

# Sterling Snippets

MARCH 2024

## At A Glance



Irish Nachos for St. Patrick's Day!



First Day of Spring is March 19th!

Managed by



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## From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

I had the opportunity at the end of January to testify during the U.S. Senate Special Committee on Aging hearing on "Assisted Living Facilities: Understanding Long-Term Care Options for Older Adults."

Adults."

I spoke about Gardant's model of developing and operating affordable assisted living communities that are designed to primarily serve low-income older adults who rely on Medicaid-waiver programs. The communities are located throughout Illinois and Indiana and serve approximately 6,000 low-income older adults. The overwhelming majority of assisted living residents and their families benefit from having a life-affirming, safe experience.

I emphasized that efforts to standardize assisted living at the national level would be both unworkable and irresponsible as every state, every community and every resident is different. It is critical that policies and regulations help protect residents as well as help them maintain their freedom of movement and their independence.

We support efforts to make assisted living more affordable. Our ability to develop and operate affordable assisted living communities is highly contingent on the individual state's Medicaid waiver program, reimbursement rates, and number of Medicaid waiver slots that are available. Different models are required. For instance, HUD loans and tax-credit financing have been needed to develop many of the affordable assisted living communities Gardant operates.

With the rapidly growing older adult population, we need public-private partnerships to incentivize more providers to develop these different models. We need support for expanding more long-term care options, for workforce programs, and to address the growing caregiving shortage. We need collaboration to develop comprehensive solutions that will ensure the ability of assisted living communities to continue doing what we do best, which is providing safe, quality care to residents.

From my more than 30 years of experience, one-size-fits-all federal regulations are not the answer. I was glad to express our voice to the government on behalf of Gardant and its residents, and what needs to be accomplished.



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# IN THE NEWS

## ABOUT THE MONTH OF MARCH

Rick Banas

Old Roman calendars had only ten months in the calendar year, with March as the first month and December as the last.

The first washing machine was patented in March 1797.

Paper money was issued in the United States for the first time on March 10, 1862. The paper money came in \$5, \$10, and \$20 bills.



March is Women’s History Month. It is a time to recognize the vital role women played in our history.

March 17 is St. Patrick’s Day. The reason people wear shamrocks on St. Patrick’s Day is because St. Patrick used its three leaves to explain the Trinity.

The Girl Scouts were founded on March 12, 1912.

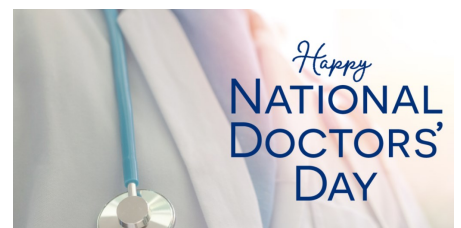
The social media platform Twitter, recently rebranded as X, was launched on March 21, 2006. It became available to the public in July of 2006.

March 20 is International Happiness Day – a day to appreciate all of the good things and silver linings in life.

An entirely new species of frog was discovered in the mountains of India in March 2019. The Starry Dwarf Frog has orange and brown skin speckled with star-like spots.

March 3 is World Hearing Day. It is a time to raise awareness of how to prevent hearing loss and to promote hearing care. Research shows that a loss of hearing can double the risk of falling. The good news is that a study published in the *Journal of the American Geriatrics Society* indicates that wearing hearing aids may reduce the risk.

National Doctors Day is March 30. It is designed as a time to honor physicians for the work they do.





# WELLNESS

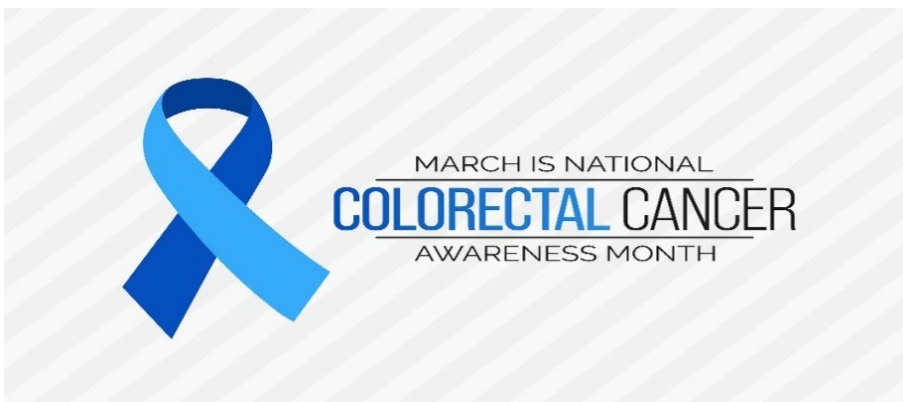
## Colorectal Cancer Awareness

Chrisi Karcz VP Clinical Operations

The month of March is recognized as Colorectal Cancer Awareness month. According to American Association Cancer Research (AACR) (2024) colorectal cancer is the leading cause of cancer death in the United States behind only lung cancer. Cancer of the colon is more common in men than women. It is also more common in African Americans than people of other races.

Doctors are beginning to see more metastatic cases in younger adults. Individuals 45 years old to 75 years old should be screened. According to Colorectal Cancer Alliance (2024), 1 in 24 people will be diagnosed with colorectal cancer in their lifetime. Polyps and cancer don't always cause symptoms at first. Screening and early detection are key in survival.

Many cases of colon and rectum cancer are preventable. Colonoscopy can detect cancer at early stages when it can be more successfully treated. There are also at home screenings available COLOGUARD and FIT. For more information call the Alliance's Help Line to speak with certified patient and family support navigators at 1-877-422-2030.



## Recipe Corner

### Air Fryer Irish Nachos

- 6 small or 3 large russet potatoes, washed and thinly sliced
- 2 Tbs. Olive Oil
- Salt, pepper, garlic powder
- 1-1/2 c. cheddar cheese shredded
- 1 c. chopped bacon (cooked) or bacon bits
- 2-3 jalapenos

#### Toppings

- 2 Green Onions, diced
- Sour Cream
- Fresh chopped tomatoes

#### Directions

1. Wash and dry potatoes, thinly slice them. Add the potatoes, olive oil, salt, pepper, and some garlic powder to a bowl and toss together.
2. Pour the potatoes onto the tray or basket of your air fryer, set it to 400 degrees for 15-20 min. Flipping the potatoes halfway.
3. Once the potatoes are fork tender and crisp, sprinkle with cheese, bacon, jalapenos (if desired)





# LIFESTYLE

## A Note from the Executive Director

Katheryn May

Dear HW of Sterling Residents, Families and Staff:

We are excited to announce that we are celebrating our 15-year anniversary in March. We will be having a celebration event on 3/21/24 from 2pm-4pm. We welcome you to come celebrate with us! We will be offering tours of the community on this day as well. We look forward to seeing you there!

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



1-Donna C.  
5-Cheryl H.  
9-Brenda L.



## Community Partner in the News

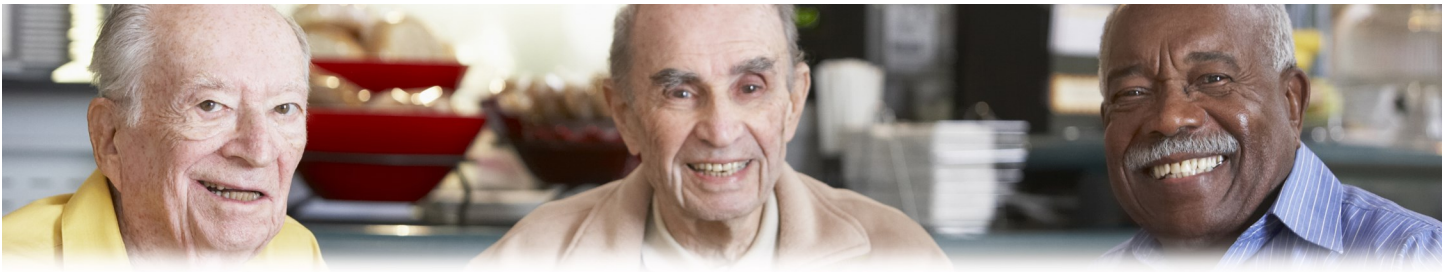
Tiffany Solorzano, Marketing

Please help us welcome Tiffany! She was so wonderful as our Receptionist that she was promoted to our Marketing Director! We look forward to what she has in store for our community!

## Reminders and Events coming up

Please be sure to join us for our 15th Community Anniversary, Thursday March 21 from 1pm-4pm in our Main Dining Room. We will have refreshments, entertainment and tours available.



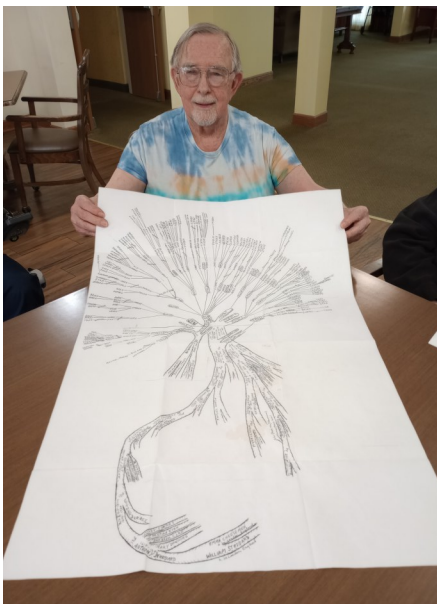


# LIFESTYLE

## Living our Best Lives



Hope shows us her new "do". Cindy is all ready for Easter. Chucks shared his family tree, dating back to the 16th century & everyone enjoyed the 76\*



## Horoscope

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

Share your light with others.

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

You will receive closure this month.

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

Focus on your lessons with relationships, both current and future

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

You can make changes this month that work towards your desired goals.

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

Your energy is magnetic and full of possibilities.

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

Your approach to life will be like walking in a dream, as everything you set your heart on will take root.

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

Your focus this month will be on where your loyalties lie in your partnerships.

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

This is your month to prioritize yourself!

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

You will form new connections with others this month.

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

You will be filled with revelations involving your emotional securities and connections

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

Improve your communication skill this month.

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

Money and status will be the framework for you this month.



# SUDOKU

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# ANSWERS

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8	2	5	1	7	6	4	9	3
4	6	3	9	2	8	7	5	1
6	1	9	7	4	5	2	3	8
2	3	8	6	1	9	5	7	4
7	5	4	8	3	2	1	6	9