

NEWS FROM THE WOODS

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



Heritage Woods
of Rockford

An Affordable Assisted Lifestyle
Community for the Older Adult

202 N. Showplace Dr., Rockford IL, 61107
815-332-3700 / resident.services@hw-rockford-slf.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 KAR CZ, 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:

Paige P. - May 2nd
Maureen P. - May 3rd
Margaret C. - May 13th
Evelyn B. - May 20th
Nola P. - May 29th

WORK ANNIVERSARIES:

Patty B. - 12 Years



A NOTE FROM THE EXECUTIVE DIRECTOR

Jessie Metz

Dear Residents and Families ,

On May 17, I will be transitioning back to the Business Office. I have truly enjoyed being the Executive Director , but the Business Office is my true passion. I look forward to continuing to work with all of you . Retirement is not too far off in the future for me and I want to spend what working time I do have left doing what I enjoy the most . If you have any questions or concerns , please feel free to reach out to me .

Thank you !

REMINDERS FOR EVENTS COMING UP

Lucy the Therapy Dog will be here May 7th at 1pm on the first floor.

May 10th -Celebrating Mothers Day Early with entertainment and desserts at 2pm in the dining Room.

May 15th - Frank Walters will be here for the Mens Club , come down and socialize with the other men in the community . 2pm in the Private Dining Room.

May 17 th - Crafts with Crystal at 2pm on the third floor .

May 24 th- May Birthday party at 2pm in the Dinning Room.

May 31st - Garden Planting weather permitting at 2pm.



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)

PURSUE YOUR CHALLENGES WITH PLAY INSTEAD OF SERIOUS DETERMINATION



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

