South Elgin Wrap - Up

APRIL 2023

At A Glance

Enjoy a ham and tomato omelette!

Congratulations Rod on your transition from CEO to Board Chairman!

Managed by

GARDANT MANAGEMENT SOLUTIONS

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

From the Desk of the CEO

Rod Burkett

Twenty-four years ago, I cofounded Gardant Management Solutions with a former business colleague, Blair Minton. Our goal was to increase accessibility and affordability in the assisted living sector, and we had a fairly simple, straightforward business plan. As we discussed the formation of the company, Blair stated that he would find the investors and make it 'big', and my role was to develop the management platform and make it 'work'. After decades of investing blood, sweat and tears into this mission, as of April 1, I will be transitioning from CEO to Board Chairman and turning over the reins of day to day management to my successor.

My successor is actually a Co-Presidency scenario in which our current Chief Operating Officer, Julie Simpkins, and current Chief Financial Officer, Greg Echols, are collaborating together in shifting up into this new shared position. I envision that this action will provide our company and our hundreds of employees with continuity and forward momentum, along with a new energy they will bring to this movement.

We have grown to be the 10th largest management company nationally in the assisted living industry, while serving rural, suburban, and urban communities. While we have realized both successes and challenges over the years, there are a few recent events that have illustrated how far we have come from our humble beginnings. As of 2022, over 85% of the 60 communities in our portfolio have been designated as Bronze or Silver Award winners in the national prestigious Malcolm Baldrige Quality Awards Program. In addition, over a third of our assisted living communities were designated as "Best in Market" in the inaugural year for the assisted living sector to be included in US News and Word Report's national survey, and just last month our portfolio was designated as "A Great Place To Work" by the international organization, A Great Place To Work Institute.

I have a great comfort level and confidence in Julie and Greg stepping up to further lead the company in their new positions, and I look forward to my continued engagement with them as Chairman. I have long cherished a quote by the former Starbucks CEO, Howard Schultz, that I think sums it up nicely: *"When you're surrounded by people who share a passionate commitment around a common purpose, anything is possible!"* I have witnessed for many years Julie and Greg's passion and commitment to our mission and to the thousands of lives that our collective work has positively impacted. I want to express my sincere thanks to them and the thousands of other teammates over the years who have brought our mission to life on a daily basis.

PEACE!

IN THE NEWS

ABOUT THE MONTH OF APRIL

Rick Banas

Rodgers and Hammerstein debuted their hit musical "South Pacific" on Broadway on April 7, 1949.

"Rock Around the Clock" by Bill Haley and the Comets was released on April 12, 1954.

April Showers May Bring May Flowers, but the rain in April 1927 proved to be way too much. More than 700,000 individuals – 1% of the population of the United States - were displaced because of flooding along the Mississippi River. In some areas, flooding was more than 80 miles wide, and the flooding did not recede until August and September.

On April 9, 1959, NASA announced the names of the first U.S. astronauts. Scott Carpenter, L. Gordon Cooper, Jr.; John Glenn Jr.; Virgil "Gus" Grissom; Alan Shepard Jr.; Donald Slayton; and Walter Schirra Jr. were all military test pilots. Shepard was the first to be successfully launched into space on a suborbital flight, and Glenn was the first to orbit the earth.

The Ford Motor Co. unveiled the Ford Mustang in April 1964. A 22-year-old teacher lays claim to buying the first Mustang from the dealership on Cicero Ave. in Chicago. She says she paid $3,400 for the Skylight Blue Mustang convertible.

April is Humor Month. More giggles are just what the doctor ordered, says the Mayo Clinic. Laughter provides us with many short-term and long-term benefits. It enhances your intake of oxygen; induces physical changes in your body that benefits your heart, muscles, and lungs; reduces stress; soothes tension; improves your immune system; relieves pains; and stimulates circulation. Laughter is great medicine.

April also is Medicaid Awareness Month. Medicaid programs are returning to pre-COVID practices. One area of importance is the move from continuous coverage back to yearly redetermination requirements. All Medicaid recipients are encouraged to watch for notices and complete Redeterminations on a timely basis timely to ensure continued coverage. Residents should contact their community's Business Office manager if they have any questions.

WELLNESS

Self Care

Deborah Denham RN, MSN, CPPS, CPHRM

Part of a self-care routine is about physical wellbeing. There are things you can do to help your overall physical and mental health. Let's talk about some of those.

Sleep better. There are many tips on how to get better sleep and rest. Make a sleep routine. Go to bed at about the same time, dim the lights to a safe level, quiet down the TV or radio.

Eat mindfully. This would include paying attention to what you eat. I see many people that would care less to have a vegetable on their plate, but it is the first thing they eat and almost always the food group that is finished. The body knows what it wants. Pay attention to how it makes you feel. This goes along with the old joke, "Doctor, it hurts when I do this!" "(Doctor) Then don't do that!"

Create and enforce boundaries. This is a hard one. Many of us do not want to hurt anyone's feelings. This is about what makes you comfortable with others and allowing your feelings and time to matter to you.

Disconnect. If you are looking at electronics often or for long periods, turn them off and look up. Do things that do not include screens.

Organize inside and out. Science has affirmed that having a cluttered, unorganized environment can increase depression, anxiety and affect overall mental health.

Do something you love. If you like to dance and have fun, do it. Do something that makes you smile and laugh. Joy begets joy.

What you put out into your universe is what you get back. Good thoughts and activities will bring good spirits and increased health.

Recipe Corner
Microwave Ham and Tomato Omelette

- 2 eggs
- Cooking Spray
- Thin slices of ham
- 1/2 small tomato, chopped
- 2 Tbs. grated cheese
- Parsley leaves for garnish

Directions

1. Crack eggs into a bowl, add 2 Tbs. cold water. Season with salt and pepper. Whisk to combine.
2. Spray a microwave-safe omelette dish with cooking spray.
3. Microwave uncovered on high for 50 seconds or until almost set. Combine ham, tomato, cheese and parsley in a bowl. Sprinkle 3/4 of the ham mixture over the egg mixture. Cook uncovered for 30 seconds or until cheese has melted.
4. Sprinkle with remaining ham mixture, and enjoy!

LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:
- Kathleen H. (4/02)
- Frances B. (4/07)
- Donna D.(4/8)
- Sharon K. (04/08)
- Cheryl B. (04/09)
- Ernest B. (4/13)
- Michael D. (4/20)
- Linda H. (4/20)
- Gregory D. (4/20)
-Georgene D. (4/27)
- Carl A. (4/28)
- Mary Jane W.(4/28)

Staff Work Anniversaries:
-Griselda L. (2014)
- Galilea L (2022)
- Tara M. (2020)
- Chandrikaben P. (2022)
- Timothy R. (2022)

Welcome New Staff:
- Joshua D.
- Alan B.

April 2023 Newsletter

I want to wish everyone at Heritage Woods and White Oaks of South Elgin a Happy Easter! We will be serving a special meal on Easter Sunday. I hope everyone is looking forward to warmer weather arriving and enjoying some time outdoors.

During the month of April, we look forward to several exciting activities which include shopping, outings, religious services, Easter crafts, resident birthday celebration, painting & exercise classes.

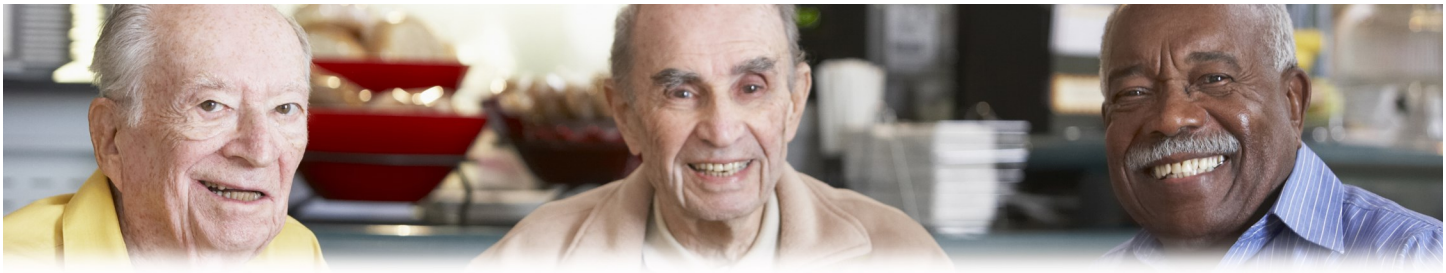
April is a rainbow month
Of sudden springtime showers
Bright with gold daffodils And lots of pretty flowers!

We started the new year off with implementing Resident Town Hall meeting. We will continue to have a meeting every other month. Town Hall is designed to allow Department Directors to provide important information/education to our residents as well as a platform for our residents to make suggestions.

We encourage loved ones to sign up for Caremerge access, so that we can share pictures or updates with them. Please contact Janet Soto or Ale Gomez our Resident Service Coordinators if interested in signing up for Caremerge at 847-531-8360.

Please continue to practice good hand hygiene. We kindly ask that if residents are not feeling well that they notify staff and if you are a visitor, please refrain from visiting your loved one if you are not feeling well.

Best Regards,
Lindsey Signorella
Campus Administrator.



LIFESTYLE

Activities Highlights

April 3: 2:30pm
White Sox opening.
(Popcorn)
April 2: 5:00pm
Color Me Your Way!
April 4: 10:00am
Easter Craft
(Children of America)
April 2: 2:00pm
Gail Borden library
(Wild West)
April 5: 10:30am
Easter Party Senior Services
(sign-up)
April 7: 2:00pm
Easter Bunny
April 11: 11:00am
Walker wash
(Health Pro!)
April 13: 9:00am
Coffee & Donuts
(Officer Jim)
April 17: 12:00pm
Craft class
(Peggy)
April 18: 2:00pm
Cooking
(chef Tim)
April 24: 10:00am
Come plant a seed
(Earth Day)
April 25: 2:00pm
Birthday Social!
April 28: 10:00am
South Elgin Fire Department
(Safety class)

Horoscope

Aquarius (1/20-2/18)
Try to improve on being more flexible in life.
Pisces (2/19-3/20)
Sometimes it's easier to compromise—it may bring more happiness.
Aries (3/21-4/19)
Travel and Health all look favorable this month.
Taurus (4/20-5/20)
This month—revive some old projects of yours!
Gemini (5/21-6/20)
Life is full of innovations! Health and finances look good.
Cancer (6/21-7/22)
Emotions can sometimes rule your life. Seek harmony.
Leo (7/23-8/22)
Life is full of enjoyment. Health prospects look wonderful!
Virgo (8/23-9/22)
Family life is very comfortable this month. Your environment is very cordial.
Libra (9/23-10/21)
Relationships might fluctuate—but will not face hardships.
Scorpio (10/22-11/21)
Mars and Saturn will help maintain your life balance this month.
Sagittarius (11/22-12/21)
Try to stick to your plans and goals for this month.
Capricorn (12/22-1/19)
There will be happiness and celebrations.

White Oaks

at Heritage Woods

Upcoming Events:

April 4th-

1:30pm Bus Outing,

April 5th-

1:30pm Julia Comfort Dog Visit

April 11th-

2:15pm-Drum Circle Class with Chris

April 13th

10:00am Tea Party

April 25th

2:30pm Hickory knolls nature presentation

April 2th

9:30am Painting Class with Colleen

WORD SEARCH

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

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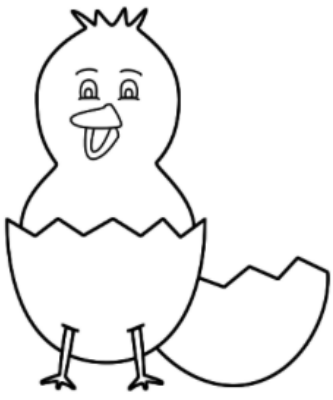
E	Q	L	D	S	M	L	N	S	R	R	P	J	Y	S
D	F	S	N	L	E	B	A	G	I	E	W	X	F	N
A	W	S	A	O	X	E	R	T	J	D	A	J	E	E
R	K	P	C	O	I	O	D	E	E	W	M	T	R	W
A	O	F	E	M	U	A	H	S	L	S	V	H	S	V
P	Z	P	E	D	B	E	R	Y	U	L	V	L	T	K
P	R	Y	B	L	F	O	G	P	H	U	A	O	I	J
G	Z	T	Z	B	D	B	R	O	Q	K	E	M	R	I

Word List

CANDY	DISCOVER	SPRING
CHICKS	DYE	TREATS
CHOCOLATES	PARADE	UMBRELLA
COLOR	SEEDS	YUMMY



ANSWERS

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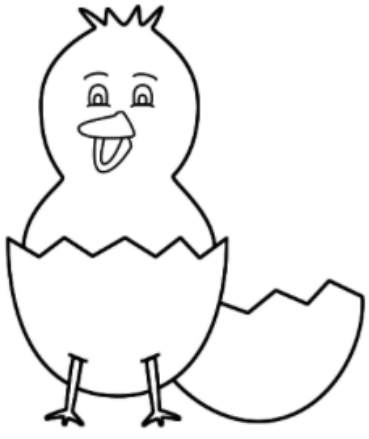
Word List

CANDY	DISCOVER	SPRING
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