

Heritage Herald

AT A GLANCE



MAY 12, 2024



NURSES WEEK
MAY 6 - MAY 12



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FROM THE DESKS OF THE CO-PRESIDENTS: JULIE SIMPKINS & GREG ECHOLS

We are continuing to highlight all of Gardant's teams that help guide our mission into fruition. Another group that plays a vital role in the Gardant organization is the ACT Team. The ACT team provides support to all Executive Directors and their teams.

An Executive Director plays a pivotal role that leads all community operations while providing care and safety to our resident population. Gardant leadership led by Rod Burkett, Chairman, identified a need to reduce Executive Director turnover while increasing retention and satisfaction. This led to the ACT Team that formed in October 2020. In the last three and a half years, the ACT Team and its various sub-committees have met as a group over 100 times. The ACT Team has presented at Executive Director Retreats, Staff Meetings, Holiday Parties, and Orientations.

The ACT Team was challenged to reduce Executive Director turnover by less than 20% each calendar year. In 2023, we nearly met the challenge that has only inspired us to push forward and achieve the optimal outcome continually. We've received a lot of support from Gardant and our peers and know we share in the successes found this far and will continue to see moving forward.

ACT Purpose Statement:

Your ACT Team is a collaborative, interdisciplinary team of leaders who are committed to serving community Executive Directors, alongside all key stakeholders through providing compassionate, intentional, and thoughtful support to ensure high-level outcomes and experiences.

If you wish to learn more about the ACT team you can email them at ACTemail@gardant.com



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IN THE NEWS



ABOUT THE MONTH OF MAY

RICK BANAS, VP OF DEVELOPMENT AND POSITIONING

On May 14, 1796, the smallpox vaccine was developed by Dr. Edward Jenner, using a new procedure of injecting a milder form of the disease into a healthy person to build immunity.

Flornce Nightingale was born on May 12, 1820. She received worldwide acclaim for her devotion to nursing, the development of modern nursing procedures, and emphasizing the dignity of nursing as a profession.

Wild Bill Hickok was born on May 27, 1837 in Troy Grove, Illinois, a village in LaSalle County, which is home to Heritage Woods of Ottawa, a Gardant-managed affordable assisted living community.



On May 21, 1881, the American Red Cross was founded by Clara Barton.

Irving Berlin was born on May 11, 1888. Although he could not read or write musical notation, he became one of our greatest song writers. Among his best known songs are “God Bless America,” “There’s No Business Like Show Business,” “Puttin on the Ritz”, “White Christmas”, and “Oh! How Hate to Get Up in the Morning.”

Frank Capra was born on May 18, 1891. He best known for the films “It’s a Wonderful Life” and “Mr. Smith Goes to Washington.”

On May 5, 1961, Alan Shepard became the first person from the U.S. to be launched into space.



Mother’s Day is May 12. Did you know that West Virginia was the first state to officially adopt the second Sunday of May as Mother’s Day.

May is Older Americans Month, Get Caught Reading Month, Barbeque Month, Salad Month, and Blood Pressure Month.

Nurses Week is the week of May 6 through May 12. Emergency Medical Services Week is the week of May 19 through May 25.



WELLNESS



NURSES WEEK **CHRISI KARCZ, VP OF CLINICAL SERVICES**

Since 1896 the American Nurses Association (ANA) has promoted the Nursing profession. In 1953, recognition of Nurses Day was requested in the United States.

It was not until 1974 by Proclamation of the White House and President Nixon, National Nurses week was declared. National Nurses Week now begins every year on May 6 and ends on May 12, Florence Nightingale's birthday. Florence Nightingale is known as the mother of Nursing.

According to Nursing and Midwifery Studies (2015), Florence Nightingale is the founder of modern and professional nursing. In 1854, during the Crimean war, Florence and thirty-eight other nurses went to assist British soldiers. Upon arrival, Florence used her mathematical knowledge to collect data regarding soldier deaths. She then implemented clean environments, clean water, and fruits, significantly decreasing soldier mortality with improved hygiene and reduced spread of disease.

In 1860, Florence established the first nursing school in the world guided by the following principles: Confidentiality, Building trust, Observation and Communication Skills. She wrote many books, the first "Notes on Nursing" in 1860 is the first book written on Nursing education. Nightingale is recognized for changing nursing to a respectable profession. She was known to be a great humanitarian and scientific figure.

Happy birthday, Florence Nightingale!
Please join us in recognizing our Nurses and Nursing staff across all communities who make a difference every day.
Happy national nurses' week!



RECIPE CORNER

NO-BAKE CHOCOLATE OATMEAL COOKIES

- 2 Cups Sugar
- 1/2 Cup Margarine
- 1/2 Cup Milk
- 3 Tbs. Unsweetened Cocoa Powder
- 1 Pinch Salt
- 3 Cups Quick Cooking Oats
- 1/2 Cup Peanut Butter
- 1 tsp. Vanilla Extract

Directions

1. Bring sugar, margarine, milk, cocoa, and salt to a rapid boil in a saucepan for 1 minute.
2. Add quick-cooking oats, peanut butter, and vanilla; mix well.
3. Working quickly, drop by teaspoonfuls onto waxed paper and let cool.





LIFESTYLE



LET'S CELEBRATE

RESIDENT BIRTHDAYS:

Ted M. 5/1
 Linda J. 5/1
 Sue L. 5/3
 Don H. 5/6
 Harold R. 5/16
 Susan F. 5/17
 Mary A. 5/18
 Maria R. 5/20
 Janet A. 5/23
 Rose L. 5/29

WORK ANNIVERSARIES:

Evelyn T. LPN 5yr
 Jennifer J. LPN 5yr
 Shenita J. CNA 1yr
 Najib A. DA 1yr
 Kayla X. LPN 1yr
 Charity M. ADON 1yr
 Cassie H. DON 1yr
 Tierra D. CNA 1yr

WELCOME NEW STAFF!

Allison Anderson AL RSC
 Priana M. CNA
 Toyin O. QMA

A NOTE FROM THE EXECUTIVE DIRECTOR

Jillian Pickett

April was full of rain and we hope to see the beautiful blooms very soon! During the month of April we gained a new leader, Allison Anderson as the Resident Services Coordinator. We look forward to being a part of her vision to enhance our resident engagement. We must recognize and share our appreciation with the families and residents who have been affected by our dishwasher malfunction. We are on the schedule for our partner to replace the equipment as soon as the machine is delivered.

This month became exceptional and memorable watching the Solar Eclipse as a community. As the moon passed over the sun, we shared celestial facts and personal stories. While snacking on Sun Chips and Moon Pies, we were in awe of the diamond ring in the sky with our residents and team members, will forever be a special memory for us all!

You're invited to our 5 Year Anniversary Celebration! We are hosting a cookout and welcome the public to attend.





White Oaks

HOROSCOPE

AQUARIUS (1/20 - 2/18)

FOCUS ON EXPERIMENTING, CREATING, AND EXPLORING THIS MONTH AHEAD **PISCES (2/19 - 3/20)** YOUR CONNECTION TO YOUR LOCAL SPACE OFTEN SIGNIFIES WHAT 'HOME' TRULY MEANS TO YOU

ARIES (3/21 - 4/19)

CONTRIBUTE YOUR UNIQUE TALENTS AND ENERGY, AND IN RETURN, RECEIVE THE WARMTH OF MUTUAL CARE AND SUPPORT **TAURUS (4/20 - 5/20)**

EXPECT A SURGE OF REFRESHED ENERGY AND ENTHUSIASM TOWARDS EXCITING NEW ADVENTURES

GEMINI (5/21 - 6/20)

NURTURE YOUR SPIRITUAL PRACTICE AND CARVE OUT TIME FOR INTROSPECTION AND HEALING

CANCER (6/21 - 7/22)

STRIKE A BALANCE BETWEEN SOCIALIZING AND INTROSPECTION

LEO (7/23 - 8/22)

CHASE NEW DREAMS AND CARVING OUT YOUR LIFE'S LEGACY

VIRGO (8/23 - 9/22)

THINK ABOUT SHAKING UP THOSE OLD BELIEFS AND EMBARKING ON A JOURNEY TO EXPAND YOUR LIFE'S PRINCIPLES **LIBRA (9/23 - 10/21)** TAKE SOME TIME FOR YOURSELF AND DELVE INTO THE DEPTHS OF YOUR PAST FOR HEALING

SCORPIO (10/22 - 11/21)

LIFE IS ALL ABOUT RELATIONSHIPS— THE CONNECTIONS THAT SHAPE YOUR SENSE OF SELF, PAST AND PRESENT **SAGITTARIUS (11/22-12/21)**

YOUR WELL-BEING IS THE TRUE TREASURE TROVE

CAPRICORN (12/22 -1/19)

PURSUE YOUR CHALLENGES WITH PLAY INSTEAD OF SERIOUS DETERMINATION

Greetings in May!

This month we welcome Becky DaPuzzo as the Memory Care Director. Becky is a mother to three boys, two of which are graduating from college this month! She has lived around the world with her family and went back to college to get an Associates degree in Education and Bachelors Degree in Psychology. She lives in Hamilton County and has extensive experience in mental health with a focus in Memory Care and becoming a Certified Dementia Practitioner. While pursuing her Master's Degree, she is thrilled to get to know our team, your families and serve your loved ones. She looks forward to meeting each of you and your loved ones.

May 9th from 4:30pm to 5:30pm we welcome everyone to join us for a meet and greet. We will host the event in the White Oaks activity room. We can't wait to introduce you all!

We also wished to share with you that our partners within HealthPro have made a change to the Director of Therapy. You may be familiar with William Cowger, he has been with the HealthPro team serving Hertiage Woods and White Oaks almost a year! Congratulations Will, and we wish you the very best!

During this transition, your leadership team is committed to staying connected with your families, our staff and providers. We will remain focused on the quality of the programs and collaborate with our stakeholders to address concerns and welcome new ideas!

Let's have a wonderful summer at White Oaks of Noblesville,

Jillian Pickett

Executive Director

FUN & GAMES

MOTHER'S DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

Adore
Call
Card
Cherish
Daughter
Family
Flowers

Friends
Gift
Grandmother
Home
Kiss
May
Memories

Mother
Offspring
Pride
Remember
Sister
Wife
Wisdom

ANSWERS

MOTHER'S DAY

HIDDEN QUOTATION
BY
Victor Hugo

