

Heritage Woods of Newburgh Gazette

AUGUST 2022

At A Glance



Stay cool this summer!



Try chicken breast in the air fryer!

Managed by



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From the Desk of the CEO

Rod Burkett

Gardant Management Solutions was created 23 years ago with the mission of increasing accessibility and affordability in the assisted living industry, and we have dedicated ourselves to carrying out this mission at the local, state, and national levels over the past 2 decades. We have challenged ourselves to help lead the way in senior living in the affordable sector, and to maintain innovative and inclusive approaches in carrying out our mission.

While we have created a good start to this mission, much more needs to be accomplished. By the end of this decade the senior population that are in lower to moderate income groups will double. In addition, the segment of this population that don't have home ownership or adult children that can help provide support will skyrocket. This scenario illustrates the growing need for more capacity in the affordable assisted living sector, but when you survey the current and planned supply of this service on a national basis, the resulting number is woefully short.

Recently, the American College of Physicians (ACP) has joined the effort to shine a light on this important issue. ACP has published a position paper that states, "that long-term services and support must be strengthened to ensure that individuals can maintain quality of life and financial stability as they age. The demand and cost for services and support is expected to increase considerably over the coming decades, but policymakers have struggled to develop ways to ensure this need is met. Further, more needs to be done to improve quality and better coordinate long-term services and support and medical care."

Gardant welcomes the insight and focus provided by ACP's position paper, and we hereby rededicate ourselves to our objective of influencing policymakers at the local/state/national levels, as we carry out our mission to serve both individual residents and the aging adult population as a whole.



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IN THE NEWS

What Life Was Like 100 Years Ago

Rick Banas

I thought it would be interesting to take a look back at what life was like in the U.S. in the early 1920s.

The world was still suffering from the 1918 influenza pandemic.

Life expectancy was 53.6 for men and 54.6 for women.

The most popular occupations for men were farmers, doctors, lawyers, and bankers. For women, it was teachers, nurses, and maids.

Hats were a must for men. Hats and gloves were essential accessories for women.

Prohibition, which banned the production, importation, transportation, and sale of alcoholic beverages, went into effect across the U.S.

The 19th Amendment was ratified, giving women the right to vote.

With the advent of commercial radio, the radio became a main source of entertainment, with families huddled around the radio in their living room.

The Chicago Theatre opened. It was billed as the “Wonder Theatre of the World.” Carl Sandburg, in a report for the *Chicago Tribune*, noted that mounted police were required for crowd control.

Swanee, April Showers and Toot, Toot, Tootsie by Al Jolson were among the most popular songs.

Reader’s Digest and *Time* magazine were first published.

In a 1920 play, Czech writer Karel Capek introduces us to robots that are designed to serve and work for humans. Perhaps foreshadowing *The Terminator*, the robots turn on their masters.

We were introduced to Chanel No. 5, Cheez-It snacks, Laughing Cow Cheese, and the Wonder sliced bread brand. The inspiration for the name “Wonder Bread” reportedly came from the wonder created by the colors and shapes of the dozens of hot air balloons that dotted the sky during the International Balloon Race at the Indianapolis Speedway.

Insulin was discovered by a young Canadian surgeon and his assistant. Skeptical colleagues labelled the substance nothing more than “thick brown muck.”



WELLNESS

Summer Time Heat

Deborah Denham RN, MSN, CPPS, CPHRM

Do you remember playing in the sprinkler? There was nothing more exciting than being able to run through that icy water and then stand on the lawn for a few minutes to allow the sun to rewarm your skin and repeat. We had well water, so our sprinkler water was freezing.

People aged 65 and over are more prone to heat related health problems according to the Centers for Disease Control (CDC).

Keeping your feet cool on a hot day can help prevent over-heating. You can dip your feet in a container of cool water or put a cold rag or ice pack on your feet.

A modified sprinkler party is also an option, everyone sits in shorts and bare feet outside on the lawn in chairs and their legs and feet can be sprayed with mist from a hose. Guaranteed to bring forth a giggle or squeal of delight on a nice hot day. Just be careful walking on wet patios.

Our feet help to control the body's temperature, so keeping them cool will help stop you from overheating. Feet and ankles are particularly sensitive to heat, as they have lots of pulse points.

Remember if you are cold inside your apartment put on a sweater instead of adjusting the thermostat to a tropical setting. You do not want to heat your core temperature with warm air, instead just cover up a bit to ease a chill.

Drink water. Water isn't just a refreshing thirst-quencher. It's essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Staying hydrated is a key part of maintaining good health.

Some other tips for staying cool; wear loose, lightweight, light-colored clothing. Don't engage in very strenuous activities and get plenty of rest. If you are accustomed to taking a nap in the afternoon, plan a siesta instead. (It sounds more vacationy).

Recipe Corner

Air Fryer Chicken Breast

- 4 ez. Chicken Breast
- 1 Tbs. Olive Oil
- 1/2 tsp. paprika
- 1/2 tsp. Garlic Powder
- 1/4 tsp. Salt and Pepper
- 1/4 tsp. Oregano

Directions

1. Preheat the air fryer to 370 degrees
2. Rub the chicken with olive oil and sprinkle with the seasonings
3. Place the chicken in the air fryer—do not overlap the chicken
4. Cook for 10-15 minutes until the chicken reaches 165 degrees
5. Let the chicken rest 305 minutes before cutting. Plate and serve.





LIFESTYLE

Enjoying the Outdoors

Administrator
Elizabeth Morgan

Director of Nursing
Nicole Russell

Business Office Manager
Christine Roberts

Marketing
Latoya Johnson

Move in Coordinator
Erica Johnson

Activities
Dawn Schulte

Dietary Manager
Karen Barton

Environmental Director
Brain Russell





LIFESTYLE

Event You Don't Want to Miss!

Open to the public

17th Wine Down Wednesday 4 p-530p (Referral)

19th Sweet Dream A La Mode (Ice- Cream truck) 10:50a

19th Baked Potato's & tour 4p-6p

25th National Banana Split Day 2p

27th Family Bingo Night -6:30pm

Horoscope

Aquarius (1/20-2/18)

Do not close off yourself from people that mean well to you.

Pisces (2/19-3/20)

Do things that will enable you to elevate your life.

Aries (3/21-4/19)

You have all that it takes to make all your dreams come true!

Taurus (4/20-5/20)

Ensure that you spend most of your money on needs rather than wants.

Gemini (5/21-6/20)

Happiness, peace, and harmony will reign for the better part of the month.

Cancer (6/21-7/22)

Your martial life will be filled with bliss.

Leo (7/23-8/22)

Make good use of your talents and skills.

Virgo (8/23-9/22)

You will make the right choices when it comes to career and finances.

Libra (9/23-10/21)

Be free to pursue your passions with all you have.

Scorpio (10/22-11/21)

Your children will be so happy and excited to have you around.

Sagittarius (11/22-12/21)

Focus on your loved ones and always do all you can to make them feel loved and cared for.

Capricorn (12/22-1/19)

Always be there for each other and make each other happy.



AUGUST

Word Search Puzzle



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

BOAT
 GARDEN
 CAMPFIRE
 BIKING
 FLOATIE
 FISHING
 RIVER
 AUGUST

KAYAK
 BARBECUE
 OCEAN
 CANOE
 PICNIC
 BEACH
 ICE (as in ice cream)



SUN
 SHADE
 VACATION
 SWIMSUIT
 SWIMMING
 POPSICLES
 READING

WARM
 LAKE
 TOWEL
 POOL
 PARK
 CAMPING
 SUNSET





ANSWERS

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