

Heritage Happenings

NOVEMBER 2022

At A Glance



Air Fryer Apple Crisp



Happy Thanksgiving!

Managed by



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From the Desk of the CEO

Rod Burkett

With all the additional chaos and anxiety caused by the pandemic over the past couple of years, hopefully the 2022 Thanksgiving season will be back to normal. Many people have never thought of Thanksgiving as ‘normal’, but as a time to try and tolerate extended family members and work at keeping the family dysfunction to a minimum...hopefully, that’s not the case for you.

We would hope for everyone this Thanksgiving season that we can actually realize a potential silver lining brought on by the recent pandemic...and that is a new perspective on the many things we’ve been taking for granted all this time and being grateful for the simplest of things...coming together in the spirit of fellowship without the fear of making each other deathly ill...hugging each other instead of viewing our loved ones on a flat screen...and seeing laughing and smiling faces instead of being cloaked behind a facemask!

And while many are still struggling this Thanksgiving, we hope you can take a moment and practice some gratitude for all the opportunities and lessons this year has provided. There’s always something to be thankful for on Thanksgiving, even if it’s just not being a turkey.

May you enjoy the warmth of family this season and the harvest of the feast. Happy Thanksgiving!

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IN THE NEWS

ABOUT NOVEMBER

Rick Banas

November is National Alzheimer's and COPD (Chronic Obstructive Pulmonary Disease) Awareness Month.

Each year, we celebrate Veterans Day on Nov. 11 as a way of honoring all veterans for their service to our country and for their sacrifice to help protect our common good, our way of life, and our Constitution.

The Boston Female Medical School, the first medical school for women in the U.S., opened on Nov. 1, 1848, with 12 students.

In November 1860, Abraham Lincoln became the first Republican to be elected President, winning 40% of the popular vote.

The X-Ray was invented in November 1895.

The board game Monopoly was released in November 1935.

November is the only month never mentioned in any of the plays or sonnets written by Shakespeare.

November is probably best known for the celebration of Thanksgiving in the United States. President George Washington proclaimed Thanksgiving Day to be our country's first holiday in 1789. It was designed to be a day of prayer and public thanksgiving for the successful establishment of our republic.

Two popular foods served on Thanksgiving are turkey and cranberries.

The cranberry is a native American plant that is a relative to blueberries and huckleberries. The cranberry is considered a "Super Food" as it is packed with anti-inflammatory, antibacterial, and antioxidant compounds.

Wild turkeys are native to Mexico.

Only male turkeys gobble.

Benjamin Franklin thought the turkey would be a much more appropriate national symbol for the U.S. than the bald eagle.



WELLNESS

COVID-19 Here to Stay?

Deborah Denham RN, MSN, CPPS, CPHRM

Everyone has had a rough time over the last 30 months or so with all the COVID-19 restrictions and guidance.

Residents and staff have shown amazing adaptability and resiliency with the frequent rule changes and the change in normal routines. The Centers for Medicare and Medicaid Services (CMS), Centers for Disease Control (CDC), and State Health Departments are aligning their guidance and beginning to move towards a more sustainable action plan.

Initially it was all hands-on deck because of the unknowns of the virus and the shockingly catastrophic impact the virus had on our senior population. With time and the unprecedented global cooperation of the science community to bring a vaccine to the table in record time, we have been able to save countless lives and move away from the emergent responses necessary to prevent devastating loss of life.

The guidance for infection control in long term care settings is beginning to mirror actions taken during influenza outbreaks. There are still some necessary guidelines, but the overall current measures are resident centered with a focus on quality of life and resident rights. We, as a society, will continue to care for one another during rough times, this may require the inconveniences of intermittent mask wearing or isolating from others when infected. It is a hope that COVID-19 will fade into our routine daily lives and impact very few in the future like Smallpox or Measles.

Recipe Corner

Air Fryer Apple Crisp

- 2 chopped apples
- 1 tsp. Cinnamon
- 1 tsp. Lemon Juice
- 2 Tbs. Brown Sugar

Topping:

- 2 1/2 Tbs. Flour
- 2 Tbs. Brown Sugar
- 1 Pinch of Salt
- 3 Tbs. Old Fashioned Oats
- 2 Tbs. Cold Butter

Directions

1. Preheat Air Fryer to 350 degrees. Butter a 5 in. oval baking dish.
2. Combine the sliced apples in lemon juice, sugar, and cinnamon. Pour into dish.
3. Cover the dish in foil and bake for 15 min. Open air fryer and uncover dish, cook for additional 5 min.
4. To make the topping: combine flour, sugar, salt, oatmeal and butter in a bowl with a mixer. Once consistency is crumbly, spread over the apples.
5. Uncover and bake for 5 min.



6. Enjoy with some caramel, whipped topping, or ice cream!



LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- Betty G ((11/7)
- Loretta S (11/13)
- Gary R (11/14)
- Amanda O (11/21)
- Larry V (11/22)
- Truman J (11/23)
- Marilyn M (11/23)
- Gary M (11/24)
- LaVerne D (11/27)
- Gerald G (11/30)

Welcome New Staff:

- Tacarra L (CNA)
- Summer D (Dietary Aide)
- Carol-Lynn P (Dietary Aide)
- Nancy P (House keeping)

A Note from the Administrator

Mandy Albers

The month of October went by quickly. Our residents, staff, family, and friends enjoyed the trick or treat event that we hosted in our Community. I want to share thanks to all those that were able to participate and also congratulate Emily, our Resident Services Coordinator, on a job well done at her first big event in our Community. I've spent the month of October reflecting on what I shared with all of you in our last newsletter about how changing our perspective matters, especially when we have the ability to find the good in all things. I've become more mindful with my thoughts as we enter the month of November. One thing that comes to mind with this new month is the act of giving thanks and gratitude. The word gratitude brings to mind a quotation which explains that "gratitude turns what we have into enough". That quotation expands upon last month's idea of perspective because it is up to us to determine our perspective on things and if we determine that something isn't enough, we may be unable to appreciate and offer gratitude to what we have. Being thankful for what we have is important because what we have are blessings and I encourage all of you to take a moment and appreciate what you have and not focus on what you do not have. You will discover that the things that truly matter won't leave you feeling like it is not enough. Appreciate the time with family and friends. Focus your energy on what truly deserves your gratitude. I also want to share my gratitude for all residents and families that participate in our annual satisfaction survey. We appreciate your perspectives and insight on how we can make this Community a better place for our residents and families. Your feedback is valuable and a powerful catalyst to spark positive change. I would like to end this note with a continuation of the discussion of gratitude and add a spotlight to our residents that are Veterans. I want to speak directly to the Veterans and share my thanks and gratitude to your service to our country. Thank you to your families and spouses that also provided support while you served our country. It is an honor to have you all in our building and it is not said enough to you but thank you for all you have done and all that you continue to do. As we move forward in the month of November, I encourage all to continue to refocus our perspectives and see the good but most importantly let's take the time to be grateful for what we have because if we see it as a blessing, it is enough.



LIFESTYLE

Event You Don't Want to Miss!

Date: 11/10/22 Time: 9am

Location: Front Lobby

Details: Join us in celebration of our Veteran residents as the American Legion leads us in a Flag Ceremony.



HAPPY VETERANS DAY

Horoscope

Aquarius (1/20-2/18)

You will always have the support of your loved ones.

Pisces (2/19-3/20)

You and your family will have a good understanding this month.

Aries (3/21-4/19)

Your finances will take a turn for the better! Be keen on your health.

Taurus (4/20-5/20)

Health prospects this month are excellent. Watch for ups and downs in education.

Gemini (5/21-6/20)

Make friends that will always have your back.

Cancer (6/21-7/22)

Don't be intimidated by competition.

Leo (7/23-8/22)

Romance will make it's way into your love life.

Virgo (8/23-9/22)

Be sure to perform your duties as a leader at the workplace diligently.

Libra (9/23-10/21)

Your family will be peaceful this whole month.

Scorpio (10/22-11/21)

Your family will be a positive example to people because of the peace you enjoy.

Sagittarius (11/22-12/21)

Ensure that you always stay away from stressful and depressing situations.

Capricorn (12/22-1/19)

Work hard and be patient with yourself.



SUDOKU

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ANSWERS

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