



# South Elgin Wrap-up

OCTOBER 2022

## At A Glance



Pumpkin Mug Cake Recipe



Fall is here!

Managed by



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## From the Desk of the CEO

Rod Burkett

Recently, I was surprised and humbled to learn that I would be receiving the 2022 Jan Thayer Pioneer Award from the National Center for Assisted Living (NCAL).

NCAL describes the award as a recognition of individuals who have moved the senior care profession forward, positively affecting the lives of those served and those who serve. Recipients must demonstrate dedication, leadership, and considerable contributions to the profession. I am to receive the award at NCAL's annual convention in October in Nashville, Tennessee.

While it is a great honor to be named the recipient, I am accepting this award on behalf of our company's mission of increasing accessibility and affordability in the assisted living sector, and in honor of all our caregivers and support staff, our community Administrators, our leadership teams and our owner/investor groups that make our mission and passion come to life every day.

I am so proud that we have provided love, compassion, and dignity to more than 31,000 deserving residents over the last 23 years, and it's further gratifying to know that we have been inclusive and innovative in providing this compassionate care by serving those in small rural towns, in both blue collar and affluent suburbs, and in some of our nation's most challenged inner-city neighborhoods...all while being committed to serving seniors of all income levels.

Where once stood a corn field or a decaying urban building, our mission focused on turning that into a community of caring people that positively impacted thousands of lives. While I co-founded the company and helped it to grow, this award is dedicated to the thousands of caregivers who are the heart and soul of what we accomplish every day!





# IN THE NEWS

## ABOUT OCTOBER

Rick Banas

On Oct. 13, 1792, the cornerstone of the White House was laid by George Washington. Eight years later, President John Adams and his wife, Abigail, became the first occupants. The building was burned by British Soldiers during the War of 1812. It was rebuilt, enlarged and was ready to be reoccupied in 1817. Constructed of white-gray sandstone, the White House today has more than 130 rooms.

The Chicago Fire erupted on Oct. 8, 1871, destroying 17,500 buildings and taking the lives of more than 300.

In October 1908, the Model T went on sale for the first time. Henry Ford designed the car for the common man – affordable, simple to operate, and durable.

In October 1927, the film “The Jazz Singer” opened in New York. Starring Al Jolson, the movie was the first feature length film to feature spoken dialogue.

The Halloween episode broadcast on “*Mercury Theatre on the Air*” in 1938 incited panic among many listeners to the CBS radio station as they mistakenly assumed that the adaptation of “The War of the Worlds” directed and narrated by Orson Welles about a Martian invasion of New Jersey was actual news.

After 14 years of work, the Mount Rushmore National Monument in the Black Hills of South Dakota was completed in October 1941. The sculpture stands roughly 60 feet high and features George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln.

On Oct. 14, 1964, Martin Luther King Jr. became the youngest recipient of the Nobel Prize. He donated the prize money to further the cause of the civil rights movement.

Halloween originates from a Celtic festival for the dead. The Irish Celts believed ghosts of the dead would roam the earth on this day so people dressed in costumes to hide from the ghosts and left treats outside their front door for the spirits.

The Irish also started the tradition of making jack-o’-lanterns for Halloween. They first used potatoes and turnips before finding that pumpkins were much easier to carve.

Pumpkin is incredibly healthy. It is a low-calorie food that is rich in vitamins, minerals and antioxidants that may help boost your immune system, protect your eyesight, lower your risk of certain cancers, and promote heart and skin health.



# WELLNESS

OCTOBER 2022

Deborah Denham RN, MSN, CPPS, CPHRM

Fall is here and the leaves are changing color. It's refreshing to feel the crisp air and watch the leaves change color.

Autumn brings so many seasonal opportunities.

The autumn decorations are unique in color and theme. Enjoy the seasonal offerings. Fill a bowl with pretty colored leaves and use as a center piece on the table.

It is also time to get out the sweaters and hats. Take a moment to sit in the afternoon sun, close your eyes and feel the cool air and the smell of nature preparing for winter.

Enjoy pumpkin everything! Coffee, muffins, and cheesecake. If you are not a pumpkin lover, it is all good. Apples are in season and can be included in room scents, desserts, main dishes.

Apples and pork are a delightful combination. When is the last time you had a caramel apple? They make these little cups of caramel to dip the apple in now, so much easier than a whole apple on a stick. (But I can make that work also.)

Review your stash of scarves, hats, gloves, and boots. Now is the time to refresh your supply or pick up items if you have the need.

Autumn also is the beginning of the holiday season. Family gatherings are so special, especially after the last couple years of so many cautions and restrictions. If you do not have family to go to, embrace your friends. They will appreciate the time and companionship.

Autumn is a time of reflection and appreciation. Of quietness and beauty. Allow a few moments to enjoy the season.

## Recipe Corner Pumpkin Mug Cake

- 1 egg
- 1/4 c. brown sugar
- 1/3 c. flour
- 1/4 c. canned pumpkin puree
- 1 Tbs. white sugar
- 1/2 tsp. Vanilla extract
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- Pinch salt

### Directions

1. Crack egg into a microwave-safe large mug, whisk in brown sugar. Add flour, pumpkin puree, white sugar, vanilla extract, cinnamon, ginger, nutmeg, and salt. Whisk until well blended.
2. Cook in the microwave on high until puffed and golden, about 1 minute 15 seconds.
3. Top with whipped cream.





# LIFESTYLE

## Birthdays/Anniversaries

### Resident Birthdays:

Mary A. 10/02  
Carol Ann B. 10/05  
Mathew E. 10/06  
Vicenta J. 10/06  
Patricia W. 10/10  
Mary O. 10/11  
Donald D. 10/12  
Joan M. 10/13  
Carol M. 10/15  
Kenneth O. 10/18  
Jeanne R. 10/24  
Edward S. 10/24  
Shirley M. 10/25  
Keri W. 10/25  
Louise R. 10/27

### Staff Work Anniversaries:

JILL B.- DA - 10/10/2013  
CRYSTAL L.- CNA -10/28/2016  
OMAR ULYSSES L.- CNA -10/06/2020  
CIPRIANO L.- Maintenance Assistant -  
10/16/2012  
MELODYE P.- LPN -10/05/2021  
EVELIA U.- CNA -10/01/2013  
IRMA V.- CNA -10/05/2018  
ESTEFANY V.- LPN -10/30/2014  
CLARA V.- COOK -10/17/2017  
MYKIRA SHANIA W.- CNA -  
10/20/2020

### Welcome New Staff:

Amazia CNA  
Norma CNA

### A Note from the Administrator: Lindsey Signorella

Caramel Apples, Pumpkin Pies. Fall is Here, My oh my! Let's get cozy at Heritage Woods of South Elgin. Leaves are falling and Autumn is calling!! I hope everyone is doing well. We plan to continue to "Move Forward" and look forward to the festivities we have planned in October for our friends at Heritage Woods.

I hope residents have been enjoying the outdoors and spending time with their loved ones. In October, we have several fun activities planned. We have Halloween crafts, Pumpkin farm, trunk-a-treat, pumpkin decoration contest, Apple cider, Happy hour, and a Halloween party!

Don't forget! We have our annual Flu Vaccine Clinic as well as the COVID-19 Bivalent Vaccine Clinic scheduled for October 14, 2022. Please see the receptionist to sign up for these vaccines. If we receive any updates from Illinois Department of Public Health related to COVID-19 guidance, I will notify residents, families, and staff of the changes.

We have recently implemented a weekly internal newsletter for our residents and families and appreciate all the positive feedback we have received. Our goal is to ensure residents and families are aware of any updates or important information on what is happening at Heritage Woods of South Elgin in a more timely manner.

We are very excited to welcome our new Director of Nursing, Kelly, Assistant Director of Nursing, Larissa and Staff Nurse, Mischka to our Heritage Woods Family. Please stop by, introduce yourself and welcome them to the team.

Please encourage your loved ones to sign up for Caremerge access. This is a great opportunity to send messages to staff, see pictures of their loved one enjoying an activity and for staff to send any important information to families. Please see Janet Soto, Resident Service Coordinator to sign up your family member.

Please continue to always wear your mask and practice good hand hygiene. For your convenience, we have placed hand sanitizer throughout our community. Also, remember to sign in/out if you are leaving the community for an outing and notify our staff.

Thank you for your continued support as we continue to move forward at Heritage Woods of South Elgin. We are stronger and better together!

Best Regards,

Lindsey Signorella



# LIFESTYLE

Event You Don't Want to Miss!

**OCTOBER**

**10/17-10:00AM  
GOBERT'S PUNKIN FARM**

**10/21-10:00AM  
DOUGHNUTS WITH WHITE  
OAKS AT SPRING STREET  
RESIDENTS**

**10/25-2:00PM  
BIRTHDAY SOCIAL WITH  
ENTERTAIMENT**

**10/27-3:00OPM  
APPLE CIDER SOCIAL**

**10/31-10:00AM  
TRUNK A TREAT**

**10/31-2:00PM  
HALLOWEEN PARTY  
HAPPY HOUR!**

## Horoscope

### **Aquarius (1/20-2/18)**

Teach children the values of life.

### **Pisces (2/19-3/20)**

You will have harmony in your love life like never before.

### **Aries (3/21-4/19)**

New challenges will bring growth and knowledge!

### **Taurus (4/20-5/20)**

Health prospects this month are excellent.

### **Gemini (5/21-6/20)**

You have all it takes to bring happiness into your married and family life.

### **Cancer (6/21-7/22)**

Your health will be superb, but make sure that your loved ones also enjoy good health.

### **Leo (7/23-8/22)**

Ensure that you eat healthy meals and drink plenty of water. Your immune system will need it.

### **Virgo (8/23-9/22)**

You will have great relationships with co-workers at work.

### **Libra (9/23-10/21)**

Follow a path that will lead to financial freedom and stability.

### **Scorpio (10/22-11/21)**

Great health and romance this month!

### **Sagittarius (11/22-12/21)**

Do not hold yourself back in challenges.

### **Capricorn (12/22-1/19)**

You will advance in your career because of your loved ones support.



# WORD SEARCH

## Halloween Word Search

**Instructions:** Try to find all of the hidden Halloween words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)

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

### Word List

BONE	IMAGINATION	SCREAM
CAULDRON	MOON	UNDEAD
COFFIN	OCTOBER	VAMPIRE
HOST	PUMPKIN	WEB
HALLOWEEN	SCARECROW	WITCH





# ANSWERS

## Halloween Word Search Key

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