



# HERITAGE TIMES



APRIL 2022

## At A Glance



Air Fryer Twice Baked Potatoes



Hello Spring!

Managed by



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## From the Desk of the CEO

Rod Burkett

Just when I felt my newsletter column this month would not revolve around COVID, I ended up testing COVID positive a few weeks ago. I started having some flu-like symptoms, and I ended up having a positive test on the second day after Illinois lifted the mask mandate. My symptoms seemed to resemble a bad case of the flu for 2-3 days, and then my symptoms diminished each day thereafter, with a full recovery around day 10.

I had been fully vaccinated with the Moderna vaccine, including the booster. From everything I have read and researched, since I have had an apparent break-thru Omicron case, I should have now developed a fairly high level of antibodies that should provide me with significant protection for the near future. Having said that, I still will be at the front of the line if/when the CDC recommends a 4<sup>th</sup> vaccine dose for the 65+ population.

Even though I spent the last 2 years adhering to all protective protocols and best practices, I'm not really surprised that I ended up with an Omicron case, since it is so contagious, and since I spent a few days in a part of the country that was experiencing a "high-level" of transmission. I am definitely grateful that I didn't end up positive until after I had been fully vaccinated and 'boostered', and I am further thankful I didn't progress beyond moderate symptoms.

My mindset now is switching to "new beginnings".....we are beginning to see that we are in the management phase of the pandemic. While COVID will still need to be monitored and responded to as a serious infectious respiratory disease, it should not create lockdowns and consume our focus like it did 2 years ago. We are also witnessing the return of chirping birds, more daylight, warmer temperatures, and green sprouts emerging from the ground as new beginnings.

Happy Spring everyone....enjoy it as a new beginning!



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# IN THE NEWS

## All About April

Rick Banas

April 29 is National Zipper Day in honor of the day in 1851 when Elias Howe applied for a patent for the Continuous Clothing Closure, now known as the zipper.

On April 21, 1878, President Rutherford B. Hayes and First Lady Lucy Hayes began the tradition of holding an annual Easter Egg Roll on the White House Lawn on Easter Monday.

On April 8, 1879, milk was sold in glass bottles for the first time in the United States. Up until then, milk was sold in bulk, with sellers dispensing milk into jugs, pails or other containers supplied by customers.

On April 24, 1908, Mr. and Mrs. Jacob Murdock, along with their three children, a mechanic and a friend became the first people to travel across the United States in an automobile. They drove their Packard from Los Angeles to New York City, a distance of nearly 3,700 miles. It took them 32 days, five hours, and 25 minutes.

Twinkies hit the market on April 6, 1930. They were invented by a baker in Schiller Park, Illinois. The first Twinkies had a banana filling.

Ray Kroc opened the first franchised McDonalds on April 15, 1955 in Des Plaines, Illinois. The architectural design featured a red and white tiled building with Golden Arches. First day sales totaled \$366.12.

A year later, on April 25, 1956, Elvis Presley had his first number #1 hit on the Billboard Pop Singles Chart with "Heartbreak Hotel." The song included a guitar solo by Chet Atkins.

Legislation was signed into law on April 1, 1970 that banned cigarette advertising on television and radio in the United States. Just a few decades earlier, especially during the 1930s and 1940s, cigarettes were touted as being good for you. Pitchmen included doctors, dentists and stars of movies and sports.

April reportedly is the best time of the year to look up to the sky to view meteor showers.

April is Parkinson's Disease Awareness Month. Parkinson's Disease is a degenerative disorder of the brain. Symptoms generally develop slowly over years. The cause is largely unknown. A cure has yet to be discovered. Treatment options vary and can include medication and surgery. For more information, you can visit the Parkinson Foundation's website at [www.parkinson.org](http://www.parkinson.org) or call 1-800-4PD-INFO 1-800-473-4636.





# WELLNESS

## The Health Benefits of Spring Cleaning

Deborah Denham RN, MSN, CPPS, CPHRM

Many people are familiar with the ritual of spring cleaning. My grandmother used to wash all the walls every spring. I always thought this was a waste of time as, in my youth, the walls did not appear dirty. As an adult, I now see the accumulation of a life well lived on the walls when I do my spring cleaning.

Many of you take advantage of the cleaning services offered in your community. What a joy to have help now. You deserve it! There is still some spring cleaning that you can participate in that offers many benefits.

A good decluttering always helps wellbeing. Pick an area a day or week to focus on. Maybe it is a dresser. Empty out each drawer and clean it then refold the items you need and wear and put them back in. If anything is ripped or stained, it might be the time to let it go. If you have the opportunity and need, resale shops like Goodwill have wonderful pre-loved clothes that you can use to replace those that have served you well.

The bathroom is always a good spot for a spring freshen up. Throw or give away the items you keep around because it was a generous gift, but you hate the smell and will never use it. (That is a hard one, your granddaughter meant well when she gave you the salted caramel smelling lotion, but it does not translate well from an ice cream Sunday to hand lotion.) Replace worn out toothbrushes, hairbrushes, and broken soap dishes. If you are able, put a spring colored or printed hand towel out.

I remember sitting at the breakfast table on wall washing day with my grandparents. The windows were open, and the birds were singing their little hearts out. My grandmother hushed us and put her hand to her ear and pointed outside indicating we should listen. We did and then my grandmother said that the birds were calling my grandfather. We listened and looked at her for clarity. She then translated for us, “cheap, cheap, cheap”. Oh, my goodness, what a great laugh we had. I still think of the laughter when I hear robins calling out in the spring.

Spring cleaning produces endorphins which reduce stress levels, improves your ability to sleep, and boosts your overall mood. Welcome spring with a refreshed living space and a fresh outlook.

## Recipe Corner

### Air Fryer Twice Baked Potato

- 3 Lg. Russet Potatoes scrubbed clean
- 1 tbsp. extra-virgin olive oil
- Salt & pepper
- 1/4 c. (1/2 stick) butter, softened
- 1/4 c. milk
- 1/4 c. sour cream
- 1 c. shredded cheddar, divided
- 2 green onions, thinly sliced, plus more for garnish



### Directions

1. Pat potatoes dry, Poke potatoes with a fork all over, rub with oil and sprinkle with salt. Place potatoes in basket of air fryer and cook on 400° for 40 minutes
2. Cutting lengthwise, cut a thin later off the top of ea. potato. Scoop insides out leaving a 1/2” border. Place insides in a bowl
3. In the bowl, add butter, milk and sour cream and smash until butter is melted in and mostly smooth. Add 1/2 cup of cheese and green onion. Season with salt and pepper
4. Fill potatoes with mixture and place in basket of air fryer. Top with remaining 1/2 cup of cheese. Cook at 400° until cheese is melted



# LIFESTYLE

## Birthdays/Anniversaries

### Resident Birthdays

Donald F. 4/22  
Marla B. 4/27  
Ron N. 4/28  
Rickie S. 4/28

### Staff Birthdays

Jody T. 4/18  
Julia G. 4/26



## A Note from the Administrator

Jody Terando

### SPRING!

Spring is the season during which the natural world revives and reinvigorates after the colder winter months. During spring, dormant plants begin to grow again, new seedlings sprout out of the ground and hibernating animals awake. What most people call spring relies on the astronomical definition of the word. Defined by the angle of Earth's tilt toward the sun, astronomical spring relies on equinoxes and solstices to define it. Spring is generally considered the period between the spring equinox and the summer solstice. So come on lets get invigorated!

## Event You Don't Want to Miss!

### Earth Day at The Woods

Date: April 22, 2022

Time: 2:00PM-3:00PM

Location: Back Patio (Weather Permitting) Activity Room if it rains or is too cold.

Details: We will be planting flowers along with a couple other fun surprises.. We will also enjoy some relaxing music on our iN2L. Come help us celebrate Earth Day!!!



## Reminders

Andrew is no longer with us, we have a new Maintenance Director named Kurt. Make sure if you need something done in your room you are filling out a work order located on the 1st floor by the mailboxes or on the 2nd floor in the Activity Room. Kurt will get to you as soon as possible. Thank You!





# LIFESTYLE

## March Fun



### Horoscope

#### **Aquarius (1/20-2/18)**

Have great health prospects this month.

#### **Pisces (2/19-3/20)**

Love is in the air! Everything you do reflects on love.

#### **Aries (3/21-4/19)**

All will be well with a little care and attention.

#### **Taurus (4/20-5/20)**

Some challenges may come because of the change of weather.

#### **Gemini (5/21-6/20)**

Make some positive changes in all aspects of your life

#### **Cancer (6/21-7/22)**

Great things will manifest if you work hard and have determination.

#### **Leo (7/23-8/22)**

This month you will make new friends that influence your life positively

#### **Virgo (8/23-9/22)**

Enjoy this month filled with positive energies and blessings.

#### **Libra (9/23-10/21)**

Family relationships will be great this month.

#### **Scorpio (10/22-11/21)**

Have patience. Do not hurry to make things work.

#### **Sagittarius (11/22-12/21)**

Stay true to your beliefs and values. Live an honest life.

#### **Capricorn (12/22-1/19)**

Support your loved ones in all meaningful things they do.



# RESIDENT CORNER

This Month's Residents Corner question was suggested by Carol M. Residents were asked, "What is your favorite food to eat at Easter?"



Barb B. "Ham"



Paul Z. "Chocolate Bunny and Ham"

Thomas T. - "Ham with Pineapple and Cloves and Spiced Apples."

Carol M. - "Hard Boiled Eggs and Cadbury Cream Eggs."



Joann K. - "Fresh Homemade Polish Sausage."



Bertie S. - "Deviled Eggs and Angel food Cake with Strawberries."





# AROUND THE WOODS

Check your calendar for dates and times.

## APRIL OUTINGS

- Walmart-Morris
- Dwight Library
- Craft
- Family Dollar
- Walmart-Pontiac
- Mystery Trip
- Dollar Tree



Reminder to please sign up for outings by 4 PM the day

before the outing. Please be in the lobby ready to leave by the scheduled time if you have signed up to go or would like to go if there is an opening.

How many eggs can you find. There are Easter eggs hidden all throughout the newsletter. The answer is on the last page.



## Resident Swap Shop

Resident Swap shop is on April 14th this month. This is the only day you should leave items in the Activity Room. If you have something for Swap shop please wait until this day to bring those items.

Laundry Detergent and Softener Sheets are available Monday—Friday 9:00AM-4:30PM. Any staff member can get these items for you.



## Events

- April Fools Day Social
- Coffee, Tea and Tunes with Mick Porter
- Earth Day at the Woods





# WORD SEARCH

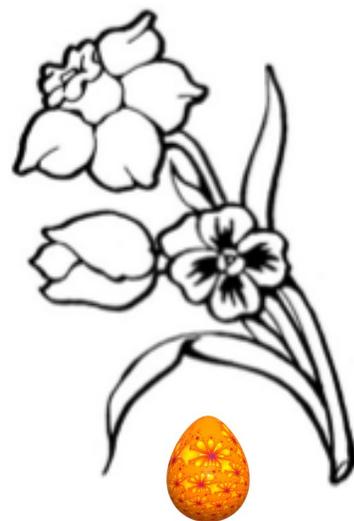


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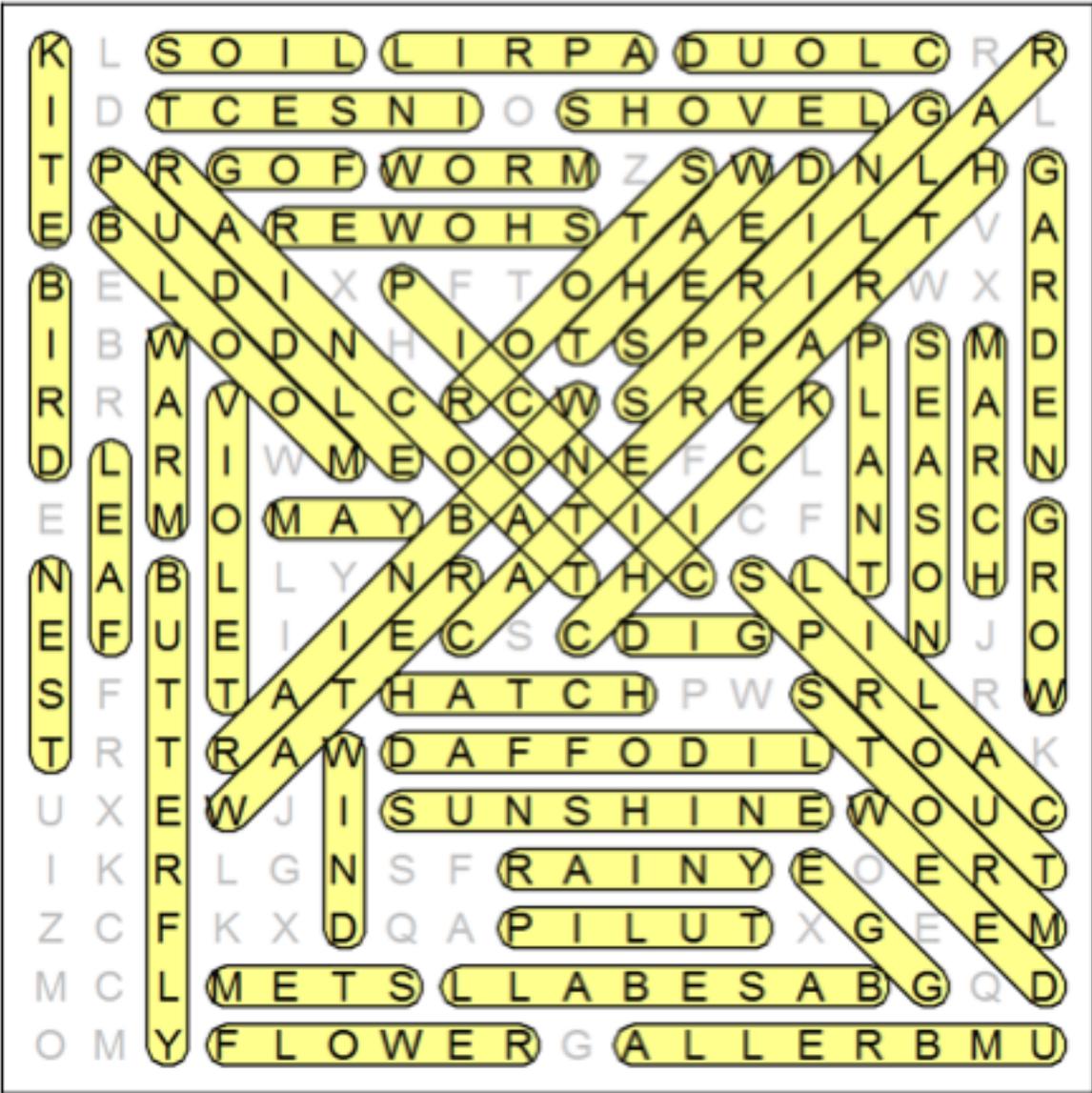
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thaw  
tulip  
umbrella  
violet  
warm  
water  
weed  
wind  
worm





# ANSWERS



There are 18 eggs including the sample one.