



Heritage Herald



AUGUST 2022

At A Glance



Elizabeth showing off her silly side as she celebrates her 100th Birthday!

See more on page 5



Dan and Linda soaking up the sunshine at the Hummingbird Festival held at Sam Dale lake.

Managed by



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Bourbonnais, IL 60914
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Tending to the garden or laughing with friends and family, the patio here at Heritage Woods of Flora is THE place to be!

Come enjoy the sunshine at one of our new patio tables or relax in the shade under the pergola, you're always welcome to come sit for a spell!



1003 West 4th Street, Flora IL 62839



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





We LOVE food here at Heritage Woods of Flora! We also know that proper nutrition and a well balanced diet are essential to healthy living. While the kind of food we eat is important, making sure food is safe to eat is key to preventing food borne illness like salmonella or food poisoning. That's why our Registered Dietician came and spoke to the residents about proper food preparation and storage. Be smart like our residents and keep cold food cold and hot food hot, especially in the summer heat!

Resident Birthdays:

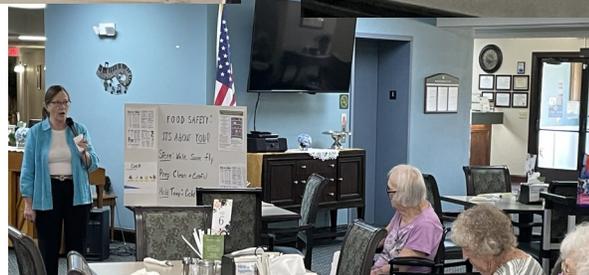
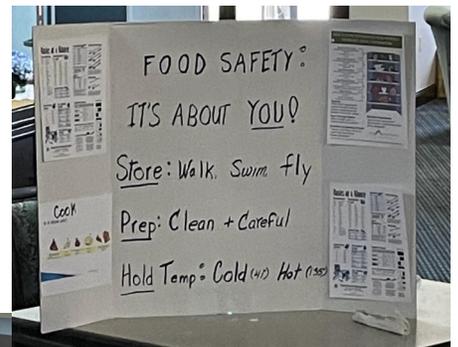
- Shirley P. 8/9
- Clara D. 8/26

Welcome

Welcome New Staff:

-Kim Chaney, RN (Staff Nurse)

-Amanda Marks (Director of Marketing and Activities)



A Message from: Lucas Sigrist, Administrator

Summer seems to be melting away as fast as an ice cream cone on a hot day...and we know our ice cream! As one person pointed out on our last ice cream outing; "It may not last but it's sure good right now!" True, summer doesn't last but the smiles can! Keep planning, keep active and keep healthy!

Every day is a day to find a reason to smile!

LIFESTYLE



Musician Marty Williamson playing guitar and singing for Ruth Ann, Sharon.

They say listening to music is good for the soul. Here at Heritage Woods of Flora music is always on the menu! This month we enjoyed the toe tapping musical talents of Marty Williamson, Dr. Chung dazzled us on the piano, and we welcomed The Effingham Players for a wonderful afternoon of classic country!



Dr. Philip Chung playing piano



From left to right: Missy Dunaway, Don Elis, Jerry Williams, Terry Pendlay, Chuck Levitt, and Dale Wires.



IN THE NEWS

What Life Was Like 100 Years Ago

Rick Banas

I thought it would be interesting to take a look back at what life was like in the U.S. in the early 1920s.

The world was still suffering from the 1918 influenza pandemic.

Life expectancy was 53.6 for men and 54.6 for women.

The most popular occupations for men were farmers, doctors, lawyers, and bankers. For women, it was teachers, nurses, and maids.

Hats were a must for men. Hats and gloves were essential accessories for women.

Prohibition, which banned the production, importation, transportation, and sale of alcoholic beverages, went into effect across the U.S.

The 19th Amendment was ratified, giving women the right to vote.

With the advent of commercial radio, the radio became a main source of entertainment, with families huddled around the radio in their living room.

The Chicago Theatre opened. It was billed as the “Wonder Theatre of the World.” Carl Sandburg, in a report for the *Chicago Tribune*, noted that mounted police were required for crowd control.

Swanee, April Showers and Toot, Toot, Tootsie by Al Jolson were among the most popular songs.

Reader’s Digest and *Time* magazine were first published.

In a 1920 play, Czech writer Karel Capek introduces us to robots that are designed to serve and work for humans. Perhaps foreshadowing *The Terminator*, the robots turn on their masters.

We were introduced to Chanel No. 5, Cheez-It snacks, Laughing Cow Cheese,

Celebrating a Century!



HAPPY
 birthday

100 years and still having fun...

Happy 100th birthday to Elizabeth! Our appreciation to Elizabeth, her family, and friends for including us in this GREAT celebration! Elizabeth was all smiles and laughs for her 100th Birthday Party and Parade! A benefit of living an active, supportive living lifestyle? More parties! Come see how living life Heritage Woods of Flora Style is comfortable, affordable, and most importantly FUN!



The Annual Hummingbird Festival held at Sam Dale Lake was the perfect excuse to break out the sunscreen!

Every year during the summer the Hummingbird population is caught, counted and banded to track migration patterns, monitor flock health, as well as environmental health in the area.

Good friends, a beautiful view, and plenty of sunshine makes for the perfect mid-week trip! Where should we go next?

WELLNESS

Summer Time Heat

Deborah Denham RN, MSN, CPPS, CPHRM

Do you remember playing in the sprinkler? There was nothing more exciting than being able to run through that icy water and then stand on the lawn for a few minutes to allow the sun to rewarm your skin and repeat. We had well water, so our sprinkler water was freezing.

People aged 65 and over are more prone to heat related health problems according to the Centers for Disease Control (CDC).

Keeping your feet cool on a hot day can help prevent over-heating. You can dip your feet in a container of cool water or put a cold rag or ice pack on your feet.

A modified sprinkler party is also an option, everyone sits in shorts and bare feet outside on the lawn in chairs and their legs and feet can be sprayed with mist from a hose. Guaranteed to bring forth a giggle or squeal of delight on a nice hot day. Just be careful walking on wet patios.

Our feet help to control the body's temperature, so keeping them cool will help stop you from overheating. Feet and ankles are particularly sensitive to heat, as they have lots of pulse points.

Remember if you are cold inside your apartment put on a sweater instead of adjusting the thermostat to a tropical setting. You do not want to heat your core temperature with warm air, instead just cover up a bit to ease a chill.

Drink water. Water isn't just a refreshing thirst-quencher. It's essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Staying hydrated is a key part of maintaining good health.

Some other tips for staying cool; wear loose, lightweight, light-colored clothing. Don't engage in very strenuous activities and get plenty of rest. If you are accustomed to taking a nap in the afternoon, plan a siesta instead. (It sounds more vacationy).

Recipe Corner

Air Fryer Chicken Breast

- 4 ez. Chicken Breast
- 1 Tbs. Olive Oil
- 1/2 tsp. paprika
- 1/2 tsp. Garlic Powder
- 1/4 tsp. Salt and Pepper
- 1/4 tsp. Oregano

Directions

1. Preheat the air fryer to 370 degrees
2. Rub the chicken with olive oil and sprinkle with the seasonings
3. Place the chicken in the air fryer—do not overlap the chicken
4. Cook for 10-15 minutes until the chicken reaches 165 degrees
5. Let the chicken rest 305 minutes before cutting. Plate and serve.





AUGUST

Word Search Puzzle



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

BOAT
 GARDEN
 CAMPFIRE
 BIKING
 FLOATIE
 FISHING
 RIVER
 AUGUST

KAYAK
 BARBECUE
 OCEAN
 CANOE
 PICNIC
 BEACH
 ICE (as in ice cream)



SUN
 SHADE
 VACATION
 SWIMSUIT
 SWIMMING
 POPSICLES
 READING

WARM
 LAKE
 TOWEL
 POOL
 PARK
 CAMPING
 SUNSET



From the Desk of the CEO



From the Desk of the CEO
Rod Burkett

Gardant Management Solutions was created 23 years ago with the mission of increasing accessibility and affordability in the assisted living industry, and we have dedicated ourselves to carrying out this mission at the local, state, and national levels over the past 2 decades. We have challenged ourselves to help lead the way in senior living in the affordable sector, and to maintain innovative and inclusive approaches in carrying out our mission.

While we have created a good start to this mission, much more needs to be accomplished. By the end of this decade the senior population that are in lower to moderate income groups will double. In addition, the segment of this population that don't have home ownership or adult children that can help provide support will skyrocket. This scenario illustrates the growing need for more capacity in the affordable assisted living sector, but when you survey the current and planned supply of this service on a national basis, the resulting number is woefully short.

Recently, the American College of Physicians (ACP) has joined the effort to shine a light on this important issue. ACP has published a position paper that states, "that long-term services and support must be strengthened to ensure that individuals can maintain quality of life and financial stability as they age. The demand and cost for services and support is expected to increase considerably over the coming decades, but policymakers have struggled to develop ways to ensure this need is met. Further, more needs to be done to improve quality and better coordinate long-term services and support and medical care."

Gardant welcomes the insight and focus provided by ACP's position paper, and we hereby rededicate ourselves to our objective of influencing policymakers at the local/state/national levels, as we carry out our mission to serve both individual residents and the aging adult population as a whole.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays! Shirley P. 8/9 Clara D. 8/26 Vital Signs Monitoring August 1 st -5 th	1 WORKOUT! 9:30a Exercise-UPS 2p Country Drive-SIG	2 9:30 Exercise Class-UPS 10a Country Store-ACO 2p Resident Council-UPS 	3 9a Walmart-SIG 10a Open Pool-USL 1p Wii Bowling-UPS	4 9:30 Exercise Class-UPS 2:00 Bingo-DOW 	5 9:30 Exercise Class-UPS 10a Country Store-ACO 1p Hair Salon By Aprt.-SIG	6 9:30a Exercise-UPS 11:30a Daily Chronicle-DOW 2p Vending Machine Bingo-DOW 6p Dominoes-UPK
7 9a Xenia Comm Church-ULT 11:30a Daily Chronicle-DOW 6p JC & The Sunshine Saints-ULT	8 9:30a Exercise-UPS 2p Country Drive-SIG 	9 9:30a Exercise-UPS 10a Country Store-ACO 2p Doctor's Nursing Bingo-DOW	10 9a Walmart-SIG 10a Open Pool-SIG 11:30 Dance and Dine-DOW 2p Soda Shop Sock Hop-DOW 6:30 Robbie Blythe-DOW	11 9:30a Exercise-UPS 10a Bingo @ Meals on Wheels-SIG 2p Health Department Bingo-DOW	12 9:30 Exercise Class-UPS 10a Country Store-ACO 1p Hair Salon By Aprt.-SIG 1p Wii Bowling-USL	13 9:30a Exercise-UPS 9:45a Ice Cream Float Social-DOW 11:30a Daily Chronicle-DOW 6p Dominoes-UPK
14 9a Xenia Comm Church-ULT 11:30a Daily Chronicle-DOW 6p JC & The Sunshine Saints-ULT 	15 9:30a Exercise-UPS 2p Country Drive-SIG 6:30p Fully Known Perf.-DOW	16 9:30 Exercise Class-UPS 10a Country Store-ACO 1p Wii Bowling-USL 	17 9a Walmart-SIG 10a Open Pool-USL 2p Herzog Family Band-DOW 	18 9:30a Exercise-UPS 2p Bingo-DOW 6:30p Hoosier Prairie Baptist Church-DOW 	19 9:30a Exercise-UPS 10a Rachel Comfort Dog-DOW 1p Hair Salon-SIG 1p Country Store-ACO	20 9:30a Exercise-UPS 11:30a Daily Chronicle-DOW 2p Vending Machine Bingo-DOW 6p Dominoes-UPK
21 9a Xenia Comm Church-ULT 11:30a Daily Chronicle-DOW 2p Calvary Baptist Church-DOW 6p JC & The Sunshine Saints-ULT	22 9:30a Exercise-UPS 10a Food Council-UPS 2p Country Drive-SIG meeting	23 9:30a Exercise-UPS 10a Country Store-ACO 2p Flora Gardens Bingo-DOW 	24 7-9a Public Invited! Senior Breakfast Returns! Dining Room! 9a Walmart-SIG 10a Open Pool-SIG 7p Memories Cottage Meeting-DOW	25 9:30a Exercise-UPS 12:30p Dr. Chung!-DOW 2p Bingo-DOW 	26 9:30a Exercise-UPS 10a Country Store-ACO 1p Hair Salon-SIG 1p Wii Bowling-UPS	27 9:30a Exercise-UPS 9:45a Banana Split Social-DOW 11:30a Daily Chronicle-DOW 6p Dominoes-UPK
28 9a Xenia Comm Church-ULT 11:30a Daily Chronicle-DOW 6p JC & The Sunshine Saints-ULT	29 9:30a Exercise-UPS 2p Country Drive-SIG	30 9:30 Exercise Class-UPS 10a Country Store-ACO 2p Smart Bucks Summer Auction-DOW 	31 9:00 Walmart Trip-SIG 10a Open Pool-USL 2p Universal Yums-DOW 	8/24 7-9a Public Invited! Senior Breakfast Returns! Dining Room! 8/10 2p-3p Soda Shop Sock Hop-Dining Room	MEETING PLACES UPS: upstairs Exercise Sign Up front Desk DOW: Downstairs Dining Rm. Mtr: Main lobby UP: Activity Office ULR: Activity Office ULR: Upstairs TV Lounge PPL: Front Parking lot ACO: Activity Office UPK: Upstairs kitchen	DIMENSIONS OF WELLNESS Physical Spiritual Vocational Intellectual Emotional Environmental Social

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

618-662-4599 · 1003 West 4th Street · Flora, Illinois 62839
 Managed by Gardant Management Solutions · www.hw-flora-sf.com



Calling all you *Cool Cats* for an Ice Cream Float at the Sock Hop down at the Heritage Woods Soda Shop. Throw on your best Greaser gear or come as you are for a throwback to the 1950s.



Horoscope

Aquarius (1/20-2/18)

Do not close off yourself from people that mean well to you.

Pisces (2/19-3/20)

Do things that will enable you to elevate your life.

Aries (3/21-4/19)

You have all that it takes to make all your dreams come true!

Taurus (4/20-5/20)

Ensure that you spend most of your money on needs rather than wants.

Gemini (5/21-6/20)

Happiness, peace, and harmony will reign for the better part of the month.

Cancer (6/21-7/22)

Your martial life will be filled with bliss.

Leo (7/23-8/22)

Make good use of your talents and skills.

Virgo (8/23-9/22)

You will make the right choices when it comes to career and finances.

Libra (9/23-10/21)

Be free to pursue your passions with all you have.

Scorpio (10/22-11/21)

Your children will be so happy and excited to have you around.

Sagittarius (11/22-12/21)

Focus on your loved ones and always do all you can to make them feel loved and cared for.

Capricorn (12/22-1/19)

Always be there for each other and make each other happy.



Senior Breakfast is back!

Wed., Aug 24th
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!