

COURTYARD NEWS

AT A GLANCE

Happy Valentine's Day

February 14th is Valentine's Day!



Why not try a chocolate lava cake?



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FROM THE DESKS OF THE CO-PRESIDENTS:

JULIE SIMPKINS & GREG ECHOLS

At Gardant managed communities, we implement an ongoing person-centered resident services program that incorporates the residents'

interests, hobbies, and cultural preferences. In doing this, it creates opportunities for each resident to have a meaningful life by supporting their dimensions of wellness. Daily, we support residents to maximize their potential in activity participation through adaptation, cues, and prompts.

In adapting the Seven Dimensions of Wellness, as the foundation of the engagement program, this allows us to align specific resident interests and preferences with each dimension to optimize overall intellectual, physical, social, spiritual, vocational, environmental and emotional wellness for each resident. This is a holistic approach to healthcare, promoting a balanced and fulfilling life.

- **Intellectual Wellness-** Engaging in creative pursuits and intellectually stimulating activities.
- **Physical Wellness-** Lifestyle choices that can maintain or improve health and functional ability.
- **Social Wellness-** Social interactions with family, friends, neighbors and chosen peer groups. Joining clubs. Engaging in intergenerational experiences. Offering volunteer opportunities for residents.
- **Spiritual Wellness-** Living with meaning and purpose in life, guided by personal values.
- **Vocational Wellness-** Utilizes a person's skills while providing personal satisfaction. Leisure-time pursuits through hobbies.
- **Environmental Wellness-** Encouragement of active living through property design that emphasizes walking paths, meditation, vegetable gardens and similar options.
- **Emotional Wellness-** Helps to create balance in life and the degree to which one feels positive and enthusiastic about self and life. It also includes the capacity to manage one's feelings and related behaviors including the realistic assessment of one's limitations, development of autonomy, and the ability to cope effectively with stress.

The wellness dimensions are interconnected, meaning improvements or challenges in one area can affect others, and coordinate to provide rich environments for living.

Understanding these relationships helps to create a balanced approach to overall health. Wellness becomes a framework that is valuable for serving the wants and needs of a person engaged in life. At each Gardant managed community, training about the Dimensions of Wellness and resident engagement is vital and conducted for our newly hired Directors of Nursing and Resident Services Coordinators.



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IN THE NEWS



ABOUT THE MONTH OF FEBRUARY

RICK BANAS, VP OF DEVELOPMENT AND POSITIONING

February is one of the most frequently misspelled words in the English language. The name reportedly stems from Februum, a Roman purification ritual that involves washing and cleansing.

The Saxons called February “cake month” because they offered cakes to their gods during February.



According to Hungarian researchers, babies born during the month of February are more likely to have a sweet disposition.

William Tecumseh Sherman, Commanding General of the U.S. Army during the Civil War, was born on Feb. 8, 1820 in Lancaster, Ohio. Reflections Retirement of Lancaster is a Gardant-managed community that features senior living and assisted living apartments.

Thomas Edison was born on Feb. 11, 1847. He developed hearing problems at an early age. His partial deafness led to many of his inventions.

Ronald Reagan, the 40th President of the United States, was born on Feb. 6, 1911 in Tampico, Illinois, a small village in Whiteside County near Rock Falls and Sterling, IL.

Heritage Woods of Sterling is a Gardant-managed affordable assisted living community for older adults.

Since 1976, February has been designated as Black History Month.



Did you know that 9 million people in the U.S. buy their dogs gifts or cards for Valentine’s Day.

Feb. 11 is National Make a Friend Day and Feb. 17 is National Random Acts of Kindness Day.



February is Heart Health Awareness Month. Heart disease is the leading cause of death in the U.S. There are things you can do to minimize your risk such as controlling your blood pressure, cholesterol, and blood sugar levels; stop smoking; maintain a healthy weight; getting enough sleep; limiting the amount of alcohol you drink; managing your stress; and exercising.

Did you notice February is misspelled at least once in this piece?



WELLNESS



INTIMACY AT A CERTAIN AGE

DEB DENHAM, VP OF QUALITY AND RISK MANAGEMENT

Intimacy by definition is close familiarity or friendship; closeness.

In an intimate relationship, Amanda Krisher, Associate Director, Behavioral Health at National Council on Aging's (NCOA) Center for Healthy Aging explained, we feel valued and connected to someone

else on an intellectual, emotional, or physical level. Emotional intimacy happens when we care deeply about another person, feel a sense of trust, share similar values, and are able to express ourselves freely. "All human beings crave intimacy," Krisher continued. "And our need for it doesn't decrease with age."

Positive relationships are fulfilling at any age. And they offer real health benefits, including:

- Lower stress levels
- Better healing after surgery
- Healthier behaviors
- Increased longevity

When it comes to intimacy, a number of age-related emotional, cognitive, and physical challenges can get in the way. These include:

Emotional factors: As we grow older, we adults often shoulder the weight of past emotional wounds and present-day stressors. The pain and grief brought on by unresolved relationship conflicts, divorce, illness, and death can create roadblocks around trust and commitment can make us less emotionally available.

Cognitive factors: Aging can bring about short- or long-term cognitive changes—such as memory impairment—that impact the way you interact with your partner. Making an effort to create everyday moments of closeness—such as snuggling while watching a movie—can help you strengthen that intimate connection with your partner.

Physical factors: The changes happening to our bodies as we age can get in the way of intimacy. Chronic pain, limited mobility, and recovery from surgery are other potential barriers to physical closeness.

For older adults, everyday moments matter. Here are some tips for adding more "sparks" to your relationship and nurturing the emotional and physical bond you have with your partner.

1. Share more. Intimacy involves a process of constant discovery between two people. Don't be afraid to be vulnerable with your partner by disclosing your deepest thoughts, fears, and feelings. Keep the lines of communication open, always. This may be as simple as swapping updates at the end of each day.



RECIPE CORNER

AIR FRYER CHOCOLATE LAVA CAKE

Ingredients

- 6 Tablespoon unsalted butter cut into pieces
- 4 oz semi-sweet chocolate bar broken into pieces
- 1 large egg
- 1 egg yolk from a large egg
- 3 Tablespoons white sugar
- ½ teaspoon vanilla extract
- 3 Tablespoons flour
- pinch of salt

Directions

1. Grease 3 6-ounce ramekins and set aside.
2. Melt butter and chocolate in a microwave-safe bowl in for about 1 minute until melted, stirring every 30 seconds. Set aside.
3. In a separate large bowl, use an electric beater and beat egg, egg yolk, vanilla extract, and sugar together until well blended.
4. Then add flour, the chocolate mixture, and a pinch of salt and stir until combined. Pour the mixture into the ramekins, filling each one about halfway.
5. Place in the air fryer basket and air fry on 370 degrees Fahrenheit for 8-10 minutes.
6. Once done air frying, use a clean thick dish towel to remove ramekins from the air fryer basket. Allow cake to cool in a ramekin for about 1 minute. Use a butter knife to loosen the cake from the ramekin and turn over onto a plate. Serve with fresh whipped cream, fresh berries, or topped with powdered sugar and enjoy.



LIFESTYLE



LET'S CELEBRATE

RESIDENT/STAFF BIRTHDAYS:

Herman 2/1
Kyle 2/6
Carolynn 2/8
Brenda 2/10
Carrigan 2/14
Collin 2/25

WELCOME NEW STAFF!
Zoey- RA

MANAGEMENT TEAM:
Allison- Executive Dir.

Alicia Hudgins- Wellness Dir.

Desirae Nettleton- BOM

Melissa Miller- Resident
Service Coordinator

Michelle Hoover- Marketing
Director

Kyle Hood- Maintenance Dir.

Donna Moyer- Culinary
Supervisor

A NOTE FROM THE EXECUTIVE DIRECTOR

Wow January sure went out of the way to remind us of what winter is like! I hope we are done with the snow now. It's pretty to watch it snow, but it always leaves behind such a mess.

Be sure to participate in February activities, and create your Valentine's crafts this month.

We will be hosting a Valentine's Party and we will also be hosting Abraham Lincoln's Birthday Party with Abe!!

Lots of fun things going on, be sure to check out your calendar and order your Krispy Kreme donuts!

Feel free to come to my new office to see me!
Allison Montgomery, Executive Director

COMMUNITY PARTNER IN THE NEWS

We have opened our doors to the Jared's Keepers Foundation, a foundation that focuses on the importance of suicide prevention. They have created a program called Feeding our Families to teach youth the importance of healthy eating habits, and how to cook for themselves. Every Thursday they come and hold a youth cooking class here in our building. If any grandkids would like to learn they are more than welcome!

REMINDERS FOR EVENTS COMING UP

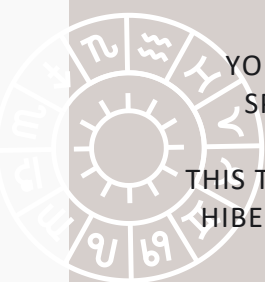
Valentines Day Party and King & Queen Crowning
February 14th @ 2 pm.

Come celebrate Abe Lincoln's birthday with us
February 19th @ 2 PM! Special Appearance by Lincoln Himself.

Krispy Kreme donut fundraiser this month. Date still to be determined.



LIFESTYLE



H O R O S C O P E

AQAURIUS (1/20 - 2/18)

YOU CAN MANIFEST GOALS, MAKE A SPLASH, OR TURN ALL THE HEADS

PISCES (2/19 - 3/20)

THIS TIME OF YEAR ALWAYS FINDS YOU IN HIBERNATION MODE DUE TO THE SUN'S PLACEMENT

ARIES (3/21 - 4/19)

WINTER GATHERINGS KEEP YOU ON THE MOVE

TAURUS (4/20 - 5/20)

RECOGNITION FOR YOUR BRILLIANCE ARRIVES IN FEBRUARY

GEMINI (5/21 - 6/20)

IF YOU WANT TO TROT THE GLOBE, THERE IS NO BETTER TIME FOR YOUR WORLD TOUR

CANCER (6/21 - 7/22)

THIS IS THE RIGHT MONTH TO REVIEW YOUR FINANCES.

LEO (7/23 - 8/22)

YOU'LL NEED TO COMMUNICATE YOUR NEEDS, EVEN IF IT FEELS UNCOMFORTABLE

VIRGO (8/23 - 9/22)

YOU'LL HAVE NO PROBLEM TAKING YOUR TEAM OVER THE FINISH LINE

LIBRA (9/23 - 10/21)

DEEP CONVERSATIONS CAN IMPROVE EVEN THE FROSTIEST PARTNERSHIPS

SCORPIO (10/22 - 11/21)

TIME SPENT TIDYING YOUR NEST OR COOKING FOR YOUR FAMILY IS TIME WELL SPENT

SAGITTARIUS (11/22-12/21)

YOU LOVE TO TRAVEL, SO THIS IS NOT A PROBLEM, EVEN IF IT'S FOR BUSINESS INSTEAD OF PLEASURE

CAPRICORN (12/22 -1/19)

EVEN THE MOST CHALLENGING RELATIONSHIPS CAN THAW THIS MONTH IF YOU'RE WILLING TO THROW LOVE AT IT

UPCOMING EVENTS DATE/TIME

Thank you, Dollie & Don, for your incredible representation of Courtyard Estates of Girard through out your 2024 reign. We look forward to your farewell And crowning of the new 2025 King and Queen at our Valentines Day party on February 14 @ 2pm. Dollie you wore your crown with such grace. You guys were a huge hit for the homecoming parade!





WELLNESS



INTIMACY AT A CERTAIN AGE (CONTINUED)

DEB DENHAM, VP OF QUALITY AND RISK MANAGEMENT

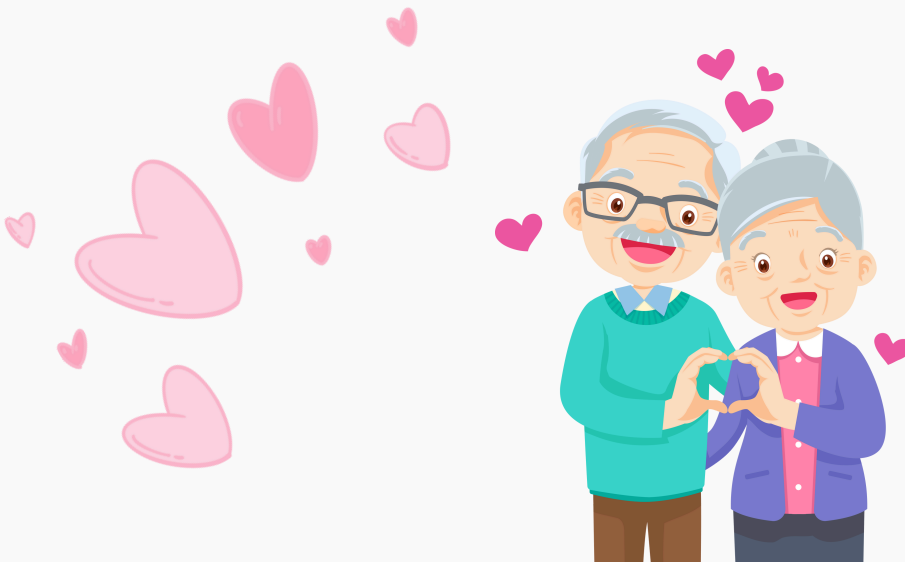
2. Shake up your routine. Interactions with our partner can become habitual and repetitive. Take a detour from the ordinary toward something unexpected: whether that's shaking up your weeknight dinner routine or catching a new movie.

3. Do something nice. Simple acts of kindness can become a casualty amid life's many demands. Offering a compliment, taking on a task your partner dreads, or surprising them with a small but thoughtful gift can do wonders for your intimacy.

Tackle a project together. Working alongside your partner toward a common goal can help foster a deeper bond—and cherished memories. Try taking a class together, or work on a jigsaw puzzle in the evenings after dinner. The goal doesn't have to be newsworthy to be personally meaningful.

Schedule alone time. It's not always easy to enjoy quality time with your partner. Elevate its importance by blocking off time on your calendar. Plan a monthly date or daily cup of coffee together and stick to it. Even 15 minutes of simply being present with one another, uninterrupted, strengthens your emotional bond.

Show physical affection. Simple acts like dancing to a favorite tune, or holding hands during a neighborhood stroll can help bring you closer together.



HAVE YOU REVIEWED YOUR COMMUNITY?

We would love to see how we have been a positive impact on you! Leave a review online for your community in 3 easy steps!

1. Open Google.com on your phone/tablet/computer
2. Google search your community name
3. Scroll down until you see "Write a Review" - then share the details of your experience!



FUN & GAMES

Valentine's Day Word Scramble

DIRECTIONS: Unscramble the letters to form the names of 11 different Valentine's Day words. Then unscramble the shaded letters to answer the riddle.

LIRANGD

--	--	--	--	--	--	--

HAETR

--	--	--	--	--

OLCHAOTEC

--	--	--	--	--	--	--	--	--

DICPU

--	--	--	--	--

MOEP

--	--	--	--

LSWROFE

--	--	--	--	--	--	--

BOLEDEV

--	--	--	--	--	--	--

ANDCY

--	--	--	--	--

ORSSE

--	--	--	--	--

EOEVNPLE

--	--	--	--	--	--	--	--

RRABYUFE

--	--	--	--	--	--	--	--

What did the boy bear say to the girl bear on Valentine's Day?



ANSWERS

Valentine's Day Word Scramble

DIRECTIONS: Unscramble the letters to form the names of 11 different Valentine's Day words. Then unscramble the shaded letters to answer the riddle.

LIRANGD

D A R L I N G

HAETR

H E A R T

OLCHAOTEC

C H O C O L A T E

DICPU

C U P I D

MOEP

P O E M

LSWROFE

F L O W E R S

BOLEDEV

B E L O V E D

ANDCY

C A N D Y

ORSSE

R O S E S

EOEVNPLE

E N V E L O P E

RRABYUFE

F E B R U A R Y

What did the boy bear say to the girl bear on Valentine's Day?

I L O V E Y O U

B E A R Y M U C H !

