



Heritage Herald



MAY 2022

Breakfast



IS ON US!

Senior Breakfast is back!

Wed., May 25th

7:30 - 9:30 a.m.

Main Dining Room

Great days start with...

- biscuits & gravy
- fresh fruit
- coffee & juice
- friends and free food!

All seniors are welcome for a free breakfast!



Like May flowers...
...we welcome you!

Lucas Sigrist, Administrator

Great things are springing up all month long this May!

- Bird show by Fred and his feathered friends!
- Flora Jr. High Ensemble concert!
- Robbie Blythe fun & song!
- And the return of our Senior Breakfast!
- Saturday Social hour with coffee and breads!

We invite you to spring in and attend our free breakfast or one of our fun activities!



Managed by

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

www.gardant.com



“You are as welcome as the flowers in May”

-Charles Macklin



Heritage Woods
of Flora

An Affordable Assisted Lifestyle
Community for the Older Adult

1003 West 4th Street, Flora IL 62839

618-662-4599 | www.hw-flora-slf.com



LIFESTYLE

Scheduling Tours
618-662-4599 **NOW!**



Resident Birthdays:

- Kermit T 5/15



Welcome New Staff:

- Gaige Bone -Housekeeping
- Kayley Lacey –PCA

From the Desk of the CEO
Rod Burkett



We all strive for approval in some form or fashion. As young children, we sense that we need to seek approval from our parents even before we have learned to walk and talk. We next learn that we need approval from our teachers as we have our academic performance graded and as we experience test after test.

As we grow and become more social beings, we often feel the need to fit in, so we strive for approval from our peers. As we enter the working world and build careers, many learn that our success can be directly related to securing the approval of various stakeholders, often those with organizational power.

However, when does the need for approval from others become ‘all encompassing’ and dysfunctional in our lives? Many years ago, famed business consultant and author, Peter Drucker, provided us with this insight, “We are here on earth to make a positive difference, not to prove how smart or right we are.”

The need for external approval kills our individual creativity and our freedom. Aristotle said, “Criticism is something you can easily avoid by saying nothing, doing nothing, and being nothing.” While it’s easier said than done, a simple recipe for overcoming an unhealthy need for the approval of others is to quiet your mind, and simply listen to your own heart and flow with the energy that comes from within. Your guidance for your decision making will then be a balance of what you learn from others, and from your own self-confidence, and not from an unhealthy reliance on the opinion of others.

EVERYONE IS INVITED!

*Be our guest for a truly unique
and delightful show!*

**FRED AND HIS
FEATHERED
FRIENDS**



MAY 6, 2022

2:00 P.M.

MAIN DINING ROOM



Heritage Woods
of Flora

**An Affordable Assisted Lifestyle
Community for the Older Adult**

618-662-4599 · 1003 West 4th Street · Flora, Illinois 62839

 *Managed by Gardant Management Solutions · www.hw-flora-slf.com* 



LIFESTYLE: Flora Style



Live'n Life Flora Style! (Top to Bottom: L-R)

Row 1: Volunteer Ava with Easter treats, Dale and BIG fun with BIG swabs, Bus trip for Ice Cream at Salem Dairy Mart. Row 2: Darla, Janet and a BIG swab, Marvin, Ruth Ann. Row 3: Mary a BIG Cardinals fan, Clarence. Row 4: Emma Auvil (CNA) Employee monthly drawing winner pointing out her free company clothing item, Dr's Day pic with Dr. Kumar and Patti Jenkins (Marketing Director), Tammy Martin (Nurse Manager) with Taylor Feldhake (CNA) accepting her 6 month staff drawing award, Jessica Payne (CNA) monthly staff drawing winner with her free logo item! **BIG FUN, BIG SMILES Flora Style**



IN THE NEWS

All About May

Rick Banas

- In May of 1875, Ben Franklin announced his invention of what we now call Bifocals. His eyesight became worse as he aged. He became both near-sighted and far-sighted. Tired of switching glasses, he devised a way to fit both types of lenses into one frame, with a lens for distance at the top and a lens for seeing close-up at the bottom. He called them “double-spectacles.”
- American folk hero “Wild Bill” Hickok was born on May 27, 1837, in Troy Grove, Illinois. The small town in LaSalle County, Illinois, is located about 20 miles northwest of Heritage Woods of Ottawa. Hickok was shot and killed during a poker game in a saloon in Deadwood, South Dakota. It is said he was holding what became known as the “dead man’s hand” – a pair of black aces and a pair of eights.
- In May of 1875, the first Kentucky Derby horserace took place at Churchill Downs in front of a crowd of 10,000 spectators.
- Clara Barton founded the American Red Cross on May 21, 1881.
- Construction began on the first modern skyscraper in May 1984. The 10-story Home Insurance Company building is located at Adams and LaSalle in Chicago. The building was supported by a revolutionary steel frame.
- The first National Hospital Day was celebrated on May 12, 1921, in honor of the birth of Florence Nightingale.
- On May 19, 1930, African American playwright Lorraine Hansberry was born in Chicago. She is best known for her play “A Raisin in the Sun,” which was the first stage production written by a black woman to appear on Broadway.
- Cheerios began hitting store shelves on May 1, 1941. Originally, the cereal went by the name CheeriOats.
- May is National Stroke Awareness Month. The American Stroke Association reminds us that acting F.A.S.T. can mean the difference between recovery or disability, life or death.

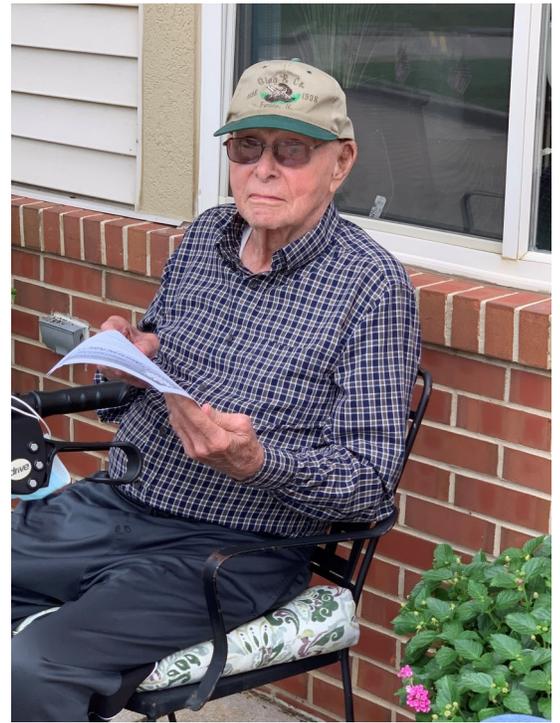
F = Face Drooping

A = Arm Weakness

S = Speech Difficulty

T = Time to call 911.

Other symptoms can include numbness, confusion, trouble seeing, trouble walking, and a severe headache.





WELLNESS

Will April Showers Bring May Flowers?

Meghann Giarraputo MSN, RN

Will the April showers (or the occasional sprinkle of snow for some of us) bring May flowers this year? Given the vast benefits of spending time outdoors, it would be valuable for us to step outside to check it out!

According to the Centers for Disease Control and Prevention (CDC), spending time outdoors can improve overall health and wellness; specifically, time spent in nature can promote and improve our mental health while reducing stress. Additionally, time outdoors typically lends an opportunity to engage in increased physical activity. Moreover, the Institute on Aging (IOA) shares short spans of direct sunlight exposure can help us to meet our daily requirements of Vitamin D. Vitamin D helps our bodies to absorb calcium which impacts our bone health.

So, regardless of where the “May Flowers” are (and, of course, in consideration of weather conditions and safety), will you bring a buddy and join me in spending a few minutes each day to engage in nature right outside your door? Talk with a member of your Community Leadership Team today about upcoming opportunities where you can experience the beautiful outdoors while reaping the countless benefits.

**As a friendly reminder, for resident health & wellbeing reasons, along with emergency preparedness and response reasons, we encourage residents to sign out and back in at the front desk of the Community when leaving the indoors at the Community.*



Recipe Corner

Air Fryer Sweet & Spicy Meatballs

- 2/3 c. quick-cooking oats
- 1/2 c. crushed Ritz crackers
- 2 lg. eggs lightly beaten
- 5 oz evaporated milk
- 1 Tbs. minced onion
- 1 tsp. Garlic powder
- 1 tsp. cumin
- 1 tsp. honey
- 2 lbs. lean ground beef
- Salt/pepper

Sauce

- 1/3 c. brown sugar
- 1/3 c. honey
- 1/3 c. orange marmalade
- 2 Tbs. cornstarch
- 2 Tbs. Soy Sauce
- 1-2 Tbs. hot sauce
- 1 Tbs. Worcestershire sauce

Directions

1. Preheat Air Fryer to 380. In a large bowl, combine the first 10 ingredients and then add the beef. Mix thoroughly. Shape into 1-1/2 in. balls.
2. In batches, arrange meatballs in a single layer on greased tray in the basket. Cook until lightly browned & cook through. 12-15 min. In a saucepan, combine sauce ingredients. Serve with meatballs.

What does your future hold?...

...These coming events

OPEN TO THE PUBLIC!

- **Friday, May 6th, 2-3 p.m., Main Dining Room; Fred and His Feathered Friends!**

Come be delighted as Fred tells us about his birds and we see how talented they are!

- **Wednesday May 11 and Monday May 16, 2-3 p.m. Main Dining Room; Flora Jr. High Band Ensembles and Concert!**

Two different days, two different performances.... Too much talent! Join us and see!

- **Wednesday, May 25 7:30—9:30 a.m., Main Dining Room; Free Senior Breakfast!**
- Biscuits, gravy, oranges, coffee, juice, friendship and good times.



Horoscope

Aquarius (1/20-2/18)

A month of transformation, and taking on new personal highs

Pisces (2/19-3/20)

Whilst money is easy to give, your time could do more.

Aries (3/21-4/19)

You will be inspired by new and amazing passions this month.

Taurus (4/20-5/20)

Your creative talents are set free as your ability to turn ideas into words, pictures or both intensifies.

Gemini (5/21-6/20)

You can remodel your life into something more comfortable yet challenging.

Cancer (6/21-7/22)

Your mind is a formidable tool this month

Leo (7/23-8/22)

Choose a job that you love to do and the money will follow

Virgo (8/23-9/22)

Your month to shine! Your charisma draws in your family and friends.

Libra (9/23-10/21)

You have so much confidence and energy this month that you'll impress those you meet

Scorpio (10/22-11/21)

You will be both inspiring and irresistible this month.

Sagittarius (11/22-12/21)

Aim as high as you can in love, work, and education and you will succeed.

Capricorn (12/22-1/19)

What you've wanted and worked towards for years falls into place.

View and pay your bills online

Heritage Woods of Flora now offers the convenience of paying and viewing your statements online. Our payment portal will streamline your billing and payment process, giving you more time to spend with your loved ones.

- Make payments and view statements from one convenient location
- Payment flexibility, with eChecks and Credit Cards accepted
- 24hr access from any internet connected device

To get started, simply go to

<https://www.personapay.com/heritagewoodsfloraalf/login>

Or scan this code with your mobile device:



and click on the 'Create an Account' button. All you need is the online ID found in your next statement. For more information, or help locating this ID, contact the Business Office at business.office@hw-flora-slf.com



1003 West 4th St. Flora, IL 62839 | 618-662-4599 | hw-flora-slf.com

Managed by Gardant Management Solutions

Searching for May

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

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



ARMED
FORCES DAY
BULL (Taurus)
CINCO DE MAYO
EMERALD
GEMINI

KENTUCKY DERBY
LILY OF THE
VALLEY
MAY DAY
MEMORIAL DAY
MOTHER'S DAY

NURSES DAY
SPRING
TAURUS
TWINS (Gemini)
VICTORIA DAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Xenia 1 Community Church 9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 1:30p Movie Time, DOW 6p JC & The SONshine Saints, ULT	2 Country Drive! 9:30a Exercise, UPS 10a Resident Council, UPS 2p Country Drive, SIG	3 Country Store! 9:30a Exercise, UPS 10a Country Store, ACO	Ladies' 4 Spa Day! 9a Walmart, SIG 10a Open Pool, SIG 1:30p Ladies Spa Day, DOW SPA	Cinco De Mayo! 5 7:30a 3 Word Thursday, DOW 9:30a Exercise, UPS 11:30a Cinco De Mayo Fun, DOW 2p Health Department Bingo, DOW	Fred's 6 Exotic Bird Show! 9:30a Exercise, UPS 10a Country Store, ACO 1p Hair Salon, SIG 1p Wii Bowling, UPS 2p Fred and His Feathered Friends, DOW	7 Bingo! 9:30a Exercise, UPS 11:30a Daily Chronicle, DOW 2p Vending Machine Bingo, DOW 6p Dominoes, UPK
8 Mother's Day 9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 1:30p Mother's Day Movie Time, DOW 6p JC & The SONshine Saints, ULT	9 Gilligan's Island Marathon! 9:30a Exercise, UPS 10:30a Healthy Cooking, UPK 2p Country Drive, SIG 6:00p Monthly Monday Marathon: Gilligan's Island, ULT	Doctor's Nursing 10 Bingo! 9:30a Exercise, UPS 10a Country Store, ACO 2p Doctor's Nursing Bingo, DOW BINGO	11 Robbie Blythe Entertains! 9a Walmart, SIG 10a Open Pool, SIG 2:00p Flora Jr. High Band Ensemble Concert, DOW 6:30 p Robbie Blythe, DOW	12 Golden Circle Bingo! 7:30a 3 Word Thursday, DOW 9:30a Exercise, UPS 10a Bingo @ Golden Circle, SIG 2p Health Department Bingo, DOW BINGO	13 Wii Bowling! 9:30a Exercise, UPS 10a Country Store, ACO 1p Hair Salon, SIG 1p Wii Bowling, UPS	Depot Show 14 DVD! 9:30a Exercise, UPS 9:45a Social Hour, DOW 11:30a Daily Chronicle, DOW 2p Depot Show Flashback, ULT 6p Dominoes, UPK
Calvary Baptist 15 Church 9a Xenia Comm Church, ULT 10a Chronicle, SIG 2p Calvary Baptist Church, DOW 6p JC & The SONshine Saints, ULT	Flora Jr. High 16 Concert! 9:30a Exercise, UPS 2:00p Flora Jr. High Band Ensemble Concert, DOW 6:00p Monthly Monday Marathon: Gilligan's Island, ULT	17 Smart Bucks Auction! 9:30a Exercise, UPS 10a Country Store, ACO 2p Smart Bucks Spring Auction, DOW	Open 18 Pool! 9a Walmart, SIG 10a Open Pool, SIG 2p Stories Behind the Hymns, DOW	Hoosier Prairie 19 Baptist Church! 7:30a 3 Word Thursday, DOW 9:30a Exercise, UPS 2p Bingo, DOW 6:30p Hoosier Prairie Baptist Church, DOW	New! 20 Finger Food Friday! 9:30a Exercise, UPS 10a Country Store, ACO 1p Hair Salon, SIG 1p Wii Bowling, UPS 2p Finger Food Friday, DOW Fun Food to eat with our fingers!	21 Dominoes! 9:30a Exercise, UPS 11:30a Daily Chronicle, DOW 2p Vending Machine Bingo, DOW 6p Dominoes, UPK
JC & SONshine Saints! 22 9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 1:30p Movie Time, DOW 6p JC & The SONshine Saints, ULT	Early Time! 23 Mystery Trip! 9:30a Exercise, UPS 10a Food Council, UPS 1p Mystery Trip, SIG 6:00p Monthly Monday Marathon: Gilligan's Island, ULT	Flora Gardens 24 Bingo! 9:30a Exercise, UPS 10a Country Store, ACO 2p Flora Gardens Bingo, DOW	25 Senior Breakfast Resumes! 7-9a Public Invited! Senior Breakfast Returns! Dining Room! 9a Walmart, SIG 10a Open Pool, SIG 7p Menomonies Cottage Meeting, DOW	26 Dr. Chung! 7:30a 3 Word Thursday, DOW 9:30a Exercise, UPS 2p Bingo, DOW 6:30p Hoosier Prairie Baptist Church, DOW	27 Hair Salon! 9:30a Exercise, UPS 10a Country Store, ACO 1p Hair Salon, SIG 1p Wii Bowling, UPS 2p Finger Food Friday, DOW Fun Food to eat with our fingers!	28 Social Hour! 9:30a Exercise, UPS 9:45a Social Hour, DOW 11:30a Daily Chronicle, DOW 2p Vending Machine Bingo, DOW 6p Dominoes, UPK
29 Movie Time! 9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 1:30p Movie Time, DOW 6p JC & The SONshine Saints, ULT	Memorial Day 30 Bingo! 9:30a Exercise, UPS 10a DVD Flashback Show: Depot Show, ULT 2p Vending Machine Bingo: Memorial Day Edition, DOW	31 Universal Yums! 9:30a Exercise, UPS 10a Country Store, ACO 2p Universal Yums, DOW	MEETING PLACES UPS: Upstairs Exercise SIG: Sign Up Front Desk DOW: Downstairs Dining ML: Main Lobby ULP: Activity Office ULB: Upstairs Lobby ULT: Upstairs TV Lounge FPL: Front Parking Lot ACC: Activity Office UPK: Upstairs Kitchen	Birthdays Kermit T 5/15 HAPPY BIRTHDAY Vital Signs Monitoring April 1 st - 5 th	Special Announcement! Free Senior Breakfast Returns! Wednesday, May 25 th 7-9 a.m. Come enjoy biscuits & gravy, sausage, fresh orange and a beverage! (Please follow visitation guidelines noted at the front entrance.)	DIMENSIONS OF WELLNESS Physical Spiritual Vocational Intellectual Emotional Environmental Social Supportive Living Healthy Living

Open to the Public! 5/6 Fred & His Feathered Friends Bird Show! 2-3 pm, Main Lobby SAVE THE DATE! Come see these talented birds!

5/11 Robbie Blythe Plays favorites! 6:30-7:30 p.m., Main Dining Room EVERY Wednesday at 10 a.m.: Open Pool!

FREE SENIOR BREAKFAST RETURNS! Wednesday May 25th, 7-9 a.m.: Biscuits & Gravy, Sausage, Orange & Beverage! All seniors 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 616-662-4599 for more information

8-662-4599 - 1003 West 4th Street - Flora, Illinois 62839
Managed by Sansert Management Solutions www.hv-foas-ill.com

