

MAY 2024

# Heritage Happen'ins



## AT A GLANCE



MAY 12, 2024



NURSES WEEK  
MAY 6 - MAY 12



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



## 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](mailto:ACTemail@gardant.com)



## 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-sl.com](http://www.hw-ottawa-sl.com)



# 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:

Marlene May 9th  
 Walt May 21st  
 Barb May 22nd  
 Gloria May 23  
 Juanita May 28  
 Rudy May 31

### WORK ANNIVERSARIES:

Stephani Don 13 years



## A NOTE FROM THE EXECUTIVE DIRECTOR

**Peggy Morgan ED**

May is definitely a month to celebrate. From May Day (May 1st) to National Smile Day (May 31st), May is a month about creation, fresh starts, and new beginnings. The transition from dark to light, from winter to summer, from nothing to something. Mother's Day is a time to appreciate all kinds of mothers — from birth mothers to foster mothers, from godmothers to grandmothers, and even mothers whose only children are covered in fur and walk on paws (or fly, or swim...). Mother's Day is a celebration of unconditional love, incredible strength and fortitude, and seemingly endless patience. Heritage Woods of Ottawa would like to wish all of our Mother's (Residents and Staff), a very happy Mother's Day.

## COMMUNITY PARTNER IN THE NEWS

**Traci Morgan RSC**

May is here and that means warmer weather and outside fun. There are a lot of activities that I have planned and hope that you will come out to. Nicer weather means more outdoor activities. We will be having picnics in the park, which are free to attend, the kitchen makes us sack lunches that are delicious. We will be going to the Peru Airport Show and Kites in Flight as well. All of these off campus trips are free. I am excited to kick off summer in a big way this year. Residents, friends and families, we will be doing an Alzheimer's Fund raiser this year. Big Blue is in the lobby just waiting to gobble up pocket change and such. 100% of the money collected goes straight to the foundation trying to cure Alzheimer's. We will hold our largest fund raiser on the Summer Solstice, June 21st. Please watch for details in next week or two. To all the Moms out there Happy Mother's Day !

### REMINDERS FOR EVENTS COMING UP

May 10th Mother's Day Brunch

May 12th Mother's Day

May 18th Wardogs and TBM avenger show

May 19th Kites in Flight

May 31 Picnic in Washington Park

*& Much Much More  
 Please see calendar  
 for all activities*



# LIFESTYLE



# H O R O S C O P E

## **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)**

PURSUDE YOUR CHALLENGES WITH PLAY INSTEAD OF SERIOUS DETERMINATION

I would like to give a great big THANK YOU to Ottawa Parks and Recreation as well as the Knights of Columbus facility for providing the place to hold their Swing Dance. The residents here had such a great time. They are still talking about it weeks later. I am so grateful there are so many organizations in town that do things like this. I wanted to share some pictures of the residents having a great time at the dance.





Residents have been having fun at Craft making beautiful works of art.

Our resident family is so cool they have to wear shades !



# 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

