

# PLAINFIELD POST

## AT A GLANCE



JUNE 16, 2024



ALZHEIMER'S ASSOCIATION

June 20, 2024



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## FROM THE DESKS OF THE CO-PRESIDENTS: JULIE SIMPKINS & GREG ECHOLS

We are continuing to highlight all of Gardant's teams that help guide our mission into fruition. Another group that plays a vital role in the Gardant organization is the Employee Owner Communication Committee. This committee helps with the Employee Stock Ownership Program (ESOP) that Gardant has established.

The Employee Owner Communication Committee was established in 2024 with the purpose of educating Gardant employees on the benefits of ESOP as well as engaging employees to create an ownership culture. Representatives from the committee recently attended the annual conference for the National Center of Employee Owners. This was a great opportunity to learn about employee ownership and network. The committee has recently hosted several educational events, designed our team logo, and created our mission statement.

### Mission Statement:

The Gardant Employee Ownership Communication Committee has a mission to add value to all stakeholders through education and collaboration that promotes a culture of employee engagement and financial well-being.

As employee owners we are committed to fostering a cohesive environment which promotes value, vitality and sustainability.





# IN THE NEWS

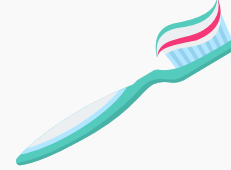


## ABOUT THE MONTH OF JUNE

**RICK BANAS, VP OF DEVELOPMENT AND POSITIONING**

On June 16, back in the year 600, Pope Gregory the Great issued a decree saying “God Bless You” is the proper response to a sneeze.

The toothbrush reportedly was invented in China on June 16, 1498.



John Winthrop, the Governor of Massachusetts, introduced the fork into dining in the U.S. on June 25, 1630. When introduced, the fork was known as the “split spoon.” Initially, the fork was considered sacrilegious as clergy considered fingers the only thing worthy of eating God’s food.

The first medical diploma was issued in the United States on June 21, 1768 to John Archer from the College of Philadelphia.

Social worker Julia Lathrop was born on June 29, 1858 in Rockford, Illinois. She fought to establish child labor laws and was instrumental in establishing the first juvenile court in the United States.

Composer and lyricist Cole Porter was born on June 9, 1893 in Peru, Indiana. Located 73 miles north of Indianapolis, Peru is known as the Circus Capital of the World with good reason. From 1892 to 1941, Peru served as the winter headquarters for several American circuses, housing performers, animals, and circus equipment. Porter published his first song at the age of ten.



Donald Duck made his debut on June 9, 1934.

The first Superman Comic was published on June 1, 1938. The town of Metropolis in southern Illinois is considered the adopted hometown of the “Man of Steel.” It is home to the Superman Museum and a 200-foot Superman Statue.

June is National Men’s Health Month; Alzheimer’s and Brain Awareness Month; and Iced Tea, Accordion Awareness and Fight the Filthy Fly Month.

June 4 is Hug Your Cat Day; June 6 is D-Day; June 8 is Best Friends Day; June 15 is Smile Power Day; June 16 is Fathers’ Day; and June 26 is Forgiveness Day.



# WELLNESS



## CICADAS

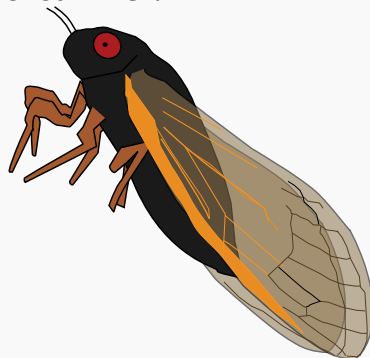
**DEBORAH DENHAM, VP OF QUALITY & RISK MANAGEMENT**

Two types of Cicadas are emerging, Brood XIII and Brood XIX, which have not emerged at the same time in more than two hundred years. And they are earlier than average in Illinois. They can emerge sooner in a warmer environment.

Brood XIX is mostly in the southern part of the Midwest and emerge every 13 years. This emergence is to last until mid-June. Brood XIII emerges every 17 years. Both broods are called periodical cicadas. There are 15 different periodic brood species with 12 of them being 17 year broods and 3 are 13 year broods. Brood XI is now extinct.

The cicadas do not sting or bite. They spend their 2 weeks of life climbing trees, shedding their exoskeletons, and reproducing. Brood XIII can number up to 1.5 million per acre. Ravinia- an outdoor concert venue in a northern Chicago suburb, adjusted its Chicago Symphony Orchestra concerts to July so that the cicada sounds would not interfere with hearing the orchestra.

During this emergence, the Broods XIX and XIII will be joined by other cicada species that emerge more regularly. With so many cicadas, their noise level might reach 90-120 decibels, the equivalent of a gas-powered lawnmower or motorcycle! Gratefully, only the males “sing”. Happily, the two broods do not overlap significantly except in a small band in central Illinois. Enjoy one of the true sounds of summer!



## RECIPE CORNER

### AIR FRYER PEANUT BUTTER ‘N’ JELLY S’MORES

- 1 chocolate peanut butter cup
- 2 chocolate graham crackers, split
- 1 tsp. seedless raspberry jam
- 1 lg. marshmallow

### Directions

1. Preheat the air fryer to 400 degrees
2. Place peanut butter cup on 1 graham cracker square. Top with jelly and marshmallow. Carefully place in air fryer basket.
3. Cook in preheated air fryer until marshmallow is lightly browned and softened, about 1 minute. Immediately top with remaining graham cracker square.





# LIFESTYLE



## LET'S CELEBRATE

### RESIDENT BIRTHDAYS:

- BARB 6/6
- GERALDINE 6/7
- BETTY 6/14
- NANCY 6/14
- ROSEMARY 6/20
- MARGE 6/21
- BARB 6/23
- MARY 6/26
- ANGELINE 6/27
- DEBORAH 6/27

This year to help fight Alzheimer's we will be raising money for "The Longest Day" campaign by driving 40 hours, the equivalent of Route 66, on our iN2L simulator to spread the word that together we can end Alzheimer's.

We need your help to reach our goal. We are asking family and friends to pledge an amount for each hour we drive.

A \$1.00 per hour pledge would be a \$40.00 donation upon completion of our drive. A .10 cent per hour pledge would require a \$4.00 donation upon completion.

Please contact Maria Diver 815 230 4207 - [resident.services@hw-plainfield-slf.com](mailto:resident.services@hw-plainfield-slf.com) to pledge or for any questions. We will be starting our trip on Saturday 6/8 and ending on 6/20, "The Longest Day" between 3:00 - 4:00. Everyone is invited to join us in the front lobby for the conclusion of our drive.

You can keep track of where we are on Facebook and CareMerge as well as on a large map we will have at the community. Please help us reach our 40-hour goal. Your support goes to the Alzheimer's Association.





# LIFESTYLE



# H O R O S C O P E

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

REAP IN YOUR REWARDS AND BEGIN A NEW PHASE IN LIFE

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

DON'T RUN AWAY FROM REALITY, YOUR HEART WILL LEAD YOU BACK

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

YOU WILL INSPIRE OTHERS THIS MONTH.

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

YOU WILL OVERCOME ALL OBSTACLES WITH YOUR COURAGE AND STRENGTH

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

YOU MAY START A NEW PARTNERSHIP WITH A FRIEND THIS MONTH

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

YOU WILL MAKE GREAT DECISIONS THIS MONTH, FROM LESSONS YOU'VE LEARNED IN THE PAST

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

START TO MAKE PLANS TO ACHIEVE YOUR GOALS

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

A BIG AND BRIGHT FUTURE AWAITS YOU

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

YOU WILL MAKE NEW CONNECTIONS THAT WILL LAST A LIFETIME THIS MONTH

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

A NEW PROJECT WILL LEAVE YOU EMOTIONALLY SATISFIED THIS MONTH

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

YOU WILL GET THROUGH AL THE DIFFICULT PATHS IN LIFE

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

TRY TO BE POLITE AND SWEET WITH YOUR WORDS WHEN TALKING TO OTHERS

## UPCOMING EVENTS

**Friday 6/14 2:00**

**Main Dining Room**

Entertainment

**"Good Clean Fun"**



**Friday 6/20 2:00**

**Multi-Purpose Room**

Saint Joe's Rehab Presents

**"Balance"**





# FUN & GAMES

## FATHER'S DAY WORD SEARCH

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

DEVOTED	BEST	FATHER	JUNE
GRANDPA	DAD	PROUD	BRAVE
PROTECT	LOVE	STRONG	DADDY
THOUGHTFUL	PAPA	RESPECT	FUNNY
COURAGEOUS	POPS	CARING	WISDOM

# ANSWERS

**FATHER'S DAY  
WORD SEARCH**

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

DEVOTED	BEST	FATHER	JUNE
GRANDPA	DAD	PROUD	BRAVE
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