

The Lacey Creek Courier

MAY 2022

At A Glance



Air Fryer Sweet and Spicy Meatballs



Will April Showers Bring May Flowers?

Managed by



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From the Desk of the CEO

Rod Burkett

We all strive for approval in some form or fashion. As young children, we sense that we need to seek approval from our parents even before we have learned to walk and talk. We next learn that we need approval from our teachers as we have our academic performance graded and as we experience test after test.

As we grow and become more social beings, we often feel the need to fit in, so we strive for approval from our peers. As we enter the working world and build careers, many learn that our success can be directly related to securing the approval of various stakeholders, often those with organizational power.

However, when does the need for approval from others become ‘all encompassing’ and dysfunctional in our lives? Many years ago, famed business consultant and author, Peter Drucker, provided us with this insight, “We are here on earth to make a positive difference, not to prove how smart or right we are.”

The need for external approval kills our individual creativity and our freedom. Aristotle said, “Criticism is something you can easily avoid by saying nothing, doing nothing, and being nothing.” While it’s easier said than done, a simple recipe for overcoming an unhealthy need for the approval of others is to quiet your mind, and simply listen to your own heart and flow with the energy that comes from within. Your guidance for your decision making will then be a balance of what you learn from others, and from your own self-confidence, and not from an unhealthy reliance on the opinion of others.



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IN THE NEWS

All About May

Rick Banas

- In May of 1875, Ben Franklin announced his invention of what we now call Bifocals. His eyesight became worse as he aged. He became both near-sighted and far-sighted. Tired of switching glasses, he devised a way to fit both types of lenses into one frame, with a lens for distance at the top and a lens for seeing close-up at the bottom. He called them “double-spectacles.”
- American folk hero “Wild Bill” Hickok was born on May 27, 1837, in Troy Grove, Illinois. The small town in LaSalle County, Illinois, is located about 20 miles northwest of Heritage Woods of Ottawa. Hickok was shot and killed during a poker game in a saloon in Deadwood, South Dakota. It is said he was holding what became known as the “dead man’s hand” – a pair of black aces and a pair of eights.
- In May of 1875, the first Kentucky Derby horserace took place at Churchill Downs in front of a crowd of 10,000 spectators.
- Clara Barton founded the American Red Cross on May 21, 1881.
- Construction began on the first modern skyscraper in May 1984. The 10-story Home Insurance Company building is located at Adams and LaSalle in Chicago. The building was supported by a revolutionary steel frame.
- The first National Hospital Day was celebrated on May 12, 1921, in honor of the birth of Florence Nightingale.
- On May 19, 1930, African American playwright Lorraine Hansberry was born in Chicago. She is best known for her play “A Raisin in the Sun,” which was the first stage production written by a black woman to appear on Broadway.
- Cheerios began hitting store shelves on May 1, 1941. Originally, the cereal went by the name CheeriOats.
- May is National Stroke Awareness Month. The American Stroke Association reminds us that acting F.A.S.T. can mean the difference between recovery or disability, life or death.

F = Face Drooping

A = Arm Weakness

S = Speech Difficulty

T = Time to call 911.

Other symptoms can include numbness, confusion, trouble seeing, trouble walking, and a severe headache.



WELLNESS

Will April Showers Bring May Flowers?

Meghann Giarraputo MSN, RN

Will the April showers (or the occasional sprinkle of snow for some of us) bring May flowers this year? Given the vast benefits of spending time outdoors, it would be valuable for us to step outside to check it out!

According to the Centers for Disease Control and Prevention (CDC), spending time outdoors can improve overall health and wellness; specifically, time spent in nature can promote and improve our mental health while reducing stress. Additionally, time outdoors typically lends an opportunity to engage in increased physical activity. Moreover, the Institute on Aging (IOA) shares short spans of direct sunlight exposure can help us to meet our daily requirements of Vitamin D. Vitamin D helps our bodies to absorb calcium which impacts our bone health.

So, regardless of where the “May Flowers” are (and, of course, in consideration of weather conditions and safety), will you bring a buddy and join me in spending a few minutes each day to engage in nature right outside your door? Talk with a member of your Community Leadership Team today about upcoming opportunities where you can experience the beautiful outdoors while reaping the countless benefits.

**As a friendly reminder, for resident health & wellbeing reasons, along with emergency preparedness and response reasons, we encourage residents to sign out and back in at the front desk when leaving the indoors.*

Recipe Corner

Air Fryer Sweet & Spicy Meatballs

- 2/3 c. quick-cooking oats
- 1/2 c. crushed Ritz crackers
- 2 lg. eggs lightly beaten
- 5 oz evaporated milk
- 1 Tbs. minced onion
- 1 tsp. Garlic powder
- 1 tsp. cumin
- 1 tsp. honey
- 2 lbs. lean ground beef
- Salt/pepper

Sauce

- 1/3 c. brown sugar
- 1/3 c. honey
- 1/3 c. orange marmalade
- 2 Tbs. cornstarch
- 2 Tbs. Soy Sauce
- 1-2 Tbs. hot sauce
- 1 Tbs. Worcestershire sauce

Directions

1. Preheat Air Fryer to 380. In a large bowl, combine the first 10 ingredients and then add the beef. Mix thoroughly. Shape into 1-1/2 in. balls.
2. In batches, arrange meatballs in a single layer on greased tray in the basket. Cook until lightly browned & cook through. 12-15 min. In a saucepan, combine sauce ingredients. Serve with meatballs.



LIFESTYLE

HAPPY
Birthday!

Lillian 5/1
Judy S. 5/1
James M. 5/3
Ralph E. 5/5
Laura 5/6
James K. 5/9
Joyce H. 5/11
Linda 5/19
David A. 5/23
Wayne 5/29



Welcome New Residents!
Jane
Joseph B.
Clara





May Movies

May 1 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.

May 3 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.

May 8 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.

May 10 Annie Get Your Gun [1950, Passed] Stars Betty Hutton, Howard Keel

The story of the great sharpshooter Annie Oakley, who rose to fame while dealing with her love/professional rival, Frank Butler.

May 15 Into the Storm [2014, PG-13] Stars Richard Armitage, Sarah Wayne Callies

Storm trackers, thrill-seekers, and everyday townspeople document an unprecedented onslaught of tornadoes touching down in the town of Silverton.

May 17 Dark Passage [1947, Passed] Stars Humphrey Bogart, Lauren Bacall

A man convicted of murdering his wife escapes from prison and works with a woman to try and prove his innocence.

May 22 Secondhand Lions [2003, PG] Stars Haley Joel Osment, Michael Caine, Robert Duvall

A coming-of-age story about a shy, young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas.



May Movies

May 24 The King and I [1956, G] Stars Yul Brynner, Deborah Kerr

A widow accepts a job as a live-in governess to the King of Siam's children.

May 29 Star Wars [1977, PG] Stars Mark Hamill, Harrison Ford, Carrie Fisher

Luke Skywalker joins forces with a Jedi Knight, a cocky pilot, a Wookiee and two droids to save the galaxy from the Empire's world-destroying battle station, while also attempting to rescue Princess Leia from the mysterious Darth Vader.

May 30 The Empire Strikes Back [1980, PG] Stars Mark Hamill, Harrison Ford, Carrie Fisher

After the Rebels are brutally overpowered by the Empire on the ice planet Hoth, Luke Skywalker begins Jedi training with Yoda, while his friends are pursued across the galaxy by Darth Vader and bounty hunter Boba Fett.

May 31 Return of the Jedi [1983, PG] Stars Mark Hamill, Harrison Ford, Carrie Fisher

After a daring mission to rescue Han Solo from Jabba the Hutt, the Rebels dispatch to Endor to destroy the second Death Star. Meanwhile, Luke struggles to help Darth Vader back from the dark side without falling into the Emperor's trap.





Sudoku Puzzle

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



ANSWERS

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