

# NEWSLETTER



## A MESSAGE FROM THE CO-PRESIDENTS

GREG ECHOLS & JULIE SIMPKINS

Gardant had three communities win American Health Care Association/National Center for Assisted Living Silver Quality Awards this past year, Heritage Woods of Freeport, Heritage Woods of Ottawa, and Heritage Woods of Minooka. There were only 8 assisted living communities nationally to achieve this honor in 2023, so it called for a celebration!

Being recipients of the Silver Quality Awards is indicative of the community's dedication to serving residents and their on-going commitment to quality improvement. The program is based on the nationally recognized Malcolm Baldrige Excellence in Quality program. We are extremely thankful for the compassion and dedication shown by each community!

Each of the three communities hosted a celebration to commemorate their achievement! There was food, entertainment, visitors, political figures, Gardant staff, community staff, as well as the residents there to celebrate at each of these communities. It was rewarding to feel the proud energy in each community. We are so thankful for all the staff and members of the communities for working so hard on this achievement, and we look forward to celebrating more communities in the coming year!

### AT A GLANCE:

- A message from the Gardant Co-Presidents
- February In the News
- Health & Wellness Tips
- Community Updates
- Horoscopes & Games



# IN THE NEWS

## FEBRUARY IN THE NEWS

BY RICK BANAS - VP OF DEVELOPMENT & POSITIONING

February is derived from the Latin word meaning purity or to cleanse.

It is the only month of the year in which there might not be a full moon.

The chances of being born on Feb. 29 and having a Leap Year Birthday is approximately 1 in 1,461.

February is Black History Month. The theme for 2024 is "African Americans and the Arts."

Feb. 3 is National Women's Physicians Day. The day honors the achievements and contributions of female physicians. It commemorates Elizabeth Blackwell, who became the first woman in the United States to earn a medical degree. The year was 1849.



Feb. 3 also is The Day the Music Died Day. Buddy Holly, Richie Valens, the Big Bopper died in a plane crash after playing at the Surf Ballroom in Clear Lake, Iowa, in 1959. In 1971, Don McLean coined "The Day the Music Died" in his song "American Pie".

A common belief in England and France during the Middle Ages was that Feb. 14 was the beginning of the mating season for birds.

Feb. 16 is National Do a Grouch a Favor Day. It is designed to provide a chance to lift someone's spirits during the winter season and show them that kindness can make a difference.

The next day, Feb. 17, is Random Acts of Kindness Day. It is a day designed to make kindness a norm. Compliment someone. Reach out to a family member or a friend that you haven't spoken to in a while. Send an uplifting message. Try at least once a day to make someone smile.

Feb. 20 is International Love Your Pet Day, a time to celebrate the bonds between humans and their pets.

February is American Heart Month. Heart disease is the leading cause of death in the United States and is largely preventable. According to the American Heart Association, what you can do to reduce your risk includes getting regular physical exercise and enough good quality sleep, maintaining a healthy weight, managing stress; and not smoking.

# HEALTH & WELLNESS



## WINTER SAFETY—DO THE PENGUIN WALK

DEBORAH DENHAM RN, MSN, CPPS, CPHRM

My mother and grandmother had this walk incorporated in their winter routine. As a young person, I thought it was a funny way to walk. Maybe it is. But in any weather conditions that may offer an opportunity for a slip or a fall, I now walk like a penguin.

Let me tell you how to walk like a penguin. Spread your feet about a foot or so apart

Keep your knees loose with a slight bend

Walk flat footed, no tip toes and take shorter steps

Wear footwear with traction

Use your arms for balance- keep hands as free as possible

Avoid carrying anything that might make you off balance

Please be safe and continue to do your daily walk.

Maybe it might have to be indoors right now. If you do need to walk outside, be careful of conditions and make sure you are prepared to walk like a penguin.