

CAMBRIDGE HOUSE TIMES

JULY 2023

At A Glance



Ice Cream Sandwich Cake...Yum!



Independence Day is Tuesday July 4th!

Managed by



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A Note from the Executive Director

Jacque Dearborn



America began as a daring idea. Under the rule of a tyrannous monarch, our Founders imagined and believed in a self-governing nation where all people, having been created equal, would be entitled to life and liberty, and where opportunity could be realized by anyone with determination and a dream. With unwavering resolve to steer the course of history toward the tomorrow they envisioned, they took a bold chance on an improbable experiment in democracy. Leaving behind all they knew, they set sail for a new land bright with liberty – the United States of America.

A revolution was sparked when we declared our independence, but freedom's flame endured because of the grit and resolve of our people, and because of the fearless servicemen and women who courageously fought – some making the ultimate sacrifice – so our Union and our ideals could live on. Thanks to these brave heroes, our Nation continues to stand as a beacon of hope and gleam as an example of the strength that can be drawn from our differences. And through the Foreign Service professionals serving in our Embassies, Consulates, and Missions who stand up for human rights, advance freedom's cause, and renew the promise of America every single day, liberty's light shines around the globe.

While many things have changed since that fateful July 4th in 1776, our spirit remains indomitable, and the founding truths that guided us to build the greatest democratic, economic, and military force the world has ever known still drive us today. Our country's story is a testament to our beliefs that America will always triumph over trial and that one idea can change the world.

On behalf of a grateful Nation, happy Fourth of July. As you celebrate America's independence at posts in nations near and far, let us remember the history that unites us and the shared vision that pushes us toward an ever brighter tomorrow.

Barack Obama



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IN THE NEWS

ABOUT THE MONTH OF JULY

Rick Banas

In an interesting twist of fate, Thomas Jefferson and John Adams, the second and third Presidents of the United States, died on July 4, 1826 – 50 years to the day after the Declaration of Independence was adopted.



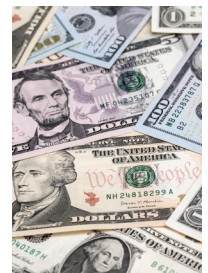
Blame Abe? President Abraham Lincoln signed the first income tax bill on July 1, 1862, levying a tax of 3% on incomes of \$600 to \$10,000 and 5% on incomes of more than \$10,000. The Bureau of Internal Revenue also was established.



On July 6, 1865, Louis Pasteur gave the first successful anti-rabies inoculation to a boy who had been bitten by an infected dog.

Insulin was introduced in July 1923.

In July 1931, the City of Chicago reportedly could not pay its 14,000 teachers their salaries because the city ran out of money.



President Lyndon Johnson signed the Social Security Act of 1965, establishing Medicare and Medicaid, with the two programs financed by higher Social Security taxes.

The period from July 3 through Aug. 11 are known as the Dog Days of Summer, referring to the hot and humid weather that often occurs during July and August. The hottest temperature recorded in the U.S. was on July 10, 1913. The temperature in Death Valley reached 134 degrees. It reportedly was hot enough to fry an egg on a rock in a matter of seconds. The Dust Bowl years in the 1930s brought some of the hottest summers, especially to the Plains, Upper Midwest and Great Lakes states.



July also is known as Hay Month as the grass often dries out due to the heat and lack of rain. The dried grass can be made into hay.

July is National Ice Cream, Hot Dog and Pickle Month,

July 2 is World UFO Day.



WELLNESS

Healthy Vision Month by National Eye Institute (NEI)

Chrisi Karcz, VP Clinical Services

The month of July is recognized as Healthy Vision Month by National Eye Institute (NEI). According to NEI (April 2023), eye disease and vision loss affects millions of Americans. Early detection and treatment can help to protect and prevent vision loss. As people age, they are at greater risk for age-related macular degeneration, cataract, and glaucoma. Early detection and treatment are important to prevent vision loss and blindness.

Tips to help protect your vision include:

1. See an eye doctor for regular examination.
2. Have eyes dilated per doctor's recommendation for better visibility of eye structures.
3. Increase movement/activity to lower blood pressure and blood sugar levels.
4. Learn your family eye health history as some eye diseases, i.e., glaucoma, age-related macular degeneration, are hereditary.
5. Eat healthy foods to help prevent health conditions like diabetes or high blood pressure.
6. Use sunglasses to protect your eyes from sun exposure.
7. Manage long-term health conditions like diabetes and high blood pressure which can increase risk for some eye diseases.
8. Stop smoking! Quitting smoking will help lower your risk for eye diseases like macular degeneration and cataracts.

Programs that offer free or low-cost eye care

These programs offer free or low-cost eye care. Keep in mind that you'll need to apply to get help from these programs — and many programs have specific requirements, like having a low income or a higher risk of certain eye diseases.

Most of these programs provide services across the United States, but your area may have local organizations and services that can help, too.

For all ages

These people and organizations may be able to connect you to low-cost eye care:

- Your regular doctor. Your doctor may be able to refer you to low-cost eye care.
- Your eye doctor. If you already have an eye doctor and you need help paying for your care or treatment, ask them if there are programs you may qualify for that can help.
- Community health centers. Some community health centers have an eye clinic and offer free or low-cost care.
- Local colleges or universities. If there is a college or university near you that has an optometry or ophthalmology program, ask if they offer low-cost eye care.
- Your local pharmacy. Ask your pharmacist if they offer discounts on medicines or medicine delivery.

Reference: National Eye Institute (April 2023). Vision and aging resources. www.nei.nih.gov/learn-about-eye-health/outreach-resources/vision-and-aging-resources.

Recipe Corner

Ice Cream Sandwich Cake

- 10-1/2 ice cream sandwiches
- 1 jar (12 ounces) caramel ice cream topping
- 1 carton (12 ounces) frozen whipped topping, thawed
- 1/4 cup chocolate syrup
- 2 Symphony candy bars with almonds and toffee (4-1/4 ounces each), chopped
- Maraschino cherries, optional

Directions

1. Arrange 9 ice cream sandwiches in a single layer in an ungreased 13x9-in. dish.
2. Cut 2 of the remaining sandwiches in half lengthwise and the last 1 widthwise; fill in the spaces in the dish.
3. Spread with caramel and whipped toppings. Drizzle with chocolate syrup. Sprinkle with chopped candy bar.
4. Cover and freeze for at least 45 minutes before serving. I
5. f desired, garnish with cherries.





LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- Yolly Z. 7/6 “101”
- Lujuanda H. 7/6
- Doris H. 7/15
- Donna B. 7/16
- Sharon W. 7/18
- Husteine F. 7/22
- Catherine “Kate” C. 7/23
- Joyce W. 7/24
- Gladys H. 7/26
- Billy P. 7/29

Staff Work Anniversaries:

- Wade B. (10 years)

Welcome New Staff:

- Amicah G. (dietary)
- Janyla P. (dietary)
- Crishea G. (dietary)
- Patricia H. (dietary)
- Betty B. (Marketing)
- Crystal H. (Nursing)

Community Partner in the News

Amanda Tarter

Good morning to you all, I hope this months’ newsletter finds you all happy and healthy. I wanted to reach out and to tell you some of the fun and active activities that we have planned for the month of July. We have many activities scheduled for July that should get you moving and grooving which include a trip to Troy, IL park where will see animals then have a picnic lunch at the park on July 7th. Signup is a must for this event. We will also be hosting a resident and family cookout on July 12th from 4-6pm and we hope to see lots of families there so remember to invite your families and let them know of this event. We will have music, good food and fun times. On July 21st we can have 10 ladies sign up for the gorgeous grandma day event with the beauty school students who will be back to do facials and manicures, so sign up early in the book. The car and wheelchair wash with Susie from Bria will be here on July 26th so remember to empty out your wheelchairs and walkers before we get them all sparkly clean. I hope you check out your monthly calendar for all the great activities we have planned for you. If you have any suggestions about activities, see Amanda or come to the activity planning meeting at 2pm on July 3rd. Have a wonderful day!

Reminders and Events coming up

We are hosting a resident and family cookout on July 12th from 4-6pm. We will have music, good food, and fun times. So don’t forget to come to our community on July 12th for the resident and family cookout. Any questions, ask Amanda.



LIFESTYLE

Events You Don't Want to Miss!

Date: July 7th Time 9:30am
Location: Cambridge House of Swansea
Details: On July 7th we will be taking a bus trip to the Troy, Il where they have some animals at the park. We will walk around and then have lunch in the park. Signup in the book is a must.

Date: July 12th Time: 4-6pm
Location: Cambridge House Swansea Front Parking Lot and inside
Details: We are hosting a resident and family cookout on July 12th from 4-6pm. We will have music, good food and fun times!! So come out on this evening and enjoy some fun family times and visit with staff and your friends.

Date: July 21st Time: 9:30am
Location: Cambridge House of Swansea
Details: We are celebrating gorgeous grandma day again with the local beauty school coming to do facials and manicures. We can have a 10 resident sign up so signing up is a must in the book. Come out and feel beautiful when these wonderful students work their magic.

Horoscope

Aquarius (1/20-2/18)

Nurture yourself and your family first for you are in for fun and wellness this summer.

Pisces (2/19-3/20)

Now would be a good time to start any projects you hope to welcome the season with.

Aries (3/21-4/19)

Be on guard for "aha" moments when Mercury cozies up to Uranus the next day, which is sure to bring forth flashes of brilliance.

Taurus (4/20-5/20)

Mercury steps in to bring clarity to your finances.

Gemini (5/21-6/20)

Look for opportunities to develop and understand yourself in meaningful ways.

Cancer (6/21-7/22)

Your social life will shift into overdrive.

Leo (7/23-8/22)

Your month kicks off with lots of luck and some extra support from beyond the veil.

Virgo (8/23-9/22)

You'll feel more connected and in tune with your community.

Libra (9/23-10/21)

Sagittarius full moon is sure to bring forth moments of enlightenment.

Scorpio (10/22-11/21)

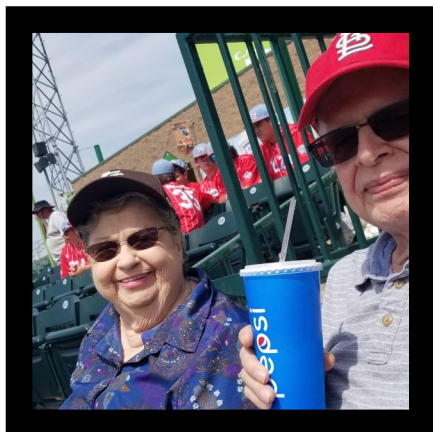
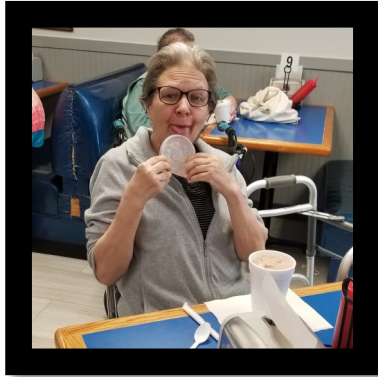
This is the perfect time for expanding your horizons on an intellectual level.

Sagittarius (11/22-12/21)

Love is in your favor so now is the time to prioritize connection.

Capricorn (12/22-1/19)

This cosmic climate allows you to assume larger than life roles, proceed with confidence.

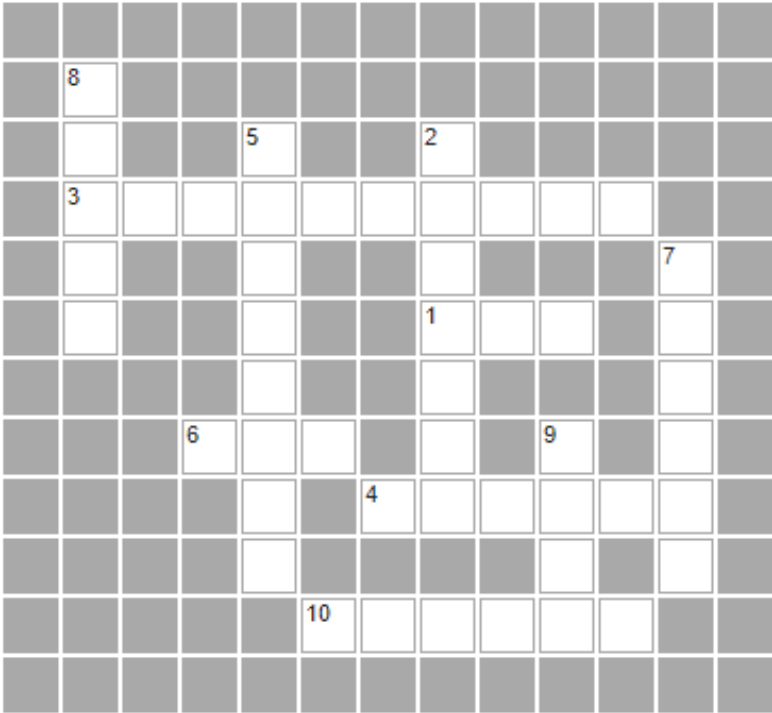




CROSSWORD

Independence Day Crossword Puzzle

Instructions: Complete the crossword puzzle by filling in the Independence Day words that fit the clues.



Across

- 1. Traditional color of a rose
- 3. Body that enforces state policy
- 4. Procession of marching bands and floats
- 6. Opposite of night
- 10. Stand together

Down

- 2. North _____
- 5. Something inherited from the past
- 7. Warmest season
- 8. Large powerful bird of prey
- 9. Structured playing





ANSWERS

Independence Day Crossword Puzzle Key

	e											
	a		h			a						
	g	o	v	e	r	n	m	e	n	t		
	l		r			e					s	
	e		i			r	e	d			u	
			t			i					m	
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			g			p	a	r	a	d	e	
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