

Heritage Herald

JUNE 2023

At A Glance



Key Lime Pie Time!



Father's Day is Sunday June 18th!

Managed by



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From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

June is recognized as Mental Health Awareness month.

The month of June provides a wonderful opportunity to raise awareness about mental

health and its significance. The pandemic brought mental health issues to the forefront, highlighting the importance of taking care of ourselves and each other. Mental health plays a significant role in our overall well-being, and it deserves the same attention we pay to our physical and spiritual health.

Mental health awareness month is a wonderful opportunity to reduce the stigma surrounding mental health and encourage open conversation about it. It is vital to create supportive and inclusive work, social and home environments where people feel comfortable discussing their mental wellbeing.

Consider the following links as resource opportunities to help with discussion around Mental Health.

psychologytoday.com

verywellmind.com

betterhelp.com

June is also an opportunity for honoring our Fathers.

Father's Day is just around the corner, and it is the perfect opportunity to celebrate the special bond shared with fathers and father-figures in our lives.

Fathers have been a constant source of support throughout our lives. They have provided us with guidance, wisdom, and a sense of security that has helped shape who we are and who we want to be for others.

As Co-Presidents we look to our fathers when times seem tough and when it is time to celebrate.

Take time; make time, to honor our fathers and father figures, whether they are near or far. Let us celebrate the memories we have shared with them, the lessons they have taught, and the love they have given us.

Let us also remember those who may not have a father-figure in their lives. Reach out and let them know they are loved.



1003 West 4th Street Flora, IL 62839

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IN THE NEWS

ABOUT THE MONTH OF JUNE

Rick Banas

On June 10, 1752, Benjamin Franklin discovered electricity while flying a kite in a lightning storm.



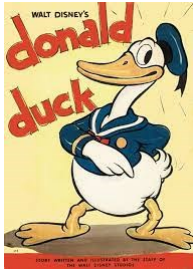
Social worker Julia Lathrop was born on June 29, 1858 in Rockford, Illinois. She fought for the establishment of child labor laws and was instrumental in getting the first juvenile court established in the U.S.

Jeanette Rankin, the first woman elected to the U.S. Congress, was born on June 11, 1880.



Composer and lyricist Cole Porter was born on June 9, 1893 in Peru, Indiana. He published his first song at the age of 10. He wrote the songs for such Broadway shows as “Anything Goes,” “Kiss Me Kate.” and “Something for the Boys”. Peru is city located about 70 miles north of Indianapolis. It serves as the county seat for Miami County and touts itself as the Circus Capital of the World.

On June 9, 1934, Donald Duck made his debut.



The largest amphibious landing in history known as D-Day began in the early morning hours of June 6, 1944.

On June 18, 1983, Sally Ride became the first woman from the U.S. to venture into space. The physicist and pilot was aboard the space shuttle Challenger.

On June 16, in the year 600, Pope Gregory the Great issued a decree saying that “God Bless You” is the proper response to a sneeze.



June is designated as Men’s Health and Cataract Awareness Month. Men’s Health Month is a time for encouraging men to take care of their physical and mental health. Cataracts are the leading cause of vision loss in the United States. According to the National Eye Institute, more than half of all individuals who are 80 years of age or older either have cataracts or have had surgery to remove cataracts.

June 15 is World Elder Abuse Awareness Day. Elder abuse frequently goes undetected and is under reported. It transcends all socioeconomic, ethnic, racial, groups and genders.



WELLNESS

What does the end of the Public Health Emergency for the COVID-19 Pandemic Mean?

Deborah Denham RN, MSN, CPPS, CPHRM

Does the end of the Public Health Emergency mean that COVID-19 is over? It means the strict regulatory guidance has been modified in light of a decrease in overall death and hospitalization related to COVID-19 illness.

To put this pandemic in perspective, the following information reflects some of the causes for all the restrictions and measures put in place during the Public Health Emergency.

Date at height of that Wave of COVID-19	# of new Deaths/wk
4/18/2020	17,201
1/9/2021	25,974
9/4/2021	15,493
1//22/2022	21,324
4/29/2023 (current)	714
Overall total deaths in the U.S. during the Pandemic	1,127,928

Date at height of that Wave of COVID-19	# of New Hospitalizations/wk
1/9/2021	115,480
8/28/2021	85,785
1/15/2022	150,674
1/7/2023	44,422
5/6/2023 (current)	9,455
Overall total hospitalizations during the Pandemic	6,143,551

The World Health Organization (WHO) has indicated a cumulative of 6,927,378 deaths worldwide from COVID-19. Examining how vulnerable the residents are from an age perspective, the people aged 65 years or older made up 16.5 % of the general population but had 75.9 percent of the deaths from COVID-19.

With all that information, the CDC and State Health Departments were able to decrease some of the measures necessary to keep people safe. Vaccination and updated boosters are still the most effective preventative measure for hospitalization and death. The COVID-19 virus is not going away but being added to infection control measures already in place in Assisted Living/ Supportive Living communities. We do expect people to have the virus from time to time and that they will spread it to others, just like the flu. But the measures we have in place for isolating people that are positive for COVID-19, intermittent testing for COVID-19 if you had an exposure and for intermittent mask wearing if there is an outbreak in a community is far less restrictive than the measures that were in place prior to the COVID-19 vaccination.

Recipe Corner Key Lime Cream Pie

- 1 pkg. pecan shortbread cookies, crushed (abt. 2 cups)
- 1/3 cup butter, melted
- 4 cups heavy whipping cream
- 1/4 cup confectioners' sugar
- 1 tsp. coconut extract
- 1 package 98 oz.) cream cheese, softened
- 1 can 914 oz) sweetened condensed milk
- 1/2 cup key lime juice
- 1/4 cup sweetened shredded coconut, toasted
- Optional: Maraschino cherries with stems and sliced key limes

Directions

1. In a small bowl, mix crushed cookies and butter. Press onto bottom and up side of a greased 9-in. deep dish pie plate. In a large bowl, beat cream until it begins to thicken. Add confectioners' sugar and extract; beat until stiff peaks form. In another large bowl, beat cream cheese, condensed milk and lime juice until blended. Fold in 2 cups whipped cream. Spoon into prepared crust.
2. Top with remaining whipped cream; sprinkle with toasted coconut. Refrigerate until serving, at least 4 hours. If desired, add garnish with cherries and limes.





LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- June R (6/4)
- Lana F (6/20)
- Darla (6/24)

Staff Work Anniversaries:

- Michelle K (3 years)
- Karley H (1 Year)
- SarahW(1 Year)

Welcome New Staff:

- Emma T (Cook)
- Emma B (DA)
- Brooke J (Marketing/
Activity Director)

Measure Time by Smiles & Love
Lucas Sigrist, Administrator

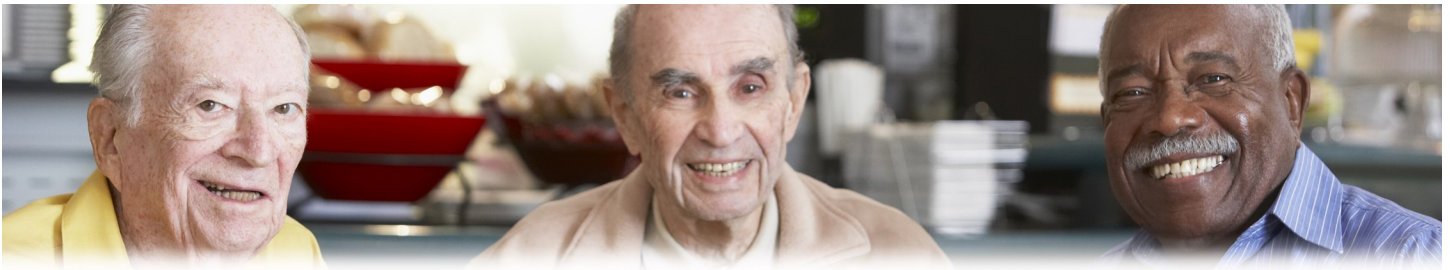
We measure time by calendars, watches, sundials, phases of the moon; even seasons of the year. We have a friend who is celebrating her 102nd birthday this month! Happy Birthday June R! What an amazing event in your life! What an amazing person! June loves her family, living at Heritage Woods and still being active and independent.

June's milestone birthday reminds us all to think about how we measure time. Time spent with family, doing what you love, days with smiles and being as healthy as you can be is the best way to mark time. June's family can attest...that's June's secret! Let's all strive to live like June and measure our time by smiles and love.

June, congratulations on this amazing milestone. May your day...and coming year...be filled with sunshine and smiles; laughter and love.

Thank you for allowing us share in your joy and for the privilege of knowing you! Have a very Happy 102nd Birthday!





LIFESTYLE

Upcoming Events:

Date: 06-06-23 Time: 6:00PM– 7:00PM

Location: Heritage Woods of Flora
(Main Dining Room)

Details: David Bonham is a veteran who is coming to sing and play his guitar followed by a devotion. He’s from Light House Ministries.

Date: 06-21-23 Time: 11:00AM– 1:00PM

Location: Heritage Woods of Flora
(Front Parking Lot)

Details: We are hosting a fundraiser for the longest day! Come get a Taco in a Bag for your lunch and donate money to Alzheimer’s!!

Date: 06-23-23 Time: 2:00PM– 3:00PM

Location: Heritage Woods of Flora
(Main Dining Room)

Details: Misfits of Beaver Creek.

Date: 06-28-23 Time: 7:00AM– 9:00AM

Location: Heritage Woods of Flora
(Main Dining Room)

Details: Free Senior Breakfast!! Biscuits and Gravy!! Everyone is welcome!

Date: 06-30-23 Time: 2:00PM– 4:00PM

Location: Heritage Woods of Flora
(Main Dining Room)

Details: Summer Carnival!! Lots of games and prizes available! Dunk booth, Cotton Candy, Popcorn, Sno Cones, and Hot Dogs! Everyone is Welcome!!

Horoscope

Aquarius (1/20-2/18)

Always be confident in your actions.

Pisces (2/19-3/20)

Jupiter will help you accomplish your ambitions this month.

Aries (3/21-4/19)

Family environment will be enjoyable and health prospects amazing.

Taurus (4/20-5/20)

The good aspects of Jupiter and Saturn assure progress in life.

Gemini (5/21-6/20)

Love life will be exciting after the second week of the month.

Cancer (6/21-7/22)

Cancer people should make the right decisions to progress in life.

Leo (7/23-8/22)

Health and finances will be excellent

Virgo (8/23-9/22)

Jupiter will ensure plenty of action during the month.

Libra (9/23-10/21)

Harmony will prevail in the family atmosphere.

Scorpio (10/22-11/21)

Life will be enjoyable this month!

Sagittarius (11/22-12/21)

Plan a fun vacation or small getaway

Capricorn (12/22-1/19)

You will achieve your targets with the help of Jupiter and Saturn this month.

BEGIN EACH DAY WITH A Grateful Heart







WORD SEARCH

Father's Day Word Search

Instructions: Try to find all of the hidden Father's Day words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)



Word List

- | | | |
|------------|--------|-----------|
| ACCEPTING | GIVING | NICE |
| COMMITTED | JOKES | PROTECTOR |
| DEPENDABLE | KISS | TALK |
| FAMILY | LAUGH | TEACHER |





JUNE



2023

MEETING PLACES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>UPS: Upstairs Exercise Site: Sign Up from Desk DOW: Downstairs Dining MIL: Main Lobby UP: Activity Office ULS: Upstairs Lobby ULT: Upstairs TV Lounge PFI: Front Parking Lot ACO: Activity Office UPK: Upstairs Kitchen</p>	<p>Birthdays</p> <p>June R 6/04 Lana F 6/20 Darla G 6/24</p> <p>HAPPY BIRTHDAY</p>	<p>Public Invited</p> <p>Free Senior Breakfast! Wednesday, June 28th 7 - 9 a.m. Come enjoy biscuits & gravy, and a beverage!</p>	<p>Vital Signs Monitoring May 1st - 5th</p>	<p>1</p> <p>9:30a Exercise, UPS 11a Celebrating June 102!!! DOW 2p Bingo, DOW</p> <p>10023</p>	<p>2 DONUT DAY</p> <p>7-9a Donut Day!! DOW 9:30a Exercise, UPS 1p Hair Salon, SIG 1p Country Store, ACO</p>	<p>3</p> <p>9:30a Exercise, UPS 11:30a Daily Chronicle, DOW 2p Vending Machine Bingo, DOW 6p Dominoes, UPK</p>
<p>4</p> <p>9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 6p JC & The SonsShine, Saints, ULT</p>	<p>5</p> <p>9:30a Exercise, UPS 10a Manicures, DOW 2p Country Drive, SIG</p>	<p>6</p> <p>9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW 6p David Bonham, DOW</p> <p>BINGO</p>	<p>7 DIETARY MANAGER DAY!</p> <p>9a Walmart, SIG 10a Cornhole, UPS 7p Mennonites, DOW</p>	<p>8</p> <p>9:30a Exercise, UPS 10a Crafters Corner: Summer Weath, UPK 2p Bingo, DOW</p> <p>BE A STAR</p>	<p>9</p> <p>9:30a Exercise, UPS 1p Hair Salon, SIG 1p Wii Bowling, UPS 1p Country Store, ACO</p>	<p>10</p> <p>9:30a Exercise, UPS 9:45a Social Hour, DOW 11:30a Daily Chronicle, DOW 6p Dominoes, UPK</p>
<p>11</p> <p>9a Xenia Comm Church, ULT</p>	<p>12</p> <p>9:30a Exercise, UPS 10:30a Universal Yums, DOW 11:30p Smart Bucks Summer Auction! DOW</p> <p>universal yumms</p>	<p>13</p> <p>9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW</p> <p>BINGO</p>	<p>14</p> <p>9a Walmart, SIG 10a Cornhole, UPS 2p Wellness Chats, DOW</p>	<p>15 CNA WEEK</p> <p>9:30a Exercise, UPS 10a Kitchen Komers: Refrigerator Pickle's, UPK 2p Bingo, DOW 6:30p Hoosier Prairie Baptist Church, DOW</p> <p>Hoosier Prairie</p>	<p>16</p> <p>9a Fishing trip, SIG 9:30a Exercise, UPS 10a Rachel the Dog, DOW 1p Hair Salon, SIG 1p Country Store, ACO 6p RJ Productions, DOW</p>	<p>17</p> <p>9:30a Exercise, UPS 11:30a Daily Chronicle, DOW 2p Vending Machine Bingo, DOW 6p Dominoes, UPK</p>
<p>18 FATHERS DAY</p> <p>9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 6p JC & The SonsShine, Saints, ULT</p>	<p>19</p> <p>9:30a Exercise, UPS 1pm Eckelberry barber, SIG 2p Country Drive, SIG</p>	<p>20</p> <p>9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW</p> <p>BINGO</p>	<p>21 SUMMER BEGINS</p> <p>9a Walmart, SIG 10a Cornhole, UPS 11a Longest Day fundraiser: Taco in a Bag, FPL Cook our lunch, DOW 2p Herzog Family Band, DOW</p>	<p>22</p> <p>9:30a Exercise, UPS 12:30p Dr. Chung! DOW 2p Bingo, DOW</p> <p>BINGO</p>	<p>23</p> <p>9:30a Exercise, UPS 1p Hair Salon, SIG 1p Wii Bowling, UPS 1p Country Store, ACO 2p Misfits Music, DOW</p>	<p>24</p> <p>9:30a Exercise, UPS 9:45a Social Hour, DOW 11:30a Daily Chronicle, DOW 6p Dominoes, UPK</p>
<p>25</p> <p>9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 6p JC & The SonsShine, Saints, ULT</p>	<p>26</p> <p>9:30a Exercise, UPS 10a Resident/ Food council, UPS 2p Country Drive, SIG</p>	<p>27</p> <p>9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW</p> <p>BINGO</p>	<p>28</p> <p>7-9a Public Invited! Senior Breakfast, DOW 9a Walmart, SIG 10a Cornhole, UPS 2p Chen Cook Sings, DOW</p>	<p>29</p> <p>9:30a Exercise, UPS 10:30a Universal Yums, DOW 2p Bingo, DOW</p> <p>universal yumms</p>	<p>30</p> <p>9:30a Exercise, UPS 1p Country Store, ACO 1p Hair Salon, SIG 2p Carnival, DOW</p> <p>CARNIVAL</p>	<p>DIMENSIONS OF WELLNESS</p> <p>Physical Emotional Spiritual Environmental Vocational Social Intellectual</p> <p>SYNERGISTIC LIVING</p>

Open to the Public! 6/6 David Bonham Music 6-7pm Dining Room. 6/21 Longest day Fundraiser: Taco in a bag! 11-1pm Front parking lot.
6/23 Misfits of Beaver Creek 2-3pm Dining Room. 6/30 Summer Carnival: 2-4pm Dining Room,
FREE SENIOR BREAKFAST! Wednesday June 28th, 7-9 a.m.: Biscuits & Gravy, & Beverage! All seniors welcome!
If you would like to request an activity/service not reflected on the calendar, please notify the RSC or Administrator. Activities are subject to change. Call 618-662-4599 for more information

618-662-4599 • 1003 West 4th Street • Flora, Illinois 62639
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