

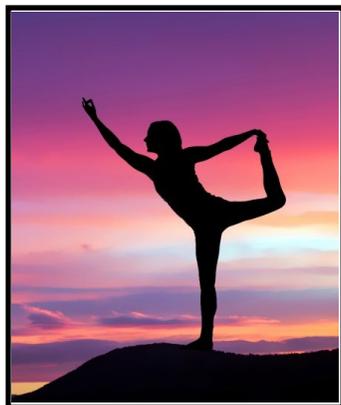
News in the Nook

JANUARY 2022

At A Glance



Looking Back at 2021...



A New Year, A New Breath

Managed by



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



From the Desk of the CEO

Rod Burkett

I was reading a newspaper recently (electronic version, of course) and had to set it aside after just a few minutes, as it became too overwhelming. The first few articles I read were:

1. Are the Omicron and Delta variants a sign of things to come?
2. COVID-related death rate remains high in some areas.
3. Potential fast rising sea levels due to global warming.
4. Weather related deaths increasing over the years.
5. Another mass shooting narrowly avoided.
6. Interstate car shootings becoming a growing problem.

I thought I would divert my attention to the “sports” section for some lighter reading. This is what I saw:

1. NHL and NBA games postponed due to numerous COVID positive players in quarantine.
2. Autopsy of former NFL player who murdered 6 people shows significant brain trauma.
3. NFL player released from team after causing fatal drunk driving car crash.

I just quit reading altogether. I paused for a bit, and focused on something that I have always relied on during my life... and that is that it is critical to have an optimistic mindset during challenging times! Besides providing numerous personal health benefits, a positive mindset can reduce stress and allow for forward momentum. Continuing to surround yourself with negativity won't allow for a solution or remedy to arise. Negativity will just keep recycling more negativity.

One psych trick that I have been taught is that a sense of being grateful can bring one out of negativity. I immediately felt grateful that my son had safely returned to his family from a recent overseas military deployment, my oldest grandson just got accepted into the honors program at his college of choice, and a tasty glass of wine paired extremely well with the homemade flatbread pizza my wife just lovingly pulled from the oven.

I'll bask in that gratefulness for awhile and be ready to tackle what another day brings.



Heritage Woods
of Minooka

An Affordable Assisted Lifestyle
Community for the Older Adult

701 Heritage Woods Dr., Minooka, IL 60474

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IN THE NEWS

Looking Back at 2021; Ahead to the New Year

Rick Banas

As we begin a New Year, I wanted to look back at some key Development highlights from the past twelve months and ahead to a couple of communities slated to open in 2022.

Columbus, Indiana: In January 2021, Gardant opened Vivera Senior Living of Columbus. The affordable assisted living community houses 114 private studio and one-bedroom apartments.

Located 40 miles south of Indianapolis, the City of Columbus, Indiana, is ranked as the 6th in the nation for architectural innovation and design by the American Institute of Architects, behind Chicago, New York, Boston, San Francisco and Washington, D.C.

As of mid-December, nearly 100 of the 114 apartments were occupied.

Aurora, Illinois: In the Spring of 2021, Gardant began taking reservations for the senior living, assisted living and memory care apartments being developed as part of the historic renovation of the former Copley Hospital in Aurora, Illinois. Bardwell Residences is expected to open for occupancy in April 2022, with Gardant as the management company.

Watseka, Illinois: In July 2021, the conversion of 14 apartments at Heritage Woods of Watseka to Supportive Living Memory Care apartments was completed.

Goshen, Indiana: In October 2021, a groundbreaking ceremony was held for Green Oaks of Goshen. The affordable assisted living community will feature 120 private studio and one-bedroom apartments and is expected to open for occupancy in January 2023, with Gardant managing the community.

Goshen is the county seat for Elkhart County, Indiana.

Valparaiso, Indiana: In December 2021, the financing for Green Oaks of Valparaiso was completed. The affordable assisted living community is being developed on the southwest side of Valparaiso and will feature 120 private studio and one-bedroom apartments. The community, which will be managed by Gardant, is scheduled to open in the Spring of 2023.

Anderson, Indiana: As we prepared to launch into 2022, preparations were being made to open Sweet Galilee at Wigwam, an affordable assisted living community in Anderson, Indiana. The four-story building features 130 private studio and one-bedroom apartments for older adults who need some help to maintain their independence.

Happy New Year!



WELLNESS

A New Year, A New Breath

Deborah Denham RN, MSN, CPPS, CPHRM

It all started with a sore muscle in my back. Upon realization that I am getting older, I thought maybe I need to address my sore muscle and start some preventative strengthening to offset any further issues. Exercise has never been something that I longed for. I always thought that if I were busy enough cleaning, hanging out laundry, changing linens on beds, sweeping, that I was getting plenty of exercise and I was contributing to my wellbeing.

In this optimistic state of mind, I found beginners Yoga on YouTube. Classes are free and all you need to do is click on the video and follow along. I thought this should work, I could build some strength and flexibility. And I suppose I will.

Much to my surprise, I discovered that I have been existing with little, suboptimal breaths. I obviously have been breathing enough as demonstrated by my daily life but when breathing during Yoga, I found that I had a lot of opportunity to increase my overall breathing health.

Each move in Yoga is accompanied by a deep inhalation and slow full exhalation. Sounds easy- right? After about 20-30 minutes of breathing deeply and then slowly exhaling fully, I was so dizzy I needed to sit until I was able to reduce all that oxygen to my brain.

Talk about an easy to do exercise that requires nothing more than conscious thought and a little patience. Deep breathing and slowly exhaling is an easy-to-do exercise for everyone. Even if you have some limited lung function, you can benefit from working towards a deep inhalation and a full slow exhalation.

Here is a small challenge for you to increase your breathing health. Try a full deep breath and full slow exhalation at the start of each commercial on TV. Then add it when you start a meal and when you are finished. Try it each time you need to use the restroom.

The more opportunities you give yourself to do this deep inhalation and slow full exhalation, the more you will increase the strength in those muscles that pull in air and expel it.

Soon people may notice your full and wonderful breaths. If not, you will feel the benefits yourself and you can breathe circles around your friends. Happy deep breathing!

Recipe Corner

Simple Salad

- 3/4 cup olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 pounds lettuce (any kind)
- 1 cup croutons
- 8 bacon strips
- 1/2 cup grated parmesan cheese
- 2/3 slivered almonds, toasted
- 2 cups chopped tomatoes
- 1 cup swiss cheese

Directions

1. In a jar, add the oil, lemon juice, garlic, salt and pepper. Shake.
2. In a large bowl, place your cleaned salad mix.
3. Top with tomatoes, cheese, bacon, almonds and the dressing and mix.





LIFESTYLE

Resident Birthdays:

Patty S - January 3rd
Melivin H - January 4th
Terry K - January 4th
Lois S - January 6th
Fred W - January 9th
Tom F - January 17th
Judy S - January 20th
Tom B - January 25th
Polly K - January 27th

ENJOY YOUR DAY!



A Note from the Administrator

Brandy Scheer

Happy New Year! As we end 2021 and start 2022, I like to reflect on all the good times we had here as a community! I loved spending time with each of you that attended the resident and family holiday party! It was great to see so many people and enjoy the wonderful piano music that was provided by Ruthie. We have had so many good memories. I look forward to spending 2022 with all of you and making many more wonderful memories!

Community Partner in the News

Brandy Scheer

We would like to give a big shout out to the Girl Scouts for coming to our community on December 13th and signing so many wonderful Christmas songs for our residents to enjoy! Thank you to Katie Dawson for organizing the event and thank you to all the residents that bundled up and sat outside to enjoy the songs!

We are also grateful for the local churches and community members that donated cards for the residents to enjoy! It is great to be a part of a wonderful greater community!

Reminders

Please remember to always wear your masks when coming to and from the dining room. It is getting quite cold outside, so please bundle up and stay warm.

If you want to sign up for any trips that are on the Activity calendar, please let someone at the front desk know and we will be happy to add you to the list. Please sign up early as there are limited amount of spots on the bus.

Daily Chronicles are available at the front desk, along with weekly activity calendars. Please watch the weekly calendars to keep informed on what exciting events are happening around the community!



LIFESTYLE

Fun memories from December of 2021!



Horoscope

Aquarius (1/20-2/18)

You're an inventor, an innovator, an influencer... and sometimes silly.

Pisces (2/19-3/20)

There will be some ups and downs and some bigger events that test you

Aries (3/21-4/19)

A thirst for knowledge and life experiences fills you.

Taurus (4/20-5/20)

Stubbornness may work in your favor

Gemini (5/21-6/20)

This year is all about what you say, how you say it and how others react

Cancer (6/21-7/22)

When you make wise decisions with your head and your heart, 2022 can be unforgettable for you.

Leo (7/23-8/22)

When there's not a stage, you create one to perform on.

Virgo (8/23-9/22)

Your attention to detail and ability to shut out distractions can lead to success and happiness this year

Libra (9/23-10/21)

Prove you've got what it takes!

Scorpio (10/22-11/21)

Determination and dedication to things you believe in are part of what makes you intriguing

Sagittarius (11/22-12/21)

Take the opportunities to laugh, love, learn, explore and expand.

Capricorn (12/22-1/19)

Your ambitions are greater than this year. Set reasonable goals.



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