



At A Glance



Red Velvet Mug Cake Recipe



February is Heart Health Month

Managed by



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



From the Desk of the CEO

Rod Burkett

We celebrate President's Day in February, and I most often think of Abe Lincoln when this day rolls around. Like many people, I have often quoted our 16th President when I have needed a

relatable leadership example or a simple but impactful life lesson. While Lincoln struggled periodically with bouts of depression, he was also an avid reader and studied the great minds of world history, often reading by candlelight in his log cabin setting.

Following are several of my favorite leadership lessons originating from Lincoln's speeches and writings, which also serve as helpful guidelines for life in general:

No one is a winner by themselves. Success is a team effort, even it's a team of two – "I'm a success today because I had a friend who believed in me and I didn't have the heart to let him down."

Persistence is one of the key components to success. The majority of success are developed over long periods of time....overnight success are rare – "I am a slow walker, but I never walk back."

Sometimes the going get's rough, and we are tempted to surrender or quit...but think of the people and the objectives that are worth fighting for, and keep going – "When you reach the end of your rope, tie a knot and hang on."

Preparation is critical...never approach your passion, your dreams or your work with a dull set of skills – "Give me six hours to chop down a tree and I will spend the first 4 hours sharpening my axe."



Too many times we form a first impression when meeting someone, and we don't seek to truly understand them before we judge them or choose how to feel about them – "I don't like that man. I must get to know him better."

Happiness is a choice...you should give yourself permission to be happy no matter the circumstances of your life and simply will yourself to be happy – "Most folks are as happy as they make up their minds to be."



Heritage Woods
of Freeport

An Affordable Assisted Lifestyle
Community for the Older Adult

1500 South Forest Road, Freeport, IL 61032

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IN THE NEWS

ABOUT THE MONTH OF FEBRUARY

Rick Banas

February comes from a Latin word meaning “to cleanse.” The month is named after a month-long purification festival.

February reportedly is the most misspelled word in the English language, with the first “r” often overlooked. It is the only month of the year in which there might not be a full moon.

On February 26, 1846, Buffalo Bill Cody was born in Scott County, Indiana. He was known for his Wild West show.

Ronald Reagan was born in Feb. 6, 1911, in Tampico, Illinois, a village near Sterling. He spent 30 years as an entertainer in radio, film, and television before being elected Governor of California in 1966 and the 40th President of the United States in 1980.

The Marines raised the U.S. Flag on Iwo Jima on Feb. 23, 1945.

The last original “Peanuts” comic strip appeared in newspapers on Feb. 13, 2000, one day after the passing of its creator, Charles Schultz.

Feb. 17 is Random Acts of Kindness Day. Make kindness the norm.

February is Black History Month, a time to honor the legacy, accomplishments, and contributions of Black Americans throughout the history of the United States.

February is American Heart Month, a time to focus on cardiovascular health. Here are some tips for reducing your risk of heart disease and stroke from the National Heart, Lung, and Blood Institute:

Regularly check your blood pressure and cholesterol. If either are high, work with your doctor to get the level into the healthy range.

Maintain a healthy weight.

Engage in regular physical activity.

Eat heart healthy foods.

Manage your stress. Ask your health care provider what kind of stress management activities are good for you.

Get enough good-quality sleep.

If you smoke, QUIT.



WELLNESS

February is American Heart Month

Chrisi Karcz AVP Clinical Operations

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute, is that we're more successful at meeting our health goals when we work on them with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others.

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to improve your heart health.

Heart disease is a leading cause of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Why Connecting is Good for Your Heart

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these heart-healthy lifestyle tips to protect your heart. It will be easier and more successful if you work on them with others, including by texting or phone calls if needed.

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce stress.
- Get 7-8 hours of quality sleep.
- Track your heart health stats.



You don't have to make big changes all at once. Small steps will get you where you want to go.

Recipe Corner Red Velvet Mug Cake

- 8 Tbs. Flour
- 4 Tbs. Sugar
- 1 Tbs. Unsweetened Cocoa Powder
- 1/4 tsp. Baking soda
- 6 Tbs. Milk
- 1 Tbs. Vegetable Oil
- 1/4 tsp. Distilled Vinegar
- 1/2 tsp. Red Food Coloring

Frosting

- 1 oz. Cream Cheese
- 1 oz. Butter
- 6 Tbs. Powdered Sugar

Directions

1. Combine the milk and vinegar in a microwave-safe mug. Stir in the food coloring with a fork until blended, then stir in the vegetable oil. Add the flour, sugar, cocoa powder, and baking powder. Stir until smooth, making sure there are no lumps of flour and cocoa in the bottom of the mug.
2. Microwave on high for 1 min. 15 sec. or until toothpick comes out clean. Let cool for 2-3 min.
3. To make the frosting, combine the cream cheese, powdered sugar, and butter in a small bowl. Dollop on cake when finished.





LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- Pat B- 2/7
- Debbie- 2/5
- Joan H. - 2/16
- Loretta Mc- 2/4
- Lois Mc.- 2/15
- Daryl S. - 2/8
- Bill S.- 2/22

Staff Work Anniversaries:

Anna G. Malone- 1 years
Tracy Scheider- 1 years

Welcome New Staff:

Morgan Janicke- Nursing/ CNA

Please click on the QR code and you will find our website with more information.



A Note from the Administrator—Sheila Amborn

I wanted to take a moment to share the results from our resident and family satisfaction survey with you. Over all we had a high percentage complete the survey and I thank all who participated. Some areas that we scored well on are Beauty Salon Services, Billing, Dining services, Housekeeping Services and Landscaping/grounds maintenance.

Some areas that we are focusing on:

Improve are the quality and consistency of our meals—we will be holding meal committee meetings monthly to gather residents feedback and we will also be offering samples of new menu items to our residents for feedback too.

Laundry services-We will be working closely with our 3rd shift CNA's on laundry education and folding laundry. We will also be asking our residents input on some of their preferences.

We have increased our staffing since our last survey for better service on the clinical and dining services we offer.

Please don't hesitate to reach out with any questions you may have—we plan for 2023 to be fulfilled with happiness, contentment, and satisfaction.

Community Partner in the News

February 4th –Wear Red Day

February 8th-Bowling Banquet party - 4pm

February 9th-National Pizza Day -10am

February 14th-Candle light Valentine lunch - 11am

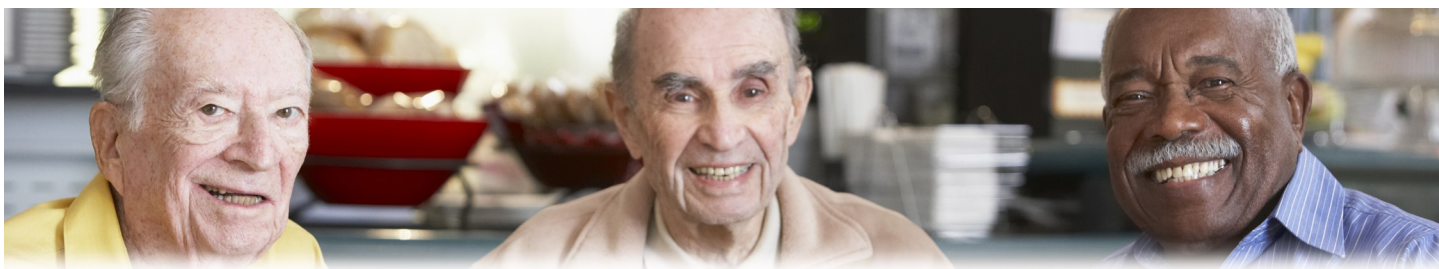
February 17th-Random Acts of Kindness Day all day

February 17th-Recognizing Caregivers Day- All day

February 21st-Mardi Gras celebration-3pm

Valentine's Window decoration

Let us know if you need help decorating your window for our Valentines Window decorating contest. Looking for decorations?, you can find a storage bin full of decorations in our activity for your use. Deadline is February 13th



LIFESTYLE

Celebrating Activities Professionals Week



Horoscope

Aquarius (1/20-2/18)

Friends and family life will be enjoyable this month.

Pisces (2/19-3/20)

Look forward to good openings for progressing in life.

Aries (3/21-4/19)

Health and Finances are excellent this month.

Taurus (4/20-5/20)

This month brings love and finance support.

Gemini (5/21-6/20)

This is a good month to start new projects.

Cancer (6/21-7/22)

Meditation will help you maintain your mental well-being.

Leo (7/23-8/22)

Health and professional growth will be excellent.

Virgo (8/23-9/22)

Stay close and up to date with your family and children.

Libra (9/23-10/21)

All relationship problems can be fixed by communication.

Scorpio (10/22-11/21)

Expect plenty of excitement this month!

Sagittarius (11/22-12/21)

Your love life will improve after the third week.

Capricorn (12/22-1/19)

Finances can be tough this month, but family relationships will be healthy.



WORD SEARCH

Valentine's Day WORD SEARCH

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

BOUQUET
FEBRUARY
LETTER
POEM

BOW
FRIENDS
LOVE
ROMANCE
SWEET
ST VALENTINE

CANDLE
GIFT
LOVEBIRDS
ROSES
TREATS
TEDDY BEAR

CUDDLE
HUGS
MAILBOX
SMOOCH





ANSWERS

**Valentine's Day
WORD SEARCH**

STSCANDLETPOBSLXGS
TFTPIUVBODUXTTROEP
VEMEKTBSDVNAFLUSVO
ABSADRRROTHEIKYOLRE
LRWKIDOLURGBWRLTHM
EUEBCLYMTQFRIENDSL
NAEINDBBAXUMURKSLE
TRTQQUGOENOEAFDVHT
IYHTJSZWXCATAUSKT
NXHSMOOCHQRECEKQNE
EJCUDDLHUGSUMAEUR

BOUQUET	BOW	CANDLE	CUDDLE
FEBRUARY	FRIENDS	GIFT	HUGS
LETTER	LOVE	LOVEBIRDS	MAILBOX
POEM	ROMANCE	ROSES	SMOOCH
	SWEET	TREATS	
	ST VALENTINE	TEDDY BEAR	