenses and ID cards must be processed at a DMV. They're not available at mobile events. Information packets for services provided and what personal documentation you need to present at this event are available at the reception desk.

Please note you will not receive your permanent ID card during the mobile event. You will be issued a temporary paper version of your ID card that you will be able to use until your permanent card comes via mail.

## Reminder– Dining

The dining room is open for lunch Monday thru Friday, with the exception of holidays. If you choose not to eat lunch in the dining room, you are still able to come down during your seating time and take your food to go, but you will need to bring your own container to transport your food back to your apartment.

If you do not plan to come down and eat in the dining room or pick your food up from the dining room, simply mark a big X through lunch on your menu.

Seating times:            2nd floor residents 11:00am—12:00pm  
                                     1st floor residents 11:30am—12:30pm  
                                     3rd floor residents: 12:00pm—1:00pm

Please remember to stick to your seating time, and to leave the dining room when your seating is over so that we have time to clean and reset the tables for the next seating.



# LIFESTYLE

Here are a few good things to remember if you've been here a while, and good information to know if you're new to Lacey Creek!

\* Everything on the activity calendar that's in **BOLD RED PRINT** needs to be signed up for the day before the activity, at the reception desk. Please look at your calendar to see if you need to sign up beforehand. For example: if you want to make Easter cards with Martha on Saturday April 2nd, you need to sign up at the reception desk on Friday April 1st.

\* All activities are open to all residents. Some do require signing up ahead of time, as noted above. Please make your best efforts to be at activities on time, or even a couple of minutes early. Also please turn your cell phone ringer down and/or off during activities.

\* Are you playing Progressive Bingo? Bingo numbers are posted daily Monday thru Friday on the bulletin board outside the dining room by 10am. To play, visit the board to check the daily numbers. Cross off the numbers on your card until you get a bingo—up, down, left, right or diagonal. Keep your card and keep checking the daily numbers until there is a winner. Notify Lauren if you are a winner to claim your prize! When someone wins, we will post it on the board and a new game will start *the following day*. You will need to get a new card from the reception desk for each new game.

\* It is the responsibility of the individual resident to have funds to go on outings. This includes having money to pay for your own groceries or lunch. Neither the community, nor other residents will have funds to give you while you are out. Please check before getting on the bus that you have your money with you.

Bus loading begins 10-15 minutes before a trip departs, therefore, if we are leaving at 1:00, please be down in the lobby by 12:45 or so. We try to leave as close to the posted time as possible. If you change your mind or aren't feeling well and decide not to go on a bus trip you have signed up for, please call or visit the reception desk to cancel as we may be able to have someone else go in your place.

We are also asking all residents to think of others, and give everyone a chance to sign up for bus trips. If you went shopping last week, leave space for someone different to be able to shop this week.

## Horoscope

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

You might be making some lifestyle changes.

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

Nothing should scare you about living your best life.

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

Family matters will be important this month.

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

Your health will be great, and expect some travelling.

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

You will finally get that leadership position you have been working for.

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

All aspects of your life will be on the right track this month.

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

Finances will not be a problem for you this month.

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

Your health will pose no problems this month.

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

Be true to yourself and live an honest life.

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

Your family will give happiness and joy.

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

Pursue your passions and work towards happiness in all that you do.

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

Do not take anything for granted. Be patient.



# THE SCOOP

Information about upcoming activities:

## **June 2 Grand Opening of the Lacey Creek Country Club**

Lee has built a 9 hole mini golf course in the Rec Room on the 3rd floor. We're going to have a grand opening and residents can test their skills at the different holes—some are harder than they look!

## **June 3 Donuts and iN2L Trivia**

June 3 is National Donut Day! Join us for trivia using our iN2L computer, and get rewarded with a donut!

## **June 3 New Resident Social**

We have a lot of new faces at Lacey Creek. Join us for a social where we'll get to know residents that have moved in over the past few months!

## **June 4 Card Making with Martha**

Sign up to join a card making class led by Martha, a card making pro! She will help you make 3 handmade greeting cards. You must sign up for this activity as materials are limited.

## **June 4 Music Bingo**

Melissa will be here to visit and she's going to host a game of Music Bingo!

## **June 6 Covid Booster Clinic**

Walgreens will visit us to administer the second booster for COVID-19 vaccinations.

## **June 7 and 8 Gardening/Spring Decorating**

Meet in the Club Room on the 2nd floor as we plant flowers and get ready to spruce up our outdoor areas. If you like to plant flowers or work on any kind of gardening, these activities are for you!

## **June 9 RTA Transportation Presentation**

Sarah from the RTA will be here to share travel tips and information on Pace bus, Dial-a-Ride, and other ways to get around, and you can also sign up for Reduced Fare Cards for CTA, Metra, and Pace. Sarah will also be giving you information on how to apply for Ride Free Cards, and will be able to answer many questions about public transportation.

**June 15 Technology Help Sessions with Downers Grove Library** Sign up at the reception desk for a 30 minute appointment for tech help with a technician from the Downers Grove Public Library. When you sign up, please note what you are needing help with. They can help with cell phones, tablets, laptops, and e-readers. We ask that you limit it to 1 piece of technology for each session slot, and those items be fully charged. Issues pertaining to your service or plan, will need to be directed to a cell or internet provider. You must make an appointment for this, and please be on time!



# THE SCOOP

## **June 20 Senior Ballet Class**

Instructors from the VH Dance Center are back to teach a ballet class made for seniors. You can take the class seated or you can stand behind a chair. You'll practice various arm and leg movements with music!

## **June 21 Kona Ice Truck**

Come outside for the Kona Ice Truck! Kona Ice is shaved ice with flavored syrup, similar to a snow cone. Sit outside and enjoy your ice with friends, or take it back to your apartment! This is a free activity!

## **June 24 Birthday Party with Kym Frankovelgia Entertaining**

Everyone is invited to celebrate with our residents who have a birthday in June at our monthly birthday party! Kym Frankovelgia will be our entertainment, she's a singer. We'll also have treats to take with you after the party. Invite a friend and come down and enjoy yourself!

## **June 27 Therapaws Pet-a-Pet Therapy from the Hinsdale Humane Society**

Pet-a-Pet is the oldest and largest pet therapy program at the Hinsdale Humane Society. Founded in 1982, it sends owner/pet teams to places such as retirement communities. Pet owners sign up for this program and then bring their pet to visit with residents, sharing chats and smiles while the pets provide an unending supply of warmth and love. They have pet teams including dogs, cats, rabbits and guinea pigs.

## **June 28 Bus Trip to Illinois Aviation Museum**

We'll be taking a trip to Clow International Airport in Bolingbrook for a guided tour of the Illinois Aviation Museum. After the tour we will be eating lunch at a restaurant at the airport called Charlie's.

## **Thursday Nights in June**

We're going to try having resident-led activities on Thursday nights. Check the calendar to see what's on the schedule every week!





# June Movies

**June 5 Noah** [2014, PG-13] Stars Russell Crowe, Jennifer Connelly

Noah is chosen by God to undertake a momentous mission before an apocalyptic flood cleanses the world.

**June 7 Chitty Chitty Bang Bang** [1968, G] Stars Dick Van Dyke, Sally Ann Howes

A down-on-his-luck inventor turns a broken-down Grand Prix car into a fancy vehicle for his children, and then they go off on a magical fantasy adventure to save their grandfather in a far-off land.

**June 12 Kiss Me Kate** [1953, Approved] Stars Kathryn Grayson, Howard Keel

An ex-husband and wife team star in a musical version of 'The Taming of the Shrew'; off-stage, the production is troublesome with ex-lovers' quarrels and two gangsters looking for some money owed to them.

**June 14 Sully** [2016, PG-13] Stars Tom Hanks, Aaron Eckhart

When pilot Chesley "Sully" Sullenberger lands his damaged plane on the Hudson River in order to save the flight's passengers and crew, some consider him a hero while others think he was reckless.

**June 19 5 Flights Up** [2014, PG-13] Stars Diane Keaton, Morgan Freeman

A long-time married couple who've spent their lives together in the same New York apartment become overwhelmed by personal and real estate-related issues when they plan to move away.

**June 21 Jungle Cruise** [2021, PG-13] Stars Dwayne Johnson, Emily Blunt

Seeking an ancient tree with healing abilities, Dr. Lily Houghton and wisecracking skipper Frank Wolff team up for the adventure of a lifetime on Disney's Jungle Cruise, a rollicking ride down the Amazon.

**June 26 Meet the Parents** [2000, PG-13] Stars Ben Stiller, Robert De Niro

Male nurse Greg Focker meets his girlfriend's parents before proposing, but her suspicious father is every date's worst nightmare.

**June 28 Meet the Fockers** [2004, PG-13] Stars Ben Stiller, Robert De Niro

All hell breaks loose when the Byrnes family meets the Focker family for the first time.





# Word Search Puzzle

BASEBALL  
FISHING  
JUMPROPE  
SUMMER

BUTTERFLY  
FLAG DAY  
LADYBUG  
SUNSHINE

COOKOUT  
GRADUATION  
MOSQUITO  
WEDDING

FATHERS DAY  
INSECT  
PICNIC

L P I C N I C W F E W B U C E  
H L N O O S T I A A M F Y N P  
C Y A C T C S Y T E C A F Z O  
F O E B S U N S H I N E F G R  
I S O P E D L O E F X L R N P  
S U C K M S T G R C A A K I M  
H M I N O I A T S G D C Z D U  
I M V Q U U C B D U J V V D J  
N E N Q F E T A A V F B L E W  
G R S N S L Y T Y U N M A W U  
F O L N X G I P G U B Y D A L  
M S I I E O Y L F R E T T U B  
H U Z Z N W L H O X D W T N X  
X B V W Z K L E N F S I M R U  
F Y D Z B K B Q E Z V A C A F



# ANSWERS

L	P	I	C	N	I	C	W	F	E	W	B	U	C	E
H	L	N	O	O	S	T	I	A	A	M	F	Y	N	P
C	Y	A	C	T	C	S	Y	T	E	C	A	F	Z	O
F	O	E	B	S	U	N	S	H	I	N	E	F	G	R
I	S	O	P	E	D	L	O	E	F	X	L	R	N	P
S	U	C	K	M	S	T	G	R	C	A	A	K	I	M
H	M	I	N	O	I	A	T	S	G	D	C	Z	D	U
I	M	V	Q	U	U	C	B	D	U	J	V	V	D	J
N	E	N	Q	F	E	T	A	A	V	F	B	L	E	W
G	R	S	N	S	L	Y	T	Y	U	N	M	A	W	U
F	O	L	N	X	G	I	P	G	U	B	Y	D	A	L
M	S	I	I	E	O	Y	L	F	R	E	T	T	U	B
H	U	Z	Z	N	W	L	H	O	X	D	W	T	N	X
X	B	V	W	Z	K	L	E	N	F	S	I	M	R	U
F	Y	D	Z	B	K	B	Q	E	Z	V	A	C	A	F

