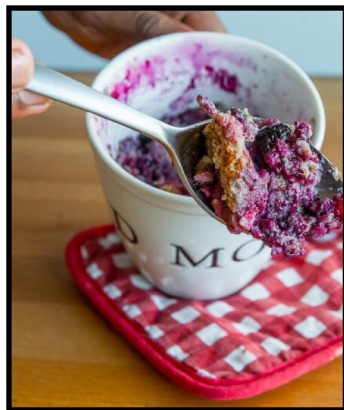


# THE LACEY CREEK COURIER

JANUARY 2024

## At A Glance



Try some Berry Cobbler!



Let's Ring in this New Year Together!

Managed by



4882 N. Convent Street  
Bourbonnais, IL 60914  
815-935-1992

[www.gardant.com](http://www.gardant.com)

Follow Us Online!



## From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

As 2024 begins, I find myself reflecting on the past year and the moments we have shared. I want to take this

opportunity to extend my heartfelt gratitude to all our residents, families, employees, and stakeholders.

This year has been filled with memorable experiences, and I am grateful for the connections I have had with many of you. Your support and encouragement have truly made a difference in my life and the lives of those we serve.

As we envision 2024 together, I want to express my sincerest wishes for your happiness, health, and success. May the coming year bring you exciting adventures and blessings.

I look forward to the year ahead, the experiences we will create and the lives we will touch together!



4200 Lacey Rd, Downers Grove IL 60515

(630) 964-7720 | [laceycreek-slf.com](http://laceycreek-slf.com)





# IN THE NEWS

## ABOUT THE MONTH OF JANUARY

Rick Banas



Benjamin Franklin, who helped draft the Declaration of Independence, was born on Jan. 17, 1706. An inventor, he is credited with inventing what we now call bifocals. As he grew older, Franklin became both near-sighted and far-sighted. Tired of switching from one pair of glasses to another, he had the lenses of the two pairs of glasses sliced horizontally in half and remade them into a single pair – the top half for distance and the bottom half for reading. Franklin never patented any of his inventions, believing they should be freely shared.

President Abraham Lincoln issued the Emancipation Proclamation on Jan. 1, 1863.

The first Rose Bowl Parade dates back to 1890. It featured horse-drawn carriages filled with flowers. In the afternoon after the parade, there were foot and chariot races, jousting, and tug-of-war. The Rose Bowl college football game was added in 1902 to help fund the cost of the parade. Michigan played Stanford.

On Jan. 1, 1892, Ellis Island in New York Harbor opened. It served as an immigration processing center for more than 60 years until it closed in 1954. It has been estimated that nearly 40 percent of current U.S. citizens can trace at least one of their ancestors back to Ellis Island.



Jan. 22 is Celebration of Life Day. It is designed to honor the children and grandchildren who bring joy to our lives.

The week of Jan. 22 to Jan. 28 is National Activities Professional Week.

Jan. 24 is Global Belly Laugh Day. It is no joke that laughter is great medicine. According to the Mayo Clinic, laughing has many short-term and long-term benefits, including stimulating your heart, lungs, muscles, and circulation; enhancing your intake of oxygen; relieving stress; improving your mood and your immune system; and increasing the endorphins released by your brain.



January is National Glaucoma Awareness Month. Glaucoma is a group of eye diseases that damage the optic nerve in the back of the eye, which can lead to vision loss and blindness. Symptoms can start so slowly that you may not even notice them at first. The only way to find out is with a comprehensive dilated eye exam.



# WELLNESS

## January is Glaucoma Awareness Month

Chrisi Karcz VP Clinical Operations

January is recognized as National Glaucoma Awareness Month. Glaucoma is a group of eye diseases which gradually leads to blindness without warning. Damage caused to the optic nerve results in loss of vision. Currently there is no cure, but early diagnosis can lead to treatment including medications and surgery. While most often it occurs in the middle-aged and elderly, it can affect people of all ages.

It is important to spread the word about the sight-stealing disease as it impacts over 3 million people in the United States. According to the Glaucoma Research Foundation (2023), by 2030, it is predicted to be over 4. 2 million people will have glaucoma. There are no symptoms and once vision is lost it is permanent. Glaucoma is the leading cause of irreversible blindness.

Glaucoma is more prevalent in African Americans and Latinos. With African Americans 6 to 8 times more likely than Caucasians to be diagnosed with glaucoma. Additionally, glaucoma is the leading cause of blindness in African Americans. Older Hispanics are at as high of risk as African Americans.

Regular eye exams are important in protecting one's sight from glaucoma. Early detection leads to early treatment. African, Asian and Hispanic individuals are at greatest risk. Individuals 60 years and older, diabetics, family history of glaucoma and those very nearsighted are also at greater risk. Routine eye exams may help prevent vision loss.

## Recipe Corner

### Microwave "Baked" Berry Oatmeal Cobbler

- 1/2 cup instant oats
- 1 egg
- Cinnamon to taste
- 1 T milled flax seed
- 1/3 cup milk
- 2 tsp. honey
- 1/3 cup blueberries
- Spray coconut oil (or any oil)

#### Directions

1. Spray a coffee mug with the oil. Add oatmeal, flax seed, cinnamon, milk, an egg, and the honey to the cup.
2. Mix it up, then toss in the blueberries. Gently mix together.
3. Place the mug in the microwave for 3 minutes but check it after 2 minutes to ensure that it doesn't bubble over.
4. Be careful when handling, it will be hot. Enjoy!





# LIFESTYLE

HAPPY  
*Birthday!*

Lee 1/4

Bernice 1/9

Lena 1/14

Eileen 1/14

Eti 1/22

Pam P. 1/23

Gail 1/25

Robert B. 1/30

*Welcome!*

Welcome New Residents:

Christine

Ann



## Therapaws Pet-a-pet Program

Lauren Krokson

In 2024, we're starting a trial run of a pet visit on the first Saturday of each month. We currently have a pet visit each month with volunteers that work through the Therapaws Pet-a-pet Program through the Hinsdale Humane Society. The Humane Society has new volunteer teams that will be starting visits in 2024, and some of them only have weekend availability. We are a test site for Saturday visits beginning Saturday January 6th!

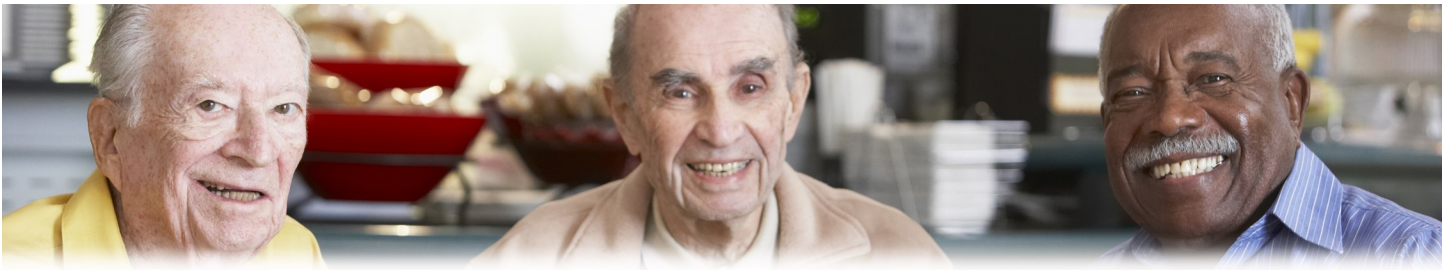
If you'd like to see the pets, please come down to the Gathering Place on Saturday January 6th at 1pm! Also, please note that our scheduled visit that normally occurs on the 3rd Monday of each month is moving to the 2nd Monday in January, because the 3rd Monday in January is a holiday. This means we'll have pet visits on Saturday the 6th and Monday the 8th!

## Elvis Returns to Lacey Creek!

Lauren Krokson

Put on your dancing shoes and join us on January 11th at 2pm in the Dining Room for another amazing performance by Hugo Colin, an Elvis Tribute Artist! Here's a picture of Hugo from when he was here over the summer last year.





# PHOTO CORNER

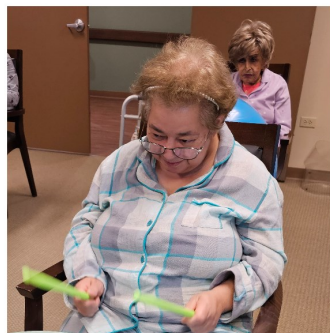
Enjoy these pictures from our December festivities!





# PHOTO CORNER

Page 2 of our December fun!





# January MOVIES

**1/1 Rain Man** [1988, R] Stars Dustin Hoffman, Tom Cruise

After a selfish L.A. yuppie learns his estranged father left a fortune to an autistic-savant brother in Ohio that he didn't know existed, he absconds with his brother and sets out across the country, hoping to gain a larger inheritance.

**1/2 The Public** [2018, PG-13] Stars Alec Baldwin, Taylor Schilling, Emilio Estevez

An act of civil disobedience turns into a standoff with police when homeless people in Cincinnati take over the public library to seek shelter from the bitter cold.

**1/7 Book Club** [2018, PG-13] Stars Diane Keaton, Jane Fonda, Candice Bergen

Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club.

**1/9 Book Club: The Next Chapter** [2023, PG-13] Stars Diane Keaton, Jane Fonda, Candice Bergen

Follows the new journey of four best friends as they take their book club to Italy for the fun girls trip they never had.

**1/14 Battle of the Sexes** [2017, PG-13] Stars Emma Stone, Steve Carell

The true story of the 1973 tennis match between World number one Billie Jean King and ex-champ and serial hustler Bobby Riggs.

**1/15 Champions** [2023, PG-13] Stars Woody Harrelson, Kaitlin Olson

A former minor-league basketball coach is ordered by the court to manage a team of players with intellectual disabilities. He soon realizes that despite his doubts, together, this team can go further than they ever imagined.

**1/16 Eight Below** [2006, PG] Stars Paul Walker, Jason Biggs

Brutal cold forces two Antarctic explorers to leave their team of sled dogs behind as they fend for their survival.

**1/21 The Apple Dumpling Gang** [1975, G] Stars Bill Bixby, Susan Clark, Don Knotts

Three orphan children strike gold in 1878 California.



# January MOVIES

**1/23 The Apple Dumpling Gang Rides Again** [1979, G] Stars Tim Conway, Don Knotts  
The adventures of two idiotic outlaw wannabes, Amos and Theodore.

**1/28 Adeline** [2022, NR] Stars John Schneider, Orli Gottesman  
A small Midwestern community becomes the epicenter for miracles when a mysterious woman brings a healing horse to town.

**1/30 Bridge of Spies** [2015, PG-13] Stars Tom Hanks, Mark Rylance  
During the Cold War, an American lawyer is recruited to defend an arrested Soviet spy in court, and then help the CIA facilitate an exchange of the spy for the Soviet captured American U2 spy plane pilot, Francis Gary Powers.



If you'd like to request movies to be shown in our theater, please see Lauren!