

# Glasswater Gazette

FEBRUARY 2024

## At A Glance



Red Velvet Cheesecake for Valentine's Day!



February is Heart Month



Managed by  
4882 N. Convent Street  
Bourbonnais, IL 60914  
815-935-1992  
www.gardant.com  
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## From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

Gardant had three communities win American Health Care Association/National Center for Assisted Living Silver Quality Awards this past year, Heritage Woods of Freeport, Heritage Woods of Ottawa, and Heritage Woods of Minooka. There were only 8 assisted living communities nationally to achieve this honor in 2023, so it called for a celebration!

Being recipients of the Silver Quality Awards is indicative of the community's dedication to serving residents and their on-going commitment to quality improvement. The program is based on the nationally recognized Malcolm Baldrige Excellence in Quality program. We are extremely thankful for the compassion and dedication shown by each community!

Each of the three communities hosted a celebration to commemorate their achievement! There was food, entertainment, visitors, political figures, Gardant staff, community staff, as well as the residents there to celebrate at each of these communities. It was rewarding to feel the proud energy in each community. We are so thankful for all the staff and members of the communities for working so hard on this achievement, and we look forward to celebrating more communities in the coming year!



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10480 Glasswater Lane Indianapolis, IN 46231

317-839-5808 | [www.gardant.com/glasswatercreekplainfield](http://www.gardant.com/glasswatercreekplainfield)





# IN THE NEWS

## ABOUT THE MONTH OF FEBRUARY

Rick Banas

February is derived from the Latin word meaning purity or to cleanse.

It is the only month of the year in which there might not be a full moon.

The chances of being born on Feb. 29 and having a Leap Year Birthday is approximately 1 in 1,461.

February is Black History Month. The theme for 2024 is “African Americans and the Arts.”



Feb. 3 is National Women’s Physicians Day. The day honors the achievements and contributions of female physicians. It commemorates Elizabeth Blackwell , who became the first women in the United States to earn a medical degree. The year was 1849.

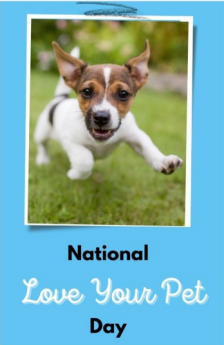
Feb. 3 also is The Day the Music Died Day. Buddy Holly, Richie Valens, the Big Bopper died in a plane crash after playing at the Surf Ballroom in Clear Lake, Iowa, in 1959. In 1971, Don McLean coined “The Day the Music Died” in his song “American Pie”.

A common belief in England and France during the Middle Ages was that Feb. 14 was the beginning of the mating season for birds.

Feb. 16 is National Do a Grouch a Favor Day. It is designed to provide a chance to lift someone’s spirits during the winter season and show them that kindness can made a difference.

The next day, Feb. 17, is Random Acts of Kindness Day. It is a day designed to make kindness a norm. Compliment someone. Reach out to a family member or a friend that you haven’t spoken to in a while. Send an uplifting message. Try at least once a day to make someone smile.

Feb. 20 is International Love Your Pet Day, a time to celebrate the bonds between humans and their pets.



February is American Heart Month. Heart disease is the leading cause of death in the United States and is largely preventable. According to the American Heart Association, what you can do to reduce your risk includes getting regular physical exercise and enough good quality sleep, maintaining a healthy weight, managing stress; and not smoking.



# WELLNESS

## Winter Safety—Do the Penguin Walk

Deborah Denham RN, MSN, CPPS, CPHRM

My mother and grandmother had this walk incorporated in their winter routine. As a young person, I thought it was a funny way to walk. Maybe it is. But in any weather conditions that may offer an opportunity for a slip or a fall, I now walk like a penguin.

Let me tell you how to walk like a penguin.

Spread your feet about a foot or so apart



Keep your knees loose with a slight bend



Walk flat footed, no tip toes and take shorter steps



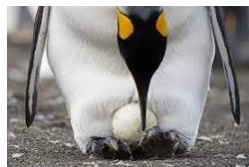
Wear footwear with traction



Use your arms for balance- keep hands as free as possible



Avoid carrying anything that might make you off balance



Please be safe and continue to do your daily walk.

Maybe it might have to be indoors right now. If you do need to walk outside, be careful of conditions and make sure you are prepared to walk like a penguin.



## Recipe Corner

### Red Velvet Cheesecake

- 16 double stuffed Oreos (or similar cookie), crushed into crumbs
- 3 Tbs. unsalted butter, melted
- 1-8oz package of cream cheese, softened
- 1/2 cup confectioners sugar
- 8 oz semi-sweet chocolate chips, melted
- 1 tsp. vanilla extract
- 1-1/2 Tbs. red food coloring
- 1-8oz container whipped topping, thawed

#### Directions

1. In a small bowl, mix together cookie crumbs and butter. Then, spoon the mixture evenly into small jars or dishes. Press to form a crust.
2. In a large bowl, beat together cream cheese and confectioners sugar until the mixture is light and blended. Add the melted chocolate, vanilla, and red food coloring. Beat until blended evenly. Fold in the whipped topping.
3. Spoon the cheesecake mixture into the prepared cups over the cookie crusts.
4. Serve with whipped topping and chocolate shavings on top!



# LIFESTYLE

## Birthdays/Anniversaries

### Resident Birthdays

- E. Fuller 2/5
- C. Cornish 2/6
- D. Ashbrook 2/11
- R. Morris 2/11
- D. Edgar 2/13
- D. Hughes 2/13
- R. Licht 2/15
- D. Webster 2/18
- C. Britton 2/18
- M. Boyles 2/19
- R. McMurtray 2/19
- S. Hornback 2/20
- B. Ellis 2/24

## A Note from the Executive Director

Kari Colli

Happy February!

Although February is a month in which we celebrate love, it is not uncommon to feel down in the dumps during this point of our long Indiana winter season. The “Winter Blues,” also known as Seasonal Affective Disorder, affects millions a year between late fall and early spring. You are not alone if you are feeling this way, and there are many ways to improve your mental health until we can be out in the warm sun again! Below are some tips and tricks to keep the winter blues away:

**Keep active!** Research has shown that a daily walk in the middle of the day could be as helpful as light treatment for fighting winter blues. Take advantage of the long hallways in our community, lace up your sneakers, and get some steps in!

**Get outside!** Although temperatures may drop too low to go outside, it has been proven that even sitting next to a window for at least ten minutes a day can help suppress the winter blues.

**Keep warm!** Wear warm clothes and shoes if you must go outdoors and keep your home environment between 64-degrees and 70-degrees Fahrenheit. If you have questions about the thermostat in your apartment, please let us know at the front desk!

**Eat a healthy, balanced diet!** A healthy diet will boost your mood and give you more energy. Balance your common winter craving for carbohydrates with plenty of fresh fruits and vegetables!

**Take up a new hobby!** Keeping your mind active with a new interest can help decrease your risk of developing the winter blues. Interested in trying something new? Check out our monthly Activity Calendar to see all the fun we have going on daily!

We are all looking forward to spring and warm weather at The Creek, but in the meantime, we have lots of fun going on in the community! Stay warm, stay safe, stay healthy, and most importantly, stay happy!

Kari Colli  
Executive Director



# LIFESTYLE

## Upcoming events

### Friday, February 9th

Superbowl Kickoff Party

2:00pm– Cafe

### Tuesday, February 13th

Mardi Gras Festival

2:00pm-Cafe

### Wednesday, February 14th

Valentines Day Party



## Horoscope

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

Stay positive with all the important events happening this month.

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

Treat yourself with care. Maintain your energy and time.

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

Positive events will happen for you this month!

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

Devote more time for family this month.

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

You will overcome internal problems.

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

Your personal life will bring you many surprises.

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

Good luck will accompany all undertakings.

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

Let go of controlling situations, and they will develop it's own way.

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

Make the most of the opportunities available!

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

Calculate actions one step ahead and stick to the developed plan.

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

Try to avoid chaos this month!

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

Bring more energy to your relationships.



# WORD SEARCH



*Valentines Day*

February 14th

**DIRECTIONS:**  
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

- ADORE
- AFFECTION
- ARROW
- BE MINE
- BELOVED
- BOYFRIEND
- CANDY
- CHAMPAGNE
- CHERUB
- CHOCOLATE
- CUPID
- DARLING
- DEAREST
- FLOWERS

- GIFTS
- GIRLFRIEND
- HEARTS
- HUG
- I LOVE YOU
- KISS
- LOVE
- PINK

- POEM
- RED
- ROMANCE
- ROSES
- SWEETHEART
- VALENTINE





# ANSWERS

## *Valentines Day*

### Word Search

### SOLUTION

