



Heritage Herald



MARCH 2022

At A Glance



Microwave Cinnamon Apples are the Best!



March is National Nutrition Month!

Managed by



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



From the Desk of the CEO

Rod Burkett

I keep thinking my next column will not reference anything about the COVID pandemic, but maybe next month, as I believe I finally have some positive news to share regarding our journey to put the impact of this corona-virus in our rear view mirror. In addition to seeing a significant decline in February of the spread of the omicron variant, I want to share the following data that was provided on a recent conference call coordinated by the American Health Care Association/ National Center for Assisted Living, the largest long term care trade association in our country.

- A 65-year-old fully vaccinated woman who contracts COVID has a 1 in 872 chance of passing from the disease. A 65-year-old vaccinated man has a 1 in 434 chance.
- A 75-year-old fully vaccinated woman who contracts COVID has a 1 in 264 chance of passing, and a 75-year-old vaccinated man has a 1 in 134 chance.
- In the 2019 flu season, a 65-year-old had a 1 in 138 chance to die if they contracted the flu.
- Considering these measurements, for the 65+ fully vaccinated population, COVID can be seen as a lower risk than the seasonal flu.

Not only is this data another significant testimony to the high efficacy of the COVID vaccines, but it can also serve as a roadmap to the lifting of pandemic related restrictions and assist in our society's return to normalcy. As this information is further analyzed by medical scientists and governmental officials, it will hopefully illustrate that as long as the senior population and medically high-risk population maintain high levels of vaccination, and as long as no variant evolves outside of the efficacy of the vaccine, then the severe lockdowns witnessed in 2020 will never be needed again. Let's all pray and put 'good vibes' into the universe that such a scenario truly happens!



1500 S. Forest Road, Freeport, IL 61032
815-801-3900 | www.hw-freeport-slf.com





IN THE NEWS

All About March

Rick Banas

Harvard University, the oldest institution of higher learning in the United States, is named after the Rev. John Harvard on March 13, 1639.

On March 23, 1775, Patrick Henry proclaimed “Give Me Liberty or Give Me Death” during a speech in Richmond, Virginia.

On March 3, 1855, the U.S. Congress saw fit to authorize \$30,000 to study the use of camels for military purposes.

On March 1, 1872, Yellowstone became the first national park in the United States. Located mostly in Wyoming, the park sits atop a volcanic hot spot. Gushing geysers and hot springs are among the park’s features.

On March 10, 1880, the Salvation Army was founded in the United States. Annually, the Salvation Army assists about 30 million Americans.

What is commonly referred to as the “Spanish” flu reached the United States on March 11, 1918 as 107 soldiers at Fort Riley in Kansas became sick. An estimated one-quarter of the U.S. population became ill from the virus, which claimed the lives of 500,000 in our country and more than 22 million worldwide. Because no vaccines or medicines were available to treat the flu, efforts to control the virus were limited to isolation, quarantine, good personal hygiene, use of disinfectants, limitations on public gatherings, and wearing of masks. In Chicago and many other cities in the United States, movie houses, theatres and night schools were closed.

On March 3, 1931, the *Star Spangled Banner* became our National Anthem.



In March 1950, Silly Putty is introduced to the general public.

On March 1, 1961, President John F. Kennedy established the Peace Corp., an organization intended to send young adults from the U.S. to developing countries to assist with health care, education, and other basic human needs.

On March 8, 1983, President Ronald Reagan called out the USSR as the “Evil Empire.”

The week of March 6 through 12, 2022 is designated as Glaucoma Awareness Week. Glaucoma is the leading cause of preventable blindness, especially among adults 60 years of age and older. Many forms of glaucoma have no warning signs. You might not notice anything until the disease is at advanced stage. The good news is that glaucoma can be detected with regular eye exam, and prompt diagnosis and treatment can prevent needless impairment to your vision.



WELLNESS

Making Every Bite Count

Meghann Giarraputo MSN, RN

Did you know that March is designated as National Nutrition Month by the Academy of Nutrition and Dietetics? This campaign aims to equip others with the education needed to make informed food choices while promoting the development of healthy eating and physical activity habits. The Academy of Nutrition and Dietetics is committed to sharing knowledge regarding the importance of healthy eating for all ages. An easy way to enhance healthy eating is to ensure that you are intentionally selecting foods from all of the food groups including: vegetables, fruits, grains, dairy and protein. It is important that you consult your healthcare provider and/or a registered dietitian nutritionist if you have any special dietary needs; these healthcare professionals can assist you with developing a customized eating plan individualized for you. The Academy of Nutrition and Dietetics recommends the following tips to maximize the formation of healthy habits:

1. Make half your plate fruits and vegetables.
2. Make at least half your grains whole.
3. Switch to fat-free or low-fat milk, yogurt, and cheese.
4. Limit sodium, saturated fat and added sugar.
5. Stay well-hydrated.
6. Enjoy your food but be mindful of portion sizes.

To learn more about healthy eating, you can visit www.eatright.org for additional helpful information. Other great resources, including education on identifying your food group targets through the MyPlate Program, can be found at the United States Department of Agriculture website at www.myplate.gov.

Please note that this information is not intended to replace the need for every person to have a one on one conversation with a qualified healthcare professional prior to making significant changes to a nutritional plan.

Recipe Corner

Microwave Cinnamon Apples

- 1 ea. Granny Smith Apple
- 1 tsp. Brown Sugar
- 1/4 teaspoon Cinnamon
- 1/4 tsp. Corn Starch
- 1 Tbs. Water



Directions

1. Peel the apple and core it. Medium dice the apple and place it in a microwave safe bowl and sprinkle with brown sugar, cinnamon, cornstarch, and water
2. Stir the ingredients together.
3. Cover the microwavable bowl with plastic wrap and microwave for 2 minutes.
4. Check the apples for desired doneness with a fork. If you like your apples firm, 2 minutes is fine. But, if you like them tender, put them back in for another 2 minutes and then test the apples again. You can garnish with raisins and serve warm.



LIFESTYLE

Resident Birthdays:

- Betty R. 3/6
- Brenda L. 3/9
- Betty B. 3/22
- Duane B. 3/24
- Judy H. 3/29
- Delores R. 3/31

Welcome New Staff:

- Jolee S. CNA
- Alexis N. CNA
- Tracy S. Receptionist
- Genesis R. CNA
- Kira B. Dietary Aide
- Jasmine D. Dietary Aide
- Anna M. CNA

Monthly Challenge

Hidden Picture Find

Somewhere in your March Newsletter is the hidden picture below if you can find it you will receive one Smart Buck Coupon



*See your RSC to claim your prize

Heritage Woods of Freeport would like to Introduce our NEW iN2L Engagement Technology for Seniors

iN2L stands for "It's Never Too Late" and this engagement touchscreen technology creates fun and meaningful experiences for residents, family, and friends! It's programmed with activities, games, therapy, music, virtual travel, 1:1 interaction, education, and more!



"Smart Bucks" are HERE



Here is your opportunity to earn free stuff!

When you participate in certain activities that are designed as part of the Eat Smart Live Strong program (ESLS) you will earn "Smart Bucks" that you can spend at a monthly raffle.

This is how it works:

Participate in the ESLS activities, and earn "Smart Bucks". Save the "Smart Bucks" and each month there will be a raffle where you can use them to win great prizes! The more ESLS activities you participate in, the more "Smart Bucks" you will win!

Which activities qualify?

Cognitive Games, Physical Activities, Resident Council, Healthy Cooking Classes, and Health Promotion Activities.



LIFESTYLE

Matter of Balance Wellness Workshops are Back!!

Please Join us every Thursday beginning March 10th—April 28th at 9:30am in our Activity Room located on the 2nd floor. These educational workshops are designed to help with body awareness and decrease fall risks. We hope to see you there!

Reduce your risk of Falling

Every **13 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

- 

1 Find a good balance and exercise program
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.
- 

2 Talk to your health care provider
Ask for an assessment of your risk of falling. Share your history of recent falls.
- 

3 Regularly review your medications with your doctor or pharmacist
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



Horoscope

Aquarius (1/20-2/18)

Interact with new people and expand your social circle.

Pisces (2/19-3/20)

Your finances will be in good shape because of the discipline you have mastered.

Aries (3/21-4/19)

Always appreciate and support your loved ones .

Taurus (4/20-5/20)

Remain humble in your interactions with people.

Gemini (5/21-6/20)

Be diligent with how you spend your money this month.

Cancer (6/21-7/22)

Your health will be excellent, while your relationships with people need to improve.

Leo (7/23-8/22)

Don't worry about the things you cannot control.

Virgo (8/23-9/22)

Your family means a lot to you. This month you will live in harmony.

Libra (9/23-10/21)

You should be proud of the person you are becoming. Always go for the things you want in life.

Scorpio (10/22-11/21)

Focus on career, finances, education, and health.

Sagittarius (11/22-12/21)

Be confident in the decisions you've made in your life.

Capricorn (12/22-1/19)

Take care of your mind and body in order to be in the best health.



SUDOKU PUZZLE

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





SUDOKU ANSWERS

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