

HERITAGE TIMES

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!



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

- Lois C. 11/7
- Kenneth O. 11/9
- Vern A. 11/10
- Phyllis S. 11/10
- Patsy A. 11/16
- Doris W. 11/16
- Steven W. 11/16
- Phyllis T. 11/30

Staff Birthdays

- Denise N. 11/24



A Note from the Administrator

Jessica Armour

Welcome to November!

It is hard to believe fall is here and we are fast approaching Thanksgiving. November is a time we pause the hustle and bustle of our lives to give thanks. I challenge each of you to find something in every day that you are thankful for this month. Even on our bad days if we look hard enough, we can find something to be thankful for. I am thankful to each one of you for being a part of our Heritage Woods of Dwight family! It's a joy to have you here, and feel free to stop by my office anytime with questions, comments or just to chat.

I hope you have a blessed holiday with those you love the most.

Happy Thanksgiving to you and yours,

Jessica Armour

Event You Don't Want to Miss!

Date: November 25

Time: 2PM

Location: Dining Room

Details: Looking for something fun to do the day after Thanksgiving? Join us for bingo with our Marketeer and a chance to win some great prizes!!!

Reminders

Please remember to look for cars when you are walking around the building and through the employee parking lot. Cars are coming and going at all times and there are no sidewalks back there to walk on so please be alert at all times while you are cutting through.



LIFESTYLE

Below are some photos from a few of our activities we did in October. We always have a good time no matter what we do!!



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.



RESIDENT CORNER

This month for Resident Corner I asked some Residents "What is your favorite thing about Thanksgiving?"



Velda G.-Having her family over and doing all the cooking.



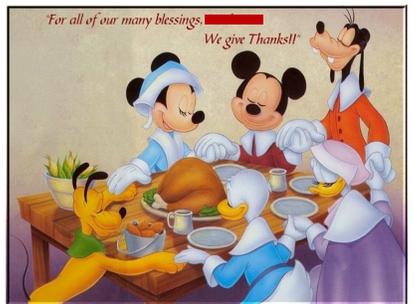
Irene S.- Family and Turkey.



Carol M.-Family, food and the gathering of everyone you love and watching the Macys parade.



Evelyn Z. For everyone to hurry up and eat and go home.





AROUND THE WOODS

Check your Calendar for dates and Times

OUTINGS

- Walmart-Morris
- Veterans Dinner at
Dwight VFW
- Dollar General
- Mazon
- Mystery Trip
- 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!!!**

EVENTS

- Veterans Pinning
- Veterans Celebration
- Silver strings Country Band
- Black Friday Bingo

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

Resident Council Meeting this month is November 16th at 1pm in the Activity Room. Everyone is invited. This is your opportunity to meet with other Residents to bring up concerns that you may have, things that you love, or changes that you would like to see around here. We hope to see everyone there.

Resident Swap shop is on November 10th this month. This is the only day you should leave items in the Activity Room. Please wait until this day to bring those items.



Thanksgiving

WORD SEARCH

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

FALL
GATHER
HOLIDAY
PILGRIMS
PUMPKIN
CORN
FEAST

THANKFUL
TURKEY
CORNUCOPIA
FAMILY
GOBBLE
GRATITUDE
PIE

NOVEMBER
PLYMOUTH
STUFFING
THANKSGIVING
CRANBERRIES
POTATOES
TRADITION





SUDOKU

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



ANSWERS

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