

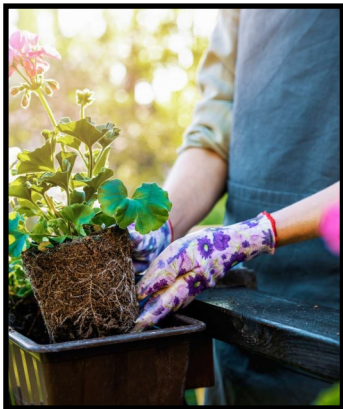
News In The Woods

APRIL 2024

At A Glance



Pizza Bagels Recipe!



April is Gardening Month!

Managed by



4882 N. Convent Street

Bourbonnais, IL 60914

815-935-1992

www.gardant.com

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From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

In Gardant's mission statement, it says that Gardant "brings value to our business partners and vitality to all residents and employees through touching lives by providing dignified lifestyles that are enriched by the value of love, compassion, and dignity." Not only does Gardant as an organization provide support to all residents and team, but we have a few sub-teams at Gardant that make it their focus to add even more support to all.

One team that is made up of Gardant staff as well as some Executive Directors, is the Diversity, Equity, and Inclusion team. This team was formed in 2020 and meets bi-weekly. Their purpose statement reads, "The purpose of the diversity, equity, and inclusion team is multi-faceted. The primary function for our work together is to develop a framework that aligns around our appreciation for everyone's unique differences and contributions. Through collaboration and inclusion of all stakeholders, we celebrate an environment that fosters and embraces autonomy and create a culture of belonging."

It is important to have diversity in the workplace. Everyone is different, and all are welcome! Equality makes sure that everyone is treated equally, while inclusion is making sure all voices are heard and nobody is left out. How do you think you have seen diversity, equity, and inclusion in your life?

We understand that everyone's journey is different. The DE&I group has made it a required training as part of the on-boarding course when hired as well as creating continuous educational trainings throughout the year. We intentionally welcome everyone in our workplace.

If you wish to learn more about our DE&I Team, you can reach them at dei@gardant.com



Heritage Woods
of Centralia

An Affordable Assisted Lifestyle
Community for the Older Adult

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IN THE NEWS

ABOUT THE MONTH OF APRIL

Rick Banas

Aviation pioneer Wilbur Wright was born on April 16, 1867, in Millville, Indiana. Millville is in Henry County, about 55 miles east of Indianapolis.

In April and May of 1927, extreme flooding occurred along the Mississippi River and its tributaries due to the frequent rains that began in August 1926 and continued through the spring of 1927. At one point along the Mississippi, flooding was 80 miles wide. It was not until August of 1927 that the last of the flood waters receded.

No wonder April 7 is National Beer Day. It was on April 7, 1933 that beer went back on sale in 19 of the 48 states in the U.S. and the District of Columbia after a 13-year hiatus due to Prohibition. Beer is one of the world's oldest prepared beverages and the third most popular drink, ranking behind water and tea.



NASA announced the names of the seven original U.S. astronauts on April 9, 1959. They were Scott Carpenter, Gordon Cooper, John Glenn, Gus Grissom, Wally Schirra, Alan Shepard, and Deke Slayton.

Cigarette advertising was banned in the U.S. on April 1, 1970. In the 1930s and 1940s, physicians frequently were featured in ads promoting the benefits of smoking.



April 10 is National Hug Your Dog Day, April 13 is National Plant Appreciation Day; and April 26 is Arbor Day.

April is Humor Month and April 14 is International Moment of Laughter Day. According to the Mayo Clinic, laughing provides us with many health benefits. In the short-term term, laughing enhances your intake of oxygen, which stimulates your heart, lungs, and muscles. It helps relieve stress and soothes tension. In the long-term, laughter helps improve your immune system and your mood, relieve pain, and increase personal satisfaction



WELLNESS

April is National Garden Month!

Deborah Denham RN, MSN, CPPS, CPHRM

April is National Garden Month, a time to celebrate the joys of gardening and the many benefits it provides. Gardening offers numerous physical and mental health benefits. Research has shown that spending time in nature can lower stress levels and boost mood.

The origin of National Gardening Month can be traced back to 1986 when President Reagan declared April 12-18 as National Gardening Week.

Gardens are not just an oasis for people. They are critical habitats for pollinators like bees, bats, birds, beetles, butterflies, and other animals.

During National Garden Month in April, gather up your tools. You have permission to get dirty! The month-long observance brings gardeners, gardening groups, and those new to gardening together to share tips and offer support for a bountiful season!

According to the Mayo Clinic, a study found that interest in gardening increased during the COVID-19 pandemic.

Increased exercise--A busy day in the garden can be a good form of exercise. While tending a garden, you perform functional movement that mimics whole body exercise.

Improved diet--Growing and eating your own fruits and vegetables can have a positive impact on your diet. Gardeners are more likely to include vegetables as part of healthy, well-balanced diets.

Time in nature--Getting outdoors is good for your physical and mental health. People tend to breathe deeper when outside. This helps to clear out the lungs, improves digestion, improves immune response and increases oxygen levels in the blood. Spending time outdoors has been shown to reduce heart rate and muscle tension. Sunlight lowers blood pressure and increases vitamin D levels.

Reduced stress levels--Nearly all forms of exercise can reduce stress including gardening. It's been shown to lighten mood and lower levels of stress and anxiety. It's very gratifying to plant, tend, harvest and share your own food. Routines provide structure to our day and are linked to improved mental health. Gardening routines, like watering and weeding, can create a soothing rhythm to ease stress.

Social connection-- Gardening brings people together and strengthens social connections. Social connections are important because they help lower stress, improve resilience and provide support during difficult times in life. A strong sense of belonging lowers your risk of depression, anxiety and suicide.

Recipe Corner

Air Fryer Pizza Bagels

- 2 plain bagels, split
- 1/2 cup jarred tomato sauce
- 4 slices of provolone
- 1 cup shredded mozzarella
- 1 tsp. dried oregano
- 1/2 tsp. crushed red pepper flakes (optional)
- Optional toppings—pepperoni, sliced roasted red peppers, sliced black olives, banana pepper rings

Directions

1. Place the split bagels cut side up in the air fryer. Cook at 350 degrees until lightly toasted. About 2 minutes.
2. Remove the bagels and top each with 2 Tbs. tomato sauce, 1 slice provolone, 1/4 c. shredded mozzarella, 1/4 tsp. oregano and 1/8 tsp. crushed red pepper flakes if using. Add other additional toppings if using.
3. Return the bagels to the air fryer and cook at 350 until the cheese is melted.





LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

Joyce F-4/19

Jeff A-4/20

Verta C-4/24

Staff Work Anniversaries:

Sarah M-4/13

Blake L-4/19

Karen C-4/20

Cashmere O-4/29

Welcome New Staff

Pam W-CNA

Hailey M-CNA

Tim M-CNA

Mackenzie L-CNA

Cadenze J-Dietary

Jada B-Dietary

A Note from the Executive Director

Mandy Albers

Spring is here and it brings me joy to know that warmer days are ahead of us. I want to thank everyone for coming out and celebrating our Community's Sweet 16th Anniversary with us. It was great seeing all of you there and we really appreciate your support and hope you enjoyed the event.



We are all very excited about the upcoming Solar eclipse. It is very important for everyone to know that anyone going outside that day, whether you are going to look at the eclipse or not, if you are outside during the eclipse phase, you will need to get a pair of eclipse glasses from the front desk to protect your eyes from any damage. It is better to be safe than sorry.





LIFESTYLE

Upcoming events: 2024 Solar Eclipse

Date: 4/8/24 Time: 1:50 p.m.

Location: Front Parking lot in front of Heritage Woods.

Details: We will all gather outside in front of Heritage Woods in the parking lot and we will provide Eclipse glasses for everyone. This will be a very historic event for everyone!

Johnnie Bob George singing-
Tuesday, Apr 9th at 1:30 p.m.

Rick Runion Musical Performance-
Thursday, Apr 18th at 1:30 p.m.

New Beginnings Ministries Gospel Singing-
Tuesday, Apr 23rd at 2:00 p.m.



Horoscope

Aquarius (1/20-2/18)

Any inner restlessness can be solved by exercise and sunlight.

Pisces (2/19-3/20)

You know what to say and how to say it. Communication flows easily for you.

Aries (3/21-4/19)

Don't let a bad dream put you in a bad mood.

Taurus (4/20-5/20)

A change in plans might actually result in a good time.

Gemini (5/21-6/20)

Dreams become more prominent towards the end of the month.

Cancer (6/21-7/22)

Focus on friends and family—good times are coming!

Leo (7/23-8/22)

Take pride in all your ideas and place you want to travel!

Virgo (8/23-9/22)

This month let your creative juices flow

Libra (9/23-10/21)

Towards the end of the month, you will sparkle and shine.

Scorpio (10/22-11/21)

Think of ideas and changes that would make life more enjoyable, and do it

Sagittarius (11/22-12/21)

Freedom feels especially important to you this month.

Capricorn (12/22-1/19)

Focus your energy on having fun this month.



WORD SEARCH

Spring

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a message about Spring.

T L E M W O N S S S A R G L A
G C Y C L A M E N S A L I L P
G N G R O W T H R L L L L R S
O Y I I D L S A R A I E S N N
L A L N K A I E B E R R O H E
F M L O A N F E S G M I P W W
E N A E E E S F I U L R R A L
I O B Q R A L E O E C S A B E
R S T U B E S C D D F O S W A
I A F I G R N N G L I N R H V
S E O N N R A E O N I L C C E
E S S O I D E W W B I R S B S
S I N X R G E E O A A R M E G
A Y F L P R O R N M L W P E O
E T E W S S P I L U T R S S R
R E T S A E P L A N T I N G F

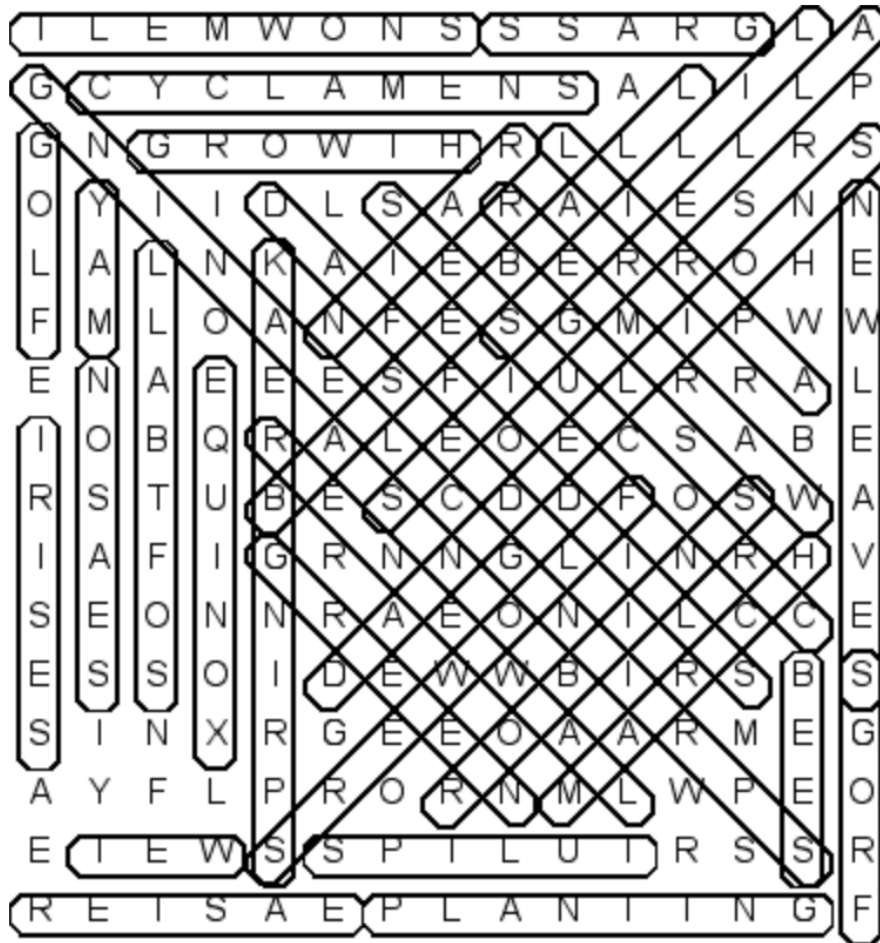
- | | | |
|------------|------------|-----------------|
| ALLERGIES | FROGS | RAIN |
| APRIL | GOLF | RENEWAL |
| BASEBALL | GRASS | ROBINS |
| BEES | GREEN | SEASON |
| CROCUSES | GROWTH | SNOWMELT |
| CYCLAMENS | IRISES | SOFTBALL |
| DAFFODILS | LILIES | SPRING BREAK |
| DANDELIONS | MARCH | SPRING CLEANING |
| EASTER | MAY | TULIPS |
| EQUINOX | NEW LEAVES | WARMER |
| FLOWERS | PLANTING | WET |



ANSWERS

Spring

This is the solution to the puzzle located [here](#).



- | | | |
|------------|------------|-----------------|
| ALLERGIES | FROGS | RAIN |
| APRIL | GOLF | RENEWAL |
| BASEBALL | GRASS | ROBINS |
| BEES | GREEN | SEASON |
| CROCUSES | GROWTH | SNOWMELT |
| CYCLAMENS | IRISES | SOFTBALL |
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