

Heritage Herald

APRIL 2022

Birthdays/Anniversaries

Resident Birthdays:

Mary K 4/15

Barb N 4/26

Staff Work Anniversaries:

Emma Taylor (Dietary) 2 yrs

Emma Auvil (CNA) 1 yr

Krista Borders (CNA) 2 yrs

Taylor Feldhake (CNA) 4 yrs



Dot and Rachel's Recipe for Joy

Managed by



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



Mixing it up to make the life we love!

Come see our recipes for success.

Administrator, Heritage Woods of Flora, Lucas Sigrist

Supportive Living 2022



We are excited to participate again in the AALC Supportive Living celebration! This year's theme:

"Supportive Living is Healthy Living"

Come join us as we create "recipes for fitness"! We will be getting creative with activities for brain fitness, social fitness, physical fitness, nutritional and spiritual fitness. We'll be sharing our recipes for success so you can try them too!

New activities are popping up like Spring flowers! We welcome Roadhouse Harley Owners Group early in April with a Motorcycle Cruise In! We've got Country Music, Gospel Music, Oldies and Pop Music! We are digging into cinema with great movie viewings and a Red Skelton marathon! Our new April series, "Stories Behind the Hymns" will bring new insights to beloved songs. Country Drives and Mystery Trips will entertain and delight!

Come mix it up with us this April! Have a recipe for success? We'd love to hear it!



Sam's recipe for happiness?
Sunshine and Smiles

 **Heritage Woods**
of Flora
An Affordable Assisted Lifestyle
Community for the Older Adult



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Parties, trips, music & shenanigans: Social Fitness is FUN!



Top (L-R) Betty & Mary on a tour of the Flora Depot; Kermit is dazzling on St. Pat's Day; Bus trip Linda, Ruth Ann, Mary, Audrey, Betty, Mary, Janet Retha, Darla and Tom Lavine (WNOI) and Royce. Bottom (L-R) Ruth Ann, Sam and Janet as King and Queen of the Leprechauns, Betty and Darla watch Jim & Nancy Herzing perform Bluegrass, Dan cutting it up, Mary ready for baseball!



Recipe for Smiles

Spiritual Fitness

There is no single recipe for making smiles...but we've got one we'd love to share! Our recipe for Spiritual Fitness! Visits from Immanuel Lutheran Church of Charleston's K-9 Comfort Dog, Rachel! We would like to thank Rachel, her handlers Paul and Julie Stranz, and ministry partners Starr and Arlynn Nelson. Thank you, Rachel, for bringing out the smiles! Rachel is "a friend who brings a calming influence and allows people to open up their hearts and receive help for what is affecting them." Contact K9Comfort.org to get more information. Or email Rachel@K9Comfort.org.



Lifestyle Recipe

Flora Style

Healthy choices earn bucks to buy great things!

Our last Smart Bucks Auction was a success!



Top to Bottom, L-R: Tall Tex (Lucas Sigrist, Administrator) and Ethel (Volunteer Carol Robinson) begin the auction! Isabell (Angelia Hustedde, Dietary Manager) holds up a popular item at the auction! Our table of donated and purchased items that residents could "buy" with our in-house currency "Smart Bucks" earned for making healthy choices!

Our Next Smart Bucks Auction is coming in May!

Call us if you have items to donate!

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)

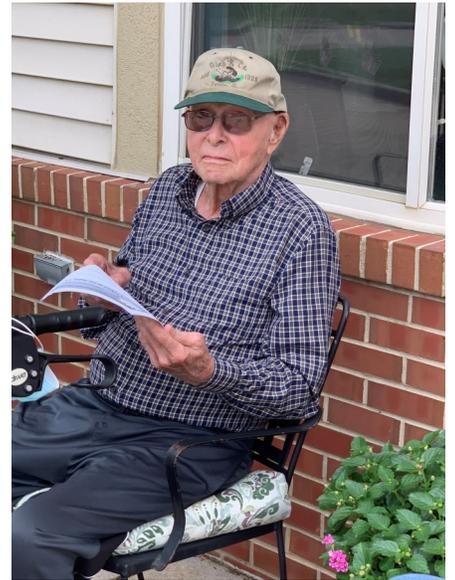
Stay true to your beliefs and values. Live an honest life.

Capricorn (12/22-1/19)

Support your loved ones in all meaningful things they do.

IN THE NEWS

Clarence loves
to read our
newsletters!



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 or call 1-800-4PD-INFO 1-800-473-4636.

LIFESTYLE

Scheduling Tours
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NOW!



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 4th 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!





Recipes for 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.

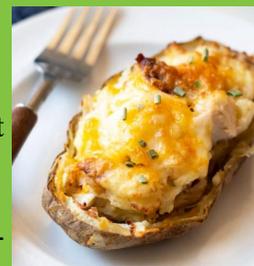
A good decluttering always helps wellbeing. Pick an area a day or week to focus on. Maybe it is a dresser. Empty out each drawer and clean it then refold the items you need and wear and put them back in. If anything is ripped or stained, it might be the time to let it go. If you have the opportunity 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.

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



WORD SEARCH



- | | | | |
|-------------|--------|----------|----------|
| April | fog | puddle | stem |
| baseball | garden | rainbow | storm |
| bird | grow | raincoat | sunshine |
| bloom | hatch | rainy | thaw |
| butterfly | insect | roots | tulip |
| caterpillar | kite | season | umbrella |
| chick | leaf | seed | violet |
| cloud | lilac | shovel | warm |
| daffodil | March | shower | water |
| dig | May | soil | weed |
| earth | nest | spring | wind |
| egg | picnic | sprout | worm |
| flower | plant | | |





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3. Click on the position of interest to get more information
4. Click on Apply Now to begin the online application process
5. If this is your first time applying with us it will prompt you to create a username and password.

Or just scan the QR code to go directly to our
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*An Affordable
Assisted Lifestyle
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the Older Adult*
**EQUAL
OPPORTUNITY
EMPLOYER**



April 2022



Birthdays	MEETING PLACES	Dimensions of Wellness	String up recipes for healthy living! We are participating with the AALC Illinois celebrating Supportive Living 15 Healthy Living! We are active in all dimensions of wellness all year! Watch our calendars for activities you can join!	SUPPORTIVE LIVING 15 Healthy Living
Sunday Birthdays: Mary K 4/15, Barb N 4/26 HAPPY BIRTHDAY Vital Signs Monitoring April 1st - 5th Church 3 Movie!	Monday 4 New! Monday Meditation! 9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 1:30p Movie Time, DOW 6p JC & The Sunshine Saints, ULT	Physical Spiritual Vocational Intellectual Emotional Environmental Social	5 Council Meetings! 9:30a Exercise, UPS 10a Food Council, UPS 2p Resident Council, UPS	6 Prevent Falls! 9a Walmart, SIG 10a Open Pool, SIG 2p Fall Risk Presentation with Jill Westendorf of LHC, DOW
Tuesday 17 Easter Sunday! 9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 1:30p Movie Time, DOW 6p JC & The Sunshine Saints, ULT	11 Healthy Cooking! 9:30a Exercise, UPS 10a Country Store, ACO 10a Healthy Cooking, UPK 2p Country Drive, SIG	12 Doctors Nursing Bingo! 9:30a Exercise, UPS 2p Bingo, DOW 6p New Beginnings Church, DOW	13 Robbie Plays our Favorites! 9a Walmart, SIG 10a Open Pool, SIG 1p Wii Bowling, UPS 2p Stories Behind the Hymns, DOW 6:30 p Robbie Blythe, DOW	14 Bingo! 7:30a 3 Word Thursday, DOW 9:30a Exercise, UPS 2p Bingo, DOW
Wednesday Church 24 Movie! 9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 1:30p Movie Time, DOW 6p JC & The Sunshine Saints, ULT	18 Music Tonight! 9:30a Exercise, UPS 10a Country Store, ACO 2p Country Drive, SIG 6:30p Fully Known, DOW	19 Things to Learn! 9:30a Exercise, UPS 2p Meet Midland Area Agency on Aging, DOW	20 New! Stories Behind Hymns! 9a Walmart, SIG 10a Open Pool, SIG 2p Stories Behind the Hymns, DOW 6:30p Inspirational Movie Wednesday: I Can Only Imagine, ULT	21 Hoosier Prairie! 7:30a 3 Word Thursday, DOW 9:30a Exercise, UPS 2p Bingo, DOW 6:30p Hoosier Prairie Baptist Church, DOW
Thursday Church 24 Movie! 9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 1:30p Movie Time, DOW 6p JC & The Sunshine Saints, ULT	25 Mystery Trip! 9:30a Exercise, UPS 10a Country Store, ACO 2p Mystery Trip, SIG	26 Jeff & Flora Gardens Bingo! 9:30a Exercise, UPS 2p Bingo with Jeff @ Flora Gardens, DOW	27 Play Pool! 9a Walmart, SIG 10a Open Pool, SIG 2p Stories Behind the Hymns, DOW	28 Dr. Chung! 7:30a 3 Word Thursday, DOW 9:30a Exercise, UPS 12:30p Dr. Chung! DOW 2p Bingo, DOW 6:30p Red Skelton, ULT
Friday 9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 1:30p Movie Time, DOW 6p JC & The Sunshine Saints, ULT	29 Will Bowling! 9:30a Exercise, UPS 10a Country Store, ACO 1p Hair Salon, SIG 1p Wii Bowling, UPS 2p Country Store, ACO	1 Exercise! 9:30a Exercise, UPS 10a Country Store, ACO 1p Hair Salon, SIG 1p Wii Bowling, UPS	8 Salon Day! 9:30a Exercise, UPS 10a Country Store, ACO 1p Hair Salon, SIG 1p Wii Bowling, UPS 6p Movie: Wild Hogs, DOW	15 Craft! 9:30a Exercise, UPS 10a Country Store, ACO 1p Hair Salon, SIG 1p Wii Bowling, UPS 2p Mod Podge Magic, UPK
Saturday 9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 1:30p Movie Time, DOW 6p JC & The Sunshine Saints, ULT	30 Depot Show on DVD! 9:30a Exercise, UPS 11:30a Daily Chronicle, DOW 2p Vending Machine Bingo, DOW 6p Dominoes, UPK	2 Bingo! 9:30a Exercise, UPS 11:30a Daily Chronicle, DOW 2p Vending Machine Bingo, DOW 6p Dominoes, UPK	9 Harley Bike Show! 9:30a Exercise, UPS 11:30a Daily Chronicle, DOW 1p Roadhouse HOG Parking Lot Motorcycle Show, FPL 2p Vending Machine Bingo, DOW 6p Dominoes, UPK	16 Social Hour! 9:30a Exercise, UPS 9:45a Social Hour, DOW 11:30a Daily Chronicle, DOW 2p Depot Show Flashback: Depot Show Tonight, ULT 6p Dominoes, UPK

Open to the Public! 4/13 Robbie Blythe Plays favorites! 6:30-7:30 p.m., Main Dining Room 4/22 Rachel the Comfort Dog visits! 10-11 a, Main Lobby
 4/13 Stories Behind the Hymns: learn about the events that led to the writing of classic hymns! 2-3p 2nd Floor TV Lounge...All are welcome!

If you would like to request an activity/service not reflected on the calendar, please notify the RSC or Administrator. Activities are subject to change. Call 618-662-4599 for more information