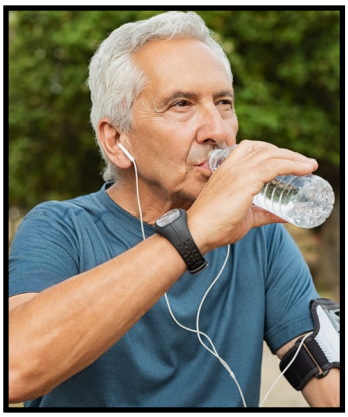
The Heritage Woods Advisor

JULY 2022

At A Glance



Time to drink your water!

Read all about July!

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From the Desk of the CEO

Rod Burkett

A few weeks ago, I participated in a Congressional Briefing event in Washington, DC, sponsored by the National Center for Assisted Living. I have attended several of these programs before, but it hasn't been held over the past two years due to the COVID pandemic. During this event we make organized visits over a couple of days to our various elected officials to discuss the challenges and successes of our Assisted living industry, and provide advice on how our members of Congress could assist us and better serve our residents and other stakeholders.

While walking thru the Capitol building and grounds, I remembered back to my first time being there as a fresh-faced, goofy 18-year old on my senior class trip. That was 48 years earlier. To further frame the timeline, President Nixon resigned 4 months after our visit, although I don't think our tour of the White House had anything to do with his upcoming departure. I wondered how I had changed during these past 5 decades, and how our country had also changed.

I think I'm more knowledgeable now about people, places and things. Next, I considered if I have transformed that knowledge into more wisdom and understanding about people, places, and things. Many days, I question my progress on that wisdom/understanding journey, and like most people I know, the answer is a mixed bag. I feel I have some level of success, while still being a fallible, messy human being, but so far, I'm still interested in making the effort to keep trying to figure it out.

So, how has our country changed over the same period? The USA is definitely more knowledgeable about people, places, and things, but what's our collective wisdom and understanding level? I would say that the answer is also a mixed bag. We've made great strides in many areas in nurturing our collective similarities and our differences, but our current state of polarization is not serving us well. It seems in today's world, when we have different opinions, we spend way too much energy trying to prove the other wrong, instead of looking for the positives that come from honoring all viewpoints. Our democracy, just like people, can be fallible and messy, as we connect with each other.

From what I saw in DC recently, while not a perfect process, most involved are still willing to keep trying to figure out the best way forward.

IN THE NEWS

All About July

Rick Banas

All Hail! July is named after Julius Caesar.

In the northern hemisphere, July is usually the hottest month of the year. The hottest temperature ever recorded in the United States was on July 10, 1913, in Death Valley, California. The temperature reached 134 degrees. By contrast, in the southern half of the world, the temperature fell to 128.6 degrees below zero at Vostok Station in Antarctica in July 1983.

What are often referred to as the Dog Days of Summer begin on July 3 and end on Aug. 11.

On July 1, 1862, President Abraham Lincoln signed the first federal income tax legislation, which called for a tax of 3% on annual incomes of $600 to $10,000 and 5% on incomes above $10,000. An Act of Congress also established the Internal Revenue Bureau. Taxes began being withheld from paychecks on July 1, 1943.

The Lawrence Welk Show premiered on television on July 2, 1955. Dick Clark hosted American Bandstand for the first time on July 9, 1956.

Sam Walton opened the first WalMart in Rogers, Arkansas, in July 1962.

In July, we celebrate National Blueberry, Hot Dog, Picnic, Pickle, Ice Cream, and Watermelon Month.

Did you know that in addition to being a tasty treat, watermelons are a good source of Vitamins A and Vitamins C. They contain lycopene, fiber, and potassium. Watermelons also are more than 90% water so eating watermelon can help you stay hydrated.

Some other interesting facts about watermelon include:

- More than 1,200 varieties of watermelon are grown worldwide.
- Every part of the watermelon is edible, even the seeds and the rind.
- Early explorers used watermelons as canteens.
- Watermelons do not contain any fat or cholesterol.
- Watermelon reportedly can help quench the inflammation that contributes to such conditions as asthma, atherosclerosis, diabetes, colon cancer, and arthritis.
- Watermelons are a vegetable. They are related to cucumbers, pumpkins, and squash.

Talk about unusual celebrations. July 27 is Take Your Houseplant for a Walk Day.

WELLNESS

Can I Fill Your Cup?

Meghann Giarraputo MSN, RN

Water is necessary to not only *survive*, but also to *thrive*. Our body depends on water to function. The *Centers for Disease Control & Prevention* (CDC) notes that water helps our bodies to keep a normal temperature, it lubricates and cushions our joints, it protects our spinal cord and other sensitive tissues, and it helps us get rid of wastes through urination, perspiration, and bowel movements. Moreover, the National Institute on Aging (NIA, 2019) shares that water also helps us absorb nutrients. Our bodies require increased amounts of water at times such as: during the warmer months, when we are more physically active, when we are fighting an infection or running a fever. All in all, hydration effects our bodies both physically and mentally.

In addition to water being found in liquids, including its natural state, water can be found in solids as well. For example, many fruits (ex: watermelon, strawberries, cantaloupe, tomatoes) and vegetables (ex: cucumber, lettuce, celery, zucchini) have high water content.

As we age, our sense of thirst diminishes. It is critical that we help our bodies stay healthy and hydrated through continued intentional efforts. The *National Institute on Aging (NIA) (2019)* includes the following tips to stay hydrated:

- Don't wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Add liquids throughout the day.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water when you take medicine.
- Have a glass of water before you exercise.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.

Call to action: What healthy hydration habit(s) will you intentionally commit to today?

Source: https://www.nia.nih.gov/health/getting-enough-fluids

Recipe Corner
Easy Salad

- 3/4 c. olive oil
- 1/4 c. lemon juice
- 2 garlic cloves, minced
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 lbs. lettuce
- 1 c. croutons (any)
- 8 bacon strips
- 1/2 c. grated parmesan cheese
- 2/3 c. slivered almonds
- 2 c. chopped tomatoes
- 1 c. swiss cheese

Directions

1. In a jar, add the oil, lemon juice, salt and pepper and shake.
2. In a lg. bowl, place your cleaned salad mix
3. Top with tomatoes, cheese bacon, almonds and the dressing and mix.

LIFESTYLE

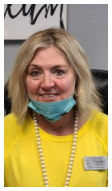
Birthdays/Anniversaries

Resident Birthdays:

Janet M 7/7
Bonnie F 7/12
Ruth H 7/16
Irene H 7/17
David H 7/21
Ruth B 7/22
Barbara E 7/27
Beverly M 7/30
Helen B 7/31

A Note from the Administrator

Nicole Garrett



July marks another anniversary for two employees who have been at Heritage Woods the entire time the doors have been open! Thank You for 18 years of excellence! Mary Curl was hired as a CNA on July 19, 2004. Kim Hickam was hired as a CNA on July 21, 2004. John Davis will be celebrating right behind them. John's 18-year anniversary as a cook is August 10th. We have several employees who have been on the team for several years.

Employed over 10 years:

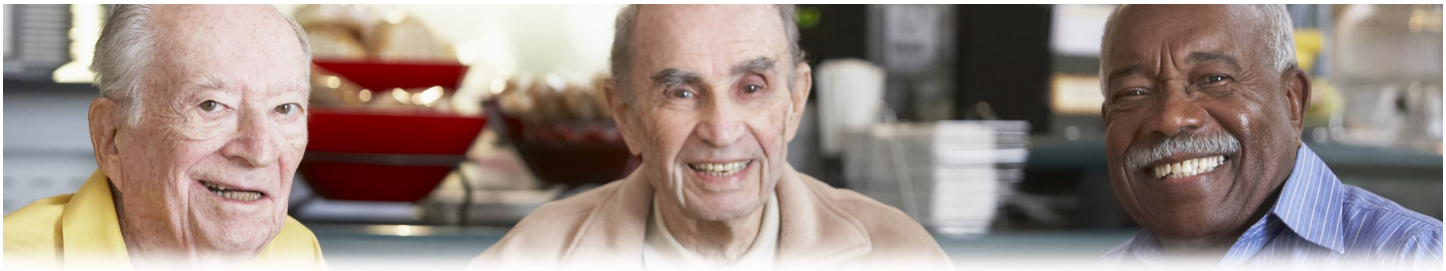
Cynthia Boone	CNA	16 years	October 5, 2005
Jill Burlison	Housekeeper	14 years	October 25, 2007
Tiffany Chaffin	Dietary Director	13 years	July 1, 2009
Jessica Maxwell	Dietary Aide	16 years	May 26,2006
Phyllis McCormick	CNA	16 years	June 29, 2009
Mark Otterson	Maintenance Director	12 years	May 19, 2010
Karen Sherley	Director of Nursing	13 years	March 2, 2009

Employed over 5 years:

Emily Fitch	CNA	6 years	December 10, 2015
Jamie Thompson	Cook	5 years	June 22, 2017
Sue Wright	Housekeeper	7 years	June 12, 2015

I am very proud to be working for a company who has a staff with such longevity. Our staff is highly valued, and an asset to our community!

-Nicole



LIFESTYLE

Event You Don't Want to Miss!

Date:
Time:
Location:
Details:

Friday July 1st, 2pm, Independence Ice Cream Celebration (DR)
Monday July 4th , 10:30am iN2L - The Price is Right (ULOB)
Thursday July 7th, 9:30am Bonworth Shopping Event (OUT)
Thursday July 7th, 10am, First United Methodist Church (ULOB)
Monday July 11th, 10:30am iN2L - What did it cost? (ULOB)
Thursday July 14th, 10am Catholic Mass (DLOB)
Saturday July 16th, 3pm 7th Day Adventist Church of WF (ULOB)
Monday July 18th 10:30am iN2L - Would You Rather? (ULOB)
Wednesday July 20th,1pm Food Committee and Menu Planning (AR)
Thursday July 21st, 10am Rescue Church (ULOB)
Friday July 22nd, 2pm Gorgeous Grandma Day (ULOB)
Monday July 25th, 10:30am iN2L - Matching Game (ULOB)
Thursday July 28th, 2:30pm Resident Council (AR)
Friday July 29th, 2pm Squirt Gun Painting (AR)

Horoscope

Aquarius (1/20-2/18)
Your superiors will be impressed with your great leadership skills.
Pisces (2/19-3/20)
Health prospects for you are excellent this month.
Aries (3/21-4/19)
Love and money will be great this month.
Taurus (4/20-5/20)
Your health will be excellent, and you will have great finances.
Gemini (5/21-6/20)
Family matters will be excellent!
Cancer (6/21-7/22)
Always ensure that you are present for your loved ones when they need you.
Leo (7/23-8/22)
Your children will make you proud this month.
Virgo (8/23-9/22)
Focus more on your spiritual and mental health.
Libra (9/23-10/21)
Be honest with your loved ones and the people you interact with.
Scorpio (10/22-11/21)
Your marriage life will be filled with passion and romance.
Sagittarius (11/22-12/21)
Finances will keep flowing in your life.
Capricorn (12/22-1/19)
Do everything in your power to have a great relationship with your children.

Sudoku Puzzle

	2	6		3				8
9			6			1		
				1	9		4	
		7	3		2			
		4		7		8		
			8		6	7		
	5		7	2				
		9			5			4
4				6		2	1	

ANSWERS

1	2	6	4	3	7	5	9	8
9	4	3	6	5	8	1	2	7
7	8	5	2	1	9	3	4	6
8	6	7	3	9	2	4	5	1
3	9	4	5	7	1	8	6	2
5	1	2	8	4	6	7	3	9
6	5	1	7	2	4	9	8	3
2	3	9	1	8	5	6	7	4
4	7	8	9	6	3	2	1	5