

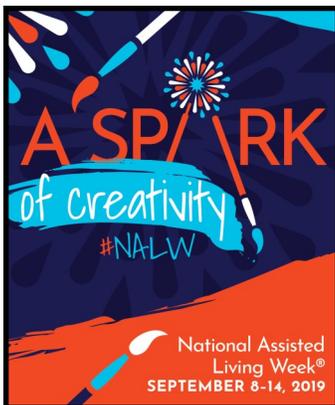
The Heritage Connection

SEPTEMBER 2019

At A Glance



Administrator of the Year



2019 National Assisted Living Week

Managed by



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From the Desk of the CEO

Rod Burkett

After 14 years in one place, we are moving our corporate office at the end of the summer to a larger office complex 4 miles away. Of course, one still has to pack everything in a manner that it can be moved safely and efficiently.

Just like when I have prepared to move my personal residence, several times, you walk through your basement, garage or attic (or all three areas) and say to yourself, why do I have all this stuff stacked in semi-organized piles? My office is much smaller than a garage or basement or attic, but I have still collected a lot of stuff over the years.

I have learned from participating in Gallup's StrengthFinders over the past several years that I have "Input" in my top five strengths. I have a tendency to keep important papers around that I may need to reference at some point in the next several years, although the chances of needing such specific referencing is very slim.....but in the likelihood it does happen, I'll be ready.....that is, assuming I can find such document at the time I need to reference it. There's also quite a few stacks of journal articles or research findings that contain one or more 'golden nuggets' that will be highly valuable in a forthcoming critical conversation.....again, the chances of it happening exactly that way would be rare.

I've also learned from StrengthFinders that our personal strengths can also be a weakness if it's in overuse. My 'Input' wants to have specific background information or other potential data reference points readily available when evaluating an issue or making a decision, which can definitely be a plus....to a certain extent. By how long it's taking me to filter through various files, papers and stacks, I'm attempting to fine tune my 'Input' as a strength, and not have it be a weakness.....I'd better get back to narrowing down what goes in the moving boxes....maybe digital electronic storage is part of the answer for an old school person like me.



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IN THE NEWS

Message from the President

JoEllen Bleavins

We were honored to learn that Jaclyn O’Keefe, the administrator at Heritage Woods of Rockford, received national recognition for her outstanding work at the community. The National Center for Assisted Living named Jacki the 2019 Administrator of the Year. This prestigious award says a lot about Jacki, the culture she’s created during her four years in Rockford and the improvements she has made in several areas, including staff retention, annual surveys and resident satisfaction. While exceeding goals in so many areas, Jacki has managed to not lose sight of what really matters: engaging with the Residents and families we serve and developing the staff who are the life force of the community.



Jacki is just one of the many talented administrators at the communities Gardant manages. Our company is committed to developing strong leaders who put their hearts into living out and leading through our mission of serving with love, compassion and dignity.



Last year, we launched the Gardant Leadership in Training Program. The program allows Gardant employees to work in their current roles while completing training that gives them additional exposure to the assisted living industry and increases their potential for future career opportunities. From regulatory compliance to marketing, operations, maintenance, nursing and all aspects of leading a community, participants learn the ins and out of the industry and leave prepared for their next leadership role.

To date, we have celebrated six leaders successfully completing the program. Five new employees began orientation last month. We know that creating an environment where employees flourish and residents thrive starts with a strong administrator who cultivates the work culture that we have worked hard to instill at each of the communities. We are looking forward to seeing more leaders emerge from Gardant!



IN THE NEWS

Celebrating Assisted Living

Rick Banas

The week of Sept. 8 through 14 is National Assisted Living Week.

Established by the National Center for Assisted Living in 1995, national Assisted Living Week provides an opportunity to increase awareness of assisted living and celebrate the role assisted living communities play in serving older adults and individuals with disabilities.

Gardant is honored to have grown to be the 10th largest provider of assisted living in country. We manage communities in Illinois, Indiana, Maryland, Virginia and West Virginia. Most of the communities are designed to serve older adults who need some help to maintain their independence. Seven communities feature apartments that are specially designed for individuals with Alzheimer's disease and related dementia. Two communities serve individuals 22 to 64 years of age with physical disabilities.

Our focus is on providing residents with the Love, the Compassion, and the Dignity they deserve in addition to the help, assistance and support services they need. Our emphasis is on helping each resident to achieve and maintain as much independence as possible for as long as possible.

As of August, the number of residents Gardant serves in the senior living, assisted living and memory care communities we manage has grown nearly 4,800.

Among the many benefits communities have to offer are all of the opportunities that are available to socialize with family, friends and neighbors and to participate in social, recreational, educational and wellness activities and programs.

More and more research is showing that social engagement plays a very significant role in healthy aging. The senior author of one recent study noted that social engagement can have a profound positive impact on the risk of developing dementia because through social engagement you are exercising memory and language skills.

Other studies cite the numerous benefits of exercise, with new research suggesting that it is never too late to start. The benefits include better brain health and lowering the risk of cancer, cardiovascular disease and diabetes.

We encourage you to participate.





WELLNESS

What Should You Know for the 2019-20 Flu Season

Stephen Harris

What is Influenza?

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness.

How Flu Spreads

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby.

Period of Contagiousness

Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

Prevention and Treatment

CDC & the Advisory Committee on Immunization Practices (ACIP) recommends an annual influenza vaccination for all persons aged 6 months and older who do not have contraindications. This is the first and best way to protect yourself and others

If possible, all residents should be vaccinated BEFORE the influenza season- vaccine is typically available in September. Your community partners with local providers to arrange an in-house Flu Clinic. Your community leaders will provide additional information once the flu clinic(s) have been scheduled. The CDC also recommends staying away from people who are sick, covering coughs and sneezes and frequent handwashing. If you get the flu, your doctor may prescribe antiviral drugs to treat your flu illness.

Benefits of the flu vaccination

- Can keep you from getting sick with flu or reduce the severity
- Has been shown to reduce the risk of flu-related hospitalization by 40 percent.
- Helps prevent serious medical events for those with chronic medical conditions such as diabetes or chronic lung disease.
- Protects the people around you, including those more vulnerable to serious flu illness.

Recipe Corner

Tomato & Corn Salad

- 3 tbsp. white wine vinegar
- Salt and pepper to taste
- 1/4 cup extra virgin olive oil
- 6 ears fresh corn
- 2 cups red or orange grape tomatoes, halved
- 2 each green onion (white and green), thinly sliced
- 1/2 cup fresh basil leaves

Directions

1. Wash fresh produce
2. Microwave corn about 4 minutes per ear and cut from the cob once cooled. Set aside in a bowl.
3. Cut tomatoes, green onion (at base) and add to the bowl with the corn.
4. Add the 1/4 cup oil and 3 tbsp. of white wine vinegar.





LIFESTYLE



Birthdays

Staff :

September 14th

Happy Birthday Breanna!

September 17th

Happy Birthday Ashten!

Welcome New Staff:

C.N.A.– Amanda Simmons



Events You Dot Want To Miss!!

Open House Labor Day Lunch

September 5th 201912pm

Music with JoAnn Endicot

September 7th 2019.....10am

Music with Leo Aydt

September 16th 2019.....5:30pm

Open House with Fred and his Feathered Friends

September 23rd 2019.....2:30pm

Open House Cold and Flu season with LHC

September 26th 2019.....1pm

Music with New Life Singers

September 25th 2019.....5:30pm

Open House Bingo

September 27th 20192pm

Reminders

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



SPORTS & GAMES

NFL Trivia

Megan Altmyer

The NFL regular season is upon us! Let's brush up on our National Football League trivia in preparation.

1. How many teams play in the NFL?
2. Which team has won more championships than any other team in the NFL?
3. What team was originally named the New York Titans?
4. Which NFL team features a helmet logo on only one side of their helmet?
5. What NFL team scored the most points in a single Super Bowl?
6. Which player supposedly put a fifty year curse on the Detroit Lions?



Answers: (1) 32 teams; (2) Green Bay Packers; (3) New York Jets; (4) Pittsburgh Steelers; (5) San Francisco 49ers; (6) Bobby Layne

Answers

Horoscope

Aquarius (1/20-2/18)

This month brings excitement and positive change! A perfect time for starting anew or reenergizing!

Pisces (2/19-3/20)

Choose your battles carefully. You'll meet resistance from others.

Aries (3/21-4/19)

Watch for chance encounters and stimulating conversations

Taurus (4/20-5/20)

With directness, initiative and good instincts, you'll accomplish much

Gemini (5/21-6/20)

Release your frustrations through exercise or self-gratification

Cancer (6/21-7/22)

Express yourself more fully, and you'll be pleasantly surprised

Leo (7/23-8/22)

It's a busy, yet productive time—good for socializing, writing, speaking

Virgo (8/23-9/22)

Time for a fresh start. Set your goals.

Libra (9/23-10/21)

Flashes of insight are possible when awake or dreaming

Scorpio (10/22-11/21)

Even if you are shy, you will intuitively say the right thing at the right time.

Sagittarius (11/22-12/21)

Don't be too daring, but take the time to experiment and make minor changes

Capricorn (12/22-1/19)



August Highlights





WORD SEARCH

Most Common Pets

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

- CAT
- BIRD
- CHICKEN
- IGUANA
- FISH
- GUINEA PIG
- RAT
- DOG
- FERRET
- HAMSTER
- LIZARD
- SNAKE
- GERBIL
- TURTLE
- MOUSE

Play this puzzle online at : <http://thewordsearch.com/puzzle/8/>