

HERITAGE HERALD

MARCH 2023

At A Glance



Enjoy a Cinnamon Roll in a Mug



Learn more about Ending Alzheimer's Movements and Involvement

Managed by



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From the Desk of the CEO

Rod Burkett

Gardant Management Solutions was recently notified by the national firm “Great Place To Work Institute” and its senior care partner, “Activated Insights”, that the portfolio of assisted living communities managed by

Gardant met their standards to be recognized as a ‘Great Place To Work’ in 2023.

Gardant utilizes Activated Insights as the electronic survey tool to request feedback from all of the community level employees on an annual basis. There are approximately 3,000 employees across the Gardant portfolio delivering compassionate care and enriching the lives of 6,000 residents on a daily basis. This highly valued national recognition is due to the dedicated efforts provided by all our staff and from the focus and direction provided by our leadership teams at each of our communities throughout the year, and it is indicative of their dedication to serving residents and committing to ongoing quality improvement.

The Great Place To Work certification process involved surveying employees last fall at our 58 senior living communities and evaluating more than 60 elements of team members’ on the job experiences. These elements included the employee’s level of pride in the organization’s community impact, belief that their work makes a difference, and feeling their work has special meaning. The survey questions delve into the employee’s perceptions on their feeling of respect, camaraderie, fairness, credibility, and pride.

The Great Place To Work survey process is the most widely taken employee engagement survey tool world-wide. Activated Insights, as its senior care affiliate, serves as a global authority on high-trust, high performance workplace cultures. Activated Insights assists its clients to create great workplaces that outpace peers on key business metrics, such as revenue growth, profitability and employee retention. Great Place To Work awardees experience a 20% higher response rate of applicants for open positions than non-awardee companies, and those designated as Great Places To Work have a much higher retention rate in the millennial age co-hort.

I am extremely proud of our portfolio’s recognition in the Great Place To Work program and am even prouder of how this positive work culture impacts the daily lives of our employees and residents.



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IN THE NEWS

ABOUT THE MONTH OF MARCH

Rick Banas

In a speech delivered on March 23, 1775, Patrick Henry stated, “I know not what course others may take; but for me, give me liberty or give me death.”

On March 7, 1876, Alexander Graham Bell received a patent for his new invention – the telephone.

Coca-Cola was invented in March 1886. Originally, it was intended to be a patented medicine.



Theodor Geisel, who wrote as Dr. Seuss, was born on March 1, 1904. His book “Cat in the Hat” was rejected 27 times by publishers before it was published by Vanguard Press.



On March 19, 1918, the U.S. Congress approved daylight saving time. This year, Daylight Saving Time begins on March 12. Be sure to set your clocks ahead an hour.

Was it about Time? The first issue of Time magazine appeared on newsstands on March 3, 1923.

On March 29, 1943, the U.S. began rationing meat, cheese, butter, and cooking oils.

Dr. Jonas Salk announced success of a vaccine for polio on March 26, 1953, nearly 60 years after the first documented polio outbreak in the United States.



The Barbie doll made its debut on March 9, 1959.

This year, American Diabetes Awareness Day is March 28. It is a one day wake-up call that focuses on the seriousness of diabetes and the importance of understanding your risks. For more information, go to <https://nationaltoday.com/american-diabetes-alert-day/>

Other notable days in March include National Peanut Butter Lover’s Day (March 1); National Pi Day (March 14); National Artichoke Day (March 16); St. Patrick’s Day (March 17), International Happiness Day (March 20); National Waffle Day (March 25); National Spinach Day (March 26); and National Doctors Day (March 30).



WELLNESS

Alzheimer Awareness

Chrisi Karcz AVP Clinical Operations

During the month of March, The Alzheimer's Impact Movement (AIM) Advocacy Forum will be held in Washington, D.C. It is the nation's premier Alzheimer's disease advocacy event. Volunteer advocates from across the United States will meet with representatives in an effort to advocate, bring awareness and advance policies to improve the lives of all individuals affected by Alzheimer's and all other dementia.

In 2022, more than 700 advocates painted Capital Hill purple to bring awareness and advocate after two years away due to the pandemic. Despite their absence at the hill, the Improving HOPE for Alzheimer's Act, the Promoting Alzheimer's Awareness to Prevent Elder Abuse Act and record increases in federal research funding occurred in 2021.

I am fortunate to have been invited as a Greater Illinois Ambassador to advocate March 19-March 21, 2023, in D.C. This is an opportunity to share our residents and families stories. In the coming months there will be opportunities for all our communities to also advocate. The Longest Day Event will be hosted on June 21, 2023, the day of the summer solstice and longest day of the year. In September, across the country the Walk to End Alzheimer's will be held. Be sure to check out the Alzheimer's Association for your city's date, time and location.

Please let me know if you have any questions or if I can be of support. Working together for a world without Alzheimer's and related dementia. #ENDALZ

Ways to Get Involve

- Urge Congress to fund Alzheimer's Research

Email your members of Congress. <https://p2a.co/Jbx7JXo>

- Volunteer as an Advocate. <https://alzimpact.org/volunteer>
- Walk to End Alzheimer's https://act.alz.org/site/SPageServer/?pagename=walk_homepage

Reference

AIM Advocacy Forum. (2023). Overview. www.alz.org/forum/

Recipe Corner Cinnamon Roll Mug

- 1-1/2 Tbs. Salted Butter Melted (set aside)
- 1/2 cup Flour
- 1/2 tsp. Baking Powder
- 2 Tbs. Sugar
- 2 Tbs. Milk
- 1/2 tsp. Vanilla



Filling

- 1 Tbs. Butter
- 2 Tbs. Brown Sugar
- 1/2 tsp. Cinnamon

Glaze

- 1/3 cup Confectioners' Sugar
- 1 Tbs. Milk

Directions

1. Add the flour, baking powder, sugar, milk, vanilla, and melted butter to a bowl and stir until combined.
2. Once the dough is solid, drop onto a clean and slightly floured surface and flatten the dough into a rectangle.
3. For the filling—in a small bowl melt the butter, brown sugar, and cinnamon for 1 minute and stir well.
4. Pour filling over dough rectangle and then roll us into a cinnamon roll shape.
5. Place roll into a mug sprayed with non-stick spray.
6. Heat roll in microwave for 90 seconds. If the dough appears wet on top it may need to head for a few more seconds.
7. For the glaze—Stir confectioners sugar and milk together in a bowl until smooth.
8. Pour over warm cinnamon roll in the mug or on a plate.



LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- Sharolene K 3-14-23
- Acasio S 3-23-23
- Jean F 3-24-23

Welcome New Staff:

- Allison Smith C N A
- Haven Pettigrew P C A
- Erin McGrew P C A
- Tiffany Gillespie P C A

Note from the Administrator

Lucas Sigrist

March is one of my favorite months. It means the long and cold winter is about over. March gives me hope in the warmer summer months ahead. I look forward to the many activities we have planned for this month and the rest of the Spring and Summer. I cherish all our activities together and the memories we are making. All of us together makes this a great community and makes it home.





LIFESTYLE

Free Senior Breakfast

Date: 03-23-23

Time: 7:00 AM—8:00 AM

HERITAGE WOODS DINING ROOM

Laurel Mason from



Wednesday, March 29 | 8:00 am

Laurel Mason will share information on Diabetes Management & Prevention.

Horoscope

Aquarius (1/20-2/18)

You will have many openings to choose from to progress in life.

Pisces (2/19-3/20)

Aspects of Saturn are encouraging, and with the help of Mercury, Pisces people can make the right decisions.

Aries (3/21-4/19)

You will have an encouraging month!

Taurus (4/20-5/20)

Look forward to happy times with your partner and family.

Gemini (5/21-6/20)

Health and finances do not pose any problems.

Cancer (6/21-7/22)

Be friendly to everyone you meet.

Leo (7/23-8/22)

A wonderful month for family affairs and marital harmony.

Virgo (8/23-9/22)

Stars will bless you with an enjoyable family environment.

Libra (9/23-10/21)

Enjoy all realms of life to the fullest.

Scorpio (10/22-11/21)

Saturn will bless you with happy family relationships.

Sagittarius (11/22-12/21)

Emotions will play an important factor in love life.

Capricorn (12/22-1/19)

Life is full of choices this month.



ST. PATRICK'S DAY WORD SEARCH



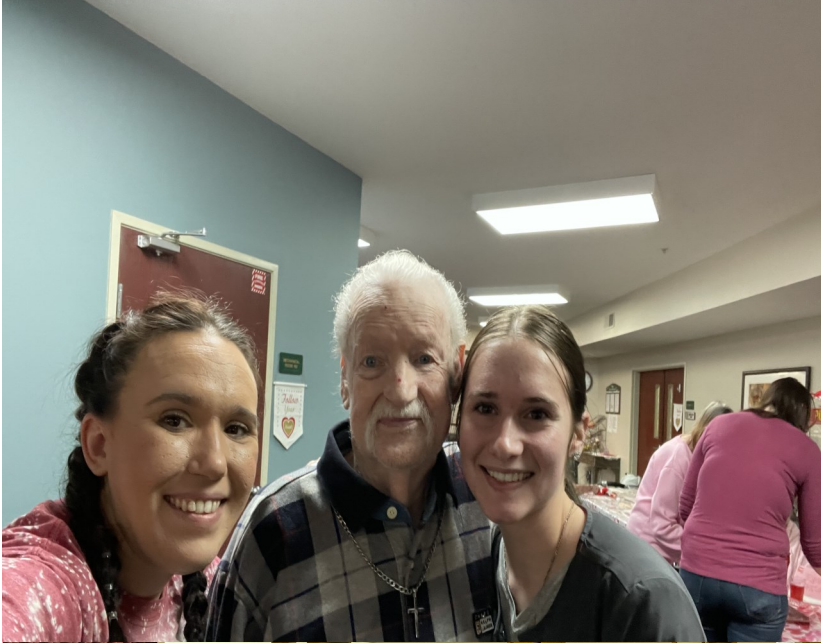
- BAGPIPE
- CELTIC
- CLOVER
- COINS
- GREEN
- HOLIDAY
- HORSESHOE
- IRELAND
- IRISH
- IRISH JIG
- LEGEND
- LEPRECHAUN
- LUCK
- POTATO
- POT OF GOLD
- RAINBOW
- SHAMROCK
- ST PATRICK
- TRADITION

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O	J	D	O	F	Z	I	R	I	S	H	J	I	G	L





We are always active here at Heritage Woods!





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vital Signs Monitoring	Resident Birthdays	Dimensions of Wellness	Nat'l Nutrition Month! 1	2	3 Wii!	4
March 1 st – 5 th 	Sharolene K 3/14 Acasio S 3/23 Jean F 3/24 	Physical Emotional Spiritual Environmental Vocational Social Intellectual 	9a Walmart, SIG 2p Ice Cream Social, DOW	9:30a Exercise, UPS 2p Bingo, DOW	9:30a Exercise, UPS 10a Country Store, ACO 1p Salon, SIG 1p Wii Bowling, UPS	9:30a Exercise, UPS 11:30a Chronicle, DOW 2p Vending Machine Bingo, DOW 6p Dominoes, UPK
5	Shopping! 6	7 Exercise!	8 Int'l Women's Day	9 Bingo Trip!	10	11 Social!
9a Xenia Community Church, ULT 11:30a Chronicle, DOW 6p JC & The SONshine Saints, ULT	9:30a Exercise, UPS 2p Country Closet Shopping Trip, SIG	9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW	9a Walmart, SIG 10a Spring Craft, DOW 1p Wii Bowling, SIG 6:30p Robbie Blythe, DOW	9:30a Exercise, UPS 9:45a Meals on Wheels Bingo Trip, SIG 2p Bingo, DOW	9:30a Exercise, UPS 10a Country Store, ACO 1p Salon, SIG 1p Wii Bowling, UPS 2p Flora Gardens, Fill Easter Eggs DOW	9:30a Exercise, UPS 9:45a Cocoa Social, DOW 11:30a Chronicle, DOW 2p Cornhole, DOW 6p Dominoes, UPK
12 Daylight Savings Time	13 Country Drive!	14 Pi Day!	15 Bluegrass Music!	16 Hoosier Prairie!	17	18 Dominoes!
9a Xenia Community Church, ULT 11:30a Chronicle, DOW 6p JC & The SONshine Saints, ULT	9:30a Exercise, UPS 2p Looking for Luck... Country Drive, SIG 	9:30a Exercise, UPS 10a Country Store, ACO 11:30a Pi Day @ lunch, DOW! 2p Bingo, DOW	9a Walmart, SIG 7p.Mennonite Cottage.Meeting, DOW	9:30a Exercise, UPS 2p Bingo, DOW 6:30 p Hoosier Prairie Baptist Church, DOW	9:30a Exercise, UPS 10a Country Store, ACO 11:30a Luck-O-The-Irish Lunch!, DOW 1p Salon, SIG 1p Wii Bowling, UPS	9:30a Exercise, UPS 11:30a Chronicle, DOW 2p Vending Machine Bingo, DOW 6p Dominoes, UPK
19	20 Auction Day!	21	22 Free Breakfast!	23 Dr. Chung	24 Music!	25 Waffle Breakfast!
9a Xenia Church, ULT 11:30a Daily Chronicle, DOW 2p Calvary Baptist Church, DOW 6p JC & The SONshine Saints, ULT	9:30a Exercise, UPS 2p Smart Bucks Auction!, DOW 	9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW	7-9a Free Senior Breakfast, Dining Room! 9a Walmart, SIG 6:30p Misfits of Beaver Creek, DOW	9:30a Exercise, UPS 12:30 p Dr. Chung on the piano, DOW 2p Bingo, DOW	9:30a Exercise, UPS 10a Store, ACO 10a Rachel Visits, DL 1p Salon, SIG 5:30p RJ Productions Music, DOW	7a Waffle Day, DOW 9:30a Exercise, UPS 11:30a Chronicle, DOW 2p Cornhole, DOW 6p Dominoes, UPK
26	27 Council Meetings!	28	29 Fred is back!	30	31	Activity Locations:
9a Xenia Church, ULT 11:30a Chronicle, DOW 6p JC & The SONshine Saints, ULT	9:30a Exercise, UPS 10a Resident/ Food Council, UPS 2p Country Drive, SIG	9:30a Exercise, UPS 10a Country Store, ACO 2p Flora Gardens Bingo, DOW	9a Walmart, SIG 2p Fred and His Fathered Friends, DOW	9:30a Exercise, UPS 2p Bingo, DOW	9:30a Exercise, UPS 10a Country Store, ACO 1p Salon, SIG	<ul style="list-style-type: none"> UPS: Upstairs Exercise SIG: Sign Up Front Desk DOW: Downstairs Dining ML: Main Lobby ULP: Activity Office ACO: Activity Office UPK: Upstairs Kitchen

Open to the Public! 3/8 Robbie Blythe Plays favorites! 6:30-7:30 p.m., Dining Room
3/23 Free Senior Breakfast! 7 a.m. – 9 a.m., Dining room: Meet Laura Mason: Diabetes Education & Prevention

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