

The Heritage Connection

MAY 2019

At A Glance



Microwave Bell Peppers



Dance, Dance, Dance!

Managed by



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From the Desk of the CEO

Rod Burkett

This month marks the 20th anniversary that our property management company was founded. The company was developed in direct response to the creation of the Supportive Living Program, newly authorized to cover assisted living services for eligible seniors on Medicaid; approved by the Illinois legislature in 1997. Our main purpose in creating the company was to increase accessibility and affordability in the assisted living sector.

To be fully transparent, in the beginning stages, we didn't exactly know what we were doing. We felt that the Supportive Living Program would be a great way to bring housing and care to a very deserving population, and we were all dedicating our talents, energies and efforts to this cause. Like many small companies, we were severely underfunded in the beginning... so much so, that we came close to disbanding the company in the 2nd and 3rd years of operations due to lack of financial resources. Fortunately, we endured. Somehow we "scraped by", as our expansion revenue finally caught up with our expenses, and we connected with like-minded financial partners. We quickly learned that while we had to cover all the basics of running a business, our real business was "people caring for people"!

We didn't have a specific vision on how big the company might become. We started out market by market, developing the best assisted living property we could in that specific community guided by a focus of positively impacting the lives of seniors, their families and our employees. While we didn't establish a specific goal of how many properties to manage or how much revenue to create, we have always been open to opportunities and have grown to a management portfolio of close to 60 communities as we recognize our 20th anniversary.

As I look back over the last two decades, I am very grateful for the multitude of employees and financial partners (CONTINUED ON NEXT PAGE)



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IN THE NEWS

(Continued from Page 1) that have joined us in our purpose and have further connected us to our mission of positively impacting the lives of our residents. Like most endeavors, we've had our ups and downs, we've realized many challenging and rewarding experiences, all while looking forward to what comes next. In fact, that is the essence of our company's name...Gardant is a term that exemplifies a 'forward facing' attitude, one that is looking to the future. Therefore, as we recognize our 20th anniversary and enter our next decade, we rededicate ourselves to the mission of increasing accessibility and affordability in the assisted living world and touching the lives of so many more to come.

Take Aways from Episode One of the Human Longevity Project

Rick Banas

A little while ago, I had the opportunity to watch the first episode of a documentary series called the *Human Longevity Project*. The mission of the project is to look at what we need to do to create a brighter future, especially for our children, grandchildren and great grandchildren, in light of the dramatic rise in chronic diseases that we are experiencing.

The Human Longevity Team travelled to regions of the world where individuals routinely live into their 80s, 90s and 100s, virtually free from chronic disease. The project team was looking for answers as to how we can live longer, happier and more fulfilling lives.

As host and director Jason Prall explains, what started out as a 60-minute documentary expanded into a nine-part series. The series features interviews with more than 90 health experts and insights from some of the world's healthiest and longest-living individuals.

The focus of the first episode in the series is "The Truth about Aging: Can it be Slowed or Even Reversed."

Here are my biggest take-ways from Episode One:

For the first time in the history of the United States, experts predict that the current generation of children will live shorter lives than their parents.

Our health care system does a fantastic job of taking care of acute health care problems but is not equipped to properly handle chronic disease.

We need to take personal responsibility for our health. We control the foods we eat; when and how we move our bodies; the things we think about and how we think about them; who we hang out with; and how much sleep we get.

For more information on The Human Longevity Project, you can visit

<https://humanlongevityfilm.com/thlp-2019-a/>



WELLNESS

Physical Activity Month

Stephen Harris

Gardant Management is supporting the President's Council on Fitness, Sports & Nutrition in honor of National Physical Fitness and Sports Month. During the month of May, we challenge all adults to get 30 minutes of physical activity every day. Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease and some types of cancer.

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Not doing any physical activity can be bad for you, no matter your age or health condition. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do. If you're 65 years of age or older, are generally fit and have no limiting health conditions, you can follow the CDC guidelines listed below:

Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.

Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May!



Recipe Corner

Microwave Bell Peppers

- 8oz lean ground beef/turkey
- 1 medium bell pepper
- 1/4 cup tomato soup
- 1/4 cup diced onion
- 1/8 cup parsley
- Salt and pepper to taste
- 1 tsp granulated garlic
- 1 1/2 tsp paprika
- 1 tsp cumin
- 1/4 cup mozzarella cheese

Directions

1. Mix the seasoning, meat, onions and parsley in bowl.
2. Cut pepper in half and de-seed it.
3. Microwave the pepper in a bowl with a little water to steam it, so it gets soft (about 1 1/2 minutes).
4. Stuff the peppers with the meat mixture and microwave on a plate for about 4 minutes or until the meat is 165 degrees.
5. Once the meat is fully cooked, you can add any extra sauce you like and sprinkle with the cheese. Microwave until melted (about 30 seconds)



LIFESTYLE

Birthdays

Resident Birthdays:

Nina J. 5-2

Audrey P. 5-3

Joyce J. 5-9

Staff Birthdays:

Amber P. 5-11

Samantha Z. 5-3



Event You Don't Want To Miss!!

Music with JoAnn Endicott

May 4th 2019.....10:00 AM

Homemakers Association Lesson

May 14th 2019.....1:00 PM

Mothers Day Lunch with Family

May 10th 201911:00 AM

Music with Leo Aydt

May 21nd 2019.....5:30 PM

Open House Bingo

May 17th 2019.....1:00 PM

Music with Mennonites

May 22nd 2019.....7:00 PM

Memorial Day Party

May 23rd 2019.....11:00 AM

Memorial Day Rummage Sale

May 23rd 2019.....12:00 PM

New Life Singers

May 29th 2019.....2:00 PM

Reminders:

If you have loved one or friend that is thinking about moving to Heritage Woods you can earn extra money for referring them! Stop by and ask Brittany or Krystal how the referral process works.



SPORTS & GAMES

Dance, Dance, Dance!

Residents at our communities love to dance! From happy hour celebrations to line dancing lessons and dance-offs, dancing is everywhere. The latest dance challenge from the Illinois Affordable Assisted Living Coalition has had us showing off our moves for everyone to see. We have been so impressed with the quality, creativity and fun that came from our communities that we have posted their videos online. Thousands of people have already tuned in to watch. To dance along with us, search #gardantgrooves on Facebook. This will pull up all the videos from our communities. Have fun dancing along with us!



Horoscope

Aquarius (1/20-2/18)

Time to focus on family and your home. Other things can wait.

Pisces (2/19-3/20)

Relax and don't overthink!

Aries (3/21-4/19)

Widen your social circle. Your success will diminish without the help of other people.

Taurus (4/20-5/20)

There will be an improvement in the interaction of family members

Gemini (5/21-6/20)

Don't hesitate to put your feelings out there. Be honest.

Cancer (6/21-7/22)

You'll have to cooperate and collaborate in order to get through difficult situations

Leo (7/23-8/22)

Exercise patience and breathe

Virgo (8/23-9/22)

Laughter will take precedence over any sadness that may try to creep into your home

Libra (9/23-10/21)

Help others when you can

Scorpio (10/22-11/21)

You'll have to make choices that will help you develop positively

Sagittarius (11/22-12/21)

Be careful when making decisions. Take your time.

Capricorn (12/22-1/19)

You are not willing to back out no matter what. Fighter!



APRIL HIGHLIGHTS





WORD SEARCH

Ice Cream Flavors

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

COTTON CANDY
 MAPLE WALNUT
 PECAN
 BANANA
 TIGER TAIL
 MOOSE TRACKS
 COCONUT
 ROCKY ROAD
 GREEN TEA
 FUDGE
 REESES
 CHOCOLATE
 VANILLA

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