

HERITAGE TIMES

JUNE 2022

At A Glance



Microwave Fruit Crisp for Spring!



Benefits of Playing Games

Managed by



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From the Desk of the CEO

Rod Burkett

The assisted living communities in the Gardant Management Solutions portfolio are committed to continuous quality improvement. There are several formal activities that monitors the provision of care and looks for ways to improve systems and processes. Two-thirds of our 58 portfolio-wide properties have been awarded ‘Bronze’ status in the prestigious National Center on Assisted Living sponsored Malcolm Baldrige Quality Awards, and many of our communities also participate in local Chamber of Commerce sponsored consumer ratings.

In addition to these established quality focused programs, a new program has entered our senior living sector. On May 10, 2022, U.S. News & World Report published their inaugural edition of Best Senior Living, which expands the U.S. News rankings, ratings and data offerings. The new designations of Best Independent Living, Best Assisted Living, Best Memory Care and Best Continuing Care Retirement Communities (CCRC) build upon more than three decades of guiding families to the best health care decisions at every stage of life.

“Families have limited information when comparing providers of independent living, assisted living, memory care or continuing care,” said Ben Harder, managing editor and chief of health analysis at U.S. News. “The Best Senior Living ratings help to fill this informational gap with comprehensive and transparent data to help older consumers and their families identify high-quality senior living communities that meet their needs and preferences.”

U.S. News and its survey provider collected data on more than 3,000 communities throughout the continental U.S. and Hawaii, representing more than 80 senior living operators. From that data set, U.S. News analysts identified 1,272 communities that excel in independent living, assisted living and/or memory care. Gardant Management Solutions is proud to announce that 21 of its managed communities received this “Best” rating, which is a testament to the dedicated staff and the compassionate care they provide.



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IN THE NEWS

All About June

Rick Banas

On June 25, 1630, the Governor of Massachusetts, John Winthrop, introduced the fork to American dining. The fork was then known as the “spilt spoon” and initially was deemed “sacrilegious” as fingers were considered by clergy as the only thing worthy of touching God’s food.

In June 1847, a ship captain by the name of Hanson Gregory is credited with creating the “modern donut.” He took the cover off of the ship’s tin pepper box and used it to cut a hole in the dough before frying it. National Donut Day is the first Friday in June.

In June 1872, Susan B. Anthony was arrested and fined for voting in a presidential election. More than 45 years later, on June 4, 1919, the 19th Amendment to the U.S. Constitution was passed by Congress, guaranteeing women the right to vote.

In June 1893, the Ferris Wheel was introduced at the Chicago Columbian Exposition. Created by George Washington Gale Ferris Jr., the “Chicago Wheel” rose 264 feet into the air and featured 36 gondolas, each capable of holding up to 60 people.

Superman made his debut in *Action Comics* in June 1938. He is generally considered the first comic book Super Hero and was said to hail from a distant planet that was “destroyed by old age.” The town of Metropolis, a small town along the Ohio River in southern Illinois, is considered the adopted hometown of the “Man of Steel” and is home to a 200-foot Superman statue and the Superman Museum.

June is Cataract Awareness Month. Cataracts are a common eye condition that most commonly affects individuals 40 years of age and older. While they are the leading cause of blindness in the U.S., they are treatable with a simple surgical procedure.

June also is National Accordion Awareness, National Iced Tea, National Fresh Fruit and Vegetables, Dairy, Great Outdoors, and Fight the Filthy Fly Month.

June 14 is National Flag Day. It commemorates the day in 1777 when the design of our first national flag was approved.

June 16 is National Nursing Assistant’s Day.

Fathers Day this year is on June 19.

June 23 is Let It Go Day, a perfect opportunity to shed your worries and concerns.



WELLNESS

Gaming for All

Deborah Denham RN, MSN, CPPS, CPHRM

Why do we love board games? Because they are fun!!

Quality of life is related to social interactions and promote a sense of well-being. Being present with others helps prevent isolation and loneliness. Talking and interacting with others during a game helps people to get to know each other better and deepens friendships.

I remember when I was young, 16 yrs. old, and was working in dietary. I had to bring the lunch food to the nun's residential wing at the hospital. That was always scary, Catholic nuns can inspire awe in a group. The nuns were playing a card game when I came into the unit and one of the women stood up, very upset and threw her cards on the table and exclaimed "You cheated!" I was horrified. This was very atypical behavior for this group of people. The other ladies at the table started giving the disgruntled woman a hard time, laughing, and calling her a sore loser. This seemed like it would be the end of all things civilized. Reflecting on this interaction, they were having a good time, all of them, even the dissatisfied one.

Play is exercise for the brain and helps keep the mind sharp. A British Medical Journal study noted the risk of dementia was 15 % lower in board game players than in non-players. Other studies reflect the decrease in cognitive decline when seniors played games.

Full disclosure, there are side effects. Playing board games reduces stress and creates more happiness. Playing a game triggers endorphin release, (the feel-good hormone) and helps with conscious and unconscious mind functions leaving a person feeling cheerful, compassionate, and ultimately content.

Countless games can be modified for seniors with physical or cognitive limitations. There are playing cards with large numbers and video game controls for people with limited hand movement.

I encourage you to sign up to play a board or card game. Remember to laugh, talk and enjoy those side effects from playing a game that will leave you with a smile on your face.

Recipe Corner

Microwave Fruit Crisp



- 2 Cups of frozen sliced peaches
- 1 Cup frozen strawberries
- 1 Cup frozen blueberries
- 4 Tbs. Caramel Topping
- Ice cream or granola for toppings

Directions

1. Combine all items and mix
2. Pour into four 8 oz. containers
3. Microwave on high for 1-2 minutes or until the fruit is tender.
4. Top with Ice cream or granola



LIFESTYLE

A Note from the Administrator

Birthdays/Anniversaries

Resident Birthdays

Chuck G. 6/1

Joyce K. 6/2

Dorothy T. 6/5

Charles S. 6/7

Terry L. 6/8

Kitty L. 6/18

Staff Birthdays

Gina E. 6/1

Edena A. 6/8

Warren S. 6/18

Kathy R. 6/28



Welcome New Staff

Antonette F. CNA

Diana S. CNA

Haley H. CNA

Coni M. CNA



Event You Don't Want to Miss!

Father's Day BBQ

Date: June 17

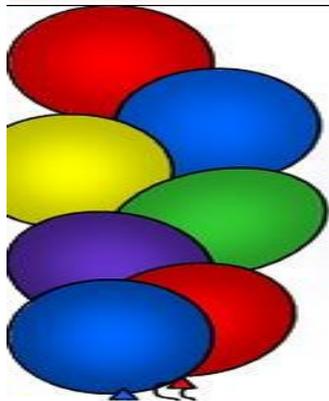
Time: 2PM

Location: Back Patio

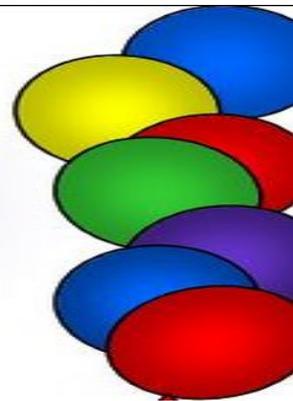
Details: Hopefully the weather will be beautiful as we celebrate our DADS!!! We are gonna throw some snacks on the grill and play some games.

Reminders

With the weather outside warming up we all need to remember to stay hydrated!!! Please drink plenty of fluids while you are outside having some fun in the sun or just relaxing in the shade. The heat does not discriminate!!!



Happy 100th Birthday!



If you see this beautiful lady around the building
on June 5th make sure you wish her

HAPPY BIRTHDAY!!!!





AROUND THE WOODS

Check your Calendar for dates and Times

June Outings

Walmart-Morris

Dollar General-Mazon

Mystery Trip

Picnic in the Park

Walmart-Pontiac

Dollar Tree-Morris

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. If no one signs up the outing will be cancelled. Please have your wheelchairs or walkers empty also since they will need to be folded if we have a full bus. Thank you!!!

Resident Swap Shop

Resident Swap shop is on June 9th 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. Also Swap shop is bring something and take something. If you need to get rid of more than a few items please see Denise and she can help you with that.

Please remember to pick your mail up from Jennifer at the front desk, some people get a lot of mail everyday and the folders start to overflow. Thank You!!!

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



Events

Planting Party

Tune Time w/Mick Porter

Father's Day BBQ

Entertainment Hour w/ Tim
Rehmer



Word Search Puzzle

BASEBALL
FISHING
JUMPROPE
SUMMER

BUTTERFLY
FLAG DAY
LADYBUG
SUNSHINE

COOKOUT
GRADUATION
MOSQUITO
WEDDING

FATHERS DAY
INSECT
PICNIC

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



ANSWERS

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

