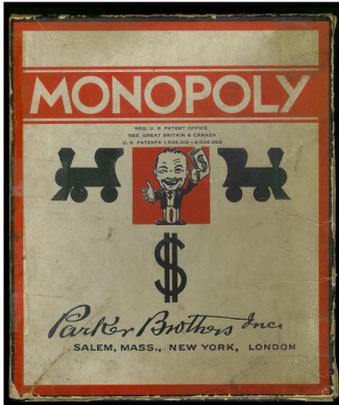


Prairie Living News

MARCH 2020

At A Glance



Did You Know... about March?!



Red Velvet Mug Cake

Managed by



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From the Desk of the CEO

Rod Burkett

We have all heard the old saying, “for every action or movement, there is a reaction or corresponding movement.” My point of discussion involves the passage last year by the Illinois legislature of a stair-stepping minimum wage that will rise to \$15 per hour over the next 4-5 years. During the process of approving this new legislation, both the Governor and key members of the legislature stated that they would ensure business sectors that rely heavily on State-based funding or reimbursement, such as colleges and universities, social service agencies and healthcare programs, would receive increased reimbursement that would offset the higher labor cost resulting from the minimum wage increase. Now it is time for the corresponding movement, or in other words, the State needs to formally declare specifics on how this enhanced reimbursement will occur.

Through the common voice of our trade association, we are engaging in conversation the key leaders within the Department of Healthcare and Family Services, along with leadership in both houses of the State legislature, to make sure this corresponding action becomes a reality. While we know exactly the financial impact of higher wages over the next 5 years due to the increasing minimum wage law, no specifics on the corresponding increased Medicaid reimbursement has been provided by State officials at this point. We are fairly confident that details of such enhanced Medicaid reimbursement will be forthcoming from State officials; however, we are finding it necessary to push the conversation along on a more timely basis.

Also last year, several of our assisted living communities were awarded licenses to add specialized memory care additions to the properties. As we attempt to secure financing for these building projects, and forecast revenues and expenses over the next 5 years, we have an information gap in what the revenue will be as nearly two-thirds of our residents rely on Medicaid participation. Our momentum in building these new additions has been slowed until we can get clarity on the forthcoming enhanced Medicaid reimbursement.

While the increasing minimum wage will have a positive impact on many of our employees and their families and to the economy in general, the State needs to finalize their corresponding action of enhanced revenue to solidify this positive movement.



Prairie Living at Chautauqua

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IN THE NEWS

Did You Know?
Rick Banas

Many parts of the United States will spring ahead to Daylight Savings Time on Sunday, March 8.

On March 23, 1775, Patrick Henry helped ignite the American Revolution when he uttered the words “Give Me Liberty or Give Me Death” in a speech in Richmond, Virginia.

The rubber band reportedly was invented in March 1845; the Monopoly board game in March 1933; and Silly Putty in March 1950.

An ice jam stopped the flow of water over the Niagara Falls in March of 1848.

The first time the United States government issued paper money was on March 10, 1862 as \$5, \$10 and \$20 bills were put into circulation.



The U.S. Senate began impeachment proceedings against President Andrew Johnson on March 5, 1868. The effort to remove him from office failed by one vote.

Yellowstone became the first national park in the United States in 1872.

On March 12, 1888, a great blizzard hit the northeastern portion of the United States, dumping more than 40 inches of snow on New York City.

In March of 1922, the U.S. Postmaster ordered that all homes must have a mailbox to get mail delivered.

The “Star Spangled Banner” became our national anthem in March 1931. The lyrics of the song were written in 1814. Kate Smith recorded “God Bless America” in March 1939.



The radio show “Your Hit Parade” made its debut on the radio waves on March 20, 1935. In March of 1941, Nashville, Tennessee became home to the first FM radio station.

The vernal equinox, which marks the start of spring in the Northern Hemisphere astronomically speaking, always occurs on March 19, 20 or 21 in our part of the world. This year in the Eastern and Central Times zones it will occur on March 19. On the equinox, the length of the day and the night is nearly equal in all parts of the world. If you to be standing at the equator, the sun would pass directly overhead.

The American Diabetes Association designates the fourth Tuesday of March as American Diabetes Alert Day. The day is designed as a one-day “Wake-Up Call” to focus on the seriousness of Type 2 Diabetes and the importance of understanding the risks of developing the disease. According to the National Institute of Diabetes, risk factors include age, being overweight, not being physically active, high blood pressure and family history.



WELLNESS

Fear of Falling Can Elevate Your Risk of Falling

Rick Banas

A fall can set into motion a downward chain of events that can have numerous negative consequences. Many people who fall, even if they are not injured, develop a fear of falling. The fear can cause some people to reduce their activity level. They may avoid walking, exercising, shopping and taking part in social activities. Reduced activity reduces mobility which further increases the fall risk.

Other risk factors for falls include poor lighting; slick or irregular floor surfaces; improperly maintained walkers and wheelchairs; excessive alcohol intake; a poor diet; not drinking enough water; visual and hearing impairments; cancer that affects the bones; low blood sugar; cardiac arrhythmias; blood pressure fluctuation; and medications for pain, blood pressure, anxiety or depression.

Blood thinners and aspirin can increase the probability of injury from a fall.

According to the Centers for Disease Control (CDC), falls are the leading cause of injury in the United States among adults 65 and older, with one out of every three adults 65+ falling each year.

Residents of the assisted living communities that Gardant manages can benefit from such included features and services as bathrooms equipped with showers and grab bars, an emergency alert system, daily wellness checks, and a variety of wellness programs and activities. Flooring in the apartments and community areas are designed for ease of mobility and safety.

Staff can do a physical inspection of a resident's apartment to check to identify potential fall risks and pharmaceutical reviews to identify any potential drug interaction concerns.

Many of the communities have in-house therapy available with therapists available to conduct health assessments that include a personalized balance and fall risk assessment. Based on the assessment, they can recommend programs available on-site that can improve your strength, range of motion and balance.

Recipe Corner

Red Velvet Mug Cake

Ingredients:

- 8 tbsp. flour
- 4 tbsp. granulated sugar
- 1 tbsp. unsweetened cocoa powder
- 1/4 tsp. baking soda
- 6 tbsp. milk
- 1 tbsp. vegetable oil
- 1/4 tsp. distilled vinegar
- 1/2 tsp. red food coloring

Cream Cheese Frosting:

- 1 oz. cream cheese
- 1 oz. butter
- 6 tbsp. powdered sugar

Directions:

1. Combine cake ingredients in an oversized microwave-safe mug. Mix until smooth. Microwave for about 1 minute. Let cool.
2. Combine frosting ingredients and mix until light and fluffy.





LIFESTYLE

Resident Birthdays:

David Q 3/1
Sharon H 3/2
Glenna W 3/21
George P 3/28



A Note from the Administrator

Jane Williams

March 2020

March *typically* is our last month of winter (so, the groundhog says, right?) but the flu bug is still around and continuing to be a threat to our Prairie Living family. Be sure to take precautions to keep yourself as healthy as you can. Be sure to fill up on healthy vegetables that our dietary department serves each day, and stay active by attending Babs’s exercise classes and/or talking strolls around the building (weather permitting of course) or inside the building. Do everything you can to keep yourself healthy through the end of the flu season. The days are already getting longer ever so slowly, and we can see that spring is hopefully in the not-too-distant future. Hang in there—not too much longer!

Event You Don’t Want To Miss!!

Event Name: Art Show

Date: March 10th

Time: 9:30-11:30

Details: Prairie Living and John A Logan will be hosting an Art Show which is open to the public. Fine art will be display and light refreshments served.

Senior Connect Meeting

We host a Senior Connect Meeting every Monday at 3pm. This meeting is open to the public and is just as it’s name suggests. It is a way for Seniors to Connect. Please come out and spend an hour or so with us. Please call 351-7955 if you have any questions. You can speak with Ryan Gurley or Babetta Halleran



Good Times At Prairie Living

We had a wonderful time at our Valentines Day Party...Take a look at all the smiling faces.



Horoscope

Aquarius (1/20-2/18)

It'll be a roller coaster of emotions this month. Hold on tight.

Pisces (2/19-3/20)

A certain amount of stress occurs, but making fresh starts in our lives is a positive thing

Aries (3/21-4/19)

Your mind is cluttered, making you less assertive and determined

Taurus (4/20-5/20)

It may be a month of delays or complications when making arrangements with friends

Gemini (5/21-6/20)

Watch you don't speak out of turn!

Cancer (6/21-7/22)

Don't let others bring you down. Stay positive.

Leo (7/23-8/22)

Love will be enlivened!

Virgo (8/23-9/22)

Take some time and breathing space before making decisions

Libra (9/23-10/21)

Your love life may be dreamy

Scorpio (10/22-11/21)

Go with the flow. Don't put up any barriers to suggestions.

Sagittarius (11/22-12/21)

Take a chance. Be adventurous and try something new.

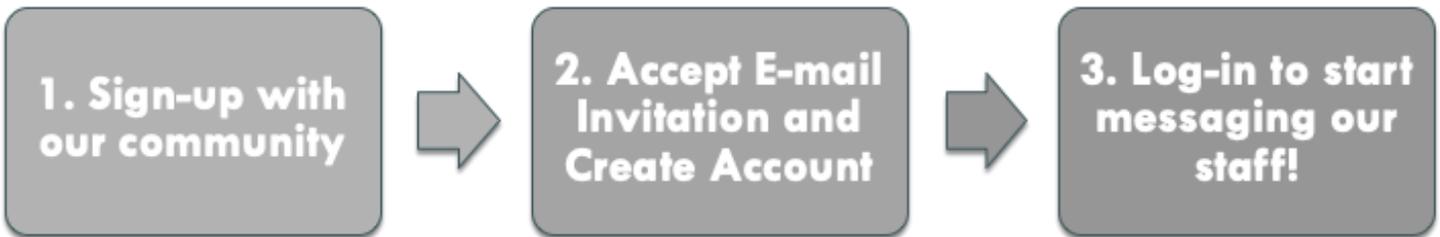
Capricorn (12/22-1/19)

You'll challenge yourself, making decisions more difficult



CAREMERGE

3 Simple Steps to Get Started With Caremerge:



To register for caremerge, contact our helpful staff and be prepared to share the following information with us:

1. Your First Name and Last Name
2. Your Loved One's Name(s)
3. Your Relationship to Your Loved One(s)
4. Your E-mail Address(es)

Please note, an authorization form must be completed for all interested family members and must be signed by the POA and/or resident to participate. This step must be completed so that our community can send you an e-mail invitation to participate.

Caremerge is a secure, HIPAA-compliant communication platform that will give you a window into the exciting life of your loved one at our community. You can use it to:

- Receive updates about your loved one's activities and involvement.
- Send and receive real-time messages from our community staff. Staff can share photos too!
- Access key care location information for your loved one, such as physician contact information.
- Peer into your loved one's monthly schedule and see all the exciting activities they're involved in.

For more questions, reach out to our Resident Services Coordinator.



COMMUNICATION

ANYWHERE, ANYTIME



WORD SEARCH

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

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

ALLERGIES
 BREEZY
 CROCUS
 GARDENTING
 PASSOVER
 SHOWERS
 TEMPERATURE

ANIMALS
 BUD
 DAYLIGHT
 HIKING
 POLLEN
 SOIL
 TRAVEL

BACKYARD
 BULBS
 EASTER
 INSECTS
 RAIN
 SPRING
 UMBRELLA

BASEBALL
 BUTTERFLIES
 FIELD
 ORGANIZATION
 REBIRTH
 SUNSHINE
 VERNAL

BLOOMING
 CLEANING
 FLOWERS
 OUTDOORS
 SEASON
 TADPOLE
 WORMS



WORD SEARCH ANSWERS

