

Prairie Living News

December 2019

At A Glance



Happy Holidays from All of Us to You!



Year of Smiles! Year in Photos!

Managed by



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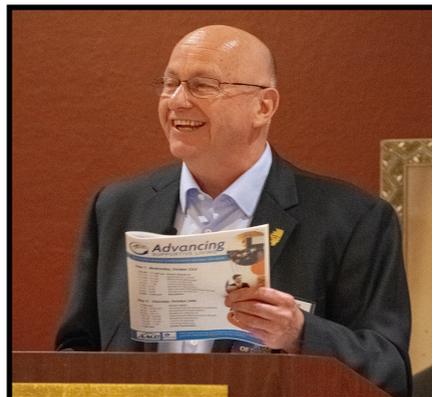
From the Desk of the CEO

Rod Burkett

A trusted colleague and friend that has greatly impacted the assisted living sector is retiring at the end of this year. Wayne Smallwood, Executive Director of the Springfield, Illinois-based Affordable Assisted Living Coalition for the past 14 years, has committed to a part-time consultant role during the next year to aide in the transition to his successor.

However, he is officially retiring at the end of 2019. Prior to joining AALC, Wayne served in various leadership roles at the Illinois Department of Healthcare and Family Services for over 30 years, and he was instrumental in developing the Department's Supportive Living Program during the 1990's. This program has greatly improved the accessibility and affordability of assisted living services.

Printed words don't do justice to the magnitude of thanks that we, as an organization, and we, as an industry, owe to Wayne Smallwood. Wayne not only helped to create the SLF program during his tenure at HFS, but he also was able to grow and nurture it during his 14 years at the helm of AALC. What an amazing opportunity to serve the citizens of Illinois and beyond, and Wayne truly excelled in this mission! He positively impacted hundreds of thousands of lives during his career, and he will truly be missed. He leaves a legacy of passion for the Coalition's mission and passion for people in general. He always carried himself with positivity, humor, inclusiveness, humility and integrity... He has truly left his mark as an impactful leader!



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IN THE NEWS

A Message from the President

JoEllen Bleavins

The month of November was National Family Caregivers Month, a time to celebrate and thank the caring family members who selflessly help their loved ones live dignified, independent lives. It is a month to recognize their tireless efforts and dedication, to raise awareness of family caregiving issues, to educate about self-identification and to increase support for these caring individuals.

This year's theme is Be Care Curious. In such, family caregivers are encouraged to ask questions, share in decisions and research your options. The health and wellbeing of loved ones is significant, and family caregivers play a large role. The more you know, the more confident you'll be in providing care.

Family caregivers require strength and compassion to meet the challenges of assisting family members in living fulfilled lives. We, at Gardant Management Solutions, acknowledge their countless sacrifices and true demonstration of genuine love. Be Care Curious this year, and thank you to all caring family members!



December Facts

Rick Banas

In December 1732, Ben Franklin published the first Poor Richard's Almanac. The publication featured weather predictions, proverbs, humor and pithy sayings.

On Dec. 16, 1773, colonial activists disguised as Mohawk Indians boarded British ships docked in Boston Harbor and dumped nearly 350 containers of expensive tea in the water.

On Dec. 6, 1865, the 13th Amendment, which abolished slavery in the United States, was ratified. On Dec. 1, 1955, the Civil Rights Movement began as Rosa Parks was arrested in Montgomery, Alabama, for refusing to give up her seat to a white man and move to the back section of a city bus.

On Dec. 11, 1901, the first transatlantic radio signal was transmitted by Guglielmo Marconi from Cornwall, England to St. John's, Newfoundland.

The first permanent artificial heart was implanted in a 61-year-old man who was near death by Dr. William DeVries at the University of Utah Medical Center on Dec. 2, 1982.

This year, winter officially begins in the Northern Hemisphere on Dec. 21. Weather predictions call for so many temperature ups and downs that the winter of 2019/20 may remind you of being in a Polar Coaster.



WELLNESS

Seasonal Affective Disorder (SAD)

Stephen Harris

Seasonal affective disorder, SAD, is a type of depression that's related to changes in the seasons. If you are like most people with SAD, your symptoms begin in the fall and continue into the winter months, zapping your energy and making you feel moody. Take steps to keep your mood and motivation steady throughout the year. (Mayo Clinic, 2016) The American Psychological Association recommends the following remedies.

Tips to Manage SAD:

- **Experience as much daylight as possible.** The lack of sun exposure is part of what causes SAD, and soaking up as much as you can, can lessen your symptoms. Sit by a window or get out for a walk during daylight hours. Get outside and keep moving.
- **Eat healthily.** Comfort foods don't have to be loaded with extra calories and lots of sugar and fat. Get creative. Look for hearty, low-calorie recipes that are easy to prepare. Instead of eating cake and cookies, try making a dessert from seasonal fruits like apples.
- **Spend time with your friends and family.** Spending time with your friends and family is a great way to lift your spirits and avoid social isolation. Snuggle with your kids or pets; visit with your friends while drinking a hot cup of tea, or play board games with your family. Friends and family can be good to talk to about how the season is affecting you. Take the time to educate them about SAD so they can better understand your situation.
- **Stay active.** Don't stay cooped up all winter. Get out and enjoy your community this season. Volunteer, join a local club, go for a walk or go ice skating with your loved ones to start. Also, if you know you experience SAD year after year, be proactive about planning out a schedule in advance to keep active and engaged with others. Research shows exercise and scheduling pleasant activities can be effective ways to lessen the impact of SAD.
- **Seek professional help.** If you continue to struggle with feelings of depression, you may want to seek help from a mental health professional, such as a psychologist. They can help determine if someone has SAD and how best to treat it.

Recipe Corner

Microwave Fruit Crisp

Ingredients

- 2 cups of frozen sliced peaches
- 1 cup of frozen strawberries
- 1 cup of frozen blueberries
- 4 tbsp. caramel topping

Directions

1. Combine all items and mix. Put them in four 8oz containers.
2. Microwave on high for 1-2 minutes or until the fruit is tender.
3. Top with ice cream or granola





LIFESTYLE



Birthdays

December 5: Vivian F

December 6: Leonard R

December 10: Jo B

December 21: Paula F

December 27: Brenda B

December 2: Wanda H

Prairie Living's Compassionate Community

Our little community became a Bilingual Community with the additions of a resident from both Mexico and India. English is not their first language and the conversation with them using English is challenged. Our residents welcomed them with open arms and responded to them compassionately. The difficulty is not only in speaking English but understanding, reading and writing it as well. Our community is open minded and displays patience with each other each and every day. This could have been a very emotional journey but they are supported and included in as many activities as possible. Our main focus was working to make sure that our new residents did not lose their identity, as they are proud of their heritage with their native language being a part of that.

Event You Don't Want To Miss!!

Event Name: Resident Christmas Party

Date: 12/20/19

Time: 1pm

Details: Resident Christmas Party will be held on the 20th of December in the East Dining Room. We will have Refreshments, Music and Santa. Please make plans to come out and join us.

Prairie Living Vendor Fair

December 6th 10-2 we will host a Vendor Fair in the East Building of Prairie Living. We will have Crafts and Health Care Informational Booths. This is always a crowd pleaser.





WHAT'S HAPPENING

2019... YEAR IN PHOTOS!

All throughout the year, our Gardant-managed communities provide an assortment of events, programs and activities to keep the residents busy and having fun!



Horoscope

Aquarius (1/20-2/18)

Your ability to embrace life to the fullest is invigorating!

Pisces (2/19-3/20)

Your efforts are apparent, but you're ready to withdraw from the action. You'll enjoy a quiet interlude.

Aries (3/21-4/19)

Stress may drain your energy, but find the benefits of tension-relieving techniques. Take time for yourself.

Taurus (4/20-5/20)

Happy news is a dream come true!

Gemini (5/21-6/20)

Moderation is important. Simplify your life.

Cancer (6/21-7/22)

Introspect daily to clear your mind.

Leo (7/23-8/22)

Satisfying others can be frustrating, but working in harmony is satisfying.

Virgo (8/23-9/22)

Enjoy the fruits of your labor.

Libra (9/23-10/21)

Home and family activities keep you busy, but make time for love.

Scorpio (10/22-11/21)

Get the most important details out of the way first this month.

Sagittarius (11/22-12/21)

Explore the possibilities of getting back in touch with someone.

Capricorn (12/22-1/19)

Release the past, and move into the beginning of a bright future.



Prairie Living Snapshots

Our Good Times Frozen in Time



Enjoying Pumpkin Pie



We Make Pumpkin Pies...What a nice afternoon!



Diabetic Support Group—Discussing everything in moderation





HOLIDAY WORD SEARCH

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

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

APPRECIATION
 CHANUKAH
 COOKING
 FAMILY
 GUESTS
 MUSIC
 SOCIALIZE
 WINTERTIME

ATMOSPHERE
 CHEER
 DANCING
 FEAST
 INVITATION
 NEW YEARS DAY
 SONGS

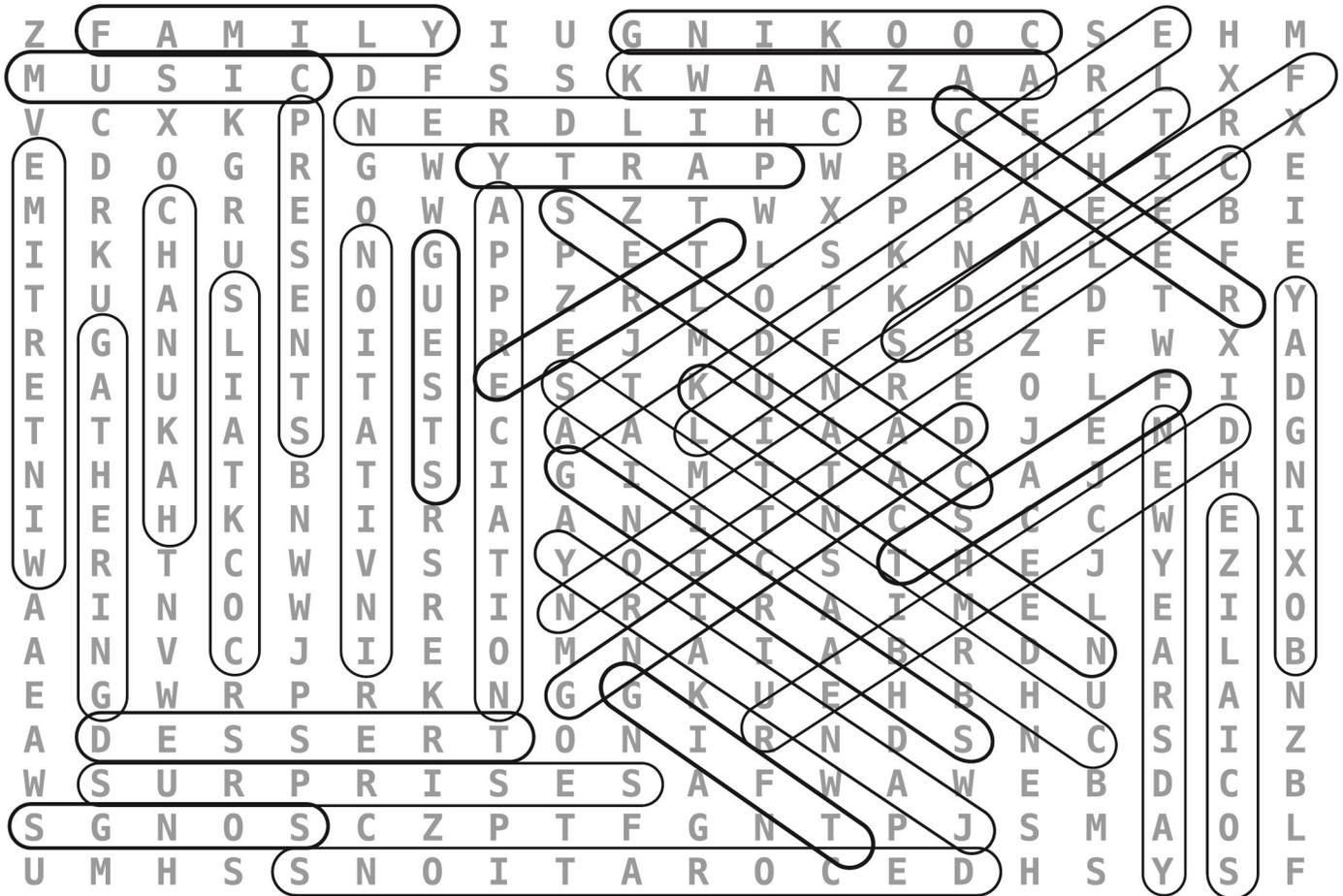
BOXING DAY
 CHILDREN
 DECEMBER
 FRIENDS
 JANUARY
 PARTY
 SURPRISES

CANDLES
 CHRISTMAS
 DECORATIONS
 GATHERING
 KITCHEN
 PRESENTS
 THANKFUL

CELEBRATION
 COCKTAILS
 DESSERT
 GIFT
 KWANZAA
 SHARING
 TREE



WORD SEARCH ANSWERS



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Engagement!

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Your Community Today!

'Tis The Season **TELL US WHAT YOU THINK**



In this holiday season, we are reminded of things we are thankful for. Please take a moment to leave us a review. We would love to hear your feedback! What do you love about our community? Has anyone done an exceptional job?

