

# The Lacey Creek Courier

JULY 2022

## At A Glance



Time to drink your water!



Read all about July!

Managed by



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



## From the Desk of the CEO

Rod Burkett

A few weeks ago, I participated in a Congressional Briefing event in Washington, DC, sponsored by the National Center for Assisted Living. I have attended several of these programs before, but it hasn't been held over the past two years due to the COVID pandemic. During this event we make organized visits over a couple of days to our various elected officials to discuss the challenges and successes of our Assisted living industry, and provide advice on how our members of Congress could assist us and better serve our residents and other stakeholders.

While walking thru the Capitol building and grounds, I remembered back to my first time being there as a fresh-faced, goofy 18-year old on my senior class trip. That was 48 years earlier. To further frame the timeline, President Nixon resigned 4 months after our visit, although I don't think our tour of the White House had anything to do with his upcoming departure. I wondered how I had changed during these past 5 decades, and how our country had also changed.

I think I'm more knowledgeable now about people, places and things. Next, I considered if I have transformed that knowledge into more wisdom and understanding about people, places, and things. Many days, I question my progress on that wisdom/understanding journey, and like most people I know, the answer is a mixed bag. I feel I have some level of success, while still being a fallible, messy human being, but so far, I'm still interested in making the effort to keep trying to figure it out.

So, how has our country changed over the same period? The USA is definitely more knowledgeable about people, places, and things, but what's our collective wisdom and understanding level? I would say that the answer is also a mixed bag. We've made great strides in many areas in nurturing our collective similarities and our differences, but our current state of polarization is not serving us well. It seems in today's world, when we have different opinions, we spend way too much energy trying to prove the other wrong, instead of looking for the positives that come from honoring all viewpoints. Our democracy, just like people, can be fallible and messy, as we connect with each other.

From what I saw in DC recently, while not a perfect process, most involved are still willing to keep trying to figure out the best way forward.



4200 Lacey Rd, Downers Grove IL 60515

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





# IN THE NEWS

All About July  
Rick Banas

All Hail! July is named after Julius Caesar.

In the northern hemisphere, July is usually the hottest month of the year. The hottest temperature ever recorded in the United States was on July 10, 1913, in Death Valley, California. The temperature reached 134 degrees. By contrast, in the southern half of the world, the temperature fell to 128.6 degrees below zero at Vostok Station in Antarctica in July 1983.

What are often referred to as the Dog Days of Summer begin on July 3 and end on Aug. 11.

On July 1, 1862, President Abraham Lincoln signed the first federal income tax legislation, which called for a tax of 3% on annual incomes of \$600 to \$10,000 and 5% on incomes above \$10,000. An Act of Congress also established the Internal Revenue Bureau. Taxes began being withheld from paychecks on July 1, 1943.

The Lawrence Welk Show premiered on television on July 2, 1955. Dick Clark hosted American Bandstand for the first time on July 9, 1956.

Sam Walton opened the first WalMart in Rogers, Arkansas, in July 1962.

In July, we celebrate National Blueberry, Hot Dog, Picnic, Pickle, Ice Cream, and Watermelon Month.

Did you know that in addition to being a tasty treat, watermelons are a good source of Vitamins A and Vitamins C. They contain lycopene, fiber, and potassium. Watermelons also are more than 90% water so eating watermelon can help you stay hydrated.

Some other interesting facts about watermelon include:

- More than 1,200 varieties of watermelon are grown worldwide.
- Every part of the watermelon is edible, even the seeds and the rind.
- Early explorers used watermelons as canteens.
- Watermelons do not contain any fat or cholesterol.
- Watermelon reportedly can help quench the inflammation that contributes to such conditions as asthma, atherosclerosis, diabetes, colon cancer, and arthritis.
- Watermelons are a vegetable. They are related to cucumbers, pumpkins, and squash.

Talk about unusual celebrations. July 27 is Take Your Houseplant for a Walk Day.



# WELLNESS

## Can I Fill Your Cup?

Meghann Giarraputo MSN, RN

Water is necessary to not only *survive*, but also to *thrive*. Our body depends on water to function. The *Centers for Disease Control & Prevention* (CDC) notes that water helps our bodies to keep a normal temperature, it lubricates and cushions our joints, it protects our spinal cord and other sensitive tissues, and it helps us get rid of wastes through urination, perspiration, and bowel movements. Moreover, the National Institute on Aging (NIA, 2019) shares that water also helps us absorb nutrients. Our bodies require increased amounts of water at times such as: during the warmer months, when we are more physically active, when we are fighting an infection or running a fever. All in all, hydration effects our bodies both physically and mentally.

In addition to water being found in liquids, including its natural state, water can be found in solids as well. For example, many fruits (ex: watermelon, strawberries, cantaloupe, tomatoes) and vegetables (ex: cucumber, lettuce, celery, zucchini) have high water content.

As we age, our sense of thirst diminishes. It is critical that we help our bodies stay healthy and hydrated through continued intentional efforts. The *National Institute on Aging (NIA) (2019)* includes the following tips to stay hydrated:

- Don't wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Add liquids throughout the day.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water when you take medicine.
- Have a glass of water before you exercise.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.

**Call to action:** What healthy hydration habit(s) will you intentionally commit to today?

Source: <https://www.nia.nih.gov/health/getting-enough-fluids>

## Recipe Corner

### Easy Salad

- 3/4 c. olive oil
- 1/4 c. lemon juice
- 2 garlic cloves, minced
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 lbs. lettuce
- 1 c. croutons (any)
- 8 bacon strips
- 1/2 c. grated parmesan cheese
- 2/3 c. slivered almonds
- 2 c. chopped tomatoes
- 1 c. swiss cheese

### Directions

1. In a jar, add the oil, lemon juice, salt and pepper and shake.
2. In a lg. bowl, place your cleaned salad mix
3. Top with tomatoes, cheese bacon, almonds and the dressing and mix.







# LIFESTYLE

HAPPY  
*Birthday!*

Shirley 7/4  
Mary R. 7/9  
Mary S. 7/10  
Judy G. 7/16  
Patsy 7/20  
Elizabeth 7/26  
Fran 7/29  
Karen L. 7/31

*Welcome!*

Welcome New Residents!  
Mary R.  
Pamela  
Lisa

## Smart Bucks Raffle

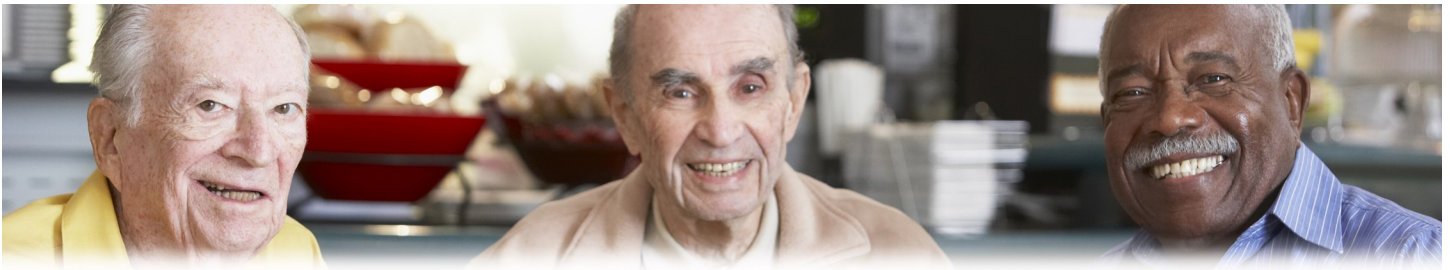
Our quarterly Smart Bucks Raffle is July 7th in the Activity Room.

There will be items laid out on the tables, each item will have a bucket in front of it. Simply drop your Smart Bucks into the bucket of the item you'd like to win. Remember, the green Smart Bucks are no good after this raffle, as we will be switching to a new color for the next quarter. Use them now or throw them away!

Didn't earn any Smart Bucks, and want to participate next time we have a raffle? Make sure to participate in activities that pay you in Smart Bucks! Here are a few ways to earn Smart Bucks:

- Exercise, fitness drumming, walking club, senior ballet
- Trivia/brain games
- Resident council meeting
- Participation in the monthly HealthPro Discovery Series
- Completing and returning puzzle packets





# LIFESTYLE

## Event You Don't Want to Miss!

Date: \_\_\_\_\_ Time: \_\_\_\_\_  
Location: \_\_\_\_\_  
Details: \_\_\_\_\_

## Horoscope

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

Your superiors will be impressed with your great leadership skills.

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

Health prospects for you are excellent this month.

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

Love and money will be great this month.

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

Your health will be excellent, and you will have great finances.

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

Family matters will be excellent!

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

Always ensure that you are present for your loved ones when they need you.

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

Your children will make you proud this month.

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

Focus more on your spiritual and mental health.

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

Be honest with your loved ones and the people you interact with.

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

Your marriage life will be filled with passion and romance.

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

Finances will keep flowing in your life.

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

Do everything in your power to have a great relationship with your children.



# July Movies

**July 1 Little Fockers** [2010, PG] Stars Ben Stiller, Robert De Niro

Family-patriarch Jack Byrnes wants to appoint a successor. Does his son-in-law, the male nurse Greg Focker, have what it takes?

**July 3 Book Club** [2018, PG-13] Stars Diane Keaton, Jane Fonda, Candice Bergen

Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club.

**July 5 News of the World** [2020, PG-13] Stars Tom Hanks, Helena Zengel

A Civil War veteran agrees to deliver a girl, taken by the Kiowa people years ago, to her aunt and uncle, against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home.

**July 10 The Departed** [2006, R] Stars Leonardo DiCaprio, Matt Damon

An undercover cop and a mole in the police attempt to identify each other while infiltrating an Irish gang in South Boston.

**July 12 Walk the Line** [2005, PG-13] Stars Joaquin Phoenix, Reese Witherspoon

A chronicle of country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records in Memphis, where he recorded alongside Elvis Presley, Jerry Lee Lewis, and Carl Perkins.

**July 17 Turner and Hooch** [1989, PG] Stars Tom Hanks, Mare Winningham

A detective must adopt a rambunctious dog in order to help him find a killer.



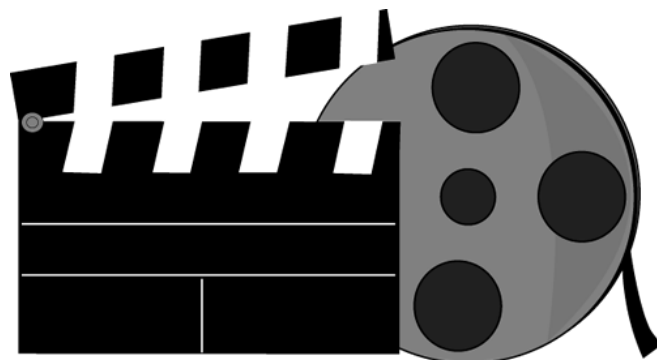
# July Movies

**July 19 Carousel** [1956, Approved] Stars Gordon MacRae, Shirley Jones  
Fifteen years after his death, a carousel barker is granted permission to return to Earth for one day to make amends to his widow and their daughter.

**July 24 The Princess Bride** [1987, PG] Stars Cary Elwes, Mandy Patinkin  
While home sick in bed, a young boy's grandfather reads him the story of a farmboy-turned-pirate who encounters numerous obstacles, enemies and allies in his quest to be reunited with his true love.

**July 26 Moonstruck** [1987, PG] Stars Cher, Nicolas Cage  
Loretta Castorini, a bookkeeper from Brooklyn, New York, finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry.

**July 31 Cool Hand Luke** [1967, PG] Stars Paul Newman, George Kennedy  
A laid back Southern man is sentenced to two years in a rural prison, but refuses to conform.







# Sudoku Puzzle

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





# ANSWERS

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

