

Sterling Snippets

DECEMBER 2022

At A Glance



Candy Cane Fudge



Happy Holidays!

Managed by



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From the Desk of the CEO

Rod Burkett

The rotting pumpkins have been removed from the porch, and the last few pesky leaves have been carted away. The cold December air signals that the holiday season is fast approaching. A national survey recently showed that close to 60% of Americans dread the holidays because of the added stressors of high expectations, busy schedules, family gatherings, and added financial pressures. Another study stated that we adult humans are only fully present in the moment approximately 47% of the time...the other half of our time finds our minds consumed with the past, or worrying about the future. We all have those moments where we are physically present, but our minds are somewhere else, and the hectic holiday season seems to further intensify this struggle in our heads.

Before the stress of the holidays sneaks up on you, here's a few mindfulness tips that I try to incorporate into my routines, after listening to several experts in the psychological field.

1. Get totally immersed into a sight or sound of the season...such as admiring the twinkling lights on a tree or truly deeply listening to the lyrics of a Christmas carol playing in the background.
2. Accept that stressors and imperfections are a normal part of life...nothing is going to be perfect, so focus on the simple things that come with the season.
3. Focus on simple ways to connect with neighbors, coworkers, friends and family...COVID taught us several more ways to stay connected.
4. Reminisce about past positive holiday experiences and traditions with loved ones who have passed or are geographically distant.
5. Be mindful of our increased caloric intake over the holidays...eat slowly and connect all the senses of flavors and smells...be accepting that it's okay to indulge here and there, but not for every meal, just because it's the holidays.

Best wishes for the holidays, and for health and happiness throughout the coming year!



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IN THE NEWS

ABOUT THE MONTH OF DECEMBER

Rick Banas

Our country's Bill of Rights went into effect on Dec. 15, 1791. It is made up of the first 10 Amendments to the U.S. Constitution. The amendments are designed to limit government power and protect individual liberties.

Dec. 3 is designated as International Day of Persons with Disabilities. The focus is on empowering and creating real opportunities for individuals who have disabilities. Gardant operates two affordable assisted living communities in Illinois that serve adults with disabilities who are 22 to 64 years of age at the time of move-in – Deer Path of Huntley and GateWay at River City in Peoria.

Dec. 3 is also National Roof Over Your Head Day. It serves as a reminder to be content and give thanks for what we have, beginning with the roof over our heads.

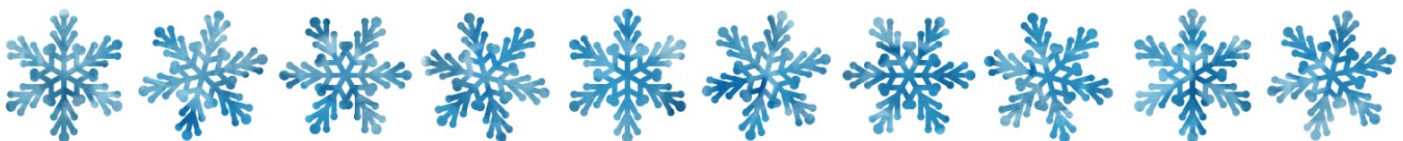
Dec. 7 is National Pearl Harbor Remembrance Day.

The Winter Solstice occurs on Dec. 21, marking the start of winter in the Northern Hemisphere. Dec. 21 also is Look on the Bright Side Day and Crossword Puzzle Day..

Did you know that the song Jingle Bells was meant to be a Thanksgiving song. It was published in the fall of 1857 under the title "The One Horse Open Sleigh."

Dec. 26 is National Candy Cane Day. Their shape represents the canes used by shepherds. While not free of sugar or calories, most candy canes reportedly do not have any fat or cholesterol. Traditionally, they are flavored with peppermint, but today you can find cherry, sour apple, blueberry, watermelon, orange, root beer, and even pickle, mac and cheese and bacon flavored candy canes.

Speaking of bacon, Dec. 30 is National Bacon Day.





WELLNESS

Influenza and Hand Washing Awareness

Chrisi Karcz AVP Clinical Operations

In the beginning of December National Influenza Week and National Hand Washing Awareness are celebrated. Surely no coincidence since hand washing is one of the best preventative measures to prevent infections and illnesses, second to vaccines. According to the CDC, the flu vaccination reduces risk of flu illness by 40-60%. The vaccine protects both you and those around you particularly those who are more vulnerable such as babies, pregnant women, and older adults. The flu vaccine is especially important to those at greater risk of complications. While those who receive the vaccine may still get sick, their illness is less severe and hospitalizations are decreased. Please do your part and get vaccinated and encourage others to also!

In addition to routine vaccinations, the power is in your hands to prevent COVID-19 and the Flu. Do not touch the T-zone (eyes, nose, mouth). It is the only portal of entry for ALL respiratory infections. The 4 Principles of Hand Washing Awareness by AMA (American Medical Association) and AAFP (American Academy of Family Physicians) include:

1. Wash your hands when they are dirty, and before eating, and after using the bathroom.
2. DO NOT cough into your hands
3. DO NOT sneeze into your hands
4. DO NOT put fingers in your eyes, nose, mouth

As Dr. William Sawyer, MD has said, "Thank you for helping to 'Spread the word, not the germs!'"

Recipe Corner

Microwave Candy Cane Fudge

- 10 oz. White Chocolate
- 2/3 c. Sweetened Condensed Milk
- 1/2 tsp. Peppermint Extract
- 1 1/2 c. Candy Canes or Peppermint Candies

Directions

1. Combine the chocolate and sweetened condensed milk in a large microwave bowl. Microwave twice for 15 seconds, and stir each time until melted.
2. Smash the peppermint candy and measure out 1 cup and place in the mix with the peppermint extract. Stir to combine.
3. Put parchment paper in an 8x8 pan and pour the mixture into it. Top with the rest of the peppermint candy and let cool. Cut into squares and serve!





LIFESTYLE

Happy Birthday

Judy D. –1
Eugene A.-22
Sheila D.-28



A Note from the Administrator

Katheryn May

On behalf of the Residents and Staff of Heritage Woods, we wish you all the Happiest of Holidays and a Healthy New Year.



Community Partner in the News

Janell Loos

Thursday, December 15th.

We are having a Holiday Chocolate Buffet by the Heritage Woods of Sterling Christmas Tree from 2PM-3PM or until the hot cocoa runs out! Special entertainment provided by Eileen Quest.



Reminders

Elf on The Shelf! He's back! #Sterling our elf will be popping around our community throughout the holidays. Post a #selfiewiththeelfie and get entered to win \$50! Use #HWSterling and #SelfieWithTheElfie 1. Find the Elf 2. scan Santa's Belly 3. Tap on the camera icon in Facebook 4. Take a photo 5. Post



LIFESTYLE

Event You Don't Want to Miss!

Date: Friday December 30th

Time: 11:00am-1:30pm

Location: Dining Room

Happy New Years Eve Luncheon

Music provided by Jack Ness

Please join us and wear Black and White, attire if possible, dress up if you like. Help us ring in the Year 2023



Horoscope

Aquarius (1/20-2/18)

You will have a busy month with others.

Pisces (2/19-3/20)

You may venture into new projects.

Aries (3/21-4/19)

Your love life will be serene. Your children will be happy to see you!

Taurus (4/20-5/20)

No chronic ailments will disturb your health this month.

Gemini (5/21-6/20)

Finances will flow this month.

Cancer (6/21-7/22)

You may face minor challenges with your health, but all will be ok.

Leo (7/23-8/22)

Ensure that you spend quality time with spouse and family this month.

Virgo (8/23-9/22)

Make friendships that last and enlarge your social circle.

Libra (9/23-10/21)

You will travel with a loved one to visit distant relatives.

Scorpio (10/22-11/21)

Positive changes will take place. Be fully present for family this month.

Sagittarius (11/22-12/21)

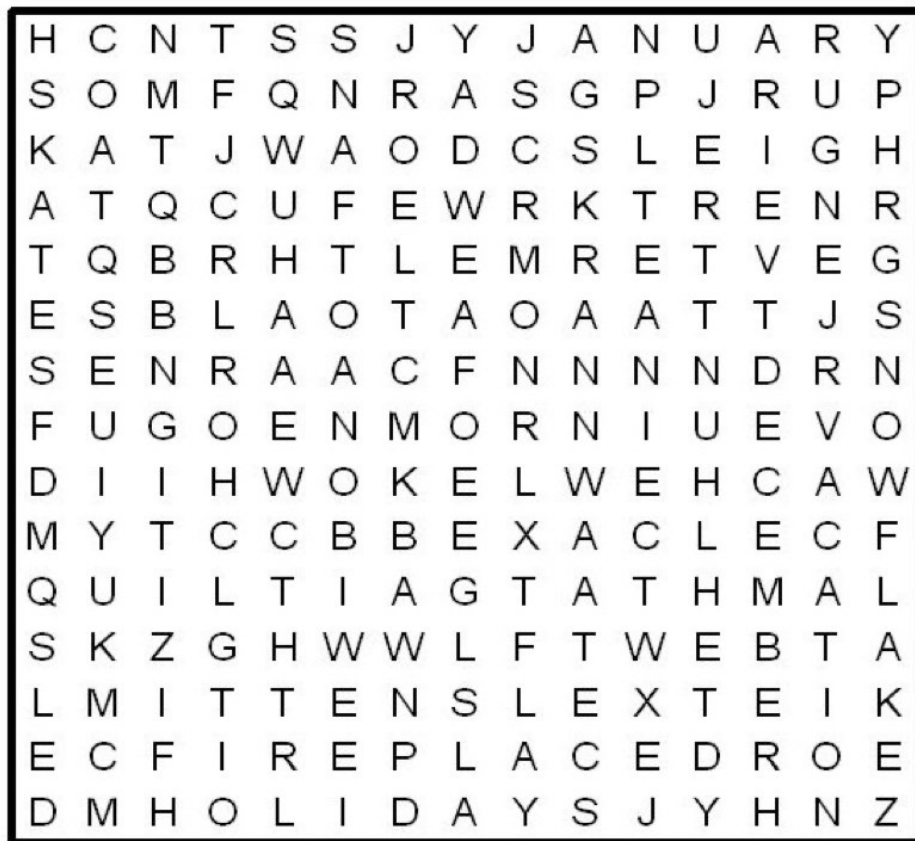
Travelling this month will bring great profits.

Capricorn (12/22-1/19)

Your love life will be a positive example to the people who look up to you.



WORD SEARCH



blanket
 coat
 comforter
 December
 February
 fireplace
 flannel
 heater
 hibernate
 holidays
 hot chocolate
 jacket

January
 migrate
 mittens
 quilt
 skates
 sled
 sleigh
 snowball
 snowflake
 snowman
 vacation
 winter

