

Sterling Snippets

AUGUST 2023

At A Glance



Watermelon Pizza is the perfect treat for a hot summer day and to celebrate National Watermelon Day on August 3rd!



August 2nd is National Coloring Book Day!

Managed by



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From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

The Senior Living/Healthcare industry lost over 200,000 workers during 2020-2022. These 200,000 people have not returned to the Senior Living/Healthcare workforce. In an industry where people are at our core, we want to

encourage others to consider a career in Senior Living. As a career path Senior Living offers an extensive upward path. Entry as a personal care attendant while in school can lead to certification, professional licensing, supervision, to executive positions. We would like to encourage each of you reading this newsletter to encourage a high school or college student who is considering Senior Living/Healthcare as a career to work part-time in a senior living community. Here are some reasons why it would be beneficial:

1. **Relevant Experience:** if a student is pursuing a degree or career in Senior Living Healthcare, working in the field will provide them with valuable practical experience. This can enhance their understanding of the industry, help them develop essential skills, and make them more competitive when applying for future Senior Living/Healthcare-related positions.
2. **Networking Opportunities:** Working in Senior Living/Healthcare will allow a student to meet professionals in the field, including owners, physicians, nurses, administrators, and other Senior Living/Healthcare staff. Building relationships with these individuals can lead to mentorship opportunities, letters of recommendation, and potential job offers down the line.
3. **Flexibility:** Our communities offer flexible work schedules making it easier to balance a job alongside studies. This flexibility can allow a student to gain work experience without compromising their academic commitments.
4. **Financial Stability:** Working a part-time job in Senior Living/Healthcare can provide a student with a steady income to support their education. Senior Living/Healthcare jobs often pay well, especially for positions that require specialized skills or certifications.
5. **Personal Growth:** Working in Senior Living/Healthcare can be incredibly rewarding, as a student will have the opportunity to make a positive impact on people's lives. It can also teach them valuable life skills, such as empathy, problem-solving, teamwork and leadership, which can be beneficial in both their personal and professional life.

As you or someone you know prepares to go back to school, please consider the opportunities a part-time job in Senior Living/Healthcare provides. Senior Living/Healthcare will always need People fueled by purpose. At Gardant we honor our mission by providing **vitality** to all residents and employees. Contact us to learn more about our career paths at <https://www.gardant.com/contact/>.



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IN THE NEWS

ABOUT THE MONTH OF AUGUST

Rick Banas

In a regular year, no other month of the year starts on the same day of the week as August. In a leap year, only the leap month of February starts on the same day of the week as August.

The sandwich was invented in August 1762 when the Earl of Sandwich requested two slices of bread with meat sandwiched in the middle.



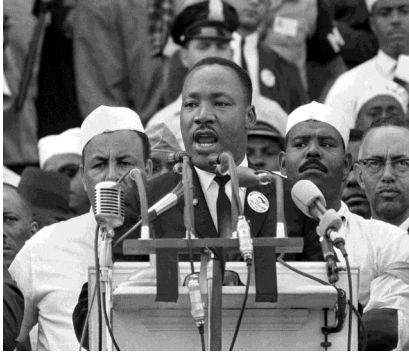
During the month of August, bamboo can grow up to two inches an hour.



On Aug. 18, 1920, the 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

On Aug. 14, 1935, President Franklin Roosevelt signed the Social Security Act, creating social insurance for retired workers 65 years of age and older. Average life expectancy in 1935 was 59.9 for men and 63.9 for women.

Dr. Martin Luther King, Jr. delivered his “I Have a Dream” speech on Aug. 28, 1963 from the steps of the Lincoln Memorial in Washington, D.C. One of his dreams was that “my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.” He also talked about living in a country where “little black boys and little black girls will be able to join hands with little white boys and little white girls as sisters and brothers.”



August is National Peach Month and National Eye Exam Awareness Month.



Aug. 3 is National Watermelon Day. Watermelons are more than 90% water so they are great for hydration. They are low in calories and packed with antioxidants and nutrients such as Vitamins A and C, potassium, and magnesium. The first recorded watermelon harvest occurred 5,000 years ago in Egypt. Early explorers used watermelons as canteens. In the United States, five states – Florida, Texas, California, Georgia, and Indiana generally grow the most watermelons.



WELLNESS

Benefits of Game Play for Seniors

Deborah Denham RN, MSN, CPPS, CPHRM

Games help connect us to those around us in an entertaining and meaningful way. Play motivates the senses, invigorates the imagination, and keeps the memory sharp.

Illinois's Affordable Assisted Living Coalition sponsors a Wii Bowling Tournament and a Spelling Bee for the Supportive Living Communities. The communities have teams that compete virtually with other teams at other communities. In the end two teams will go to Springfield in October for the "Wii World Series" to vie for the coveted title of Wii World Series Champion. The top team from each region for the Spelling Bee will compete in person for the Championship in Springfield in October.

Playing games is important because they can improve memory and help with age related memory loss because stimulating the brain with numbers, letters, colors, etc. enhances brain function. It is like exercise for your brain. The benefits go beyond the brain and promote independence, physical activity, friendship, and more.

Playing card games can improve short-term and long-term memory. Did you know Warren Buffett, 92, and Bill Gates, 67, regularly play bridge? A British Medical Journal study notes that the risk of dementia was 15 percent lower in board game players than in non-players.

There are side effects to playing games though. Playing board games can reduce stress and create more happiness. Playing board games triggers the release of endorphins, the body's natural "feel-good" chemicals. "Happy hormones" have the power to improve mind functions, leaving a person feeling cheerful, compassionate, and ultimately content. Physical games can improve balance, stretching, strength, coordination, and reflexes. If you are not already taking full advantage of the gaming activities at your community, consider the benefits and the time well spent. Enjoy!



Recipe Corner Watermelon Pizza

Ingredients

- 1 seedless watermelon

Cream Cheese Glaze

- 4 ounces cream cheese softened
- ½ cup Greek yogurt
- ¼ cup powdered sugar
- 2 tablespoons fresh squeezed orange juice

Fruit Toppings

- 2 cups sliced strawberries sliced strawberries, diced peaches, blueberries, raspberries, kiwi, halved cherries, etc.

Garnish

- Mint leaves or edible flowers (optional)

Instructions

1. In a medium bowl, beat softened cream cheese until nice and smooth.
2. Add the Greek yogurt and fresh squeezed orange juice and beat until smooth.
3. Add the powdered sugar and mix until completely smooth.
4. Cover and chill while preparing fruit.
5. Slice watermelon about 2 to 3 inches thick and then cut into wedges.
6. Spread a couple tablespoons of the cream cheese glaze on each slice being careful not to have it run off the edge.
7. Add an fruit toppings.
8. Add choice of garnish and serve immediately.





LIFESTYLE

HAPPY BIRTHDAY

- 13-Illa H.
- 14-Donna N.
- 14-Betty D.
- 24-Cindy M.
- 25-Val H.
- 30-John W.

Staff Birthdays

- Christine Curry, Dietary- 8/1
- Sara Anderson, CNA- 8/6
- Sarah Crebo, CNA- 8/17

Staff Anniversaries

- Christina Gibbons, CNA- 4 years
- Katheryn May, Executive Director- 2 years
- Grace Myers, Staff Nurse- 2 years
- Emily Clarida, Business Office Manager- 1 year
- Sheri Saunders, Dietary- 1 year
- Abbie Miller, Dietary- 1 year



A Note from the Executive Director

Katheryn May

Dear HW of Sterling Residents, Families and Staff:

I cannot believe it is August already! Time sure flies, and we have certainly had a lot of fun so far this year.

We have plenty of fun planned for August, including celebrating hot dog days, water balloon fun, Wii bowling leagues, a spelling bee competition, celebrating national ice cream day, getting portraits, an outing to Angelo's on the 14th, celebrating national friendship week, and so much more.

We will welcome our new Mayor here on the 10th, be entertained by line dancers on the 15th, and we have a special Neil Diamond tribute on the 18th (per resident request). We hope to see you there!

Thank you for being part of the Heritage Woods of Sterling family!
Katheryn May RN, Executive Director

Community Partner in the News

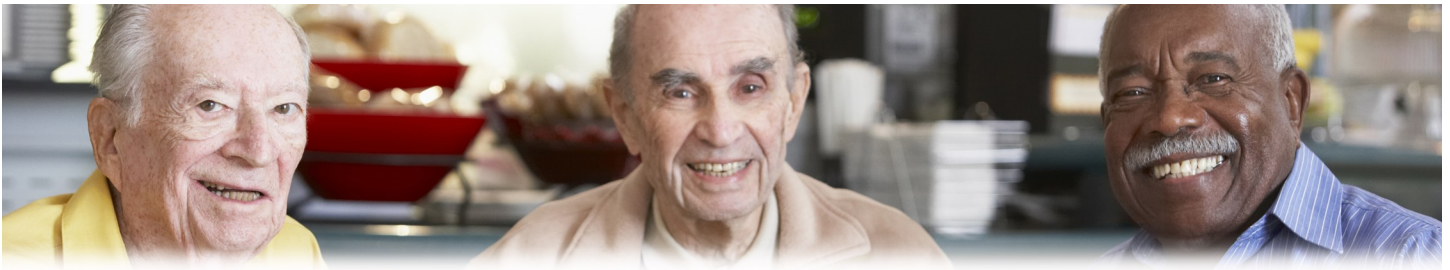
Janell Loos

Hey everyone! Need a little touch of Neil Diamond in your life? Well, we've got just the thing for you! Join us at Heritage Woods of Sterling on Friday, August 18th at 2:30 PM for a mind-blowing Neil Diamond tribute by the one and only Michael Joseph! Get ready to belt out "Sweet Caroline" like you've never done before. See you there,



Reminders and Events coming up

- Remember to sign up 24 hours in advance for Doctor appointments
- So many of you love to GO< GO< GO! And we are glad you do however we do reserve the right to adjust riders as necessary to make room for others who may not sign up as often, so everyone has an opportunity. We do our best to get you where need to go.



LIFESTYLE

Life in the Woods is what you make it!

Bus Rides, Wii Bowling, Table Games and MUSIC!



Bev L. was our Door Décor Winner & there's a new store in town, Gift Card!



Wii Bowling has been fun watching newbies cheering them on and seeing them improve.



Horoscope

Aquarius (1/20-2/18)

Express your feelings and get involved. This will greatly enhance your relationships with others.

Pisces (2/19-3/20)

Uranus and Jupiter continue to promote your success and expansion while preserving your achievements.

Aries (3/21-4/19)

Prepare to evolve this month.

Taurus (4/20-5/20)

Take the opportunity to take care of your loves.

Gemini (5/21-6/20)

The stars in Leo are improving your daily life.

Cancer (6/21-7/22)

Luck is doing things right and at the right time.

Leo (7/23-8/22)

Let go to make space for what you're inviting in.

Virgo (8/23-9/22)

Stay present to gauge what you're capable of at any given moment.

Libra (9/23-10/21)

Take it easy this month as you recharge your socializing batteries.

Scorpio (10/22-11/21)

Listen carefully to what people tell you and be more available to those you love.

Sagittarius (11/22-12/21)

Make every effort to realize your dreams.

Capricorn (12/22-1/19)

Now is the time for change; so grab luck and go!



In coloring, there are no mistakes;
just unique creations.



Homemade
GIFTS MADE EASY



Every day is an adventure,
and no two days are ever alike.



TIME FOR AN
Adventure!

Homemade
GIFTS MADE EASY