

News From The Nook

JUNE 2023

At A Glance



Key Lime Pie Time!



Father's Day is Sunday June 18th!

Managed by



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From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

June is recognized as Mental Health Awareness month.

The month of June provides a wonderful opportunity to raise awareness about mental health and its significance. The pandemic brought mental health issues to the forefront, highlighting the importance of taking care of ourselves and each other. Mental health plays a significant role in our overall well-being, and it deserves the same attention we pay to our physical and spiritual health.

Mental health awareness month is a wonderful opportunity to reduce the stigma surrounding mental health and encourage open conversation about it. It is vital to create supportive and inclusive work, social and home environments where people feel comfortable discussing their mental wellbeing.

Consider the following links as resource opportunities to help with discussion around Mental Health.

psychologytoday.com

verywellmind.com

betterhelp.com

June is also an opportunity for honoring our Fathers.

Father's Day is just around the corner, and it is the perfect opportunity to celebrate the special bond shared with fathers and father-figures in our lives.

Fathers have been a constant source of support throughout our lives. They have provided us with guidance, wisdom, and a sense of security that has helped shape who we are and who we want to be for others.

As Co-Presidents we look to our fathers when times seem tough and when it is time to celebrate.

Take time; make time, to honor our fathers and father figures, whether they are near or far. Let us celebrate the memories we have shared with them, the lessons they have taught, and the love they have given us.

Let us also remember those who may not have a father-figure in their lives. Reach out and let them know they are loved.



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IN THE NEWS

ABOUT THE MONTH OF JUNE

Rick Banas

On June 10, 1752, Benjamin Franklin discovered electricity while flying a kite in a lightning storm.



Social worker Julia Lathrop was born on June 29, 1858 in Rockford, Illinois. She fought for the establishment of child labor laws and was instrumental in getting the first juvenile court established in the U.S.

Jeanette Rankin, the first woman elected to the U.S. Congress, was born on June 11, 1880.



Composer and lyricist Cole Porter was born on June 9, 1893 in Peru, Indiana. He published his first song at the age of 10. He wrote the songs for such Broadway shows as “Anything Goes,” “Kiss Me Kate.” and “Something for the Boys”. Peru is city located about 70 miles north of Indianapolis. It serves as the county seat for Miami County and touts itself as the Circus Capital of the World.

On June 9, 1934, Donald Duck made his debut.



The largest amphibious landing in history known as D-Day began in the early morning hours of June 6, 1944.

On June 18, 1983, Sally Ride became the first woman from the U.S. to venture into space. The physicist and pilot was aboard the space shuttle Challenger.

On June 16, in the year 600, Pope Gregory the Great issued a decree saying that “God Bless You” is the proper response to a sneeze.



June is designated as Men’s Health and Cataract Awareness Month. Men’s Health Month is a time for encouraging men to take care of their physical and mental health. Cataracts are the leading cause of vision loss in the United States. According to the National Eye Institute, more than half of all individuals who are 80 years of age or older either have cataracts or have had surgery to remove cataracts.

June 15 is World Elder Abuse Awareness Day. Elder abuse frequently goes undetected and is under reported. It transcends all socioeconomic, ethnic, racial, groups and genders.



WELLNESS

What does the end of the Public Health Emergency for the COVID-19 Pandemic Mean?

Deborah Denham RN, MSN, CPPS, CPHRM

Does the end of the Public Health Emergency mean that COVID-19 is over? It means the strict regulatory guidance has been modified in light of a decrease in overall death and hospitalization related to COVID-19 illness.

To put this pandemic in perspective, the following information reflects some of the causes for all the restrictions and measures put in place during the Public Health Emergency.

Date at height of that Wave of COVID-19	# of new Deaths/wk
4/18/2020	17,201
1/9/2021	25,974
9/4/2021	15,493
1//22/2022	21,324
4/29/2023 (current)	714
Overall total deaths in the U.S. during the Pandemic	1,127,928

Date at height of that Wave of COVID-19	# of New Hospitalizations/wk
1/9/2021	115,480
8/28/2021	85,785
1/15/2022	150,674
1/7/2023	44,422
5/6/2023 (current)	9,455
Overall total hospitalizations during the Pandemic	6,143,551

The World Health Organization (WHO) has indicated a cumulative of 6,927,378 deaths worldwide from COVID-19. Examining how vulnerable the residents are from an age perspective, the people aged 65 years or older made up 16.5 % of the general population but had 75.9 percent of the deaths from COVID-19.

With all that information, the CDC and State Health Departments were able to decrease some of the measures necessary to keep people safe. Vaccination and updated boosters are still the most effective preventative measure for hospitalization and death. The COVID-19 virus is not going away but being added to infection control measures already in place in Assisted Living/ Supportive Living communities. We do expect people to have the virus from time to time and that they will spread it to others, just like the flu. But the measures we have in place for isolating people that are positive for COVID-19, intermittent testing for COVID-19 if you had an exposure and for intermittent mask wearing if there is an outbreak in a community is far less restrictive than the measures that were in place prior to the COVID-19 vaccination.

Recipe Corner Key Lime Cream Pie

- 1 pkg. pecan shortbread cookies, crushed (abt. 2 cups)
- 1/3 cup butter, melted
- 4 cups heavy whipping cream
- 1/4 cup confectioners' sugar
- 1 tsp. coconut extract
- 1 package 98 oz.) cream cheese, softened
- 1 can 914 oz) sweetened condensed milk
- 1/2 cup key lime juice
- 1/4 cup sweetened shredded coconut, toasted
- Optional: Maraschino cherries with stems and sliced key limes

Directions

1. In a small bowl, mis crushed cookies and butter. Press onto bottom and up side of a greased 9-in. deep dish pie plate. In a large bowl, beat cream until it begins to thicken. Add confectioners' sugar and extract; beat until stiff peaks form. In another large bowl, beat cream cheese, condensed milk and lime juice until blended. Fold in 2 cups whipped cream. Spoon into prepared crust.
2. Top with remaining whipped cream; sprinkle with toasted coconut. Refrigerate until serving, at least 4 hours. If desired, add garnish with cherries and limes.





LIFESTYLE

A Note from the Executive Director

"Count your age by friends, not years.
Count your life by smiles, not tears." - *John Lennon*

June Birthdays

Jack K. 06/03

Mary Ann P. 06/04

Greg J. 06/06

Shirley T. 06/08

Susan Kotrba 06/13

Sandra V. 06/13

Bill S. 06/20

Jacquelyn L. 06/23

Sr. Teresa N. 06/24

Diane R. 06/26

Beverly E. 06/27



June is National Men's Health Awareness Month, and we all know that midwestern men are not always the most forthcoming with their feelings or willingness to talk about health issues. We encourage our residents to engage with their neighbors and friends regularly, but this awareness campaign is a good reminder for all of us to check on our male friends and family members especially. The smallest conversations or moments of sharing can sometimes make it easier for people to talk about any concerns or issues they are having, so please reach out and plant those seeds! Sometimes the smallest actions can have a wide-reaching impact. A focus on love, compassion, and dignity truly requires a group effort! Happy June!

Community Partner in the News

A big Heritage Woods thank you to the Senior Programs of the Grundy County Health Department for hosting their first Senior Expo! Over 1,000 seniors came to Jennifer's Garden in Morris to visit the vendors, play bingo, enjoy live music from Roy Backus, and have a great lunch from the Chop House. We look forward to next year's event!





LIFESTYLE

Upcoming Events!

LUNCH OUTING



**WEDNESDAY
JUNE 7TH**

Join us for lunch at noon on Wednesday, June 7th, for a delicious meal at this amazing local restaurant! Come hungry and ready for some great conversation!

Help us raise funds for the Alzheimer's Association on the longest day of the year! Bingo at 2pm, raffles and donations all day, and a bake sale from 10am-4pm! Come have fun and support a wonderful cause!



Bingo! Wednesday, June 28th at 2pm! Prizes galore, good company, and great fun are guaranteed, and it's all free! Bring your friends and family!



Horoscope

Aquarius (1/20-2/18)

Always be confident in your actions.

Pisces (2/19-3/20)

Jupiter will help you accomplish your ambitions this month.

Aries (3/21-4/19)

Family environment will be enjoyable and health prospects amazing.

Taurus (4/20-5/20)

The good aspects of Jupiter and Saturn assure progress in life.

Gemini (5/21-6/20)

Love life will be exciting after the second week of the month.

Cancer (6/21-7/22)

Cancer people should make the right decisions to progress in life.

Leo (7/23-8/22)

Health and finances will be excellent

Virgo (8/23-9/22)

Jupiter will ensure plenty of action during the month.

Libra (9/23-10/21)

Harmony will prevail in the family atmosphere.

Scorpio (10/22-11/21)

Life will be enjoyable this month!

Sagittarius (11/22-12/21)

Plan a fun vacation or small getaway

Capricorn (12/22-1/19)

You will achieve your targets with the help of Jupiter and Saturn this month.



WORD SEARCH

Father's Day Word Search

Instructions: Try to find all of the hidden Father's Day words in the word search puzzle below.
(Words can be spelled forwards, backwards, diagonally, up, or down.)

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

Word List

ACCEPTING	GIVING	NICE
COMMITTED	JOKES	PROTECTOR
DEPENDABLE	KISS	TALK
FAMILY	LAUGH	TEACHER





ANSWERS

Father's Day Word Search Key

.	R	E	H	C	A	E	T
.	.	.	.	G	N	I	T	P	E	C	C	A	.	.
.	F
G	I	V	I	N	G	.	.	.	A	J
.	M	.	.	D	.	.	O
.	K	.	I	D	.	.	E	.	.	K
.	.	.	.	I	.	L	E	.	.	.	P	R	.	E
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.	H	.	.	I	D	C	.	.
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.	.	M	U	.	.	.	K	L	A	T	B	T	.	.
.	O	.	.	A	L	O	.	.
C	L	E	R	.	.
.	P	.	.	.

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