

# Courtyard News

## AT A GLANCE



Happy Thanksgiving  
November 28th



Sweet Potato Recipe Inside!



200 E. Court Street Ste. 400  
Kankakee, IL 60901  
815-935-1992  
[www.gardant.com](http://www.gardant.com)  
**Follow Us Online!**



## FROM THE DESKS OF THE CO-PRESIDENTS:

### JULIE SIMPKINS & GREG ECHOLS

The American Health Care Association and National Center for Assisted Living (AHCA/NCAL) have elected their Board of Governors and Board of Directors for the 2024/2025 term. Julie

Simpkins, Co-President of Gardant, has been re-elected to the NCAL Board of Directors. Her mission is clear: "To connect seniors of all incomes, and those who care for them, with ample resources to experience a life full of purpose and joy."

Julie's achievements exemplify her vision. She served as an Assisted Living Sector witness at the Senate Special Committee on Aging hearing, the first such hearing in two decades, underscoring her commitment to advocacy and the NCAL mission. Through Gardant's Access to the Key initiative, Gardant has successfully added over 5,700 affordable apartments in the past 12 years, creating vital opportunities for seniors nationwide.

As Co-President, Julie, along with her Co-President partner Greg Echols, oversee 7,600 apartments across five states, ensuring that more seniors find a place to call home. Notably, 87% of Gardant's portfolio consists of National Malcolm Baldrige Quality Award recipients, setting a high standard in senior living. Gardant has also implemented key leadership development initiatives, reducing annualized turnover for Executive Directors to just 13%. This stability ensures consistent, high-quality care and ensures future succession.

To advance effective advocacy and innovation in this sector, Julie has built strong partnerships at both national and state levels. She serves as an At-large member of the NCAL Board of Directors, chairs the NCAL State Leader Program, serves on the Policy and Regulatory Committee as well as the Strategic Planning committee. Additionally, she is a board member of the IHCA/INCAL in Indiana and the OHCA AL Board of Directors in Ohio. These roles empower her to influence policy and share best practices that enhance seniors' quality of life.

Julie's vision and accomplishments reflect a steadfast commitment to seniors and their caregivers nationwide. "As the role of assisted living grows within our nation's care continuum, NCAL's leadership will rise to the occasion. We are fortunate to have such dedicated leaders on our Board," said NCAL Executive Director LaShuan Bethea. "It is an honor to work alongside these individuals, and I look forward to their impact on providers and caregivers serving our seniors."

The members of the AHCA Board of Governors are elected by the Council of States, while the NCAL Board of Directors is elected by current NCAL Board members and State Leaders.

1016 West North St.  
Girard, IL 62640  
217-627-9502  
[www.CE.Girard.com](http://www.CE.Girard.com)



# IN THE NEWS



## ABOUT THE MONTH OF NOVEMBER

RICK BANAS, VP OF DEVELOPMENT AND POSITIONING



Monday, Nov. 11, is Veterans Day. It is a day to celebrate all those who served in the U.S. Armed Forces and thank them for their patriotism, love of country, and their service and sacrifice for the common good.

Traditionally, turkey is the main part of the meal on Thanksgiving. An estimated 46 million turkeys are prepared to provide the Thanksgiving feast. Only male turkeys gobble. They use it as a mating call to attract hens.

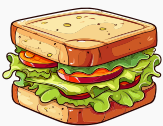
A popular myth is that Ben Franklin thought that the turkey would be a much better national symbol for the U.S., than the bald eagle.

Cranberries are considered a superfood. They are packed with anti-inflammatory, antibacterial, and antioxidant properties.



The tradition of football games on Thanksgiving began in 1876, with a game between Princeton and Yale. On the professional side, the Detroit Lions have played a game on Thanksgiving almost every year since 1934.

Nov. 3 is World Sandwich Day. Nov. 13 is World Kindness Day. Nov. 14 is National Pickle Day. Nov. 16 is National Button Day. Nov 18 is Mickey and Minnie Mouses Birthday.



November is American Indian Heritage Month, National Peanut Butter Lovers Month, National Hospice and Palliative Care Month, and American Diabetes Awareness Month.

Diabetes is a disease that occurs when your blood sugar levels are too high. It can cause damage to your eyes, kidneys, nerves, and heart. It also is linked to some types of cancer. The good news is that there are things you do that may help your risk, including managing your blood sugar, blood pressure, and cholesterol levels; reaching or maintaining a healthy weight; being physically active; getting enough sleep; and not smoking.



# WELLNESS



## NOVEMBER IS DIABETES AWARENESS MONTH

CHRISI KARCZ, VP OF CLINICAL SERVICES

November is recognized as Diabetes awareness month.

According to NIDDK (National Institute of Diabetes and Digestive and Kidney Disease), this year's theme is "Take Care of Tomorrow" with focus on preventing diabetes health problems. Diabetes affects over 38 million people in the United States. It is caused by high blood sugar levels which cause damage to the eyes, kidneys, nerves and heart. It is also linked to some types of cancer. Ways to help yourself include:

### Know your risk for developing Diabetes.

If you are overweight or obese; thirty-five years or older; Have a Family history of Diabetes, Are African American, American Indian, Asian, Hispanic or Latino, or Pacific Islander; Are inactive or have Pre-diabetes, you are at high risk for developing diabetes.

### Manage your blood glucose, blood pressure, and cholesterol levels.

Ask your health care team what your goals should be.

- Take small steps toward healthy habits.
- Take your medicines on time.
- Reach and maintain a healthy weight.
- Take care of your mental health.
- Learn ways to cope with stress.
- Work with your health care team.

Work with your Primary provider, also potentially a Registered Dietician, Diabetes Specialist and Diabetes Educator.



## RECIPE CORNER

### SWEET POTATO CASSEROLE

#### Ingredients

- 5 medium sweet potatoes, peeled and sliced ½ inch thick
- 2 tablespoons melted coconut oil, plus more for greasing
- 2 tablespoons light brown sugar
- 1 tablespoon white sugar
- zest of one orange
- ¼ cup fresh orange juice
- 1 pinch salt
- 4 cups marshmallows

#### Directions

1. Grease an 8 X 8-inch microwave and oven proof glass baking dish with some coconut oil.
2. Layer in the sweet potato slices in oiled baking dish.
3. Mix 2 tablespoons coconut oil, brown and white sugars, orange zest, orange juice and salt in a one cup liquid measuring cup or small bowl.
4. Pour mixture over sweet potatoes. Tightly cover with saran wrap. Microwave for 10-12 minutes or until the potatoes are done. Let sit for a minute and carefully remove saran wrap. (Steam will escape and will be very hot. Be careful not to steam burn yourself).
5. Just before serving, top with marshmallows and bake on the top rack ( at least 4-5 inches away from the heat source) at a 450 degree oven for about 5-6 minutes or until the marshmallows are the color you like.



# LIFESTYLE



## LET'S CELEBRATE

### RESIDENT/STAFF BIRTHDAYS:

Marliana 11/02  
Catherine 11/10  
Eileen 11/19  
Joelle 11/21  
Allison 11/22  
Wanda 11/22  
Patricia 11/23  
Frances 11/27

### WELCOME NEW STAFF!

Hallie 9/24- R.A  
Jace 9/26- Dietary  
Jason 9/28-Dietary

## A NOTE FROM THE EXECUTIVE DIRECTOR

Allison Montgomery

- Flu season is here, please cover your coughs with your elbow, not your hands. Wash hands before and after meals.
- Please keep your hands to yourself when other residents are walking by.
- Daylight savings time - Don't forget to set your clocks back on November 3rd.

## COMMUNITY PARTNER IN THE NEWS

We had Joe Hoover from R&R Book Bindery come out to our Hallopalooza event this year and set up his AI photo booth!

Joe took photos of the kids and turned them into different Halloween scenes. Some of the resident got in on the action and got their photos recreated as well!

Thank you Joe and R&R Book Bindery for the photos and all the printing services you guys have supplied for us here at Courtyard Estates of Girard!



## REMINDERS FOR EVENTS COMING UP

November will be a busy month for us as we are now officially heading into the Holidays. Mark your calendars, we have some important dates you won't want to miss!

**11/08 Pie Night**  
**11/26 Drive by Lasagna Dinner**  
**11/28 Thanksgiving**  
**11/29 Elf on the shelf Debuts**



# LIFESTYLE



## H O R O S C O P E

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

HEALTH WILL BE GOOD WITHOUT ANY SERIOUS PROBLEMS. STICK TO YOUR EXERCISE AND DIET SCHEDULES.

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

YOU STRIVE HARD TO ACHIEVE RESULTS AND SUCCESS FOLLOWS NATURALLY.

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

PEACE WILL FLOURISH IN THE FAMILY ENVIRONMENT.

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

A GREAT MONTH TO IMPROVE YOUR HEALTH.

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

HAVE GOOD HARMONY WITH FRIENDS AND FAMILY THIS MONTH.

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

COMPROMISES WILL HELP RELATIONSHIPS FLOURISH

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

GOOD HEALTH THIS MONTH

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

THIS MONTH IS A TIME TO RELAX AND WAIT FOR GOOD TIMES TO COME.

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

PLANETARY HELP WILL IMPROVE PERSONAL AND INTELLECTUAL GROWTH

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

SUCCESS DEPENDS ON HOW YOU HANDLE THINGS AND BY WAITING PATIENTLY.

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

YOU HAVE TO REDUCE STRESS FOR HEALTH TO FLOURISH

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

MARS AND SATURN WILL HELP CAPRICORN'S GOOD GROWTH IN THEIR PATHS OF LIFE.

## UPCOMING EVENTS DATE/TIME

**11/08 6:00-8:00 p.m. Create your own pie. \$5 per pie, take home and bake for your Holiday Celebrations! RSVP by the 11/08**

**11/26 4:30-6:00 Lasagna Night  
\$10 Lasagna, Green Salad with dressing, bread-stick, and a cookie.**

**We will be taking phone orders up until 11/22. Meal tickets will be sold in advance from the 4th of November to the 22nd.**

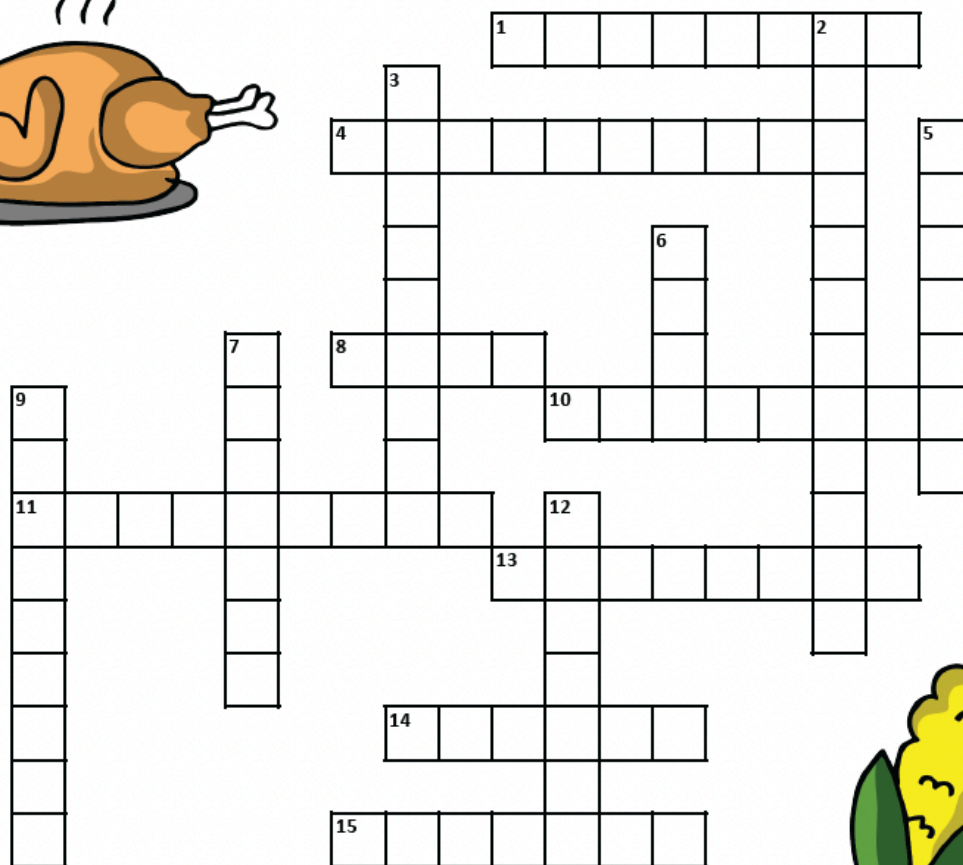
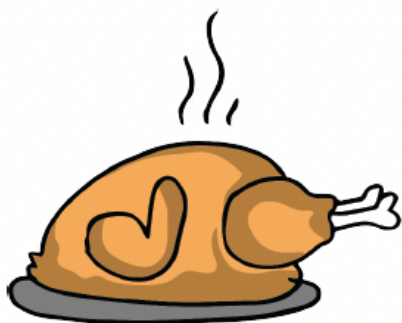
**November 29th Elf on the shelf makes his/her first appearance. Keep watch for daily post on our Facebook page. Like/comment and share to have your name entered in a raffle to win a New Year's Eve Family Fun basket.**



# FUN & GAMES

## THANKSGIVING

### Crossword



#### ACROSS

1. First village established by the Pilgrims
4. Symbol of abundance and nourishment
8. An essential grain in the New World diet
10. Literally, travelers going to a holy place
11. The Pilgrims' boat
13. 16th and 17th century English Protestants
14. The traditional holiday bird
15. American Indian who taught the Pilgrims many things

#### DOWN

2. 4th Thursday of November
3. A traditional American Indian dwelling
5. Gathering of crops
6. Season for harvesting
7. Country the Pilgrims left behind
9. Indigenous people who were present at the first Thanksgiving
12. Bright orange squash used to make pie



# ANSWERS

## THANKSGIVING

### Crossword

#### SOLUTION

