



The Heritage Connection



OCTOBER 2019

At A Glance



Spaghetti Squash and Meatballs



Walk to End Alzheimer's

Managed by



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From the Desk of the CEO

Rod Burkett

An estimated 5.8 million Americans are known to have Alzheimer's disease or other dementia related disorders, including 230,000 in Illinois. Because of the rapid aging of our society, this number is expected to nearly triple by 2050 if an outright cure is not discovered.

In our sector of accessible, affordable assisted living, 8 years ago, the Illinois Department of Healthcare and Family Services (DHFS) approved a small pilot project, consisting of only 5 assisted living properties across the state that that could utilize Medicaid reimbursement to offer specialized memory care services for lower income seniors. Gardant was fortunate to be approved to develop one of those properties. The total capacity of the overall pilot project was less than 150 apartments... compare that number to the near quarter of a million Illinois citizens afflicted with this disease.

Therefore, I'm extremely excited to share the news that in late August, the DHFS announced that it had approved 40 of the approximate 60 applicants that had responded to the Department's formal request for proposals for memory care expansions in the Medicaid certified assisted living portfolio across the state. I am further excited to state that Gardant Management Solutions is affiliated with 21 of these license approvals. We have begun discussions with our development and financing partners and look forward to commencing construction on several of these expansions as quickly as possible.

There are many business components to line up and execute in order to open the doors on these new memory care communities, but once they're complete, our real business will be realized... the business of people caring for people! These new properties will be the future solutions for hundreds of families in need, and we are fully committed to positively impacting this current gap in service.



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IN THE NEWS

Looking Back in Time

Rick Banas

Here are some of the interesting things that occurred in the month of October:

Harvard University, the oldest institution of higher learning in the United States, was founded on Oct. 28, 1636, in Cambridge, Massachusetts.

The U.S. Navy was born on Oct. 13, 1775.

The Erie Canal opened on Oct. 26, 1825, connecting Lake Erie and the Hudson River. Building the canal took eight years and cost \$7 million.

President Theodore Roosevelt, for whom the “Teddy Bear” is named, was born on Oct. 27, 1958.

The first transcontinental telegram in the United States was sent from San Francisco by the Chief Justice of California to President Abraham Lincoln in Washington, D.C. on Oct. 24, 1861. The first transatlantic radio message was sent 54 years later, on Oct. 21, 1915 by American Telephone & Telegraph from Virginia to Paris.

The Great Chicago Fire erupted on Oct. 8, 1871. Legend blames Mrs. O’Leary’s cow for starting the fire.

The Statue of Liberty, a gift from the people of France, was dedicated on Oct. 28, 1886.

The New York City subway began operating on Oct. 27, 1904. Four years later, on Oct. 1, 1908, Henry Ford’s Model T, a car designed for the masses, went on sale.

Prohibition began on Oct. 28, 1919. It lasted for 14 years.

On Oct. 30, 1938, the War of the Worlds was broadcast on the radio, panicking millions in the United States. The story by H.G. Wells depicted an invasion of New Jersey by Martians.

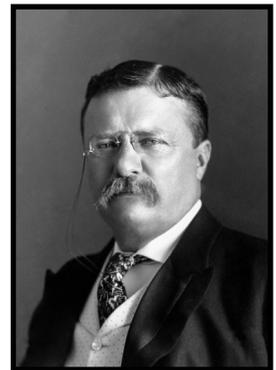
President John F. Kennedy went on television on Oct. 22, 1962, to announce the existence of Russian missiles in Cuba. The Cuban Missile Crisis ended six days later on Oct. 28.

In October of 1951, “I Love Lucy” premiered on TV.

In October of 1965, the Gateway Arch in St. Louis was completed.

In October of 1971, Walt Disney World opened in Orlando, Florida.

In October 1984, Space Shuttle Challenger astronaut Kathryn Sullivan became the first woman to walk in space.





WELLNESS

Who Gets Osteoporosis?

Stephen Harris

In the U.S., millions of people either already have osteoporosis or are at high risk due to low bone mass. Osteoporosis can occur in both men and women and at any age, but it is most common in older women.

What Causes Osteoporosis?

Many risk factors can lead to bone loss and osteoporosis.

Risk factors you cannot change include:

- Gender. *Women get osteoporosis more often than men.*
- Age. *The older you are, the greater your risk.*
- Body size. *Small, thin women are at greater risk.*
- Ethnicity. *White and Asian women are at highest risk.*
- Family history. *Osteoporosis tends to run in families. If a family member has osteoporosis or breaks a bone, there is a greater chance that you will too.*

Other risk factors are:

- Sex hormones. *Low estrogen levels due to missing menstrual periods or to menopause. Low testosterone levels in men.*
- Low calcium and vitamin D intake.
- Activity level. *Lack of exercise or long-term bed rest can cause weak bones.*
- Smoking. *Cigarettes are bad for bones, and the heart, and lungs.*
- Drinking alcohol.

Can Osteoporosis Be Prevented?

To help keep your bones strong and slow down bone loss, you can:

- Eat a diet rich in calcium and vitamin D
- Exercise
- Not drink in excess or smoke.
- Nutrition

A healthy diet with enough calcium and vitamin D helps make your bones strong. Many people get less than half the calcium they need.

Recipe Corner

Spaghetti Squash and Meatballs

- 1 spaghetti squash
- 1 tbsp. oil
- Salt and pepper, to taste
- 6 meatballs, fully cooked
- Spaghetti sauce
- Parmesan cheese and parsley

Directions

1. Cut the spaghetti squash in half and microwave for 5 min
2. Scoop out the seeds and innards with a spoon. Sprinkle oil, salt and pepper all over the surface.
3. Microwave for 10-15 min until the squash is tender and pulls away from the skin easily.
4. Using a fork, shred the squash
5. Microwave the meatballs with the pasta sauce, covered, for about 2 minutes or until fully heated through.
6. Spoon the meatballs and sauce on top of each spaghetti squash half. Garnish with the parmesan and parsley.





LIFESTYLE



Birthdays/Anniversaries

Resident Birthdays:

- Jean W Oct. 7th
- Donald C Oct. 13th
- Betty E Oct. 16th
- JoAnne G Oct. 16th
- Peggy T Oct. 20th
- Arthur B Oct. 25th

Staff Birthdays:

- Hannah Parker Oct. 24th

Welcome New Staff:

- Dietary Aide– Laura Roark
- C.N.A.– Diana Robertson



Events you don't want to miss!!!

Open House Events-

Music with JoAnn Endicot

October 5th10am

Open House Bingo

October 11th 2019.....2pm

Open House Seminar with Marsha from Attorney Generals office on Fraud

October 18th1pm

Music with Leo Aydt

October 21st5:30pm

Music with New Life Singers

October 23rd5:30pm

Open House Halloween Party and lunch. Costume Contest

October 31st.....11am



SPORTS & GAMES

Walk to End Alzheimer's

Megan Altmeyer

The Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. It is held annually in more than 600 communities across the U.S. Some of our Gardant-managed communities, as well as Gardant staff, have been able to participate in the events!



Horoscope

Aquarius (1/20-2/18)

You are ready to face new challenges head on!

Pisces (2/19-3/20)

You will be in the position to help others in need.

Aries (3/21-4/19)

You'll meet new people who will make you happy all month!

Taurus (4/20-5/20)

The prospects of finding love are high

Gemini (5/21-6/20)

This is a month of growth... personally, emotionally

Cancer (6/21-7/22)

Independence is good, but be sure to let people into your life.

Leo (7/23-8/22)

Make family a priority. Work through arguments. Reunite.

Virgo (8/23-9/22)

Set aside time for yourself. Your own happiness is important too.

Libra (9/23-10/21)

Focus on your emotional health

Scorpio (10/22-11/21)

You're feeling independent and like you don't need anyone's help.

Sagittarius (11/22-12/21)

Success comes to those willing to take risks

Capricorn (12/22-1/19)

You're focused on yourself this month... enhancing your image and working on self-development.

Together, we can end Alzheimer's disease!



September Highlights





SUDOKU PUZZLE

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



SUDOKU ANSWERS

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