

Heritage Woods Observer

JANUARY 2024

At A Glance



Try some Berry Cobbler!



Let's Ring in this New Year Together!

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From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

As 2024 begins, I find myself reflecting on the past year and the moments we have shared. I want to take this

opportunity to extend my heartfelt gratitude to all our residents, families, employees, and stakeholders.

This year has been filled with memorable experiences, and I am grateful for the connections I have had with many of you. Your support and encouragement have truly made a difference in my life and the lives of those we serve.

As we envision 2024 together, I want to express my sincerest wishes for your happiness, health, and success. May the coming year bring you exciting adventures and blessings.

I look forward to the year ahead, the experiences we will create and the lives we will touch together!



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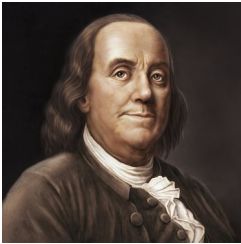




IN THE NEWS

ABOUT THE MONTH OF JANUARY

Rick Banas



Benjamin Franklin, who helped draft the Declaration of Independence, was born on Jan. 17, 1706. An inventor, he is credited with inventing what we now call bifocals. As he grew older, Franklin became both near-sighted and far-sighted. Tired of switching from one pair of glasses to another, he had the lenses of the two pairs of glasses sliced horizontally in half and remade them into a single pair – the top half for distance and the bottom half for reading. Franklin never patented any of his inventions, believing they should be freely shared.

President Abraham Lincoln issued the Emancipation Proclamation on Jan. 1, 1863.

The first Rose Bowl Parade dates back to 1890. It featured horse-drawn carriages filled with flowers. In the afternoon after the parade, there were foot and chariot races, jousting, and tug-of-war. The Rose Bowl college football game was added in 1902 to help fund the cost of the parade. Michigan played Stanford.

On Jan. 1, 1892, Ellis Island in New York Harbor opened. It served as an immigration processing center for more than 60 years until it closed in 1954. It has been estimated that nearly 40 percent of current U.S. citizens can trace at least one of their ancestors back to Ellis Island.



Jan. 22 is Celebration of Life Day. It is designed to honor the children and grandchildren who bring joy to our lives.

The week of Jan. 22 to Jan. 28 is National Activities Professional Week.

Jan. 24 is Global Belly Laugh Day. It is no joke that laughter is great medicine. According to the Mayo Clinic, laughing has many short-term and long-term benefits, including stimulating your heart, lungs, muscles, and circulation; enhancing your intake of oxygen; relieving stress; improving your mood and your immune system; and increasing the endorphins released by your brain.



January is National Glaucoma Awareness Month. Glaucoma is a group of eye diseases that damage the optic nerve in the back of the eye, which can lead to vision loss and blindness. Symptoms can start so slowly that you may not even notice them at first. The only way to find out is with a comprehensive dilated eye exam.



WELLNESS

January is Glaucoma Awareness Month

Chrisi Karcz VP Clinical Operations

January is recognized as National Glaucoma Awareness Month. Glaucoma is a group of eye diseases which gradually leads to blindness without warning. Damage caused to the optic nerve results in loss of vision. Currently there is no cure, but early diagnosis can lead to treatment including medications and surgery. While most often it occurs in the middle-aged and elderly, it can affect people of all ages.

It is important to spread the word about the sight-stealing disease as it impacts over 3 million people in the United States. According to the Glaucoma Research Foundation (2023), by 2030, it is predicted to be over 4.2 million people will have glaucoma. There are no symptoms and once vision is lost it is permanent. Glaucoma is the leading cause of irreversible blindness.

Glaucoma is more prevalent in African Americans and Latinos. With African Americans 6 to 8 times more likely than Caucasians to be diagnosed with glaucoma. Additionally, glaucoma is the leading cause of blindness in African Americans. Older Hispanics are at as high of risk as African Americans.

Regular eye exams are important in protecting one's sight from glaucoma. Early detection leads to early treatment. African, Asian and Hispanic individuals are at greatest risk. Individuals 60 years and older, diabetics, family history of glaucoma and those very nearsighted are also at greater risk. Routine eye exams may help prevent vision loss.

**JANUARY IS
GLAUCOMA
AWARENESS MONTH**

- ✓ Get regular dilated eye exams
- ✓ Know your family's eye health history
- ✓ Exercise
- ✓ Take prescribed eyedrops
- ✓ Wear eye protection

Source: Mayo Clinic

TEXAS Health and Human Services

Recipe Corner Microwave "Baked" Berry Oatmeal Cobbler

- 1/2 cup instant oats
- 1 egg
- Cinnamon to taste
- 1 Tbs. milled flax seed
- 1/3 cup milk or almond milk
- 2 tsp. honey
- 1/3 cup blueberries
- Spray coconut oil (or any oil)

Directions

1. Spray a coffee mug with the oil. Add oatmeal, a tablespoon of flax seed, some cinnamon, milk, an egg, and the honey to the cup.
2. Mix it up then toss in the blueberries. Gently mix together.
3. Place the mug in the microwave for 3 minutes but check it after 2 minutes to ensure that it doesn't bubble over.
4. Careful when handling, it will be hot. Enjoy!





LIFESTYLE

A Note from the Executive Director

Nicole Garrett

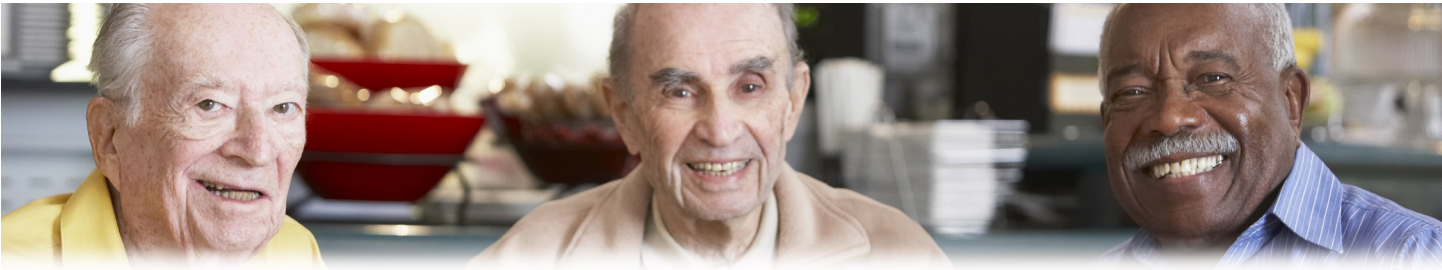


This is that time of the year when we reminisce about the time we spent and the lessons we learnt. We fondly remember the good times spent with the ones we love, and the difficult times that gave us the strength to move on. We watch as the countdown to another year begins. We also embrace positivity, optimism, hope and promises of a better tomorrow. I would like to wish everyone a very **HAPPY NEW YEAR!** -Nicole

Resident Birthdays:

- 1/8 MaryBeth L.
- 1/16 Gale W.
- 1/17 Sue B.
- 1/18 Jean G.
- 1/18 Pat T.
- 1/19 Anna D.
- 1/21 Loren B.
- 1/28 Mona F.
- 1/30 Joyce S.





LIFESTYLE



Horoscope

Aquarius (1/20-2/18)

Try to reduce the demands of others in order to repair relationships

Pisces (2/19-3/20)

After the full moon, peace will reign in the soul for Pisces.

Aries (3/21-4/19)

This month will have dynamic change, in a good way!

Taurus (4/20-5/20)

Don't be afraid to express your feelings this month.

Gemini (5/21-6/20)

Success can not be achieved alone.

Cancer (6/21-7/22)

Have patience with yourself and others.

Leo (7/23-8/22)

The beginning of the year is great for taking on a new position

Virgo (8/23-9/22)

January will cause an upliftment and desire to live in a new way!

Libra (9/23-10/21)

Attention should be focused on moments that cause warm feelings

Scorpio (10/22-11/21)

This month is great for new hobbies, household chores, and sports!

Sagittarius (11/22-12/21)

A powerful upsurge of energy will make it easier to achieve your goals.

Capricorn (12/22-1/19)

Take part in a special project or plan a new trip!



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ANSWERS

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