

South Elgin Wrap-Up

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



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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.





Life Style



LET'S CELEBRATE

RESIDENT BIRTHDAYS:

Harold J. - May 5th
Lois B. - May 3rd
Flavio C. - May 7th
Patricia K. - May 14th
Beverly K. - May 17th
Paul R. - May 17th
Lorah W. - May 19th
Shirley M. - May 27th

WORK ANNIVERSARIES:

Tanaya J. - May 3rd
Anthony S. - May 8th
Mark D. - May 13th
Janet S. - May 23rd
Milagros R. - May 24th
Sara B. - May 25th
Riley B. - May 25th
Sarah L. - May 31st
Asha P. - May 31st

A Note from the Executive Director May 2024

Happy May to all our friends at Heritage Woods/White Oaks at South Elgin! Warm weather will be here before we know it. I hope everyone finds time to enjoy the fresh air by visiting on our patio or taking a walk outside around the community. I want to wish all a very Happy Mother's Day!

*Happy Mother's Day!
Of all the special joys in life,
The big ones and the small,
A mother's love and tenderness
Is the greatest of them all.*

During the month of May, we have several activities planned which include shopping, crafts, exercise & painting classes, social events, religious services, bingo, and a celebration for Cinco De Mayo & Mother's Day celebration.

We are excited to announce that we have received an award through U.S. World News on being rated among the best assisted living and memory care community in 2023/2024 based on resident and family satisfaction survey results.

Our beauty shop, "Lisa's Cosmetique" will be open every other Tuesday beginning May 7th. Sign up sheet will be posted outside the beauty shop.

We will continue to have Resident Town Hall Meeting every other month at Heritage Woods of South Elgin as well as the weekly newsletter for the residents. We are encouraging residents to volunteer to be a spotlight in our newsletter.

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 Executive Director

May Highlights

May 1st, 2024

9:30-Church Service with Father Andrew, AR
9:00-Trip Sign - Up, MPR
10:00-Gail Borden Library presentation, LOB
3:00-Julia Comfort Dog, LOB

May 2nd, 2024

2:30-Craft Class, AR

May 3rd, 2024

2:00-Cinco de Mayo celebration, DR

May 4th, 2024

2:30-Kentucky Derby Race, TVR

May 7th, 2024

9:00am- Crime presentation w/officer Jim, AR
10:00-Mother's Day tea party, AR
2:00-Resident Council Meeting, MPR

May 8th, 2024

9:30-Mother's Day Waffle Breakfast & Bingo Bus outing, LOB

May 9th, 2024

10:00-Botanical Garden in Chicago outing, LOB

May 10th, 2024

8:00-Breakfast at Tiffany's, DR

May 13th, 2024

3:00-National Apple pie day come have a slice, AR

May 14th, 2024

10:00-Food Committee, DR
11:00- Manicures Social, AR
2:00-Ice Cream social, AR

May 16th, 2024

2:00- Painting Class, AR
3:00- Treasure Exchange, AR

May 17th, 2024

2:00-Western prom day, DR

May 21st, 2024

9:00-Coffee & Donuts w/ officer Jim, AR
2:00-Movie & Popcorn, AR

May 23rd, 2024

10:00-Engage Café at Gail Borden Library, bus outing, LOB

May 28th, 2024

2:00-Birthday Social w/ Entertainer! DR
3:30pm- Cone w/ A cop Bus outing, LOB

May 29th, 2024

9:30-Communion w/ Father Andrew, AR
10:00-King of Glory Ladies, MPR

May 30th, 2024

10:00-Cooking Class, AR
11:30- Salsa Dancing Class at Senior Services Bus outing, LOB

May 31st, 2024

2:00-Big Bucks Bingo, DR



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

UPCOMING EVENTS **White Oaks**

Wednesday May 1st - 1:30pm Julia Comfort Dog Visit, Sunroom
3:00pm May Day- Bingo, Peach House

Thursday May 2nd- 1:30pm Bus Outing, Bus for Outing

Friday May 3rd- 1:00pm Cinco De Mayo Pre-Celebration-Happy Hour, Peach House

Monday May 6th- 2:30pm Sing Along with Lidia & Isaia's, Blue House

Thursday May 9th- 1:30pm Bus Outing Drive in the Country, Bus for Outing

Friday May 10th- Mother's Day Program with Rosemary - Peach House

Sunday May 12th- 10:00am Mother's Day Tea Party, Peach House

Tuesday May 14th- 2:30pm Drum Circle Class with Chris, Blue House

Friday May 17th- Bingo & Pizza Party- AB

Monday May 20th- 10:00am Victoria Day- Victoria Bingo, Peach House

Thursday May 23rd - 10:00am Ladies Tea Party, Peach House

Monday May 27th- 1:00pm Patriotic Music- Name that tune- History & Trivia, Garden Room

Thursday May 29th- 10:30am Manicure Day- Peach House

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

