

THE LACEY CREEK COURIER

OCTOBER 2023

At A Glance



It's Pumpkin Season!



Halloween is October 31st!

Managed by



4882 N. Convent Street

Bourbonnais, IL 60914

815-935-1992

www.gardant.com

Follow Us Online!



From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

October brings the crisp fall air we have all been waiting for after those 90-degree days. The leaves begin to change and fall to the ground. Also, a new sense of slowing down

seems to take hold of our lives. But with this new season of change, maybe it's your time for a change too!

Change can be positive, and we always look at change as a way of growing. Recently, Gardant Management Solutions had a change where we added more communities to our portfolio, which allowed us to grow and impact more lives in the senior living industry, and for that we are grateful of that change.

Maybe a change in your life could be that you are new and just moved in to one of our wonderful communities. You moved away from a home you once knew, to a new one. The change from moments of "I used to be able to do this" to "I have help and the assistance I need when doing this." We hope this change in your life forgives your struggles and focuses on new beginnings.

Some benefits of assisted living that many don't highlight as much like adding new friends to your circle, building relationships with the staff, having everything in the same building as hairdresser, exercise classes, crafts, entertainment, and food. Not only are residents receiving the help they need on a day-to-day basis, but the everyday living fulfills your new life too! If you or a loved one is searching and wondering if the change to assisted living is for them, please let them know all about the new changes their lives could have!

Just like the leaves in the fall, change can be hard, but it can also be beautiful!



4200 Lacey Rd, Downers Grove IL 60515

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





IN THE NEWS

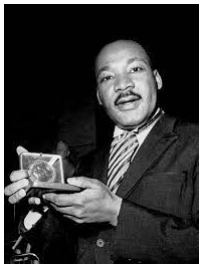
ABOUT THE MONTH OF OCTOBER

Rick Banas

Henry Ford introduced the Model T to the world on Oct. 1, 1908. It was designed to be a car that was affordable, simple to operate, and durable.



Captain Kangaroo and The Mickey Mouse Club premiered on television on Oct. 3, 1955.



On Oct. 14, 1964, civil rights leader Martin Luther King Jr. became the youngest recipient of the Nobel Peace Prize. He donated the money from the prize to the civil rights movement.

The first physician’s assistants graduated from Duke University on Oct. 6, 1967. This year we celebrate National Physician’s Assistant Week from Oct. 3 through 9.

October is National Physical Therapy Month and National Dental Hygiene Month.

Oct. 7 is Ageism Awareness Day. It provides the opportunity to draw attention to the existence and impact of ageism in our society and to how we can reframe aging. The World Health Organization (WHO) considers ageism to be a global problem that leads to poorer health, social isolation, and premature death and cost economies billions of dollars.



Oct. 11 is It’s My Party Day – a great excuse for having a party for no reason at all.



Oct. 13 is National Train Your Brain Day. A healthy brain has many benefits – better memory, clearer thinking, improved problem solving. It can help you guard against memory loss and improve balance, coordination, and mobility.

Here are some things you can do to train your brain – read; work on a jigsaw or crossword puzzle; play a memory or matching game; solve a few brain teasers; learn a new language or learn one new word every day; take turns with others telling and solving riddles; change your routine, use your non-dominant hand.

The fourth Saturday in October is Make a Difference Day. What can you do to make a difference for a family member, friend, or neighbor? It can be as simple as a Thank You.



WELLNESS

Breast Cancer Awareness

Chrisi Karcz VP Clinical Operations

The month of October is recognized as Breast Cancer Awareness month. According to the Centers for Disease and Control, breast cancer is the most common form of cancer in women in the United States. While breast cancer deaths have declined, it is still the second leading cause of cancer deaths in all women and the leading cause of death in Hispanic women. Every year in the United States, 240,000 women and about 2,100 men are diagnosed with breast cancer. About 42,000 women and 500 men, die every year to breast cancer. With Black women having a higher rate of death than all other women.



Signs and symptoms of breast cancer are different for everyone. Some people have no signs or symptoms. Some warning signs of breast cancer include:

- New lump in breast or under arm (arm pit)
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

Should you have any signs or symptoms, see your doctor right away for evaluation.

Staying healthy throughout your life will reduce your risk of cancer and improve your chances of surviving should it occur. Do your best to maintain a healthy weight, stay physically active, drink alcohol in moderation, and ask about risks associated with hormone replacement therapy. Also, ask about ways to lower your risk if you have a family/genetic history of breast cancer.

Breast cancer screening is an important way to detect breast cancer sooner and treat it earlier. Screening should include monthly self-examination. Annual examination by physician. For women 40 years and older, or with family history, a mammogram is recommended at least every two years.

Recipe Corner

Microwave Mug Pumpkin Pie

- 2 small cookies, crushed into 2 Tb. of crumbs (graham crackers, digestives, or gingersnap cookies)
- 1/3 cup pumpkin puree
- 1 Egg
- 1 Tb Milk
- 1 Tb. Brown Sugar
- 1 tsp pumpkin pie spice
- 1 pinch of salt
- 1/2 tsp. vanilla

Directions

1. In a small bowl, whisk together the pumpkin puree, egg, milk, brown sugar, pumpkin pie spice, salt and vanilla extract until there are no lumps.
2. To the bottom of a microwavable mug, add your crushed cookies
3. Pour your pumpkin pie mix on top
4. Microwave roughly 1-1/2—2 min. checking every 30 sec. The top may look slightly damp but it will set as it cools.
5. Carefully remove the mug from the microwave. Let it stand for a couple minutes to cool. Serve with whipped cream!



LIFESTYLE

HAPPY
Birthday!

Rose 10/1

Sue 10/2

Jean 10/3

Dianne 10/5

Irene 10/10

Barbara 10/12

Ralph 10/25

Nancy 10/29

Waqar 10/29

Terry 10/31

Margaret 10/31

Welcome!

Welcome New Residents!

Margaret

Marcela

Autumn Extravaganza with Christ Church of Oakbrook

Christ Church of Oakbrook is having a churchwide day of service on Saturday, October 28th. They anticipate over 1000 volunteers serving in the Chicagoland community (mainly Dupage County) on that day. They have chosen us for the second year in a row to be one of many places their volunteer teams will be assisting that day!

On the 28th, a team of volunteers from Christ Church of Oakbrook will be here to entertain residents with games, prizes, crafts. And more. Of course, they'll also supply delicious treats !

Come join the fun in the Gathering Place (on the first floor) from 9:30 until 11am!

Trick or Treating Time Change

Please note the time for Trick or Treating on Sunday Oct 29th has changed to 1:30pm — 3:30pm. See more information about this event on the next page!





TRICK OR TREATING

Sunday October 29th 1:30 – 3:30pm, we have open Trick or Treating for children! *(This is posted on the activity calendar as 1:00 – 3:00, but it is now 1:30 – 3:30.)*

If you live on the first floor and want children to trick or treat at your apartment, please sign up at the reception desk by October 20th.

We will make a sign for outside your door so the children know which doors to knock on. We can provide candy if you need it. You are encouraged to dress up in a costume if you have one.

If you don't live on the first floor, we need residents to sit in the common areas on the first floor and hand out candy. Please sign up for this at the reception desk by October 20th.

We can provide candy if you need it. You are encouraged to dress up in a costume if you have one.

You are also welcome to sit in the common areas on the first floor and just watch children trick or treating without handing out candy.

Children in your family are welcome to come, please invite them!

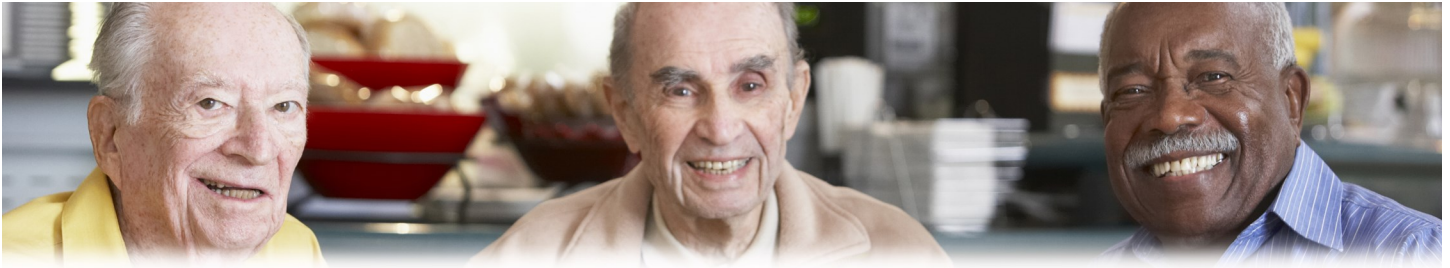
See Lauren or Kelly with any questions.



PHOTO CORNER

Enjoy these pictures from Oktoberfest!





OCTOBER MOVIES

10/8 Mrs. Harris Goes to Paris [2022, PG] Stars Lesley Manville, Isabelle Huppert

A widowed cleaning lady in 1950s London falls madly in love with a couture Dior dress, and decides that she must have one of her own.

10/10 Splash [1984, PG] Stars Tom Hanks, Daryl Hannah

A young man is reunited with a mermaid he briefly encountered as a boy and falls in love with her without knowing her secret.

10/15 Willy Wonka & the Chocolate Factory [1971, G] Stars Gene Wilder

A poor but hopeful boy seeks one of the five coveted golden tickets that will send him on a tour of Willy Wonka's mysterious chocolate factory.

10/17 Good Will Hunting [1997, R] Stars Robin Williams, Matt Damon

Will Hunting, a janitor at M.I.T., has a gift for mathematics, but needs help from a psychologist to find direction in his life.

10/22 Young Frankenstein [1974, PG] Stars Gene Wilder, Madeline Kahn

An American grandson of the infamous scientist, struggling to prove that his grandfather was not as insane as people believe, is invited to Transylvania, where he discovers the process that reanimates a dead body.

10/24 Hocus Pocus [1993, PG] Stars Bette Midler, Sarah Jessica Parker

A teenage boy named Max and his little sister move to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century.

10/29 Little Shop of Horrors [1986, PG-13] Stars Rick Moranis, Ellen Greene, Steve Martin

A nerdy florist finds his chance for success and romance with the help of a giant man-eating plant who demands to be fed.

10/31 Beetlejuice [1988, PG] Stars Alec Baldwin, Geena Davis, Michael Keaton

The spirits of a deceased couple are harassed by an unbearable family that has moved into their home, and hire a malicious spirit to drive them out.



WORD SEARCH

Fall Word Search

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



CORN
 AUTUMN
 BONFIRE
 BOOTS
 OCTOBER
 RAKE

THANKSGIVING
 HARVEST
 LEAVES
 CARNIVAL
 APPLES
 APPLE CIDER

PUMPKIN
 FOOTBALL
 SWEATER
 NOVEMBER
 SEPTEMBER
 SUNFLOWER

