

The Buzz at Heritage

JANUARY 2023

At A Glance



Microwave Mac-n-cheese



Happy 2023!

Managed by



4882 N. Convent Street
Bourbonnais, IL 60914
815-935-1992
www.gardant.com



From the Desk of the CEO

Rod Burkett

Have you ceased wishing people a “Happy New Year” as you see them for the first time in 2023? I saw a recent national survey that stated that 22% stop with such a greeting as soon as Jan 1 is over, but 63% continue with such well wishes for the whole first week of the new year.

If you are like me, speaking such a phrase to a family member, co-worker or neighbor has become a polite tradition at the beginning of each new year, while I’m not truly focusing on the real meaning of the words. I believe when we say it to each other, the intent is to say that we hope the new year brings them good health, joy and happiness.....such a thoughtful gesture!

However, in today’s fast paced world, with our multitude of internal and external stressors, what if the receiver of such well wishes hears it as one more demand of their complicated lives...”with all I have on my plate, you need me to show you that I’m in a state of happiness too”?

If this resonates with you, let me share with you JoAnna Brandi’s 3 hidden truths about happiness...she is a nationally known speaker/executive coach on the power of happiness:

1. It’s not elusive...happiness is all around us and can be had at any time...it usually takes a mere shift in in our mind’s perspective at any time to obtain it.
2. It’s not being ‘problem-free’...you can be happy despite all the swirling and buzzing going on around you and within you...in fact, when you can come into an appreciation for the things that are going right and be happy despite the noise, it can help solve problems in your life.
3. It takes work...happiness comes one thought at a time, one word at a time, one day at a time...it is important to learn how to defeat negative thoughts, combat pessimism, and turn those thoughts into positive ones...happy people deliberately choose positive thoughts, words and actions.

While I probably won’t change my traditional New Year’s greeting, my real hope is that you will be able to maximize your state of internally focused happiness in 2023! I know that phrase doesn’t eloquently roll off the tongue, but it is my sincere thought for everyone I encounter...Happy New Year!



IN THE NEWS

ABOUT THE MONTH OF JANUARY

Rick Banas

Benjamin Franklin was born on Jan. 17, 1706. An inventor, he is credited with inventing what we know call bifocals. As he grew older, Franklin became both near-sighted and far-sighted. Tired of switching from one pair of glasses to another, he had the lenses sliced horizontally in half and remade them into a single pair – the top half for distance and the bottom half for reading. Franklin never patented any of his inventions, believing they should be freely shared.

On Jan. 10, 1776, Thomas Paine published “*Common Sense*.” In the 50-page pamphlet, Paine argued for independence from England and for the creation of a democratic republic.

On Jan. 23, 1849, Elizabeth Blackwell was awarded a M.D. from the Medical Institute of Geneva in New York, becoming the first female doctor in the United States.

Ellis Island opened in January 1892 and served as the main hub for new immigrants looking to enter the United States. During its 62-year period, 12 million immigrants were allowed to enter the United States, an average of a little more than 190,000 a year. A small percentage were denied admittance because they showed signs of contagious disease, poor physique, feeblemindedness, or mental disability.

On Jan. 11, 1964, the U.S. Surgeon General declared cigarettes may be hazardous to your health. Just a few decades earlier, in the 1930s and 1940s, doctors promoted smoking. In the 1950s, smoking cigarettes was considered the epitome of looking glamorous and sophisticated. Many of the stars of Hollywood were never seen without a cigarette.

On Jan. 23, 1971, a weather observer at the Prospect Creek Camp in Alaska recorded a temperature of minus 80 degrees Fahrenheit, the lowest temperature ever recorded in the U.S. Hawaii is the only state in the U.S. to have not recorded a sub-zero temperature.

January is National Soup Month; National Book Month; and National Thank You Month.

January also is National Glaucoma Awareness Month. Glaucoma is a group of eye diseases that damage the optic nerve in the back of the eye, which can lead to vision loss and blindness. Symptoms can start so slowly that you may not even notice them at first. The only way to find out is with a comprehensive dilated eye exam.



WELLNESS

How to Avoid Being Lonely During the Holidays

Deborah Denham RN, MSN, CPPS, CPHRM

Older people are especially vulnerable to loneliness and social isolation during the holiday season. Many people live alone with little access to resources to interact with others.

Luckily for most of you, you live in a community that has many opportunities to spend time with friends, join activities and if nothing else, sit in a good location for people watching.

There are strategies to reduce the feeling of loneliness during the holidays. Here are a few to consider.

Smile as often as you can. When you smile, your brain releases dopamine, endorphins, and serotonin. These neurotransmitters are associated with lowering your anxiety and increasing feelings of happiness. In fact, serotonin is often the chemical that anti-depressant medications attempt to regulate. Even if you are not feeling it, the muscles and movement produce the benefits.

Invite a friend to spend time with you. You can watch a Christmas movie together or do a puzzle.

Keep in touch with your friends or relatives by phone. Having a conversation is helpful.

Learn some computer skills. Sharing emails and photos can ease loneliness. Sometimes just viewing other stories on Facebook or another social platform is enough. You do not have to do anything more than look at the screen to get caught up with family.

Fill your calendar with activities. You never know when you are going to have a great time, if you don't plan for fun, it is harder to have those opportunities.

I do wish all of you a safe, happy, and joyous holiday.

Recipe Corner Microwave Mac and Cheese

- 1/2 cup macaroni noodles or shell pasta
- 1/2 cup water
- 1/4 tsp. salt
- 1/4 cup milk
- 1/4 to 1/2 cup any shredded cheese



Directions

1. Combine the pasta, water, and salt in a microwave-safe bowl
2. Microwave the pasta for 2 minutes. Microwave on high for 2 minutes, then stir. Watch to see if the water is foaming over the side of the bowl and stir. Use oven mitts is necessary.
3. Stir the milk and cheese into the pasta.
4. Microwave in 30-second intervals to melt the cheese. Microwave on high power for 30 seconds and stir. Continue microwaving in 30-second intervals, stirring between each interval, until the cheese has melted and forms a creamy sauce.



LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- **Angel N. 1/5**
- **Robert D. 1/7**
- **Larry S. 1/14**

Staff Work Anniversaries:

- **Ezekiel A. (2years, Cook)**
- **Joseph C. (1yr, Nursing Assistant)**

A Note from the Administrator

Kenan Weekley

Happy New Year to our Heritage Woods of Chicago family and friends!! 2022 was amazing with the support of our loving and dedication of our wonderful staff. Let's kick-off 2023 with a bang!! We would love to continue to see our family members visiting their loved ones to start the new year off with LOVE. We have many events scheduled for the Month of January, including celebrations for....

Casino Night 1/12 at 2pm

First Responders Breakfast 1/27 at 9am-11am

And of course, our Monthly Birthday celebration for our January Birthday resident's!!

Let's enjoy this Holiday Season together with love and make grand memories!!

May we all have a wonderful and safe January 2023!!

PEACE AND BLESSINGS TO ALL!!

Community Partner in the News

Bernardine Lee

Happy New Year Everyone!! "We made it to see another year. Our activity calendar has changed for our winter months. (See the calendar posted in front lobby). We would like for everyone to attend the Resident Council meetings to voice your opinion and concerns in this meeting. Also, by the weather getting cold, please make sure you and dress appropriately and wear the right foot wear. Enjoy the Holiday!!

Reminders

Remember that we have the wonderful IN2L games available for your enjoyment. Also, if you are in need of a bus card and free telephone service, please see the RSC so you can be enrolled in the Senior Benefit Program. Thank You





LIFESTYLE

Event You Don't Want to Miss!

Date: 1/6/2023 Time: 2pm
Location: First Floor Dining Room
Details: Dr. Martin Luther King's Trivia

Heritage Woods of Chicago
Affordable Assisted Lifestyle Community for Adults 65 & Older of All Incomes

Dr. Martin Luther King's Trivia

1/16/2023 in the First Floor Dining Room at 2pm

I HAVE A DREAM
Martin Luther King Jr.

www.hw-chicago-slf.com
Managed by Gardant Management Solutions

Horoscope

Aquarius (1/20-2/18)

Health conditions are looking good this month.

Pisces (2/19-3/20)

New ventures will give good returns.

Aries (3/21-4/19)

Health prospects are looking good this month.

Taurus (4/20-5/20)

Professional obligations may effect the harmony of love.

Gemini (5/21-6/20)

Love life and health will be fabulous.

Cancer (6/21-7/22)

You have no problem overcoming hurdles this month.

Leo (7/23-8/22)

While health prospects are wonderful, family affairs will tend to create problems.

Virgo (8/23-9/22)

Life will be enjoyable. Harmony will prevail in marital and family environments.

Libra (9/23-10/21)

Career professionals will make significant progress.

Scorpio (10/22-11/21)

Travel activities will be fruitful and will result in profits

Sagittarius (11/22-12/21)

You will have good luck throughout the month.

Capricorn (12/22-1/19)

You will be able to finish all your planned projects.



SUDOKU

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





ANSWERS

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