

Heritage Happenins



MARCH 2023

At A Glance



Enjoy a Cinnamon Roll in a Mug



Learn more about Ending Alzheimer's Movements and Involvement

Managed by



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



From the Desk of the CEO

Rod Burkett

Gardant Management Solutions was recently notified by the national firm "Great Place To Work Institute" and its senior care partner, "Activated Insights", that the portfolio of assisted living communities managed by

Gardant met their standards to be recognized as a 'Great Place To Work' in 2023.

Gardant utilizes Activated Insights as the electronic survey tool to request feedback from all of the community level employees on an annual basis. There are approximately 3,000 employees across the Gardant portfolio delivering compassionate care and enriching the lives of 6,000 residents on a daily basis. This highly valued national recognition is due to the dedicated efforts provided by all our staff and from the focus and direction provided by our leadership teams at each of our communities throughout the year, and it is indicative of their dedication to serving residents and committing to ongoing quality improvement.

The Great Place To Work certification process involved surveying employees last fall at our 58 senior living communities and evaluating more than 60 elements of team members' on the job experiences. These elements included the employee's level of pride in the organization's community impact, belief that their work makes a difference, and feeling their work has special meaning. The survey questions delve into the employee's perceptions on their feeling of respect, camaraderie, fairness, credibility, and pride.

The Great Place To Work survey process is the most widely taken employee engagement survey tool world-wide. Activated Insights, as its senior care affiliate, serves as a global authority on high-trust, high performance workplace cultures. Activated Insights assists its clients to create great workplaces that outpace peers on key business metrics, such as revenue growth, profitability and employee retention. Great Place To Work awardees experience a 20% higher response rate of applicants for open positions than non-awardee companies, and those designated as Great Places To Work have a much higher retention rate in the millennial age co-hort.

I am extremely proud of our portfolio's recognition in the Great Place To Work program and am even prouder of how this positive work culture impacts the daily lives of our employees and residents.



Heritage Woods
of Ottawa

An Affordable Assisted Lifestyle
Community for the Older Adult

815-431-1400 • 801 East Etna Road • Ottawa, Illinois 61350
Managed by Gardant Management, Ltd. www.hw-ottawa-slf.com





IN THE NEWS

ABOUT THE MONTH OF MARCH

Rick Banas

In a speech delivered on March 23, 1775, Patrick Henry stated, “I know not what course others may take; but for me, give me liberty or give me death.”

On March 7, 1876, Alexander Graham Bell received a patent for his new invention – the telephone.

Coca-Cola was invented in March 1886. Originally, it was intended to be a patented medicine.



Theodor Geisel, who wrote as Dr. Seuss, was born on March 1, 1904. His book “Cat in the Hat” was rejected 27 times by publishers before it was published by Vanguard Press.



On March 19, 1918, the U.S. Congress approved daylight saving time. This year, Daylight Saving Time begins on March 12. Be sure to set your clocks ahead an hour.

Was it about Time? The first issue of Time magazine appeared on newsstands on March 3, 1923.

On March 29, 1943, the U.S. began rationing meat, cheese, butter, and cooking oils.

Dr. Jonas Salk announced success of a vaccine for polio on March 26, 1953, nearly 60 years after the first documented polio outbreak in the United States.



The Barbie doll made its debut on March 9, 1959.

This year, American Diabetes Awareness Day is March 28. It is a one day wake-up call that focuses on the seriousness of diabetes and the importance of understanding your risks. For more information, go to <https://nationaltoday.com/american-diabetes-alert-day/>

Other notable days in March include National Peanut Butter Lover’s Day (March 1); National Pi Day (March 14); National Artichoke Day (March 16); St. Patrick’s Day (March 17), International Happiness Day (March 20); National Waffle Day (March 25); National Spinach Day (March 26); and National Doctors Day (March 30).



WELLNESS

February is American Heart Month

Chrisi Karcz AVP Clinical Operations

During the month of March, The Alzheimer's Impact Movement (AIM) Advocacy Forum will be held in Washington, D.C. It is the nation's premier Alzheimer's disease advocacy event. Volunteer advocates from across the United States will meet with representatives in an effort to advocate, bring awareness and advance policies to improve the lives of all individuals affected by Alzheimer's and all other dementia.

In 2022, more than 700 advocates painted Capital Hill purple to bring awareness and advocate after two years away due to the pandemic. Despite their absence at the hill, the Improving HOPE for Alzheimer's Act, the Promoting Alzheimer's Awareness to Prevent Elder Abuse Act and record increases in federal research funding occurred in 2021.

I am fortunate to have been invited as a Greater Illinois Ambassador to advocate March 19-March 21, 2023, in D.C. This is an opportunity to share our residents and families stories. In the coming months there will be opportunities for all our communities to also advocate. The Longest Day Event will be hosted on June 21, 2023, the day of the summer solstice and longest day of the year. In September, across the country the Walk to End Alzheimer's will be held. Be sure to check out the Alzheimer's Association for your city's date, time and location.

Please let me know if you have any questions or if I can be of support. Working together for a world without Alzheimer's and related dementia. #ENDALZ

Ways to Get Involve

- Urge Congress to fund Alzheimer's Research

Email your members of Congress. <https://p2a.co/Jbx7JXo>

- Volunteer as an Advocate. <https://alzimpact.org/volunteer>
- Walk to End Alzheimer's https://act.alz.org/site/SPageServer/?pagename=walk_homepage

Reference

AIM Advocacy Forum. (2023). Overview. www.alz.org/forum/

Recipe Corner Cinnamon Roll Mug

- 1-1/2 Tbs. Salted Butter Melted (set aside)
- 1/2 cup Flour
- 1/2 tsp. Baking Powder
- 2 Tbs. Sugar
- 2 Tbs. Milk
- 1/2 tsp. Vanilla



Filling

- 1 Tbs. Butter
- 2 Tbs. Brown Sugar
- 1/2 tsp. Cinnamon

Glaze

- 1/3 cup Confectioners' Sugar
- 1 Tbs. Milk

Directions

1. Add the flour, baking powder, sugar, milk, vanilla, and melted butter to a bowl and stir until combined.
2. Once the dough is solid, drop onto a clean and slightly floured surface and flatten the dough into a rectangle.
3. For the filling—in a small bowl melt the butter, brown sugar, and cinnamon for 1 minute and stir well.
4. Pour filling over dough rectangle and then roll us into a cinnamon roll shape.
5. Place roll into a mug sprayed with non-stick spray.
6. Heat roll in microwave for 90 seconds. If the dough appears wet on top it may need to head for a few more seconds.
7. For the glaze—Stir confectioners sugar and milk together in a bowl until smooth.
8. Pour over warm cinnamon roll in the mug or on a plate.



LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- Bessie H 03/1
- Leilani T 03/6
- Kathy H 03/12
- Ken S 03/16
- Kathy J 03/20
- Juanita L 03/25
- Joyce M 03/25
- Betty P 03/26

Staff Work Anniversaries:

- Kathy D. 3 years Recpt
- Tammy F. 5 years CNA
- Missy M. 17 Years! Cook



A Note from the Administrator

Peggy Morgan

Goodbye Winter! Hello Spring! March 20th, is the first day of Spring. This is the perfect month to do a little Spring cleaning. Don't forget to wear green to our St. Patrick's Day Party



Community Partner in the News

Author Traci Morgan

March, they say, comes in like a lion and out like a lamb. I say lets keep up the energy and stay lions all month long ! We are strong, we are proud and have been growling in the face of Covid for months now. I am so proud of all the residents for not allowing the cold and isolation at times get us down. We all find reasons to smile everyday ! We laugh and crack jokes. In a time when getting mad at the world is easy, we didn't.....we just got sillier! Laughed harder and made the best of what we could ! So raise up your head and know that you are all LIONS !! BRAVE AND STRONG !!!

Reminders

Remember our St Pats Day show is Friday March 17th 2pm. We will have a new entertainer so make sure you welcome him with a good crowd.



LIFESTYLE

Event You Don't Want to Miss!

Date: March 17th

Time: 2pm

Location: Heritage Woods of Ottawa dining room

Details: Julian will be doing a St. Pat's show for us. Julian is a new entertainer here that I am very excited to share with you all. He spent the last several years entertaining on cruise ships, but has decided to set anchor here in Ottawa. Hope to see you all here on Friday March 17th to welcome him!



Good Friends !



Residents enjoying Valentines from local kids and State Senator Sue Rizen



Horoscope

Aquarius (1/20-2/18)

You will have many openings to choose from to progress in life.

Pisces (2/19-3/20)

Aspects of Saturn are encouraging, and with the help of Mercury, Pisces people can make the right decisions.

Aries (3/21-4/19)

You will have an encouraging month!

Taurus (4/20-5/20)

Look forward to happy times with your partner and family.

Gemini (5/21-6/20)

Health and finances do not pose any problems.

Cancer (6/21-7/22)

Be friendly to everyone you meet.

Leo (7/23-8/22)

A wonderful month for family affairs and marital harmony.

Virgo (8/23-9/22)

Stars will bless you with an enjoyable family environment.

Libra (9/23-10/21)

Enjoy all realms of life to the fullest.

Scorpio (10/22-11/21)

Saturn will bless you with happy family relationships.

Sagittarius (11/22-12/21)

Emotions will play an important factor in love life.

Capricorn (12/22-1/19)

Life is full of choices this month.



It was a close competition with all the **LOVEly** window decorations that our residents sent in. The results are in!

1st place and a \$100 gift card to Walmart is Phyllis from Heritage Woods of Rockford

2nd place and a \$75 gift card to Walmart is Harold from Heritage Woods of Charleston

3rd place and a \$50 gift card to Walmart is Ted from Lacey Creek

& Honorable Mention with a \$25 gift card to Walmart is Kathleen from Heritage Woods of Ottawa.

To see these windows, I compiled them in the attachment 😊

Thanks so much! Our residents really are the most creative!!

CONGRATS KATHLEEN !!!!



LIFESTYLE

IF I COULD BE ANY ANIMAL FOR A DAY WHAT WOULD I BE AND WHY ?

Marge B. I would be a monkey because then I could swing through the trees!

Diane M. I would be a vulture because I like the way they fly up in a cork-screw.

Vi D. I would be a dog so I can be pet and loved on.

Charlene B. I would like to be a baby elephant because they are so well protected by their families.

Pearl S. I would like to be an ape so I can beat on my chest when angry!

Milo K. I would be an aardvark because I like the name aardvark.

Ruth H. I would not be any animal because I don't want to. lol

Janet S. I would be a Lion because they are the kings of jungle and can outfight and out run everything.

Marsha T. I would be a puppy because everyone likes puppies.

Thelma S. I would be a horse so people could ride on me and I could run.

Traci RSC I would be a wild Paint horse so I could run open and free with all the other horses in the plains

Clifford H. I would be a lion because they don't take @#%\$ from anyone !

Lin S. I would be a dog because when I was young we had one and his name was Sport and we loved him very much, yeah Id be Sport.

Jean M I would be a dog because they are loveable and loyal.

Shirley T Id be a cat because they are low maintenance and love to follow people around.

Peggy S I would be a cat because no one is ever mean to cats and they have a good life.

Doris S. I would be a dolphin because they get to swim and play all day. No one really hunts them and they seem to have a pretty good life.

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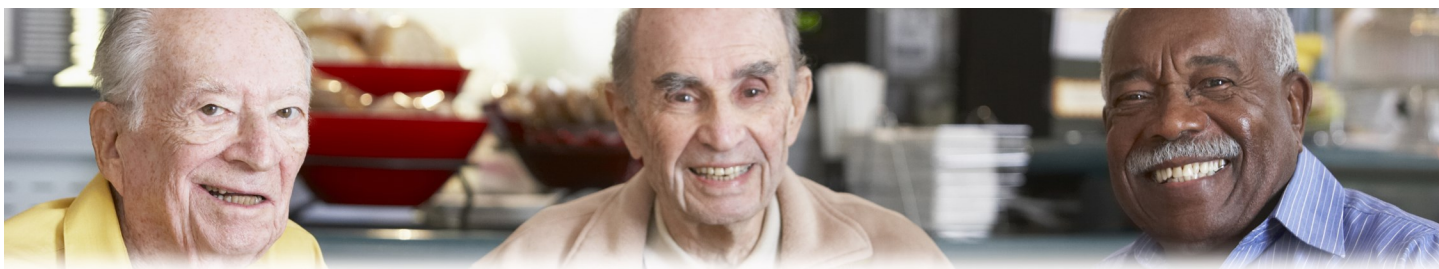
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LIFESTYLE

Kathy S. Id be a lioness, Queen of the Jungle because they are good Mothers and they take such good care of their hubbys and cubs.

Marsha D. I would be a sloth because they get to move as slow as they want and no one ever tries to rush them.

Barb F. I would be a cat but only if I was allowed to have an attitude.

Florence J. I would like to be a hunting dog named Gust of Tannor. Because he was my dog and hed get out in the morning and run all over getting into who knows what kind of mischief , Id be so worried and angry when he finally came back but so happy to see him Id feed him eggs and milk. That's love.

Maxine E. Id be a dog because they are taken care of.

David L Id be an eagle and Id fly over the Grand Canyon at sunset.

Pricilia R Id be a sheep because Jesus calls us that.

Kay S. Id be a palomino horse because I had a set a books called the Golden Stallion.

Pat W. I would be a canary, a bright yellow one. Because they sing all day and seem happy.

Denise F Marketing I would be a giraffe because they are very tall and loveable.

Maryann J Id be a puppy because they are loveable, playful and love to go outside.

Kristen Dietary I would be a Queen Bee because then all the men would have to work for me.

Missy C. Cook Id be a female praying mantis because then there would be no man drama.... Lol

Brittany Dietary Id be a monkey so I could live free.

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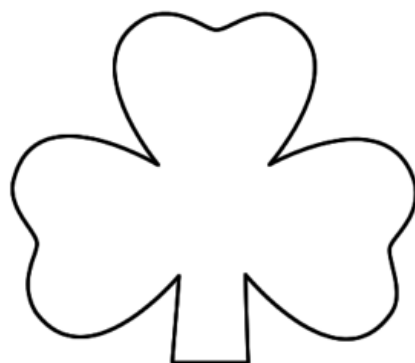
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SUDOKU

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

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