

Heritage Herald

JULY 2023

At A Glance



Ice Cream Sandwich Cake...Yum!



Lucas Sigrist, Executive Director

Happy Independence Day from all of us at Heritage Woods of Flora. We look forward to July every year. The weather is always great and makes our outside events spectacular!! Remember to keep active, keep learning, and keep being independent. Being young at heart has no age limit!! Get out this 4th of July and make memories. Memories last a life time and what motivates me every day to lead a facility dedicated to your need and values.



Independence Day is Tuesday July 4th!

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IN THE NEWS

ABOUT THE MONTH OF JULY

Rick Banas

In an interesting twist of fate, Thomas Jefferson and John Adams, the second and third Presidents of the United States, died on July 4, 1826 – 50 years to the day after the Declaration of Independence was adopted.



Blame Abe? President Abraham Lincoln signed the first income tax bill on July 1, 1862, levying a tax of 3% on incomes of \$600 to \$10,000 and 5% on incomes of more than \$10,000. The Bureau of Internal Revenue also was established.



On July 6, 1865, Louis Pasteur gave the first successful anti-rabies inoculation to a boy who had been bitten by an infected dog.

Insulin was introduced in July 1923.

In July 1931, the City of Chicago reportedly could not pay its 14,000 teachers their salaries because the city ran out of money.



President Lyndon Johnson signed the Social Security Act of 1965, establishing Medicare and Medicaid, with the two programs financed by higher Social Security taxes.

The period from July 3 through Aug. 11 are known as the Dog Days of Summer, referring to the hot and humid weather that often occurs during July and August. The hottest temperature recorded in the U.S. was on July 10, 1913. The temperature in Death Valley reached 134 degrees. It reportedly was hot enough to fry an egg on a rock in a matter of seconds. The Dust Bowl years in the 1930s brought some of the hottest summers, especially to the Plains, Upper Midwest and Great Lakes states.



July also is known as Hay Month as the grass often dries out due to the heat and lack of rain. The dried grass can be made into hay.

July is National Ice Cream, Hot Dog and Pickle Month,

July 2 is World UFO Day.



WELLNESS

Healthy Vision Month by National Eye Institute (NEI)

Chrisi Karcz, VP Clinical Services

The month of July is recognized as Healthy Vision Month by National Eye Institute (NEI). According to NEI (April 2023), eye disease and vision loss affects millions of Americans. Early detection and treatment can help to protect and prevent vision loss. As people age, they are at greater risk for age-related macular degeneration, cataract, and glaucoma. Early detection and treatment are important to prevent vision loss and blindness.

Tips to help protect your vision include:

1. See an eye doctor for regular examination.
2. Have eyes dilated per doctor's recommendation for better visibility of eye structures.
3. Increase movement/activity to lower blood pressure and blood sugar levels.
4. Learn your family eye health history as some eye diseases, i.e., glaucoma, age-related macular degeneration, are hereditary.
5. Eat healthy foods to help prevent health conditions like diabetes or high blood pressure.
6. Use sunglasses to protect your eyes from sun exposure.
7. Manage long-term health conditions like diabetes and high blood pressure which can increase risk for some eye diseases.
8. Stop smoking! Quitting smoking will help lower your risk for eye diseases like macular degeneration and cataracts.

Programs that offer free or low-cost eye care

These programs offer free or low-cost eye care. Keep in mind that you'll need to apply to get help from these programs — and many programs have specific requirements, like having a low income or a higher risk of certain eye diseases.

Most of these programs provide services across the United States, but your area may have local organizations and services that can help, too.

For all ages

These people and organizations may be able to connect you to low-cost eye care:

- Your regular doctor. Your doctor may be able to refer you to low-cost eye care.
- Your eye doctor. If you already have an eye doctor and you need help paying for your care or treatment, ask them if there are programs you may qualify for that can help.
- Community health centers. Some community health centers have an eye clinic and offer free or low-cost care.
- Local colleges or universities. If there is a college or university near you that has an optometry or ophthalmology program, ask if they offer low-cost eye care.
- Your local pharmacy. Ask your pharmacist if they offer discounts on medicines or medicine delivery.

Reference: National Eye Institute (April 2023). Vision and aging resources. www.nei.nih.gov/learn-about-eye-health/outreach-resources/vision-and-aging-resources.

Recipe Corner

Ice Cream Sandwich Cake

- 10-1/2 ice cream sandwiches
- 1 jar (12 ounces) caramel ice cream topping
- 1 carton (12 ounces) frozen whipped topping, thawed
- 1/4 cup chocolate syrup
- 2 Symphony candy bars with almonds and toffee (4-1/4 ounces each), chopped
- Maraschino cherries, optional

Directions

1. Arrange 9 ice cream sandwiches in a single layer in an ungreased 13x9-in. dish.
2. Cut 2 of the remaining sandwiches in half lengthwise and the last 1 widthwise; fill in the spaces in the dish.
3. Spread with caramel and whipped toppings. Drizzle with chocolate syrup. Sprinkle with chopped candy bar.
4. Cover and freeze for at least 45 minutes before serving. I
5. f desired, garnish with cherries.





LIFESTYLE

Birthdays/Anniversaries

Resident Birthdays:

- Queda H (7/08)
- Mary Beth (7/15)

Staff Work Anniversaries:

- Chuck L (6 Years)
- Shelby M (4 Years)
- Kim C (1 Year)
- Carol M (2 Years)

Welcome New Staff:

- Rona G (DA)
- Bertha V (Cook)
- Loree T (DA)
- Kaeli P (CNA)

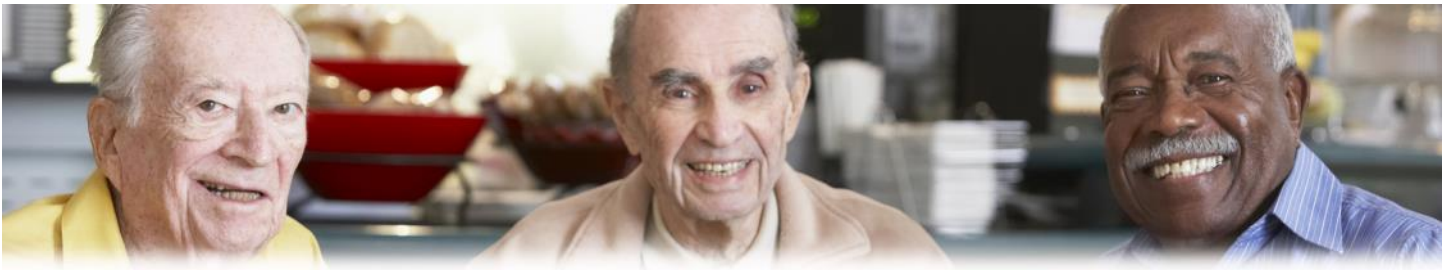
Small Town Community coming together to help get life back to normal.

Brooke Johnson, RSC / MD

Life came to a screeching halt when covid hit. Everything shut down, people couldn't visit or volunteer, and the activities around us took a pause.

This past month our community has come together and helped out in so many ways. We've had people put their busy schedules on hold to come and call bingo and add some excitement in our residents day; to different people across the community coming through our fundraiser and helping raise money for Alzheimer's. We are truly thankful for everything this past month. We hope to continue to get volunteers and continue to see life progressing along. So from all the residents and staff at Heritage Woods of Flora THANK YOU.





LIFESTYLE

Upcoming Events:

Date: 7/6/2023 Time: 6pm
Location: Heritage Woods of Flora (Main Dining Room)
Details: Robbie Blyth Music

Date: 7/10/2023 Time: 6:30pm
Location: Heritage Woods of Flora (Main Dining Room)
Details: The Haney's

Date: 7/11/2023 Time: 6pm
Location: Heritage Woods of Flora (Main Dining Room)
Details: David Bonham Music and Sermon

Date: 7/13/2023 Time: 3pm
Location: Heritage Woods of Flora (Main Dining Room)
Details: Art Expo with Dale Wagoner, Dale is from the Omega area and has been painting for years. Kaskaskia college has had some of his prints hanging in their halls. Come meet with this local talent!

Date: 7/18/2023 Time: 11:30am
Location: Heritage Woods of Flora (Main Dining Room)
Details: Murder Mystery Lunch; The staff of Heritage Woods is hosting a Murder Mystery Lunch performed by the management! Tickets are \$10. Please RSVP by the 14th!

Date: 7/19/2023 Time: 2pm
Location: Heritage Woods of Flora (Main Dining Room)
Details: Cheri Cook Sings

Date: 7/21/2023 Time: 6pm
Location: Heritage Woods of Flora (Main Dining Room)
Details: RJ Productions Music

Date: 7/26/2023 Time: 7am
Location: Heritage Woods of Flora (Main Dining Room)
Details: FREE Senior Breakfast

Date: 7/26/2023 Time: 2pm
Location: Heritage Woods of Flora (Main Dining Room)
Details: Sherry Phillips on the Guitar.

Horoscope

Aquarius (1/20-2/18)

Nurture yourself and your family first for you are in for fun and wellness this summer.

Pisces (2/19-3/20)

Now would be a good time to start any projects you hope to welcome the season with.

Aries (3/21-4/19)

Be on guard for "aha" moments when Mercury cozies up to Uranus the next day, which is sure to bring forth flashes of brilliance.

Taurus (4/20-5/20)

Mercury steps in to bring clarity to your finances.

Gemini (5/21-6/20)

Look for opportunities to develop and understand yourself in meaningful ways.

Cancer (6/21-7/22)

Your social life will shift into overdrive.

Leo (7/23-8/22)

Your month kicks off with lots of luck and some extra support from beyond the veil.

Virgo (8/23-9/22)

You'll feel more connected and in tune with your community.

Libra (9/23-10/21)

Sagittarius full moon is sure to bring forth moments of enlightenment.

Scorpio (10/22-11/21)

This is the perfect time for expanding your horizons on an intellectual level.

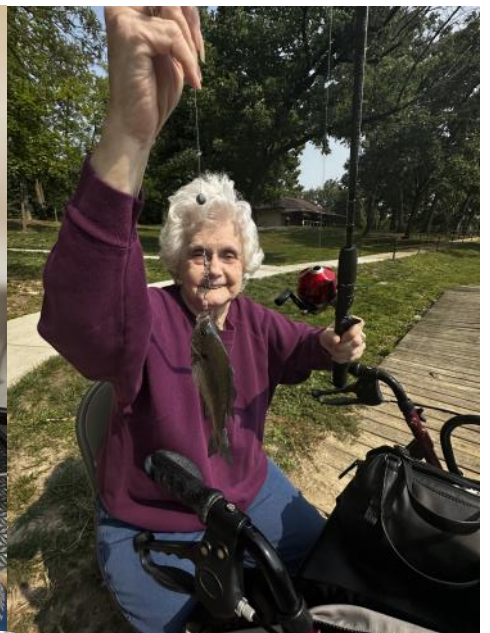
Sagittarius (11/22-12/21)

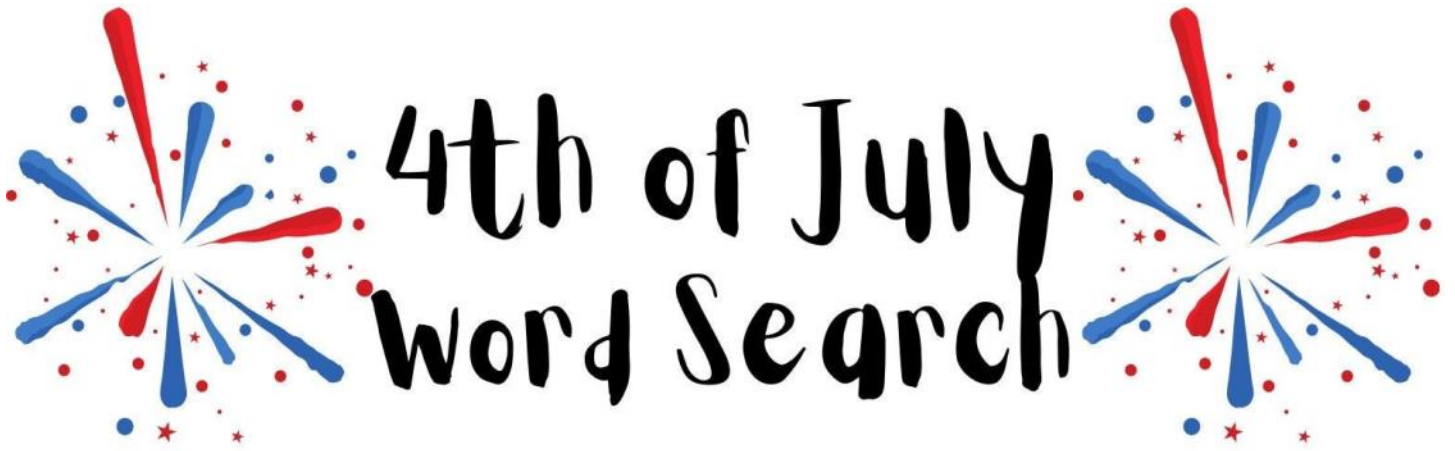
Love is in your favor so now is the time to prioritize connection.

Capricorn (12/22-1/19)

This cosmic climate allows you to assume larger than life roles, proceed with confidence.







4th of July Word Search

INDEPENDENCE

STARS

STRIPES

EAGLE

FREEDOM

PATRIOTIC

FIREWORKS

JULY

FLAG

AMERICA

PARADE

BELL









RED

WHITE

BLUE

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Murder Mystery Lunch Tuesday, July 18th Tickets are \$10 which includes your meal! Please RSVP by the 14th and Call 618-662-4599</p>	<p>Public Invited! Free Senior Breakfast! Wednesday, July 26th 7-9am Come enjoy biscuits & Gravy, and a beverage!</p>	<p>Physical Spiritual Vocational Intellectual Emotional Environmental Social APPLYING LIFE'S KNOWLEDGE TO LIVING</p>	<p>MEETING PLACES UPS: Upstairs Exercise SIG: 5pm Up Front Desk DOW: Downstairs Dining MC: Main Lobby UP: Activity Office ULB: Upstairs Lobby ULT: Upstairs TV Lounge PFL: Front Parking Lot ACD: Activity Office UPK: Upstairs Kitchen</p>	<p>Birthdays Queda H. 07/08 Mary Beth. 07/15</p>	<p>Vital Signs Monitoring May 1st - 5th</p>	<p>9:30a Exercise, UPS 11:30a Daily Chronicle, DOW 2p Vending Machine Bingo, DOW 6p Dominoes, UPK</p>
<p>2 9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 6p JC & The SONshine Saints, ULT</p>	<p>3 9:30a Exercise, UPS 10a Manicures, UPK 2p Banana Split Social, DOW</p> 	<p>4 Happy 4th of July!! 9:30a Exercise, UPS 10a Country Store, ACO 11a 4th July Cookout DOW 2p Bingo, DOW</p>	<p>5 9a Walmart, SIG 10a Cornhole, UPS 3p Mary K on Piano, DOW 7p Mennonites, DOW</p> 	<p>6 Crafters Corner 9:30a Exercise, UPS 10a Crafters Corner: Candle Sun Catcher, UPK 2p Bingo, DOW 6p Robbie Blyth, DOW</p> 	<p>7 9:30a Exercise, UPS 1p Hair Salon, SIG 1p Wii Bowling, UPS 1p Country Store, ACO 3p Sadie the Dog, DOW</p>	<p>8 9:30a Exercise, UPS 9:45a Social Hour, DOW 11:30a Daily Chronicle, DOW 6p Dominoes, UPK</p> 
<p>9 9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 6p JC & The SONshine Saints, ULT</p>	<p>10 9:30a Exercise, UPS 10a Universal Yums, DOW 2p Country Drive, SIG 6:30p The Haney's, DOW</p>	<p>11 David Bonham 9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW 6p David Bonham, DOW</p> 	<p>12 9a Walmart, SIG 10a Cornhole, UPS 2p Wellness Chats, DOW 3p Mary K on Piano, DOW</p>	<p>13 Art Expo 9:30a Exercise, UPS 10a Golden Circle Bingo, SIG 2p Bingo, DOW 3p Art Expo with Dale, DOW</p>	<p>14 9:30a Exercise, UPS 1p Hair Salon, SIG 1p Country Store, ACO 2p Movie: Night at the Museum, DOW</p>	<p>15 9:30a Exercise, UPS 11:30a Daily Chronicle, DOW 2p Vending Machine Bingo, DOW 6p Dominoes, UPK</p> 
<p>16 9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 6p JC & The SONshine Saints, ULT</p>	<p>17 9:30a Exercise, UPS 10a Creative Vision, UPK 2p Country Drive, SIG</p>	<p>18 Murder Mystery! 9:30a Exercise, UPS 10a Country Store, ACO 11:30a Murder Mystery Lunch, DOW 2p Bingo, DOW</p>	<p>19 9a Walmart, SIG 10a Cornhole, UPS 2p Cheni Cook Sings, DOW National Hot Dog Day Dinner!, DOW</p>	<p>20 Hummingbird Banding 9:30a Exercise, UPS 10a Hummingbird Banding, SIG 2p Bingo, DOW 6:30p Hoosier Prairie Baptist Church, DOW</p>	<p>21 9:30a Exercise, UPS 1p Hair Salon, SIG 1p Wii Bowling, UPS 1p Country Store, ACO 2p Rachel the Dog, DOW 6p R.J. Productions, DOW</p>	<p>22 9:30a Exercise, UPS 9:45a Social Hour, DOW 11:30a Daily Chronicle, DOW 6p Dominoes, UPK</p> 
<p>23 / 30 9a Xenia Comm Church, ULT 11:30a Daily Chronicle, DOW 6p JC & The SONshine Saints, ULT</p>	<p>24 / 31 9:30a Exercise, UPS 10a Resident/ Food UPS 2p Country Drive, SIG 9:30a Exercise, UPS 2p Country Drive, SIG</p>	<p>25 9:30a Exercise, UPS 10a Country Store, ACO 2p Bingo, DOW</p> 	<p>26 Senior Breakfast 7-9a Public Invited! Senior Breakfast, DOW 9a Walmart, SIG 10a Cornhole, UPS 2p Sherry Phillips on the Guitar, DOW</p>	<p>27 9:30a Exercise, UPS 10a Kitchen Korner: Refrigerator Pickle's, UPK 12:30p Dr. Chung! DOW 2p Bingo, DOW</p>	<p>28 9:30a Exercise, UPS 10a Universal Yums, DOW 1p Country Store, ACO 1p Hair Salon, SIG 2p Mistis Music, DOW</p>	<p>29 9:30a Exercise, UPS 11:30a Daily Chronicle, DOW 2p Vending Machine Bingo, DOW 6p Dominoes, UPK</p>

Open to the Public! 7/6 Robbie Blyth 6-7pm Dining Room, 7/10 The Haney's 6:30-7:30 Dining Room, 7/11 David Bonham 6-7pm Dining Room, 7/28 Mistis of Beaver Creek 2-3pm Dining Room, 7/18 Murder Mystery Lunch! 11:30-1pm Dining Room. \$10 a ticket Please RSVP by the 14th!
FREE SENIOR BREAKFAST! Wednesday July 26th, 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