

JUNE 2024

Oak Hill Herald

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.



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IN THE NEWS

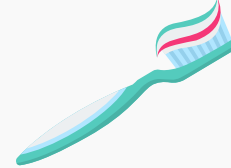


ABOUT THE MONTH OF JUNE

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

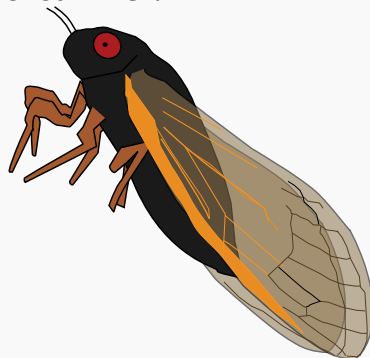
DEBORAH DENHAM, VP OF QUALITY & RISK MANAGEMENT

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:

Mary Lou D.	6/4
Fred B.	6/4
Char M.	6/10
Carolyn W.	6/22
Molly B.	6/22

STAFF BIRTHDAYS:

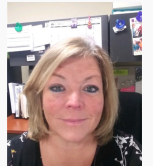
Melody Z., Lead CNA	6/4
Miriam R., LPN	6/14
Yinaury C., Culinary	6/20

WORK ANNIVERSARIES:

Jill C., ED 12 years	6/11
Jayce J., Culinary - 1 yr	6/12
Rachel F., CNA - 1 yr	6/13
Elizabeth O., Cul. - 1yr	6/20

A NOTE FROM THE EXECUTIVE DIRECTOR

Summer is here! Time to enjoy the warmer temperatures and appreciate the vegetables that will be harvested by the Oak Hill Garden Club! Our Grand-reopening party was a great success with all the wonderful food, drinks, desserts and wonderful entertainment! We loved showing our visitors our beautiful community.



Jill Callahan

I am very proud to announce that Oak Hill was recently awarded and certified as a great place to work based on respect, camaraderie, fairness, credibility & pride! Oak Hill also received a National award from the U.S. News and World Report on being The Best of the Best in Assisted Living! The Oak Hill Management team is to be commended for their hard work, dedication and commitment to the residents. Congratulations and well done!

Have an enjoyable, safe summer!

Jill Callahan

Executive Director

COMMUNITY PARTNER IN THE NEWS

The Longest Day

We are still raising funds for the Alzheimer's Association til the end of June . Any amount helps us get closer to our goal! We will be having two events in June to raise proceeds for Alzheimer's. Please see "Events" page and/or visit our page to donate. Thank you!



Scan the QR code to visit the Oak Hill Alzheimer's Association page and donate today!



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

Bus: Milwaukee Zoo

6/4 @ 10am

Bus trip to Milwaukee Zoo! Sign up today to reserve your spot. Don't forget, you must leave a cash deposit at sign up. Sheet will have details.

Spark Movement Zumba

6/4 & 6/18 @ 2pm

Come move and groove from the comfort of your seat! Nisha always brings the fun and hip music!

Chat w/Dietician, Dianne

6/5 @ 9:30am

Have questions or concerns you would like the Dietician to answer? Then do not miss this chat! Join us in the CLR.

BINGO! @ The RLAPD

Every Weds. Bus @ 12:15pm

Park District will be hosting Bingo every Wednesday. \$2 a card and play will continue until 3pm or until pot is empty. Good luck!

Round Lake Library

6/10 @ 9:30am

Library will return this month. Bring your library cards and books to return and check out new ones.

Bus: Senior Lunch

6/11 @ 10:45am

Park District will host their last luncheon this month. Sign up to reserve your spot. Cash \$ deposit required.

Bus: Schaumburg Boomers

6/12 @ 10:30am

It's Baseball season! Let's go watch and cheer on the Boomers! Bring your cash deposit and sign-up.

Entertainer: Katrina Sudman

6/13 @ 2:30pm

Katrina & Vincent return to provide an afternoon of beautiful piano music.

Bus: Mobile DMV

6/18 @ 11am

Do you need to renew your license or change your address? REAL ID? Driver's License? See Joli today to sign up for an appointment. Oak Hill bus will take you but an appointment is NECESSARY.

Ceramics For You

6/19 @ 10am

Come see what fun ceramics are available this month! Cash deposit required. Don't forget to pick up your finished piece from April.

Therapy Dog

6/20@1pm

Jacqueline returns with the talented and beautiful Kayla! Don't miss out!

Entertainer: Joe Kadlec

6/25 @ 2:30pm

Joe is back with his fun music and talent for us to enjoy!

Cooking w/Joli

6/28 @ 1:30pm

Don't miss what's cooking this month! Come and check out a new recipe!

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
PROTECT	LOVE	STRONG	DADDY
THOUGHTFUL	PAPA	RESPECT	FUNNY
COURAGEOUS	POPS	CARING	WISDOM



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