

# The Lacey Creek Courier

FEBRUARY 2021

## At A Glance



COVID Vaccination Reflections



February is American Heart Month

Managed by



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



## From the Desk of the CEO

Rod Burkett

I received my first Moderna COVID vaccination on December 28, and at the time of this writing, I am scheduled for my second shot on January 25. Working in the assisted living sector, I had been in communication with our local health department for several months and had gotten our staff approved to be included in some of the early vaccination clinics offered to health care workers and first responders.

The vaccination procedure itself was painless, and I had a little soreness at the injection site for a couple of days. My vaccination day was the first day of a pre-planned week of vacation, and I was scheduled to take down indoor and outdoor Christmas decorations and load a small trailer with furniture and boxes. I kept to this plan, so if I had any other side effects from the immunization, I didn't notice, because given the increased level of my physical activity, my 65-year old body was going to have some general tiredness and soreness for a day or two regardless. The vaccination definitely didn't restrict my planned increased physical demands.

As a young boy, I have vague remembrances of standing in line for smallpox and polio immunizations. However, 55-60 years later, I have a much deeper appreciation for what modern science and medicine is providing to us as a human society. I can't think of a time where I have been more excited and enthused to line up for a medical procedure, than I was on December 28.

I fully believe in the projection of our leading scientists and physicians in which at least 75% of the population needs to have developed COVID antibodies from either having had the disease or an immunization, as the only way to stop the death and destruction of this insidious disease. With faith and trust in our overall human nature, I hope we get there sooner rather than later.



4200 Lacey Rd, Downers Grove IL 60515

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





# IN THE NEWS

## About February

Rick Banas

February once had only 23 days.

Feb. 14 is not only Valentines Day. It also is Ferris Wheel Day and National Donor Day.

On Feb. 19, 1473, Nicholas Copernicus, who is considered the founder of modern astronomy, was born. He theorized that the sun, not the earth, was the center of the solar system. More than 90 years later, on Feb. 15, 1564, the first astronomer to use a telescope, Galileo Galilei, was born. He was banned from the Roman Catholic Church because he helped advance the theory.

On Feb. 13, 1635, Boston Latin School became the first public (taxpayer supported) school to be established in the United States.

The first hospital in the United States opened on Feb. 11, 1752 in Pennsylvania.

In Feb. 3, 1870, the 15th Amendment to the U.S. Constitution was ratified. The amendment guaranteed the right of all citizens to vote. Forty-three years later, on Feb. 3, 1913, the 16th Amendment was ratified, granting Congress the authority to collect income taxes.

The first Groundhog Day was observed in Punxsutawney, Pennsylvania on Feb. 2, 1887.

Glenn Miller received the first ever gold record in February 1942 for selling a million copies of “The Chattanooga Choo Choo.” The record label RCA Victor presented Glenn with the award.

On Feb. 23, 1945, U.S. Marines raised the flag on Iwo Jima.

On Feb. 4, 1957, Smith-Corona began selling a portable electric typewriter. In February 2004, Facebook was launched. In February 2005, YouTube was activated.

GI Joe Action Figures went on sale for the first time in February 1964.

Since 1964, the month of February has been designated American Heart Month. Heart disease is the leading cause of death in the United States, claiming more lives than all forms of cancer combined. The effort to encourage us to adopt a healthy lifestyle designed to reduce the risk of heart disease is even more important this year as individuals with poor cardiovascular health are at increased risk of severe illness from COVID-19. Some things you can do include getting your blood pressure, cholesterol, and blood glucose levels under control; maintaining a healthy weight; eating heart healthy foods; quitting smoking; being physically active; and getting enough good quality sleep. As the American Heart Association says: “Love Your Heart and Yourself.”

On Feb. 11, 1990, Nelson Mandela was released after spending 27 years in prison. He led the movement to end apartheid in South Africa.



# WELLNESS

## Our Best Shot

Meghann Giarraputo MSN, RN, CADDCT

As we enter February, we are reminded of the unwavering love that we have for those we are privileged to serve, our residents and one another. Inarguably, over the last (almost) year, COVID-19 has devastatingly taken hundreds of thousands of lives across our nation. Additionally, COVID-19 has disrupted the lives of countless people who are faced with the long-term health consequences of the virus. COVID-19 has deeply affected our world and society. As a whole, many aspects of life, as we once knew it, have changed – work, leisure, education, socialization, shopping, etc. In the face of adversity, nonetheless, we have come together by doing our part to prevent and minimize the spread of this destructive infection. At the end of the day, we have fulfilled – and will continue to fulfil – our ethical, moral, and professional duty to protect one another, including those most vulnerable, by continuously choosing to rally together to battle this pandemic.

Fast forward to present day: through groundbreaking collaboration, involving medical experts, scientists, and researchers around the globe, safe vaccines have been developed. In December, after intense, rigorous clinical trials involving more than 30,000 individuals, the Food and Drug Administration (FDA) approved emergency use authorization for two vaccinations to be used for the prevention of COVID-19. Every step of the way towards a safe, effective vaccine was transparent and required continued oversight and expert approval. At 95% efficacy, the vaccine is exceptionally effective at helping us stay safe through protection from the virus. If you have questions regarding the COVID-19 vaccination, I urge you to speak with your primary care provider or a medical professional to help ensure that you are able to make a well informed decision when a vaccine is available to you. Additionally, I encourage you to review the research available from health authorities, medical experts, and scientists, like the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA).

As we continue on this uncharted journey together, utilizing all of our tools to combat the COVID-19 pandemic is critical, including physical distancing, hand hygiene, and appropriate mask use. The COVID-19 vaccine is our next “best shot” at a bigger, brighter future where we can experience the warmth and physical presence of those we love most again. Together is better.

## Recipe Corner

### Blueberry Frozen Yogurt Snack

#### Ingredients:

- 1 cup frozen blueberries
- 2 cups coconut yogurt
- Juice from one lemon

#### Directions:

1. Blend all the ingredients until smooth.
2. Pour into mini muffin cups.
3. Freeze overnight. Keep in freezer.





# LIFESTYLE

HAPPY  
*Birthday!*

- Natalie 2/2
- Kay J. 2/2
- Violet 2/3
- Laurel 2/5
- Carrie 2/8
- Bae 2/8
- Carol 2/11
- Paul W. 2/14
- Christel 2/16
- Genevieve 2/21
- Nancy M. 2/22
- Mary Carole 2/25
- Lucille 2/25
- Marge K. 2/27
- Bruce 2/27



Welcome New Residents:  
Shirley  
Pamela  
Philomena

## Meet Our New Marketing Director, Robin

Introducing... Lacey Creek's new Marketing Director, Robin Friday!

Robin joined the Lacey Creek team in December 2020. She comes to us with 25 years of experience in hotel sales and marketing with Hyatt, Hilton, and Marriott hotel companies. She has a passion for helping others and thought the Marketing Director role here would allow her to make a difference in the lives of others, while making great use of marketing skills.

Her favorite part of working at Lacey Creek so far is that our team members are great and she finds great joy in talking to the residents. In her free time, Robin coaches Illinois Special Olympians. She grew up in a military family and moved around the country every two years, which introduced her to many different cultures. This helped inspire her love for travel, and she has been all over the world! Her most recent trip was to Prague right before COVID-19 hit last year.

Robin lives in Plainfield and has a son and 2 grandchildren she adores spending time with, along with a pitbull grand-dog! She loves to stay busy and is always planning her next travel adventure. Welcome to the team Robin!





# LIFESTYLE



## Horoscope

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

Avoid negative people, and set positive, obtainable goals.

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

Renewed stability comforts you. Treasure your time and reflect.

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

Decisions may affect your current life path. Seek advice from others before moving forward.

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

Take the time off you need to refresh and de-stress.. It will be rewarding.

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

Doorway of opportunity is open

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

Sudden nuisances are afoot everywhere at first. Be patient.

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

Charming companions will go out of their way to include you.

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

Romance beckons you, which can provide distraction and excitement

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

Intuition is at its best. Listen to it.

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

You're feeling a renewed strength and sense of well being.

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

Keep a journal. Record your journey and stories. Reflect on the past.

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

Don't push yourself or others too hard right now. Much will be accomplished in time.



# THE SCOOP

## Queen of Hearts Raffle

Beginning February 2nd, we will be hosting a Queen of Hearts raffle! One day a week, (check your activity calendar!) staff will come to your apartment with the Queen of Hearts raffle board. The board will have an entire deck of cards plus 2 jokers, face down, numbered 1 through 54.

You'll take a ticket, write your name and what number you think the Queen of Hearts is behind, and put it into the raffle bucket. After everyone has made their guesses, we will pull 1 ticket from the bucket and flip that card over. If it's the Queen of Hearts, the person who's ticket we pulled will win the grand prize, because they found the Queen of Hearts.

If it's not the Queen of Hearts, we'll continue the raffle weekly until the Queen is found. Each week the chances of finding the Queen go up as there are less numbers to choose from and less places for her to hide.

Please check your calendars and plan to be in your apartment for about an hour or so from the Queen of Hearts time listed on the calendar. For example, the first raffle on February 2nd is at 10am, so try to be home between 10am and 11am. If you aren't home, you won't be able to enter that week. Please be patient as we may not start on the same floor every week, and we'll need time to go to every apartment.



## Walking Club

Please consider joining Melissa on Mondays and Wednesdays for Walking Club. Everyone is welcome, no matter your fitness level. Walk 5 minutes, 10 minutes, or even 30 minutes! You can also join if you use a wheelchair and want to propel yourself along with the walkers. The point is to get active, have some social time with other residents, and move around outside of your apartment!

During the winter, we'll be walking inside but plan to walk outside in the spring when the weather is good. Meet at the Gathering Place on the first floor Mondays at 2:30pm and Wednesdays at 3pm.



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

- ACTIVE
- EXERCISE
- LEADER
- SMOKING
- ALCOHOL
- FACIAL
- MEALS
- STRESS
- BREATHING
- HEALTHY
- MEDITATION
- STRESSFUL
- CARDIO
- HEART
- RELAXATION
- SURVIVAL
- VASCULAR
- HYDRATED
- RELIEF
- VEGETABLES
- DISCIPLINE
- KILLER
- RISK
- WOMEN